

Tamar Triple – Final Details

Key Contacts

Planner	Bryan Smith (Devon)	Controller	Roger Hargreaves (Kerno)
Organisers	Ky Aizawa and Beth Woodley (Devon)		
Contact	07717 613668 (Ky) / 07977 807845 (Beth) / bethandky@gmail.com (joint)		

Logistics

Assembly	Tavistock College, Crowndale Road, Tavistock, PL19 8DD Turning is signposted from A386
Facilities	<ul style="list-style-type: none">- Parking onsite in college car parks.- Toilets and showers available.
Traders	<ul style="list-style-type: none">- British & Continental Catering- CompassPoint (TBC)

Event Details

League	This event is part of the Southern England Orienteering Urban League (SEOUL) and will accrue points towards league standings.
Courses	Numbered courses 1-7, as allocated by age and gender. Start and finish for all courses within college grounds.
Start Times	12:00 – 14:30 as allocated. Competitors who miss their start will be slotted into the next available start where possible.
Course Close	16:30

Safety

First Aid	Qualified first aiders from Devon Orienteering Club will be located at Registration/Download area
Hospitals	<ul style="list-style-type: none">- (A&E Department) Derriford Hospital, Derriford Rd, Plymouth PL6 8DH- (Minor Injuries Unit) Tavistock Hospital, Spring Hill, Tavistock PL19 8LD
Dogs	No dogs on courses
Information for Runners	<ul style="list-style-type: none">- Competitors must download regardless of whether they have completed their course.- Competitors must be considerate and aware of pedestrians, members of the public and other runners; in particular, competitors must be cautious in congested or constricted areas of the town and when turning blind corners.- Competitors must take care when running alongside the river or canal; only cross the canal or the river at recognized bridges.- Competitors must take care with vehicle traffic for their own safety, and that of other road users.- Competitors must take care crossing roads; where there is the option to use a crossing point (eg zebra crossing) competitors should do so.- Competitors must use the underpass under the section of the A386 that is marked as an uncrossable boundary. This is between the canal bridge (New Fitzford Cottages junction) and college turning.- Competitors must not enter buildings, private property or other out of bounds areas. Competitors must not cross walls, fences, railings or other boundaries marked as impassable.