

THE 20th SIDMOUTH FOUR TRIGS CHALLENGE!

Run Under FRA rules

9:30 am Sunday 9th February 2020

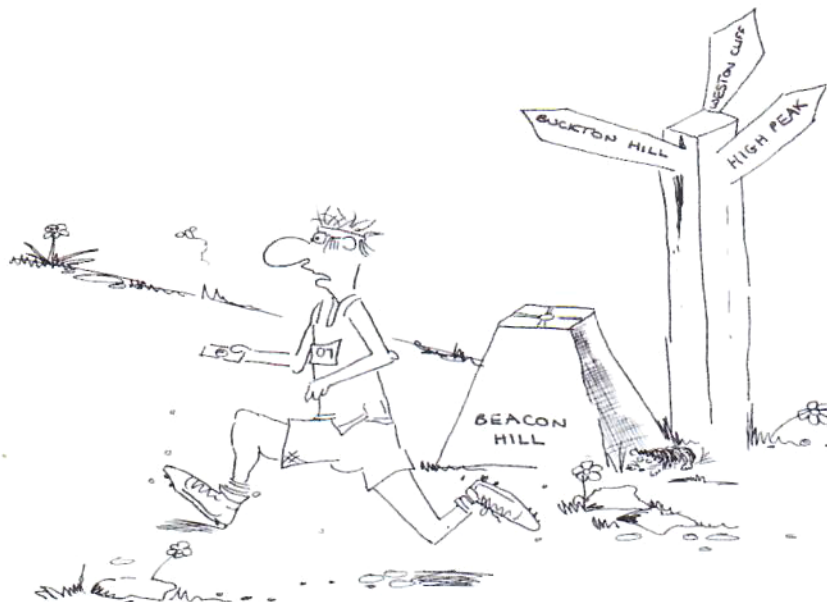
Entries Close on 31st Jan 20

(SPONSORED BY HAYMAN'S BUTCHERS and
IAN WINCHESTER & SONS)



www.c-r-y.org.uk

Registered Charity No. 1050845



To aid Administrative Control

Your Entry is NOT transferable to any other person

There will be No Refunds.

No Entries On The Day

If you cannot run please Inform Marion Hayman

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
1	High Peak	103859
Marker	Bridge	102903
2	Beacon Hill	111909
Marker	Stile / Gate	122924
Marker	Road Crossing	139917
3	Buckton Hill	149908
Marker	Road Crossing	160896
4	Weston Cliff	170882
Marker	Gate (kissing)	150878

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 9th February 2020. (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 FEE is £15 in Advance. **NO Entries on the DAY.** 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. Please use your Name in the Reference. Entries to Marion Hayman, 55 Primley Road, Sidmouth, Devon, EX10 9LF. All entries will be acknowledged via email on receipt of Entry form and Payment. If you would prefer a written response, please enclose a SAE with your entry. **Entries strictly limited to 150 places. Entries close on 31st January 2020.** 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 nearly 25 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 5 years the 4 Trigs Challenge has raised £7,330 for CRY.

Along with other fund-raising events and donations we have been able to fund 3 screening sessions in Sidmouth.

Thankyou.

Changes to the 2020 Trigs - Message from the Organiser

The 2020, 4 Trigs Challenge, will be on Sunday 9th February.

There are a few changes to this year's event. These changes are due to a combination of FRA requirements and hiccups presented in 2019. They have been introduced for the safety of the competitors and to allow for the smooth running of the event. (Not to mention my sanity) !!!!

- 1) The number of entries will be upped to 150 runners.
- 2) There will be NO reserve list.
- 3) There will be NO, On The Day entries.
- 4) Runners must sign in and collect their OWN numbers.
- 4) The swapping of race numbers will NOT be permitted.
- 5) Runners should be able to provide proof of ID.
- 6) Refunds are unavailable once your entry form has been submitted and money paid into the bank.
- 7) There are separate entry forms for FRA members/non-members. (New requirement-FRA)
- 8) The entry fee will be £15 to be paid by cheque or BACS
- 9) The closing date will be 31/01/20 for all entries.

Hoping that you are still interested!!

Please note that this event although supported by, is NOT run by the Sidmouth Running Club and that all correspondence needs to come to me. Terry Bewes is however, very good at liaising.

I look forward to hearing from you and receiving your entries shortly and seeing you all in February.

Kind regards,

Marion

**FRA MEMBERS
SENIOR RACE ENTRY FORM 2020**

Race No.

Race: _____ Minimum age to enter: _____

Full Name: _____

Club: _____

Date of Birth: _____ Age _____ FRA Membership No. _____

Email Address (optional): _____

Category (Please circle)

For U/21 and U/23 check whether to use age on day or age at 31/December

WOMEN WU21 WU23 WSEN W40 W45 W50 W55 W60 W65 W70 W75

MEN MU21 MU23 MSEN M40 M45 M50 M55 M60 M65 M70 M75

Address: _____

_____ Postcode: _____

Phone No: _____ Vehicle Registration: _____

Emergency Contact Name: _____ Phone No: _____

- I accept the hazards inherent in fell running and acknowledge that I am entering and running this race at my own risk.
- I confirm that I am aware of the rules imposed on me by the Race Organiser and that I will comply with them.
- I confirm that I have read and will comply with, the FRA "Requirements for Runners".
- I acknowledge and agree that I am responsible for determining whether I have the skills equipment and fitness to participate in this event.
- I accept that neither the Race Organiser nor the Fell Runners Association shall be liable to me for any injury, loss or damage of any nature to me or my property arising out of my participation in this race (other than in respect of death or personal injury as a result of their negligence).
- I consent to publication of my name, club, race category, race number, finishing time and race position in race pre-entry and results lists, and to the sharing of all the above details with trusted partner organisations (e.g. UK Athletics) for disciplinary purposes or otherwise where necessary in the interests of the sport.

Signed: _____ Date _____

Competitor or, **if under 18**, Parent/Legal Guardian or refer to Parental Consent Form

**FRA MEMBERS
SENIOR RACE ENTRY FORM 2020**

Race No.

Race: _____ Minimum age to enter: _____

Full Name: _____

Club: _____

Date of Birth: _____ Age _____ FRA Membership No. _____

Email Address (optional): _____

Category (Please circle)

For U/21 and U/23 check whether to use age on day or age at 31/December

WOMEN WU21 WU23 WSEN W40 W45 W50 W55 W60 W65 W70 W75

MEN MU21 MU23 MSEN M40 M45 M50 M55 M60 M65 M70 M75

Address: _____

_____ Postcode: _____

Phone No: _____ Vehicle Registration: _____

Emergency Contact Name: _____ Phone No: _____

- I accept the hazards inherent in fell running and acknowledge that I am entering and running this race at my own risk.
- I confirm that I am aware of the rules imposed on me by the Race Organiser and that I will comply with them.
- I confirm that I have read and will comply with, the FRA "Requirements for Runners".
- I acknowledge and agree that I am responsible for determining whether I have the skills equipment and fitness to participate in this event.
- I accept that neither the Race Organiser nor the Fell Runners Association shall be liable to me for any injury, loss or damage of any nature to me or my property arising out of my participation in this race (other than in respect of death or personal injury as a result of their negligence).
- I consent to publication of my name, club, race category, race number, finishing time and race position in race pre-entry and results lists, and to the sharing of all the above details with trusted partner organisations (e.g. UK Athletics) for disciplinary purposes or otherwise where necessary in the interests of the sport.

Signed: _____ Date _____

Competitor or, **if under 18**, Parent/Legal Guardian or refer to Parental Consent Form