

## East Devon 8 and 5 Trigs



### 4<sup>th</sup> November 2023

Thanks for joining us for the fourth edition of the East Devon 8 Trigs or the shorter 5 Trigs. Please familiarise yourself with the information below, so that you know what to expect on the day.

#### 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 High Peak. Far reaching views from here extend to Berry Head, Portland and Dartmoor. From here, the 5 Trig route heads inland and crosses Mutters Moor. The 8 Trig version continues along the South West Coast Path to Weston Cliff before heading inland to find Buckton Hill and Beacon Hill. Both routes come back together again at Newton Poppleford for the last 4 Trig points.

## 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 routes aren't way marked. Total distance for the 8 Trigs 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 21 miles.

Both routes are available on Outdoor Active 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-navigation event and the routes are simply the recommended way to go. **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
- 5 Trigs, please cross the A3052 WITH EXTREME CARE. We recommend that you use the footbridge upstream from the main road bridge to cross the river Otter (map below)
- 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 (8 Trigs). Return by the same route.
- Buckton Trig is currently inaccessible, with new "Private Property" signs. DO NOT attempt to reach the trig, use the wooden sign post at SY148909
- Please use the South West Coast Path when returning to Budleigh from West Down Beacon.

## **THE TRIG POINTS**

High Peak – SY103859 (8 and 5 trigs)

Weston Cliff - SY170882 (8 trigs only)

Buckton Hill - SY148908 (8 trigs only) THIS IS CURRENTLY INACCESSIBLE, please use wooden signpost on bridleway as alternative SY148909

Beacon Hill - SY111909 (8 trigs only)

Aylesbeare - SY 055900 (8 and 5 trigs)

Woodbury – SY039881 (8 and 5 trigs)

Black Hill – SY026854 (8 and 5 trigs)

West Down Beacon – SY045811 (8 and 5 trigs)

**Route will be anti-clockwise for 2023. Everyone will start with High Peak and pass West Down Beacon on the return to Budleigh.**

## **REGISTRATION AND START:**

Registration will be at the Beach Shelter on the seafront, near Lime Kiln car park in Budleigh Salterton, EX9 6JD. There are public toilets here.

We'll have staggered registration/start times for this event. You'll collect your race numbers here. Each group should present themselves at registration during the time slot below and we'll give you a start time. Starts are usually about 5 minutes apart.

8-8:30am 8 Trig walk

8:30-9am 8 Trig run

9-9:30am 5 Trig walk

9:30-10am 5 Trig 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

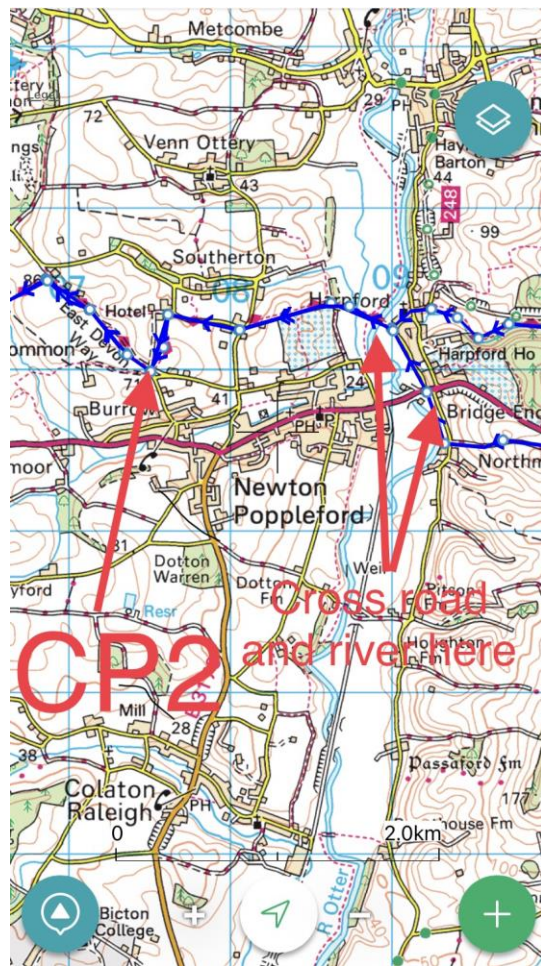
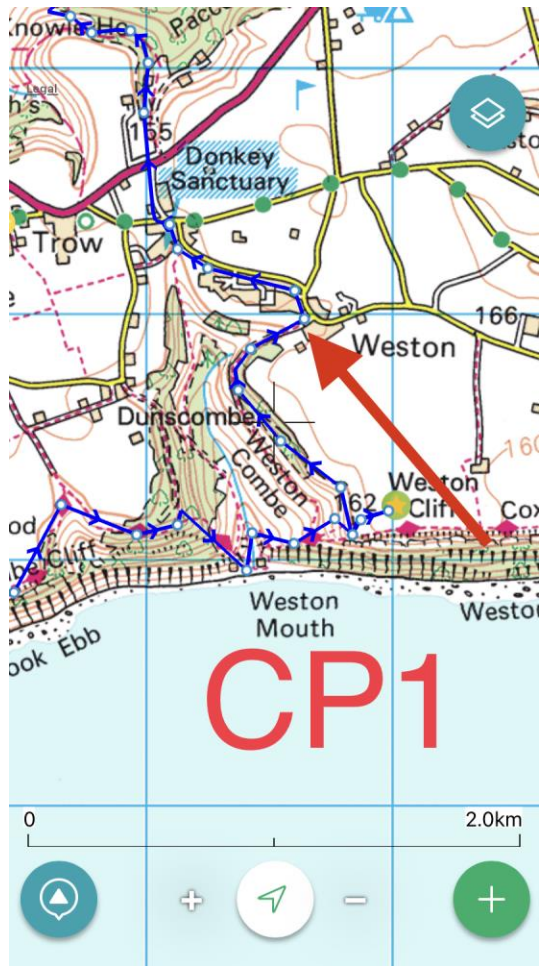
Nutrition (energy foods, gels, bars etc.)

### **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 – Weston car park, 8 Trigs only: SY166889

CP2 – Road junction near Newton Poppleford, 8 Trigs and 5 Trigs: SY075899



## 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 Popleford back to Budleigh Salterton.

## CUT OFF TIMES

Cut off times are there for your safety. 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.

CP1 (8 Trigs) 1pm

CP2 (5 and 8 Trigs) 4pm

## WHAT'S NEXT

We hope that you have a fantastic day with us, please share any pictures from your day on social media and tag us in.

We'd love to see you for another race or challenge in 2024. Single and multi-day options from 13-120 miles, full details on our website.

