



The **TAVY 7**

Sunday 26th October 2025
at 11 am.



RACE DAY INSTRUCTIONS

Dear Runner,

Thank you for entering the **TAVY 7**.

Below you will find directions to the race together with a few other pieces of crucial information. We are starting and finishing this event at the same venue as in previous years but we have only been able to do this with the generous co-operation and permission of local landowners. So, your co-operation is crucial to us continuing to host this event.

Please monitor our Facebook page for late announcements or changes to race day arrangements.
www.facebook.com/TheTavy7

Race Day Instructions;

- **THE RACE STARTS AT 11am. (NB: Clock change)**
- **DRIVE CAREFULLY AND FOLLOW OUR MARSHALS' INSTRUCTIONS.**
- **LEAVE PLENTY OF TIME TO ALLOW US TO PARK YOU – THERE WILL BE A QUEUE, AS WE NEED TO PARK YOU CLOSE TOGETHER TO MINIMISE THE IMPACT ON THE MOOR.**
- **ONLY PARK IN THE OFFICIAL CAR PARKS. LOCAL BY-LAWS PROHIBIT PARKING ON THE MOOR AND YOU RISK A TICKET.**
- **HEADPHONES MUST NOT BE WORN TO COMPLY WITH UKA RULES.**
- **FILL IN THE MEDICAL DETAILS ON THE BACK OF YOUR NUMBER.**
- **READ ALL OF THESE INSTRUCTIONS and**
- **ENJOY THE RACE !**

GETTING TO THE RACE

These instructions are based on you being in/near 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 and 150 metres past this turn right at a mini-roundabout into Pixon Lane.
- **Please do not attempt to use any short cuts though Horrabridge or Whitchurch as this will cause congestion in the narrow lanes. Devon Highways have agreed to the race on the basis that it is accessed from Tavistock.**
- **FROM CALLINGTON & LAUNCESTON:** follow the signs to the Town Centre until you reach Drake's Statue : here go straight on and turn left at the next mini-roundabout into Pixon Lane
- **Follow Pixon Lane** over 2 humps and up the hill to a T junction. Turn left here and immediately right which brings you to the bottom of Down Road. The route to the race will be signed from here.
- **FROM PRINCETOWN & OKEHAMPTON :** come into the town and follow the A386 until a roundabout is reached where the A386 turns right over a bridge. Go straight on, signed Whitchurch, and take the 2nd on the left which brings you to the bottom of Down Road. The route to the race will be signed from here.
- **If you want to use Sat Nav to get to the bottom of Down Road, the Postcode is PL19 9AD. The race HQ is about 10 minutes drive from here. There is not a Postcode for Race HQ.**
- **What3words for parking: bedroom.crowns.named**

PARKING

- **Park only where our parking marshals direct you in the designated parking area.**
- **Do not park on the open moor.** This part of Dartmoor is owned by Dartmoor National Park: we have their permission to stage this event as long as we only use designated parking. So only park where a marshal tells you.
- As the road leading to the field and the Finish is narrow, **drivers will not be allowed to leave the Car Park until 12.15:** this allows for the runners to finish without competing for road space with cars.
- The road leading to the parking area is quiet but it is narrow. Drive slowly and carefully and show respect for any other road users who are not attending the event. Avoid the grass verges if possible.

RACE NUMBERS & T SHIRTS

- Arrive in plenty of time to pick up your race number and pre-paid T shirt from Race HQ which is in the field adjoining the parking area.
- Race numbers are allocated by surname.
- 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.
- **Please collect your pre-paid tee shirt before the race start, if ordered before 10th October.**

REGISTRATION & RACE NUMBER EXCHANGES

- **We close race number exchanges at 6pm on the 23rd October.**
- **Please do not pass your number to a different runner** as this can seriously affect the race results and if there are medical issues we won't know who to contact.
- Fill in the medical & emergency contact details on the back of your race number.

RACE HQ

- Race HQ is a marquee in a field adjacent to the parking area, and this will house Registration and Baggage. A map of the course, also available on the website, the Race Licence, Measurement Certificate and Risk Assessment will be available to view here.
- The start/finish line is about 150m inside the field and beyond the Race HQ.
- It is also essential that you keep the field tidy and don't drop any litter. Bins will be provided.
- **If you are bringing a dog with you we must insist that it is on a lead at ALL times.**

BAGGAGE DROP

- A bag drop will be available adjacent to Race Registration.

USE THE OFFICIAL TOILETS

- There is no worse sight in the countryside than a line of fully hydrated runners relieving themselves along a hedgerow! Certainly, it won't go down too well with the landowner.
- The toilets will be located just inside the field entrance.
- Allow time as we will start the race promptly at 11am

FIRST AID

- First Aid cover is being provided by Dartmoor Search & Rescue who will be positioned by the start/finish line.
- If there are any issues that require medical intervention then please approach them directly or, out on the course, contact one of our marshals who can contact the ambulance.
- Please remember to carry any medication you may need, inc. inhalers, with you on the course.

SHEEP AND OTHER LIVESTOCK

- There may be sheep sharing the field with us and, there will be other livestock on the open moor. Please treat all animals with respect and if you are coming with a dog, keep it under control and it must be on a lead in the start/finish field.

HEADPHONE DEVICES

- **MUST NOT BE WORN TO COMPLY WITH UKA RULES.**
- The Tavy 7 is run on open roads and therefore runners need to comply with UKA rules and not wear headphones.
- **Any runner wearing headphones will be disqualified.**

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 7 miles of Dartmoor.
- Apart from the first and last 100m, you will be running on tarmac. It is a beautiful stretch of countryside taking in views of Dartmoor and the picturesque Pew Tor, and the sleepy but pretty village of Sampford Spiney.
- The course has been officially measured and mile markers will be positioned as accurately as possible around the course. Mile marker 6 is at the same position as mile marker 1.
- 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.

WATER STATIONS

- The water stations is positioned about 600 meters before the mile 2 point and about 600 metres after the 5 mile marker.
- Water will be dispensed in paper cups, and water will also be available at the end of the race.

REFRESHMENTS

- We have a refreshment tent serving hot and cold drinks and a selection of homemade cakes.

RESULTS AND PRESENTATIONS

- Our plan is have the results loaded and printed for presentations at around 12.30.
- 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
- And don't forget this year we once again host the prestigious Devon Road Race Team Championships – THE ROSS SHIELD.
The first Ross Shield race was over 100 years ago for men only. More recently Tiverton Harriers introduced a women's race and presented a second shield.
Six men and three women (first claim runners only) from clubs affiliated to the Devon County Athletics Association to count towards each shield.

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. If the weather is good stay and explore the area.
- When leaving, please ensure you have all of your belongings and do not leave any litter.
- **Please be mindful of other runners finishing the race and keep left when leaving the field.**
- Drive carefully out of the car park following the marshal's instructions and retrace your route back to Tavistock.
- 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.
- Go to our Facebook page to leave comments, thank you.

<https://www.facebook.com/TheTavy7>

CONTACTS

- If you have a race day question please use the contact form on our Events page.
<http://www.tavistockathletics.co.uk/events/tavy-7/>
- If you have a general question please use the form on the Tavistock AC website
<http://www.tavistockathletics.co.uk/contact-us/>

Mark West

TAVY 7 Race Director for Tavistock Athletic Club