

THE CHALLENGE

Similar to previous years: A 'low-key' off-road running event covering a distance of approximately 28km with an obscene amount of climb involved! Fell Runners' Association Cat B.

Aim: To visit each of the four Triangulation Pillars around the Sid Valley. Although runners will be able to choose their own routes, they must visit each Trig Point in order. **Excessive road running will be frowned upon!** Some knowledge of navigation or local knowledge of the area might help with route choice.

PROVISIONAL ROUTE: Reverse to last year!

TRIGS	TRIG POINTS	GRID REFERENCE
Marker	Stile	150878
1	Weston Cliff	170882
Marker	Road Crossing	160896
2	Buckton Hill	149908
Marker	Road Crossing	139917
Marker	Stile	122924
3	Beacon Hill	111909
Marker	Bridge	102903
4	High Peak	103859

As with previous years, there are a few extra check-points to visit in between each Trig Point to help 'taper' route selection.

CHALLENGE INFORMATION

START: Sidmouth Sailing Club at 9:30am, on Sunday 10th February 2019. (The club is at the east end of the promenade).

Briefing: Sidmouth Sailing Club at 9:15am

MAP: Ordnance Survey - Explorer 30 Exmouth & Sidmouth 1:25,000 is best.

ENTRY FEES: A Pre-entry fee of £12 or Entry fee of £15 on the Day required with completed application form. **Cheques should be made payable to: "Sidmouth 4 Trigs Challenge".**

Alternatively you can make a BACS payment to HSBC Account no: 51548360 Sort Code 40-20-32. Entries to Marion Hayman, 55 Primley Road, Sidmouth, Devon, EX10 9LF. All entries will be acknowledged via email. If you would prefer a written response, please enclose a SAE with your entry. Entries strictly limited to 120 places. Please aim to get your entries in by 29th January. All entrants are guaranteed a Hayman's pasty. Please circle the meat or veggie option!!! Tea/coffee and cake are also available for a small donation to our chosen charity.

FACILITIES: Hot showers, hot drinks, Hayman's pasties, cakes & bar option available afterwards.

DOGS: Unfortunately, due to an incident in 2017, no dogs will be permitted.

Interested? Contact Marion Hayman - Tel: 07578 510277, or

E-mail: marion.hayman55@gmail.com



Cardiac Risk in the Young (CRY) was founded just over 20 years ago in 1995 and has become a leading national charity, striving to prevent young sudden cardiac death (yscd) through awareness, screening and research. CRY also provides a “bespoke” bereavement support programme for families and partners who have been tragically affected by the sudden death of a young person.

Every week in the UK at least 12 apparently ‘fit and healthy’ young people (aged 35 and under) die suddenly from a previously undiagnosed heart condition. That’s 600 deaths a year and this is likely to be a conservative estimate. In 80% of these cases, there will have been no signs or symptoms, which is why CRY believes that proactive cardiac screening is so vitally important. As such, CRY now screens over 20,000 young people (aged between 14-35) every year. This pioneering programme involves a simple, non-invasive electrocardiogram (ECG) that looks at the electrical activity of the heart. If necessary CRY will also perform an echocardiogram, an ultrasound scan of the heart.

Over the past 4 years the 4 Trigs Challenge has raised £5,053 for CRY. We have held two public screenings in Sidmouth. 198 young people have been screened.

Thankyou.