



The TAVY 5k

A Tavistock Athletic Club Production



A 5k (3.1 miles) run starting and finishing on the track at Tavistock College (PL19 8DD).

Open to all abilities.
Minimum age 11 (but see below for U11s).

3rd SATURDAY OF EACH MONTH

Registration opens at 0845; run starts at 0915



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The 5K (3.1 miles) Course

Registration, Start & Finish

On the track at Tavistock College. (PL19 9DD).

Start

Complete 325 metres of the track before exiting when you take a sharp right turn onto the path which circles the College.

1k

On the footpath circling the College. Continue around and enter The Meadows via the underpass. Take a sharp left to come on to the Canal footpath.

2k

The 2k point is on the Canal path opposite the tennis courts as you approach Meadowlands. At Meadowlands take a sharp right along the path which passes the Bandstand. Take a sharp left on to the riverside path. Continue past Meadowlands to the turning point at the arch, returning along the riverside path all the way towards the exit on Plymouth Road. Staying in The Meadows and just before the exit take a sharp right.

3k

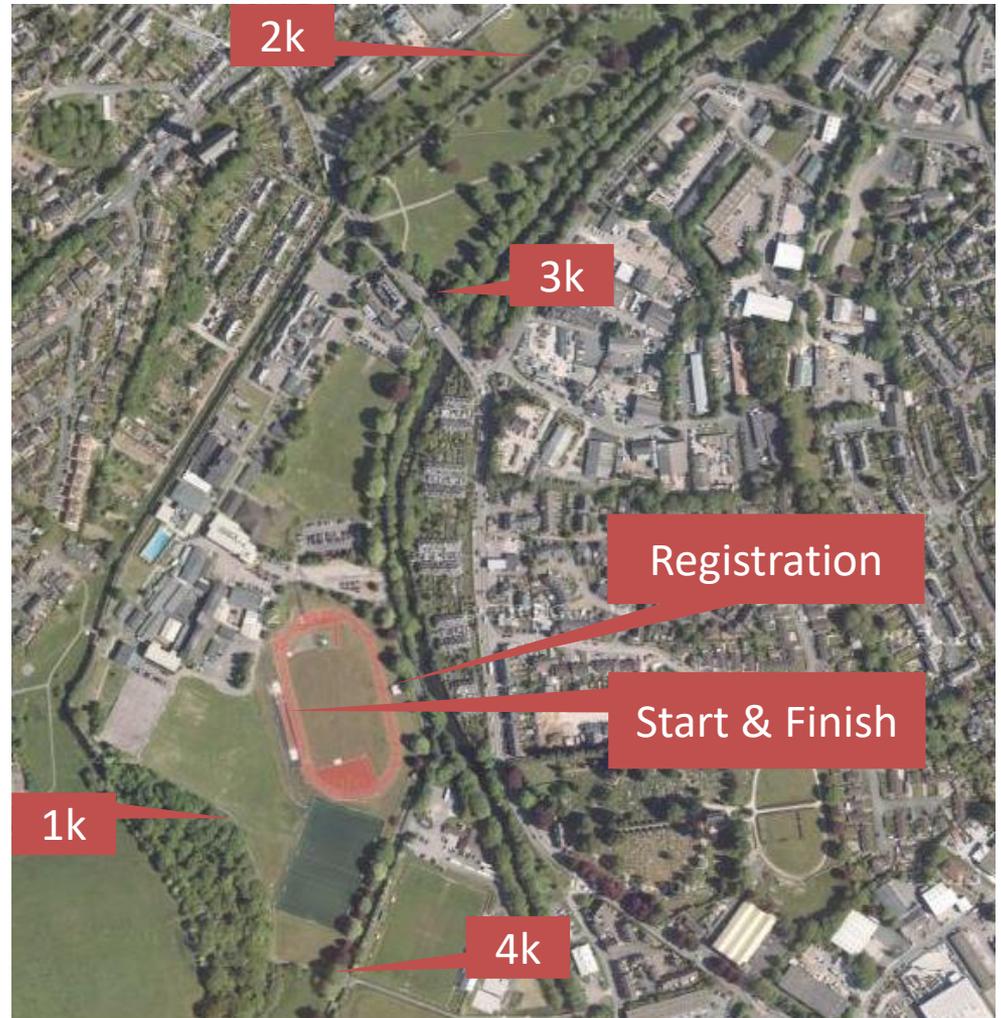
The 3k point is just before you turn to go back through the underpass. You will now retrace your steps along the path which circles Tavistock College.

4k

The 4k point is just after you have turned on to the path which runs parallel to Crowndale Road. Continue your return journey and re-enter the track. You have about 500 meters to go as you enter the track head past the start/finish line and complete a full lap of the track.

5k

Your 5k is complete as you cross the line where you started. Congratulations!





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Event Information

1. The Tavy 5k is a fully UK Athletics licenced run over a certified and accurately measured course.
2. The course is almost flat and fast with only a gentle climb for about 100m from the 1k point . . . which you get to come back down on the way back!
3. The start/finish location on the track is certainly a good one but to eek out a 5k traffic free course we are using footpaths which have one or two sharp deviations as well as some potential pinch points. And, these are public footpaths so we must be conscious of pedestrians and other footpath users.
4. The event is open to anyone, whatever their level of ability although the minimum age is 11 years old. Under 11s can run but they must be accompanied around the course by a responsible adult.
5. Registration will take place at 0845. We aim to start the run at 0915.
6. Entry is all done on the day ie there is no pre-entry.
7. Entry will cost £2. Members of clubs which are affiliated to England Athletics will only pay £1 to enter.
8. Results, which include age graded performances, are published on our event website: www.skoolrun.events.
9. Contact the event organisers by email at admin@skoolrun.events.

