



TAVY 13

www.tavistockathletics.co.uk/events/tavy-13/

Sunday 26th March
2023

PLEASE NOTE:

Edition 1. 11/3/23

We may need to update this document with things we have overlooked or changed.

Please check www.tavistockathletics.co.uk/events/tavy-13/

before you leave for the race to ensure you are working from the correct set of instructions.

We also post on [Facebook](#)
[TheTavy13](#)

YOUR RACE DAY INSTRUCTIONS

Dear Runner

Thank you for entering the **TAVY 13** – we hope that you enjoy the race on our beautiful route over Dartmoor and will continue to help us to make this event one of the finest in the South West!

Below you will find directions to the race together with a few other pieces of crucial information.

RACE START TIME IS 10.00am

GETTING TO THE RACE

These instructions are based on the assumption that you have reached Tavistock.

- FROM PLYMOUTH: come into the town on the A386 passing Lidl & Morrisons on your left. You will pass a Texaco Garage on the right. Go straight ahead at the next mini roundabout and take the next left for Tavistock College.
- FROM OKEHAMPTON & PRINCETOWN: head through town as if going to Plymouth on the A386. After you have turned left at Drake's Statue after no more than 200m take a right turn to Tavistock College.
- FROM CALLINGTON & LAUNCESTON: follow the signs to the Town Centre until you reach Drake's Statue: follow the signs for Plymouth but after no more than 200m you turn right for Tavistock College

If you want to use Sat Nav to get to Tavistock College, the Postcode is PL19 8DD.

PARKING

This is very important as parking is extremely limited at the Start area, Tavistock College and we want you to arrive with plenty of time to reach the start.

- **We strongly advise you to park in the public car parks in Tavistock or street parking where available and walk to the Start.** An ideal warm up perhaps?
- There are many to find the largest is off Plymouth Road next to The Wharfe and from there it's approximately a 10-minute walk through the park to the track.
- There is no "passenger drop-off" facility at the track, please do this well away from the college entrance.
- Please follow marshal instructions.

COLLECTING YOUR RACE NUMBERS

- Arrive to give plenty of time to pick up your race number from Race HQ in the Gymnasium which is signposted and in front of the Sports Centre of Tavistock College.
- **Race start time is 10.00am. Number pick up will close at 9.45am**
- Bring pins with you although we will have a supply.
- Pin your number on the front of your race shirt/vest and ensure that it can be clearly seen both during and at the end of the race.
- **Pre-ordered Tee Shirts.** If you have pre-ordered a race T-shirt (pre 8th March) you can collect it at the same time you collect your number. You will receive the T-shirt in the size you ordered and we cannot exchange for different sizes on the day.

RACE NUMBER EXCHANGES

- We would prefer that you came to the race and shared in the wonderful experience. However, we accept that through injury or other good reasons you may not be able to make the race and wish to swap your number. Let us know as soon as you can – no later than the **22nd March** – using the contact form on our website [Tavy 13 - Tavistock A.C \(tavistockathletics.co.uk\)](http://Tavy13-Tavistock A.C (tavistockathletics.co.uk)). Supply all the essential details of your replacement – name, gender, age and club.
- **Please do not just pass your number on as this can seriously affect the race results and lead to identity confusion if there is an incident during the event. Notify the Club using our contact form if you wish to swap your number.**

ABOUT OUR RACE HQ

- Race HQ is in the Gymnasium which is signposted and in front of the Sports Centre of Tavistock College. .
- The portaloos will be located adjacent to the Gymnasium.
- Refreshments will be available alongside the track.
- The start and finish lines are on the athletics track.

BAGGAGE DROP

- It would help if you could label any bag you wish to deposit in our baggage area before you come. All we need you to do is apply a label clearly marked with your name and we will write your race number on the label when you hand your bag in at Race HQ.

USE THE OFFICIAL TOILETS

- There is no worse sight in the countryside than a line of over-hydrated runners relieving themselves along a hedgerow! Certainly, it won't go down too well with the locals!
- We sincerely hope that we have provided enough toilet facilities but, please, will you be patient and form an orderly queue in order to use the official toilets. Allow time for this as we would like to start the race promptly at 10am.

FIRST AID

- First Aid cover is being provided by Dartmoor Search & Rescue Group who will be positioned just inside the athletics track.
- If there are any issues which require medical intervention then please approach them directly or, out on the course, contact one of our marshals who can contact the ambulance.

HEADPHONES

- For your safety, and the safety of other, the wearing of headphones, earphones and earbuds is not permitted. This includes bone conducting types. Our insurance stipulates this, and we are obliged to enforce it.
- **Any runners wearing such headphones will be disqualified and not be included in the results.**

THE COURSE, MILE MARKERS AND MARSHALS

- We hope that you will enjoy the scenery, smell the roses and hear the birds sing as you pass through our wonderful 13.1 miles around Tavistock.
- The course has been officially measured and mile markers will be positioned as accurately as possible.
- Our marshals have been handpicked and have received special training in the art of pointing, directing, cheering, smiling, being ever-so polite and encouraging.
- Please do follow their instructions at all times. Please run on the right when asked, and on the left when asked. Any runner who disobeys marshals instructions may be disqualified.
- Please be courteous to other road users.

WATER STATIONS

- Water will be available at 3 water stations on the course (approx 3, 7, and 11miles) and at the finish line.
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FINISHING

- When you cross the finish line please move through the finishing funnel to collect your medal.
- Water, and bananas will be available next to the catering stand.
- Please remove your timing chip from the back of your number and leave in containers as guided at the finish as they are re-cyclable.

REFRESHMENTS

- We will be selling a selection of home-made cakes plus tea, coffee and squash. Catering is trackside.

RESULTS AND PRESENTATIONS

- Our plan is get the results loaded and printed so that we can do the presentations at around 1230.
- The prizes are listed on the entry form and we do hope you can stay for the ceremony which will take place at Race HQ.
- There are team prizes too awarded to the 4 fastest men and 4 fastest women from the same club.
- Provisional results should also appear later on the day <http://www.tavistockathletics.co.uk/events/tavy-13/>

PRIMARY SCHOOLS CHALLENGE

- Separate instructions have been sent to the schools who are participating.
- The 1 mile races will start immediately after we have sent the main race runners away and will also finish on the track.

DRAGGING YOURSELF AWAY

- You will have to leave at some time but we do hope that the weather is kind and that you have a wonderful experience.
- Thank you to our excellent sponsor Mansbridge Balment estate agents.
- When leaving, please ensure you have all of your belongings and do not leave any litter.
- Drive carefully out of the car parks and have a safe journey home.
- We will be delighted to receive your feedback – good or bad. We are anxious to make the race a good experience for you and welcome any suggestions so we can make improvements next year. Email me using the address below.

CONTACTS

- If you need to contact someone from the event then email me via the contact form [Tavy 13 - Tavistock A.C \(tavistockathletics.co.uk\)](mailto:Tavy 13 - Tavistock A.C (tavistockathletics.co.uk))

Richard Nettleship

TAVY 13 Race Director for Tavistock Athletic Club

Tavy13 Sponsor



<https://www.mansbridgebalment.co.uk>