

REGISTRATION FORM

i. I declare that I understand that this race is held in accordance with both the rules and safety requirements of the FRA. I confirm that I am aware of the organiser's information and requirements in connection with this race. I accept the hazards involved in fell running and acknowledge that I am entering and running this race at my own risk. Other than the organiser's liability for causing death or personal injury by negligence, I confirm that I understand that the organiser accepts no liability to me for any loss or damage of any nature to myself or my property arising out of my participation in this race.

ii. I will run on as little road as humanly possible, adhering to the new country code.

iii. I will smile at all times and be sociable to other runners!

iv. I understand that I will have to navigate myself around the course using only rights of way.

Name: Age:

Address:

Post Code: Tel:

E-Mail Address:

Signed: Date:

Competitor / Parent or Guardian

Emergency Contact - Name & phone number:

NB: No further information will be dispatched to competitors. If confirmation of entry is required please enclose a SAE with your entry.

Cheques for £5 (£6 unattached) should be made payable to: "Sidmouth 4 Trigs Challenge". Entries to Nick Keast, 71 Newlands Road, Sidmouth, Devon, EX10 9NN. The first 100 entries by 1st Feb 2010 will guarantee a Hayman's pasty and a piece of cake on completion of the Challenge! Limited to 100 entries.

THE TENTH SIDMOUTH FOUR TRIGS CHALLENGE!

(SPONSORED BY HAYMAN'S BUTCHERS OF SIDMOUTH)

Under FRA rules



9:30 am
Sunday 7th February 2010



THE CHALLENGE

Similar to previous years: A 'low-key' off-road running event covering a distance of approximately 25km 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.

WHEN: Sunday 7th February 2010: Briefing at 9:15 am
Start at 9:30 am

PROVISIONAL ROUTE: Reverse to last year!

TRIGS	TRIG POINTS	GRID REFERENCE
1	High Peak	103859
Marker	Bridge	102903
2	Beacon Hill	111909
Marker	Stile	122924
Marker	Road Crossing	139917
3	Buckton Hill	149908
Marker	Road Crossing	160896
4	Weston Cliff	170882
Marker	Stile	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 9:30 am, on Sunday 7th February 2010. (The club is at the east end of the promenade).

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

ENTRY FEES: No T-shirts, no numbers & very few prizes all mean a ridiculously low entry fee of £5 (£6 Unattached). **Entries limited to 100!** You'll get a Hayman's pasty and a piece of cake, on completion of the Challenge.

PRIZES: Maybe?

FACILITIES: Hot showers, hot drinks, Hayman's pasties, cakes & beer afterwards.

PROCEEDS: All profit goes to a local charity (despite the low entry fee, £560 was donated to local charities last year).

Interested? Contact Nick Keast - Tel: 01395 579687, or

E-mail: Helen.Keast@ukgateway.net

Be warned, this is a seriously hard run! Competitors take part at their own risk and the organiser cannot be held responsible for competitors' safety or injury.