



TAVY 13

www.tavy13.co.uk

Sunday 19th March
2017

Edition 1 ~ 1/3/2017

As we may need to update these with things we have overlooked or changed then do check back to www.tavy13.co.uk before you leave for the race to ensure you are working from the correct set of instructions.

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.

GETTING TO THE RACE

These instructions are based on the assumption that you can find your way to 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.

- Park where our parking marshals direct you in the designated parking area within the college site.
- There are also plenty car parks in Tavistock from where you can walk to the College which is about ¾ of a mile from the town centre.

COLLECTING YOUR RACE NUMBERS

- Arrive to give plenty of time to pick up your race number from Race HQ which is in the Gymnasium which is in front of the Sports Centre at the rear of the Tavistock College complex.
- You can find out what number you have been allocated by checking the ENTERED page at www.tavy13.co.uk.
- Come armed with this knowledge as this will help us to distribute the numbers.
- 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.

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.
- Let us know as soon as you can – ideally before the event. Mail the Race Entry Secretary by emailing entries@tavy13.co.uk. Supply all the essential details of your replacement – name, gender, age and club together with a contact phone number.
- You can also do this on the day but you must do so by 0930 at the very latest.
- **Please do not just pass your number on as this can seriously affect the race results.**

ABOUT OUR RACE HQ

- Race HQ is in the Gymnasium which is signposted and in front of the Sports Centre of Tavistock College. A layout plan of the area will be available on the website.
- The toilets and showers will be located in the Sports Centre with additional portaloos 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 race number. Race numbers will be published at www.tavy13.co.uk and you can find your name which is listed in surname alphabetical order.

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 1000.

FIRST AID

- First Aid cover is being provided by Dartmoor Search & Rescue who will be positioned just inside the athletics track.
- Hopefully they can have an untroubled and enjoyable day watching the runners come home but 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.

IPODS AND OTHER HEADPHONE DEVICES

- We fully understand that listening to your favourite music collection can help to inspire or endure a gruelling 13.1 miles. However, wearing ipods or other mp3 players can be potentially dangerous and is against UKA rules.
- It might be blindingly obvious but we must state it here that you need to be able to listen out for passing motor vehicles, instructions from our marshals or even calls from fellow runners who might be screaming at you to stop meandering across the road.
- **Any runners wearing 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.

WATER STATIONS

- Water will be available at 4 water stations on the course (approx 3.5m, 5m, 8m, 11m) and at the finish line.

REFRESHMENTS

- We will be selling hot and cold food and the usual wide selection of home-made cake 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.
- Results should also appear on www.tavy13.co.uk later on the same day.

PRIMARY SCHOOLS CHALLENGE

- Separate instructions have been sent to the schools who are participating.
- The 1 mile Primary races will start just 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 sponsors Ocean BMW & 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 at enquiries@tavy13.co.uk.

Martin Exley-Deane

TAVY 13 Race Director for Tavistock Athletic Club

