



Devon's Strongest Hands 2024 competition, held at Appledore Football Club on July 20, achieved significant milestones, including the breaking of three British records. Pictured above: Sam Horn, who organised the event

Show of hands proves a strong favourite

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THE Devon's Strongest Hands 2024 competition, which was staged at Appledore Football Club last month, achieved some significant milestones, including the breaking of three British records and raising

£280 for Children's Hospice South West.

The event, on July 20, organised by Sam Horn and his partner Stacey Hope, featured 14 competitors in seven weight classes for both men and women.

Sam is a strength and conditioning coach, as well as a competitive strongman and a grip athlete based in

Barnstaple. The event was also sponsored by Sam's business, Sam Horn Strength Systems and CT1.

Participants competed in five different events: Axle Deadlift, Pinch Block, Hub, Horne Top, and Farmers Handle Hold.

Three British records were set in the Horne Top event: Shelley Coppin in the under 63kg women's category,

Karl Crosby in the under 105kg Men's category, and a competitor called Tiny in the over 120kg men's category.

Spectators enjoyed additional challenges such as the Inch Dumbbell and Blob.

Hive Health and Wellbeing offered free sports massages to competitors throughout the day.

The event also included a raffle with prizes generously donated by businesses including Braddicks, Combe Martin Wildlife Park, and other local traders.

All proceeds from the raffle and other contributions at the event amounted to £280 for Littlebridge House Children's Hospice South West.

New transport plan welcomed

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A NEW vision to transform transport in the South West has been warmly welcomed in North Devon.

Peninsula Transport, the sub-national transport body for the South West peninsula, has unveiled a regional strategy aimed at transforming the transport landscape across Cornwall, Devon, Plymouth, Somerset and Torbay.

Approved by the Peninsula Transport board in March 2024, the strategy marks a significant step towards a more resilient, reliable and accessible transport system designed to bolster economic growth and promote sustainable travel.

Developed over five years, the strategy is rooted in extensive evidence and incorporates feedback from a wide-ranging consultation period that began with the draft release in December 2023.

The consultation involved government bodies, industry stakeholders, businesses, and local communities, ensuring that the strategy addresses the diverse needs of travellers within the peninsula.

The strategy sets out four key outcomes to be achieved by 2030, guiding the region towards its ultimate objective by 2050 of a fully integrated, safe, and net-zero transport network.



The strategy marks a significant step towards a more resilient, reliable and accessible transport system

The outcomes include:

Easier journeys Creation of an integrated public transport system tailored to customer needs, enhancing travel accessibility and improving active travel connections with bus and rail networks.

Going electric Expansion of affordable zero-emission transport options through a reliable electric vehicle charging network and alternative fuel choices for road freight and buses.

A connected peninsula Development of safe, reliable, resilient, and sustainable transport links that support climate adaptation across the peninsula.

Completing the transport network By 2050, the strategy aims for a fully integrated and improved transport network, ensuring seamless connections and advancing towards net-zero emissions.

To advance these outcomes, Peninsula Transport's current work programme targets several critical areas.

These include integrated ticketing development, rural mobility solutions, road and rail network resilience, electric vehicle infrastructure, freight initiatives, and carbon emissions forecasting.

Additionally, the establishment of a Regional Centre of Excellence will support partner organisations in achieving these goals.

Peninsula Transport will also ad-

vocate for the enhancement of strategic road and rail links across the peninsula, aiming to improve journey safety, efficiency, and resilience.

Complementing the strategy, a Strategic Implementation Plan is in development, expected to be finalised by late 2024.

This plan will prioritise specific schemes and initiatives essential for the strategy's successful execution, guiding government and stakeholders on the unique transport needs of the peninsula.

Councillor Mark Coker, Peninsula Transport Chair, said: "The Peninsula Transport Strategy marks a major milestone as it sets out our advice to government on the region's transport needs.

"We have placed the user at the heart of the strategy, and we want to see hassle-free, more sustainable and better connected journeys. Through the strategy, we provide a collective regional voice, which will help to boost our key transport links and complement the work of our local authorities to enhance regional connectivity.

"The STB will continue to bring partners and organisations together to ensure we deliver for the peninsula, acting as champions and providing the vital link between national, regional and local transport policy."

Tim Steer, vice chair of the Tarka

Rail Association, expressed his support.

He said: "For too long, the South West Peninsula has been dominated by car-based culture. I am pleased to see that the Peninsula Transport strategy reflects this. I fully support the strategy to decarbonise this area of the UK with extending and upgrading sustainable transport infrastructure. Connectivity of districts such as Torridge are very poor, and this new transport document can help demonstrate the strategic importance on why this now needs to change."

Councillor Andrea Davis, deputy leader and cabinet member for climate change, environment and transport for Devon County Council, said: "I'm really pleased that we now have a transport strategy, it means that we can now forge ahead with our partners to advocate for the funding required, it sets out a clear direction for transport planning.

"I was very encouraged by the level of engagement through the consultations which happened earlier this year, people were very clear what their priorities were.

"Our area is completely dependent on goods and people being able to access us and for us living here to be able to get to other parts of the UK, we know we need resilient transport networks which will serve us into the future, this strategy ensures we have the plan to do that."