

# Plym Valley Challenge- info

## Awards

### RACE CATEGORIES

1st, 2nd, 3rd MALE

1st, 2nd, 3rd FEMALE

Male Team

(3 finishers)

Female Team

(3 Finishers)

Vet Categories

Male over 40, 45, 50,  
55, 60, 65+

Female over 35, 40, 45,  
50, 55, 60+

## On the day

### CAR PARKING.

Ample parking available in school grounds

**SPORTS CENTRE** - Follow signs to hall

Course Route map

Instructions

Refreshments / snacks

Baggage

**Please inform Information desk of any change of runner**

**Toilets** are situated in Sports Centre.

**Showers** are available in the Sports Centre.

### PRESENTATION

Winners presentation will be at approximately 12.30pm in the sports hall.

**START** will be announced 5 minutes before the race. Please make your way to the start.

Fun Run 9.30 start

Main Race 10.00 start

**RESULTS** will be available on the Instinctive Sports and Tamar Trotters websites.

## Address

### Tor Bridge High

Miller Way

Estover

Plymouth

(Next to Asda)

*For Sat Navs!*

*PL6 8UN*

## The Race Directions

The **Start and Finish** is next to the main entrance to the sports hall.

This is a **multi terrain route** on rough ground with uneven steps and a steep slope. There are many obstacles underfoot. Care must be exercised.

The route is marked by Marshalls, signs and tape. Please follow all instructions and signage.

Please **stay on the pavement** for the short road sections, roads will not be closed to traffic.

The **path along the river** is very uneven and slippery. Extra care must be taken here.

Drink stations in Plym Bridge woods and at the finish

Uneven steps and a steep slope add to the fun. Walk here if you need to.

If **injured** or pulling out of the race make your self known to Dartmoor Rescue or a Marshall along the route.

**Race Numbers** must not be cut, folded or mutilated

Be aware of **traffic** on the road sections at Plym Bridge.

**Memento to all finishers**

**Enjoy the scenery and the hill!**

