



Acronyms

TAMAR 10K

EVENT GUIDE 2026

SUNDAY 18 OCTOBER



CONTENTS

Page 1 – Welcome to the Acronyms Tamar 10K

Page 2 – Event Day Information

Page 3 – Participant Information

Page 4 – Participant Information

Page 5 – Travel & Parking

Page 6 – The Route

Page 7 – Your Journey

Page 8 – Event Checklist

Page 9 – Upcoming Events

Page 10 – Your Finish Line Photos

Page 11 – South West's Complete Transport Solutions

Page 12 – Introducing JHAV

Page 13 – Kawasaki is hiring now!

Page 14 – D4S Health & Safety

Page 15 – Your Free Consultation with Acronyms

Page 16 – Thank You!

WELCOME TO THE ACRONYMS TAMAR 10K

Welcome to the Acronyms Tamar 10K 2026!

We're excited to welcome you to this year's Acronyms Tamar 10k, taking place on Sunday 18th October 2026. This year is particularly special as we celebrate the fifth and final edition of the event.

Your 10K challenge crosses the iconic Tamar Bridge not once, but twice, before heading towards the finish line at Kawasaki. With fantastic views along the way and the unique experience of running across one of the South West's most recognisable landmarks, it's a memorable course and a fitting way to celebrate our fifth and final year.



Inside this booklet, you'll find everything you need to know for the day. Please take a few minutes to read through it to help your day run smoothly, particularly the guidance on transport and parking.

As we mark our fifth and final year, we want to give a very special thank you to our Headline Sponsor, Acronyms Ltd. Acronyms have been alongside us from the very beginning, supporting the Tamar 10k for all five years. Their commitment, enthusiasm and input have played a huge part in helping us bring this event to life year after year and we are incredibly grateful to have shared the whole journey with them.

Make sure you say hello to the Acronyms team at the finish line, where they'll once again be ready with trays full of jelly babies to help you refuel and celebrate your achievement!

We're also incredibly grateful for the support of our event sponsors and partners:

Plymouth Citybus – Official Transport Sponsor

Kawasaki – Official Event Finish Sponsor

D4S – Official Safety Partner

JHAV – Official Production Partner

One Plymouth – Official Media Partner

Lastly, a heartfelt thank you to our fantastic volunteers, including those from City College Plymouth and the Tri-Service cadets, who play such an important role in making the event happen.

To everyone joining us for this final Acronyms Tamar 10K: best of luck. Enjoy the course, embrace the atmosphere and, most of all, have fun as we make this fifth and final event one to remember!

Suzi Cumberland
Event Director



KEY TIMINGS

- 07:15 – Bag Drop & Event Information opens at Marine Academy Plymouth**
- 07:15 – Shuttle service to the start line begins**
- 08:15 – Final shuttle service arrives at start line**
- 08:30 – Acronyms Tamar 10K starts**
- 09:05 – First finisher expected**
- 09:30 – Podium finisher awards presentation**
- 10:30 – Park & Ride return service**

Please note: All timings can be subject to change, listen to our commentators on event day for guidance



WATER STATIONS

A hydration station will be located at the top Pemros Road. Please ensure all bottles and lids are disposed of in the Drop Zone. You will pass this location twice.

Under no circumstances should bottles or lids be dropped on or around the Tamar Bridge!



COURSE MARSHALS

Keep an eye out for our volunteer course marshals located around the route at key positions. You can't miss them - they will all be wearing luminous yellow hi-vis jackets.

As well as encouraging you along, they are also there to provide course and safety information so please pay attention to them (and give them a wave on your way past!).



FIRST AID

Alliance Pioneer Group will be based at the Event Village at Kawasaki Plymouth and will be on-hand to help with any first aid issues.

If you find yourself in any sort of difficulty whilst out on the route please identify yourself to the nearest course marshal and we will get medical aid to you.

Please be aware medical aid may be using bicycles out on the course.



EMERGENCY ACCESS

In the event of an emergency, runners must move safely to the side of the road to allow access for emergency vehicles.

Please follow all instructions given by our volunteer marshals at all times.



BAGGAGE DROP

Your baggage label can be found on the bottom of your race number. Make sure you write down your details and attach it to your bag before race day. The baggage drop location is at the start area at Marine Academy Plymouth and will be transported to the Event Village at Kawasaki once the event has begun, ready for your arrival.

Please only bring essential items with you.

Baggage is open from 07:15 - 12:00



KM MARKERS

This course is measured and certified as accurate to 10km. Each kilometre will be marked on the route.



PACERS

Our amazing friends, Tamar Trotters, who will be providing pacers throughout the route.

Keep an eye out for the large pacer flags attached to their backs indicating their target finish time.

PACER TIMES

45 mins

50 mins

60 mins

70 mins



TOILETS

Portaloos will be available at the start location as well as the Event Village at the finish.

There will also be toilets available inside Marine Academy Plymouth by the start line.

The locations are highlighted on the Area Maps included in this Event Guide.



RACE MESSAGES

Thanks to **City College Plymouth**, we will be offering post-race massage's at the Event Village.

Be sure to take advantage of this complimentary service!



Let's Get Social

We will be posting on our social media channels throughout the event.

Share your pictures on Facebook and Instagram using #AcronymsTamar10K.

Facebook: @tamar10k

Instagram: @runplymouth



RACE RESULTS & PRIZES

Your race results will be available on our website www.runplymouth.co.uk approximately 24 hours after the event has ended.

Prize giving for the top 3 male & female finishers will take place at 09:30 (subject to change on event day).

Team challenge results will be announced approximately 1 week after the end of the event to ensure accurate verification.

Age category winners will be given free entry into a future event, individuals will be contacted by email from a member of the team with their code and how to claim their prize.



CROSSING THE LINE

Throw your arms up in the air and celebrate your achievements!

Don't forget **Marathon Photography** will be in position to capture your finishing stretch! Please be respectful to other finishers - step to the side after you have crossed the line and be aware of others around you.

Once you cross the finish line, ensure you keep moving along the finisher funnel to claim your rewards including your Finisher T-shirt and Medal as well as a bottle of water.

This is also where you can grab a coffee, speak to one of our lovely sponsors or relax with a post-run massage!

Arranged to meet your loved ones on the finish line? We suggest you plan to meet them at the Event Village as this will help us to keep the finish line clear and safe.

PARTICIPANT INFORMATION

Race Number

Keep your race number safe and dry. To be extra prepared, pin your race number to your race top or vest. Then there is no way you could possibly lose it. You will need this to access the start line.



Your Finisher
T-Shirt Size

Your Race Number
& First Name

Baggage Label



Timing Chip

Affixed to your race number, please do not remove, fold the chip or pierce your physical timing chip with safety pins.

Safety Measures

We strive to deliver fun, memorable and competitive event day experience for all our participants and spectators. Adhering to the following safety guidance will help us to achieve this:

- Your timing chip ensures that your start and finish time is recorded accurately. Please do not rush or overcrowd the start line hurrying to get to the front.
- Please try to arrive 'race ready' as queues for the help desk and bag drop can effect the start time for all participants – help us to reduce the queues by leaving belongings in your car and having your race number already pinned to your running top.
- You must not let someone else use your race number. In line with England Athletics guidance, if someone is found to be running under the incorrect number, they will be immediately disqualified from this and all future races conducted by Run Plymouth.
- Please listen and respond to all directional instruction being provided by the course marshals.
- Conditions on the day may change quickly – please ensure you are well equipped for the weather and wind conditions.
- Ensure you are well hydrated.
- Please be alert to road furniture and traffic calming measures on the road.
- Please only wear bone conducting headphones if any otherwise your awareness of surroundings as well as receiving key safety information whilst on route will be limited.
- When crossing the Tamar Bridge, please run in single file, ensuring you keep right at all times.
- Please ensure the medical information on the reverse of the bib is completed prior to the start of the race.
- A £5 fee will charged for all lost, damaged or replacement bib numbers.
- Don't forget your safety pins!
- Please respect your fellow participants, volunteers and staff on the day!

 **Please don't run if you're unwell, have an injury or are not confident you will complete the course.**

YOUR JOURNEY

We want you to feel completely at ease on the big day, with no need to worry about how you'll get to the start line. From dedicated parking to shuttle services, we've put everything in place to make your journey as smooth and stress-free as possible.

Below are all the options available to you on Sunday, so you can choose the one that best suits your plans:

BUS SHUTTLE SERVICES

Return to the Park and Ride will be available once the roads have re-opened after the event.

Milehouse Park & Ride – Service 1 (Direct to the Start Line):

- Departs 7:15am
- Takes you directly to Marine Academy Plymouth
- Drop your bag at the baggage drop

Milehouse Park & Ride – Service 2 (Direct to the Start Line):

- Departs 7:50am
- Takes you directly to Marine Academy Plymouth



BOOK HERE

This service needs to be pre-booked by Monday 12th October 2026.

PARKING AT VISPRING CAR PARK

- The car park opens from 7:15am and 8:00am.
- At 8:00am there is strictly NO VEHICLE movement and you will not be able to gain access to the car park after this point.
- Spaces will be allocated on a first come first served basis therefore we reserve the right to close access before 8:00am.
- Vehicles cannot leave until after the event has finished (approx. 10:30am onwards).
- Any attempt to drive through road closures will result in event disqualification.
- If you park here, you will need to walk to the start line at Marine Academy Plymouth.

VISPRING

ALTERNATIVE PARKING OPTIONS

On Street Parking

- Residential Side Streets: Unmarked spaces can typically be found along local roads like Percy Street and Edith Street, as well as near the St Budeaux Community Centre on Wolseley Road and local commercial stretches on Victoria Road. Please park respectfully.
- Restrictions & Rules: Always check local signage for any resident permit constraints or yellow line restrictions. You can cross-reference active rules via the [Plymouth City Council Parking Zone Maps](#) or review payment options on the [Plymouth City Council On-Street Parking](#) page.

Off-Street & Station Parking

- Pre-bookable spaces and daily rates start from around £3.80 per day and can be explored nearby via platforms like [JustPark](#) for locations near St Budeaux.

The Route

COURSE DETAILS

This A-B course will start at Marine Academy Plymouth and finish with an unforgettable welcome at Kawasaki.

The course has been designed to showcase the unique setting of the route, featuring two crossings of the Tamar Bridge and a downhill finish. Official road closures will be in place throughout.

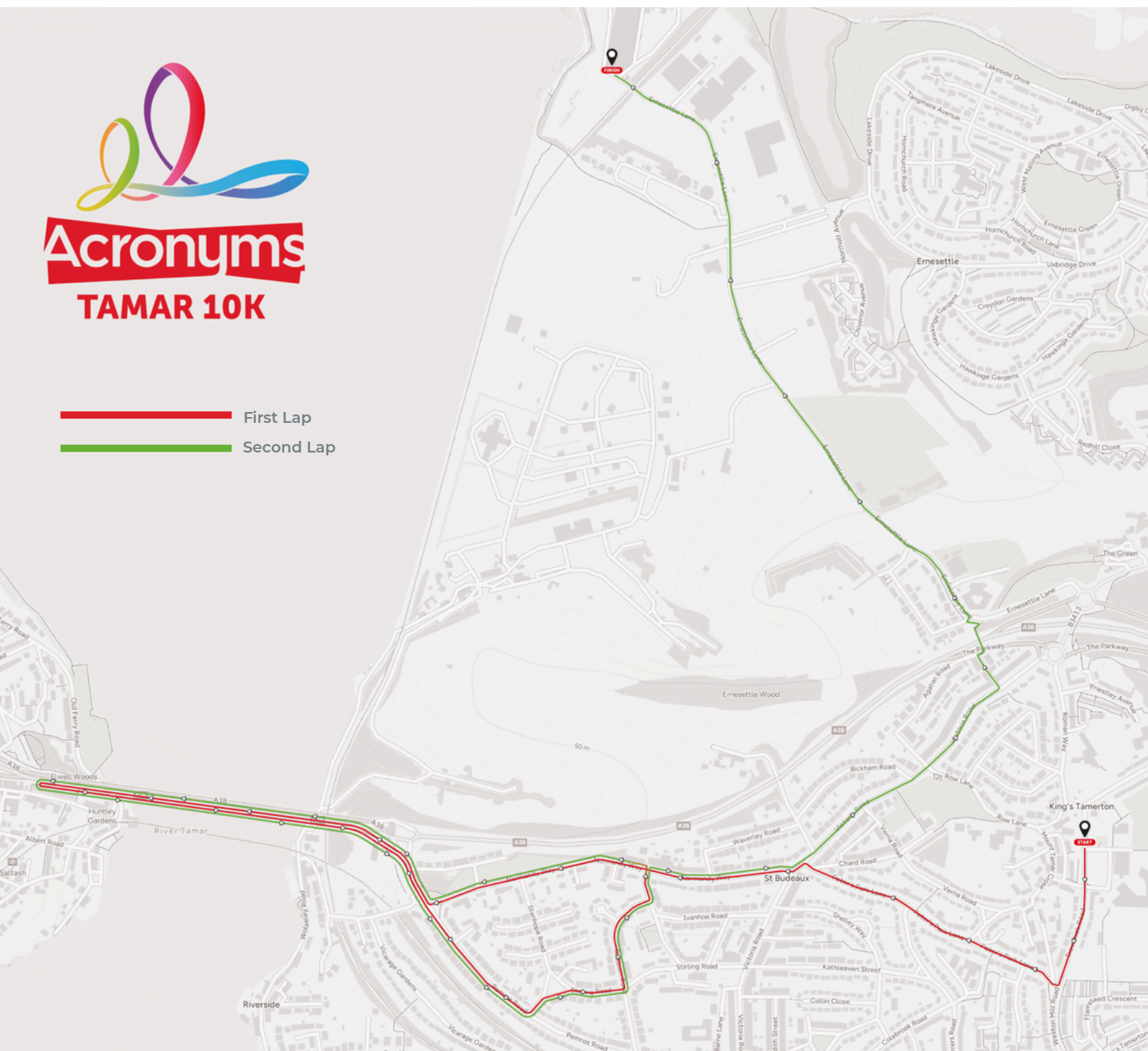
ROUTE VIDEO

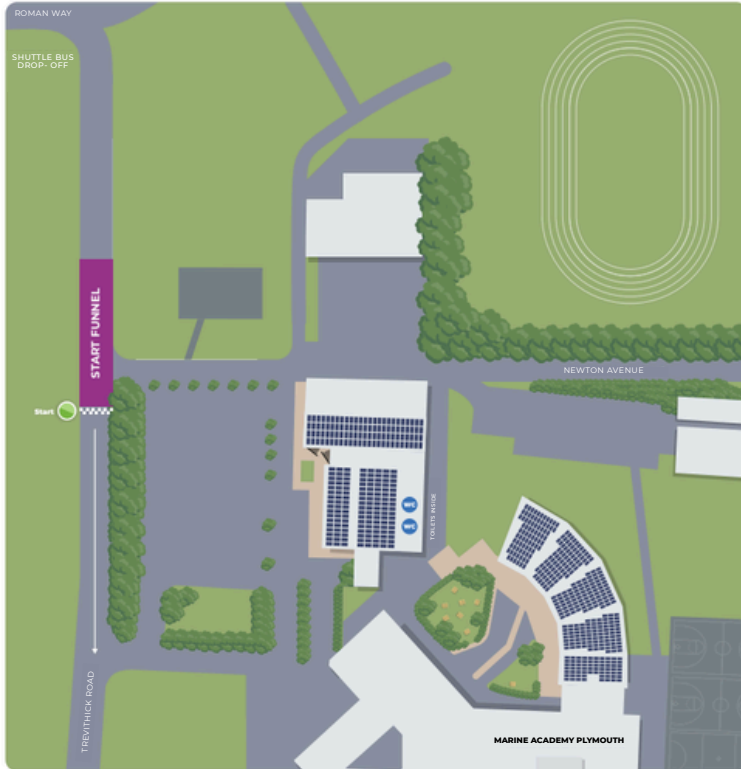
[View our 2026 route video](#) to familiarise yourself ahead of event day.

[CLICK HERE
TO SEE FULL ROUTE MAP](#)



 First Lap
 Second Lap





SITE MAP A

This site is where you'll find:

- The start line
- Event information
- Baggage drop off
- Portaloos
- Shuttle bus drop off point



SITE MAP B

This site is where you'll find:

- The finish line
- Rewards area
- Medical provision
- The event village
- Baggage collection
- Portaloos
- Vispring car park

Note for spectators: There are no dogs allowed on this site.



Event Checklist

- ☒ Have a nutritional breakfast, stay hydrated and check the weather forecast.
- ☒ Get dressed in tried and tested gear. It's never good to try new things on race day.
- ☒ If necessary, wear old clothes over the top of your running gear that you are happy to discard at the start line.
- ☒ Attach your baggage label to the top of your bag. We recommend packing warm & dry clothes to change into, a warm jacket and post-race snacks / fuel.
- ☒ Remember your race number and pin it to the front of your top, please ensure that it is visible at all times.
- ☒ Bring your race nutrition and hydration with you.
- ☒ Allow plenty of time for your journey and parking, especially if you need to collect your race number or pick up a replacement number.
- ☒ Lubricate all moving parts liberally. Chafing is no-ones friend!
- ☒ Make use of the toilets before entering the start funnel! Portable toilets are located at the Event Village outside Kawasaki.
- ☒ Remember your training and have a great day of running. We will meet you at the finish line for post event celebrations!



Smile and wave - One Plymouth, our official media partner for The Acronyms Tamar 10K, will be out on the course capturing all the action in both photos and videos! Keep an eye out for their team on the day and you might spot yourself in the highlights. All content will be shared on our official Facebook page:

<https://www.facebook.com/Tamar10k>



TORBAY

HALF MARATHON & 10K

SUNDAY 19 SEPTEMBER 2027

WWW.TORBAYHALFMARATHON.CO.UK



**RUN
PLYMOUTH
HALF
MARATHON**

**RUN
PLYMOUTH
10K**



#BEPARTOFIT



ENTER NOW

SUNDAY 16 MAY 2027

WWW.RUNPLYMOUTH.CO.UK



YOUR LEGACY, YOUR PHOTOS.

Immortalise your crowning moment of triumph with our official Finish Line photos.

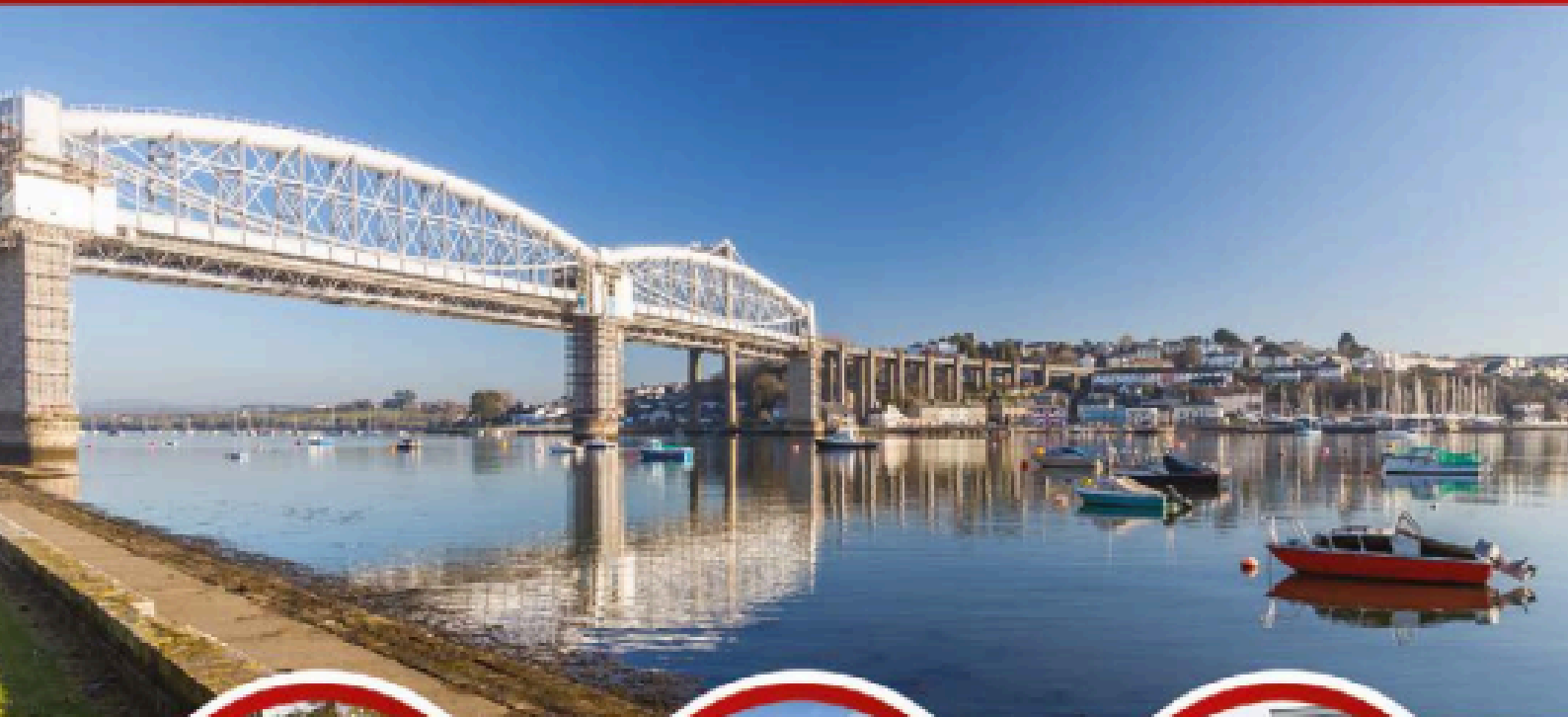
We're proud to be working in partnership with leading marathon photography specialists Marathon Photos to showcase your best event-day moments.

The Marathon Photos Live team will be positioned along the route to capture your moment of victory as you cross the line. Every participant will receive an email after the event with a direct link to view their personal photos and videos, along with a special early-bird discount for purchases made within the first week.

These are your photos. Your achievement. Your legacy.



SOUTH WEST'S COMPLETE TRAVEL SOLUTIONS



city PLYMOUTH BUS **Go** CORNWALL BUS

**Explore by
Local Bus**



**OCEAN CITY
SIGHTS**

**Open Top
Adventures**



DARTLINE

**Coaches and
Event Transport**

Plymouth Citybus and Go Cornwall Bus:
01752 662271 www.plymouthbus.co.uk
Dartline: 0808 164 3998 www.dartline.co.uk



YOU RUN THE RACE... ...WE RUN THE SHOW



Tailored Technical Solutions for All Your Event Needs
Production | Hire | Hybrid and Online | Sales

01579 345250 | www.jhav.co.uk | contact@jhav.co.uk



Kawasaki is Hiring NOW!

We Are Recruiting:

CNC Operators



For over 30 years, we've been a proud part of Plymouth's manufacturing community, leading the way in precision engineering. With 250 local team members and growing, we're looking for talented people ready to shape the future with us.

Join a global leader in hydraulic solutions, trusted by customers in over 40 countries. We offer competitive pay, excellent benefits, and clear paths for career growth—so you can build your future while powering ours.

For more information about our latest vacancies contact:

human@kawasakihydraulics.com | 01752 322363
kawasakihydraulics.com





D4S

H&S Consultancy
and Training

D4S
HEALTH AND SAFETY

ABOUT D4S

D4S Health and Safety is a chartered Health and Safety consultancy based in Plymouth, Devon yet support business from across the nation. We provide specialist health and safety advice as well as training for employees to support a wide range of organisations and industries.

CONTACT US



info@d-4s.co.uk



01752 922619



www.d-4s.co.uk



EXPERT ADVICE

Access professional health and safety advice when you need it.



BESPOKE SUPPORT

Bespoke support tailored to your organisation and your events.



PRACTICAL SOLUTIONS

Practical solutions and control measures that help you manage risk and stay compliant.



SAFER EVENTS

Helping you deliver successful events while keeping your people safe.



DEVON BASED CONSULTANCY
COVERING THE ENTIRETY OF THE UK



Chartered Safety and
Health Professional

PROTECT YOUR EVENT, PROTECT YOUR PEOPLE, PROTECT YOUR BUSINESS.

www.d-4s.co.uk

Acronyms

Your Strategic IT Partner

We look after your IT so you can
keep doing what you do best.

To book a free consultation
visit acronyms.co.uk or
scan the QR code.



THANK YOU!

IT TAKES A LARGE NUMBER OF ORGANISATIONS WORKING TOGETHER TO MAKE A SUCCESSFUL LARGE-SCALE EVENT AND WE RE SO GRATEFUL TO THE FOLLOWING:

OUR AMAZING TEAM

Our great event team, suppliers and volunteers from across Plymouth and beyond.

PLYMOUTH CITY COUNCIL

Officers, Councillors and Plymouth City Council staff for their continuing support and help in making the event such a success.

LOCAL COMMUNITIES

The residents, places of worship and businesses from the local communities on the course for their support.

THE SUPPORTERS

All the spectators and support on the event route and all those supporting you along your training journey.

THE CHARITIES

The charities who have runners taking part.

PARTICIPANTS

Simply, there would be no point in the Acronyms Tamar 10K without you. Thank you all for entering and for all your preparation and training.

LOCAL SERVICES

The local police and emergency services who work alongside us both on event day and all year round.

OUR SPONSORS & PARTNERS

All of our wonderful sponsors and partners who have invested in the event and supported the wider health and wellbeing agenda.

EVENT PROUDLY SPONSORED AND SUPPORTED BY:

Acronyms
Tailored IT and Unified Comms

