



East Devon 8 Trigs

Thanks for joining us on the inaugural East Devon 8 Trigs or the shorter 5 Trigs. After many months without any races and walking challenges taking place, we look forward to seeing you back out on the trails. Things will be a little different at this event compared to our previous ones, but we want to make it as safe and enjoyable as possible. Impact on the local community is also an important concern to us in these strange times that we find ourselves in.

SO, WHAT'S INVOLVED?

Trigpoints are the common name for “triangulation pillars”. These are concrete pillars, about 4’ tall, which were used by the Ordnance Survey in order to determine the exact shape of the country. They are generally located on the highest bit of ground in the area, so that there is a direct line of sight from one to the next. By sitting a theodolite (an accurate protractor built into a telescope) on the top of the pillar, accurate angles between pairs of nearby trigpoints could be measured. This process is called “triangulation”.

<http://trigpointing.uk/info/trigpoints.php>

OUR EVENT

Eight of these trig points sit on a beautifully varied trail loop in East Devon. The route starts on Budleigh Salterton seafront and follows the South West Coast Path to West Down Beacon trig point. Far reaching views from here extend to Berry Head to the South West and Portland to the East. The rest of the route follows sections of the East Devon Way, crossing Woodbury Common and the Sid valley. A series of footpaths and back lanes take you to the Jurassic Coast at Weston Cliff, before returning along the South West Coast Path to Budleigh.

THE ROUTE

All trig points can be found without the need for complicated navigation techniques. However, a basic understanding of navigation will be required as the 8 trigs route isn't way marked. Total distance is approximately 33 miles.

The shorter 5 trigs route avoids the biggest hills on the Eastern part of the course. A total distance of just over 20 miles.

Both routes are available on ViewRanger and a GPX file can also be downloaded. If you prefer a traditional map, Explorer 115 (Exmouth and Sidmouth) covers the whole route. This is a self-navigate event and the routes below are there as a guide. If you plan to take any variations, please observe the following:

- Please stick to public rights of way between trigs and checkpoints
- Avoid roads as much as possible
- After CP1, please follow East Devon Way to Harpford footbridge over the river Otter. On reaching the road the other side, turn left for the 8 trigs and continue on East Devon Way. The 5 Trigs turns right here and crosses the A3052 WITH EXTREME CARE.
- Do not climb over any gates or fences, or attempt to cross private land. There is a stile on the coast path that provides access to Weston trig. Return by the same route.
- Please use the South West Coast Path when returning to Budleigh from Weston and High Peak.

THE TRIG POINTS

West Down Beacon – SY045811

Black Hill – SY026854

Woodbury – SY039881

Aylesbeare – SY 055900

Beacon Hill – SY111909 (8 trigs only)

Buckton Hill – SY148908 (8 trigs only)

Weston Cliff – SY170882 (8 trigs only)

High Peak – SY103859

VIEWRANGER LINKS HERE:

East Devon 5 Trigs (20 miles): <https://my.viewranger.com/route/details/MzlyMDAzNg==>

East Devon 8 Trigs (30 miles): <https://my.viewranger.com/route/details/MzlyMDA5NQ==>

On the 12th September, teams of 2-6 will leave at staggered times to enable social distancing and prevent groups forming at the start line. You must stay with at least one other person at all times. Solo entries permitted for confident navigators only. Each team will need to record their route on Strava (or similar app) for possible verification later.

This will be a “no frills” event but our usual team will be out there to support you where it’s needed most. First aid cover will be provided at the start/finish, both checkpoints, qualified sweepers following the event and additional mobile units.

REGISTRATION AND START:

Registration will be at Lime Kiln car park in Budleigh Salterton, EX9 6JD

For this new event, we will have staggered registration/start times. You’ll collect your race numbers here. Each group should present themselves at registration during the time slot below and leave soon after. Please see below:

7:30-8:15am 30 mile walk

8:45-9:30am 30 mile run

9:30-10am 20 mile walk

10:15-10:45 20 mile run

Your finishing position will be based on your time out on the course. Finish times and positions will be posted on our website.

MANDATORY KIT LIST

Base layer

Trail shoes / walking boots

Waterproof / windproof jacket

Mobile phone with event number saved (07966654867)

Rucksack, waist pack, race vest or similar

Hydration system (bladder or bottles, min capacity 1ltr)

Survival bag / space blanket

Basic first aid kit (min 1 x wound dressing and selection of blister plasters)

Headwear (eg, cap or buff)

Whistle

Headtorch (mandatory for 8 trigs)

Nutrition (energy foods, gels, bars etc.)

Face covering (buff or similar is fine)

CHECKPOINTS

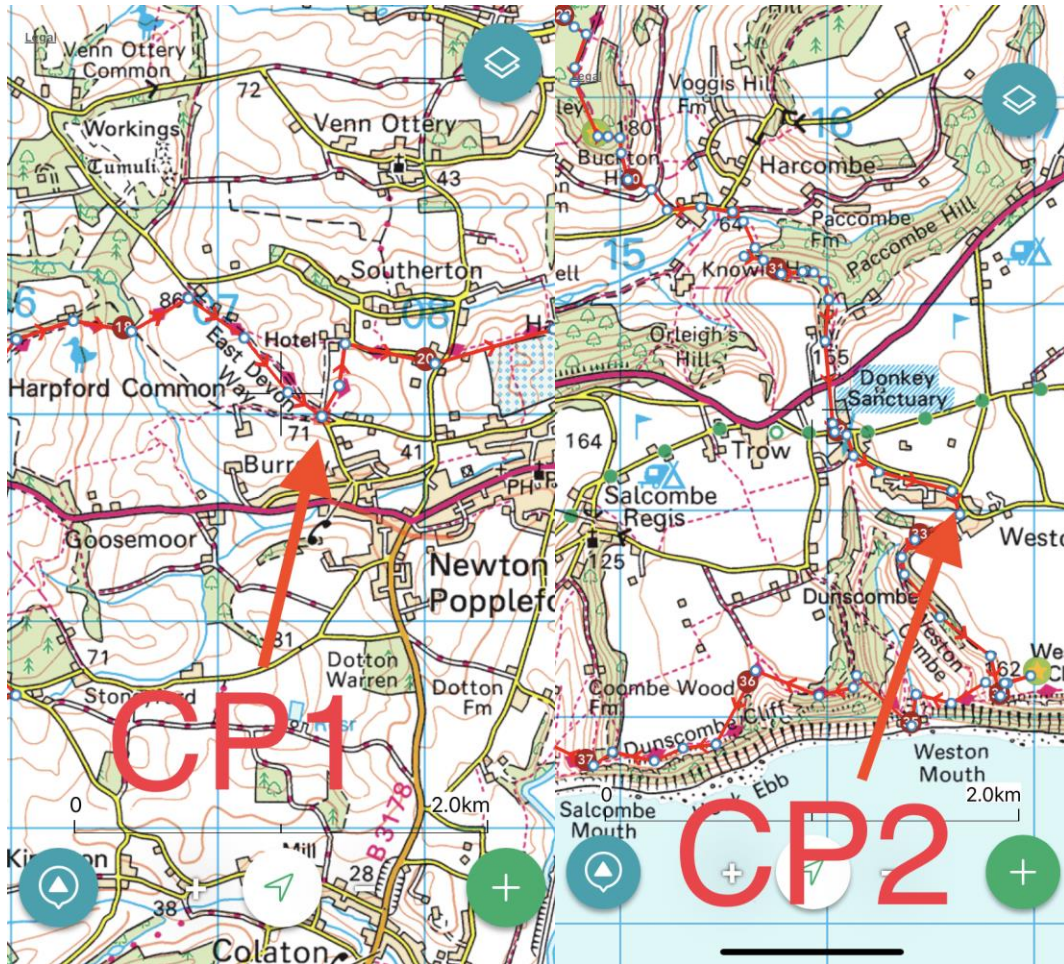
There will be two mandatory checkpoints on the 8 trigs and one checkpoint on the 5 trigs route.

You must visit these locations and ensure that our team have taken a note of your number.

There will be water, coke, fruit, cake and other snacks at both.

CP1 – Road junction near Newton Poppleford, 8 Trigs and 5 Trigs: SY075899

CP2 – Weston car park, 8 Trigs only: SY166889



COVID 19

Please don't come to the event if you or any other member of your household have recently experienced any of the symptoms associated with Covid 19. This would also be the case if you had recently had close contact with someone with Covid 19 or similar symptoms. See <https://www.gov.uk/coronavirus> for specific guidance.

We will maintain a minimum of 2m social distancing at registration and checkpoints. Please continue to do the same out on the course with anyone who isn't part of your immediate group. There will be hand sanitiser at registration and checkpoints for your use. Please bring a face covering for any situations where the 2m rule can't be maintained.

ENDING YOUR PARTICIPATION

If you need to leave the event before reaching the finish, please notify one of our marshals or text the race director on 07966654867 with your name and race number. There is a regular bus service from Sidmouth and Newton Poppleford back to Budleigh Salterton.

There is a cut off at CP1 at 3pm for the 5 Trigs and 4pm at CP2 for the 8 Trigs. If you get timed out at either location, we will assist you getting back to Budleigh Salterton. You will not be permitted to continue after these times.

WHAT'S NEXT

We hope that you have a fantastic day with us, please share any pictures from your day on our facebook event page: [8 Trigs event page](#)

Please join us for another race or challenge in 2021. Single and multi-day options from 20-120 miles, full details on our website.