

THE 22nd SIDMOUTH

# FOUR TRIGS CHALLENGE!

Run Under FRA rules. License Number: 2024-8657

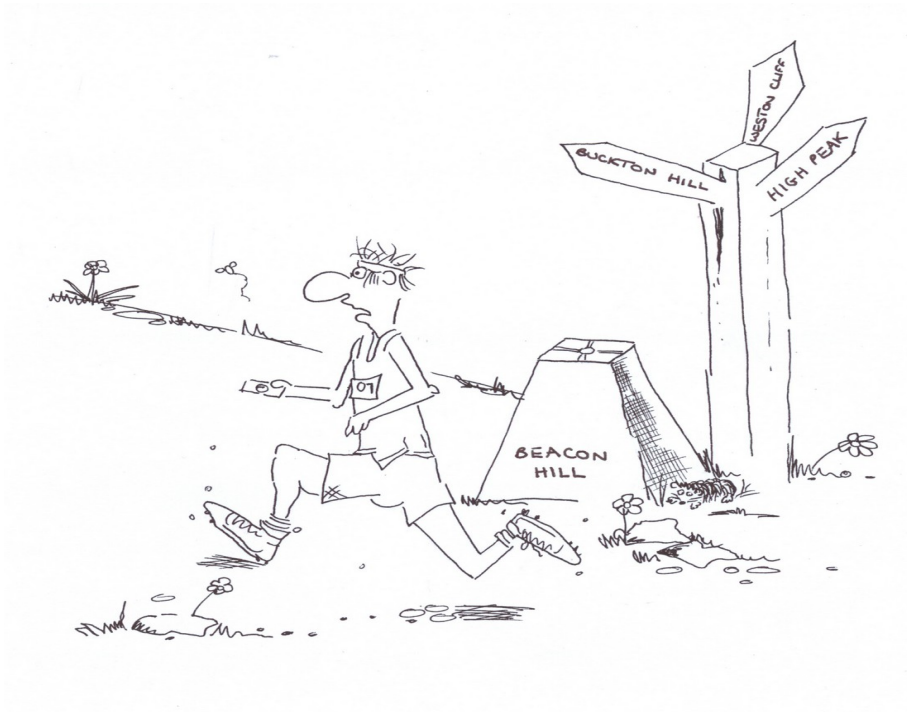
**9:30 am Sunday 4<sup>th</sup> February 2024**

**Entries Close on 27<sup>th</sup> January 2024**

(SPONSORED BY KING'S GARDEN CENTRE and  
IAN WINCHESTER & SONS)



Registered Charity No. 1050845



## To aid Administrative Control:

**Your Entry is NOT transferable to any other person**

**No Entries On The Day**

**There will be No Refunds.**

**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 L

**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 challenge in 2023

TRIGS	TRIG POINTS	GRID REFERENCE
1	High Peak	103859
<b>Marker</b>	Bridge	102903
2	Beacon Hill	111909
<b>Marker</b>	Stile / Gate	122924
<b>Marker</b>	Road Crossing	139917
3	Buckton Hill	149908
<b>Marker</b>	Road Crossing	160896
4	Weston Cliff	170882
<b>Marker</b>	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:** The Watersports Hub at 9:30am, on Sunday 4<sup>th</sup> February 2024. The club is at the east end of the promenade: EX10 8BG.

**BRIEFING:** BRIEFING NOTES WILL BE SENT IN AN EMAIL THE WEEK PRIOR TO THE EVENT

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

**ENTRY FEE** is £16 in Advance. There will be **NO 'On the DAY' Entries**. Entry forms should be returned electronically, if possible. Payment by BACS only, to HSBC Account no: 51548360 Sort Code 40-20-32. Account name: Sidmouth 4 Trigs Challenge. Please use your Name in the Reference. Paper entries should be sent to Marion Hayman, 55, Primley Road, Sidmouth, Devon, EX10 9LF. Entries will be acknowledged via email on receipt of **both, Entry form and Payment**. Please note: **No cheques or cash payment** accepted due to high bank charges. **Entries strictly limited to 150 places. Entries close on 27th January 2024.**

**MARSHALS:** Marshals will be out on the course at Four Elms, Whitecross, Sidbury and The Donkey Sanctuary.

**FACILITIES:** Toilet, shower facilities, and refreshments, will be made available at The Watersports Hub.

**DOGS:** Unfortunately, dogs are not permitted.

**INTERESTED:** Contact Marion Hayman - Tel: 07578 510277, or E-mail: [marion.hayman55@gmail.com](mailto:marion.hayman55@gmail.com)



Cardiac Risk in the Young (CRY) was founded over 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. Before the pandemic, CRY were screening over 30,000 young people (aged between 14-35) every year. They are now hoping to get back on track to reach this figure again in the foreseeable future. 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 8 years, The 4 Trigs Challenge has raised £14,603 for CRY.**

**Along with other fund-raising events and donations we have been able to fund 3 screening sessions in Sidmouth. We have 2 further days planned for November 2023.**

**A big Thank you to you all, for your generosity and in helping to make this possible.**