

Information (and a few rules), for The Four Trigs Challenge 2024.

-Nature of the race: As last year, we intend to have a mass start this year, with clip controls along the route. Finish times will be by stopwatch.

-Entries: There is an entry fee of £16. Entry forms (attached), need to be returned electronically if possible. Please note that payment is by **BACS only**, due to high bank charges. Entry forms will also be available on the Sidmouth Running Club website. Please note however, that this is NOT an event run by the Sidmouth Running Club and that all correspondence needs to come via me.

-Registration: Registration will take place on the day.

-Briefing: To avoid holding the briefing outside the Club, as in most previous years, we will send it electronically, the week leading up to the event.

-Marshals: Marshals will be based at Four Elms, Whitecross, Sidbury, and the Donkey Sanctuary. There will also be roaming Marshals out on the course. Refreshments of water and bananas will be available at Whitecross and The Donkey Sanctuary.

-Facilities: Toilets, shower facilities and post-race refreshments will be made available at the club house. **

-Buckton Trig: Please note that Buckton Trig is on private land. We are unable to visit the Trig point and will be re-routing, as we did for 2023.

-Covid: We will be adhering to any covid guidelines and regulations and will update you on this if necessary.

Please also note:

- Maximum entries: 150 runners.
- There will be NO reserve list.
- There are **NO Entries on the day**.
- Runners must sign in and collect their own numbers.
- Running without a number, is an absolute "NO NO."
- The swapping of numbers will NOT be permitted i.e, you are not allowed to pass your entry to another person.

-Please note that this is a running event and that there is a cut-off point of 6 hours. Competitors unable to meet this requirement, on the day, will be asked to return to the Club.

-Refunds are unavailable once your entry form has been submitted and money paid into the bank. *

-The closing date for entries is Saturday 27th January 2024

***Please note that in the event of the race having to be cancelled for any unforeseen reason, a full refund will be offered.**

****Please also note that we are at the same venue, as in previous years, but the club is now known as The Watersports Hub. EX10 8BG.**