

# Relish Running Races

## Cheddar Gorge Challenge Event Information

Start/Finish Warren Farm, Charterhouse, BS40 7XR – 11<sup>th</sup> June 2023, from 10:00am

Start/Finish - More accurate, What3Words /// [Quaking.Salt.Rhino](https://www.what3words.com/Quaking.Salt.Rhino)

Registration / Number Collection opens at 09:00am.

### On the Day Registrations - please see Schedule document for start times

Gold Omnium (Half + 100m + 1km + Hill Climb)	£70
Silver Omnium (10km + 100m + 1km + Hill Climb)	£60
Bronze Omnium (6km + 100m + 1km + Hill Climb)	£55
Marathon	£47
Half Marathon	£37
10km	£27
6m	£22
3km	£12
1km	£7

On the day payments can be made in cash, card or contactless payments.

### Safe Race

Best summarised as; please keep a respectful distance from other runners and the event team, apply hand wash/hand sanitiser, respect other users on the route and only pass other runners or members of the public when you can do so at a comfortable distance.

In more detail;

- Please do not attend the event if you have a positive covid test. You can complete your race as a virtual, on any course and at a time of your choosing within 4 weeks of the race and we will post out your medal and goodies.
- It is expected that 5km/10km runners are self sufficient in terms of their water if possible as we are trying to minimise our environmental impact, though we have cups of water at every drinks station. We ask half marathon and marathon runners to run with their own water and refill at our drinks stations so you are well hydrated for the longer distances in the likely hot



weather. There will of course be water for everyone at the finish.

- The course is accessible to the public. As always, our definition of a successful event is one that our runners enjoy and one that the wider community enjoys. More so than ever, it is vital you respect the space of other users, there are far more significant matters at play here than chasing a new PB. Please give way to other users if you can not pass safely.

## Important Race Notices

- There is a road closure in Bishop Sutton on the morning of the Sunday event. Please add 20mins to your journey time if your route shows you going through Bishop Sutton, on Chew Valley Lake.
- It may well be **HOT!** Make sure you have sun cream on and you bring your own water bottle, particularly Omnium runners who are going to be out all afternoon and evening.
- Please stay on the marked routes and the existing worm trails. Please do not deviate from the route so you do not inadvertently disturb sensitive habitats. Please do not widen existing trails by running on their edge. This is perfect ↓



- Parking is £2/car, payable direct to the farmer. We are located at Warren Farm, please use the postcode or What3Words address above. Signal can be a bit patchy in Cheddar so best to plan your journey in your Sat Nav from home. You should start to see Relish Running signs within the last mile of your journey.





- Aim to arrive on site 60mins before the start of your event.
- There is a cut off of 3hrs for Marathon runners to reach the marathon split for lap 2. This is at approximately 13.2 miles, be careful not to rely on your GPS for this measurement as it is not uncommon for them to lose signal around the route. If runners have not crossed this line after 3hrs from the start of the marathon event you will be asked to complete the Half Marathon course and you can collect a Half Marathon medal. Due to the multi wave format, we will not be able to provide a finish time.
- Please do not run with in ear headphones. Only bone conducting headphones are permitted as outlined by UK Athletics rules and insurance requirements. We need runners to be able to hear the marshals' instructions and traffic on the road crossing points. If you do run with in ear headphones then you will be disqualified. Thank you for your understanding.
- We are making use of public footpaths and not closing any roads. Therefore, there are places where runners will have to cross and run along roads which may have traffic, please run in single file and stick tight to the side of the road to allow traffic to pass by. The marshals do not have the power to stop the traffic. You must wait and make your own decision as to when to cross the road. Anyone deemed to make an unsafe road crossing by one of our marshals will be disqualified.
- There is on site catering and toilets. There is camping which is being administered by our hosts at [Warren Farm](#), please contact them directly with any camping questions. Camping is available on Friday, Saturday and Sunday nights.

### **Top of the Gorge Adventure Weekend 10<sup>th</sup> – 11<sup>th</sup> June**

We are working with other organisers to bring you a weekend of adventure at the top of the gorge, supported by the National Trust and the Mendip Hills AONB. There are a range of activities, mostly paid but also some free activities which you can dip in and out of, paying as you go for activities you and your family and friends want to join in with. You can see everything on offer on this [summary page](#).

### **Car Parking**

Parking is £2/car which goes direct to the farmer. The parking goes towards continual upgrades to the event and festival, new gates and access routes, and he kindly moves his livestock from his land which forms a large proportion of the route. Please have cash ready when you arrive, thank you.



## Registration

Follow the Pink and Orange Registration and Pink To The Start signs from the car parks to the Race HQ. Look out for the big Relish tepee tent. It is massive, you can't miss it. Unless it is too windy to put up, in which case look for the Red Relish flags :-D

We are not posting out any race numbers for this event. Registration and number collection opens 60mins before each event start time and will close 10mins before each event wave is due to start.

## Event Format – Marathon, Half, 10km, 6km and Fun Runs

The Marathon, Half, 10km, 6km, 3km and 1km races are all organised in waves with approximately 75 runners setting off every 10mins. This is based upon the wave you selected at registration. Setting runners off in waves avoid congestion at stiles and gates and looks after the land by preventing the widening of trails.

## Event Format - 1km, Hill Climb, Sprint

All runners take part in these races two runners at a time in a head to head format, two runners setting off every 30seconds. The result of your head to head has no overall bearing on the results – all runners are ranked against all runners. The head to head is just to encourage you to give it your all, all the wave to the line.

Purely for fun, we have made up to teams; team Black Rock and team Velvet Bottom (named after landmarks on the runs) so you can get behind and cheer runners who are on your team whilst you are waiting to start your run and once you have finished your run.

We have tried to pair people up with someone of a similar ability based on the predicted 5km finish time supplied at registration. Unfortunately we can't make any adjustments to the start lists once they are published.

You MUST start in the correct time slot or will not get a time recorded. The Relish Team will be there to assist, but don't get caught snacking in the treat tent or you will end up with an awful 100m time



For example;

Race numbers 1 and 101 will start first at 0:00:00

Race numbers 2 and 102 will start next at 0:00:30

Race numbers 3 and 103 will start next at 0:01:00

## Final Schedule

The final schedule will be published as a separate page on the website on the Wednesday of race week.

**PLEASE COLLECT YOUR RACE NUMBER FROM THE DESK WITH YOUR EVENT WAVE NUMBER**

Event Wave	Race Wave	Arrive	Briefing	Start	Bib	OTD
Event Wave 1	Marathon - WAVE 1 & 2	09:00 - 09:10	09:50	10:00	Black	Yes
Event Wave 1	Half Marathon - Gold Omni	09:00 - 09:10	09:50	10:00	Yellow	Yes
Event Wave 2	3km (All)	09:10 - 09:20	10:00	10:10	Grey	Yes
Event Wave 3	1km (All)	09:20 - 09:30	10:10	10:20	White	Yes
Event Wave 4	Half - WAVE 1	09:30 - 09:40	10:20	10:30	Pink	No
Event Wave 5	Half - WAVE 2	09:40 - 09:50	10:30	10:40	Orange	No
Event Wave 6	Half - WAVE 2	09:50 - 10:00	10:40	10:50	Purple	Yes
Event Wave 7	6km incl Bronze Omnium	10:00 - 10:10	10:50	11:00	Green	Yes
Event Wave 8	10km - WAVE 1 + Silver Omni 10km	10:10 - 10:20	11:00	11:10	D. Blue	Silver Omni
Event Wave 9	10km - WAVE 2 & 3	10:30 - 10:40	11:20	11:30	L. Blue	Yes

Omnium runners, including Relish 100 runners, need to get new numbers for the shorter races, the same number will be used across all 3 of the shorter races. Number collection reopens at 12:30

Race	Briefing	Start	Bib
Omnium - 100m	13:10	13:30	White
Omnium - 1km	14:10	14:30	White
Omnium - Hill Climb	15:10	15:30	White



## All Routes

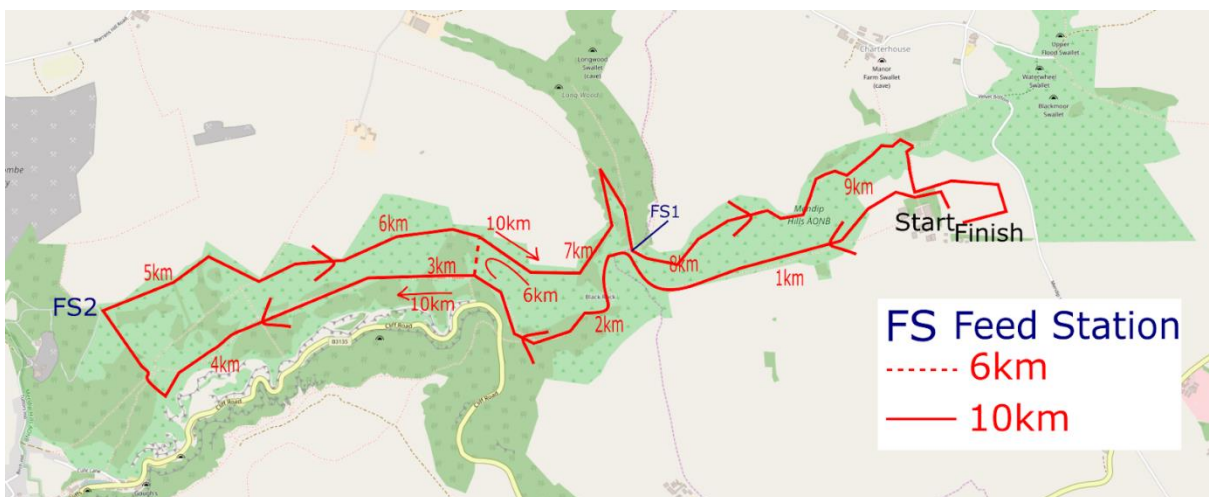
The course makes use of public footpaths and permissive rights of way. Please be mindful of others users and give them a friendly shout when you approach and be careful when taking tight corners. The route is marked with fluorescent signs, Relish Running Races branded red and white barrier tape hanging as streamers from the trees as well as orange temporary marking paint.



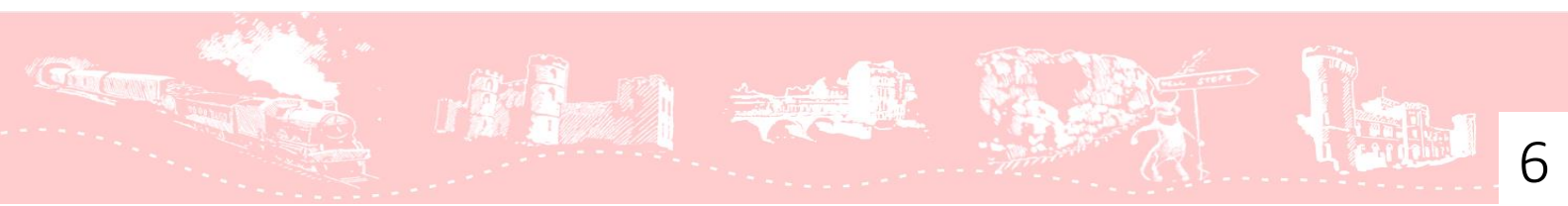
There will also be large arrows with next to distance names where any routes split (eg 10km Straight On, 6km Right). Marshals will try and assist you, but ultimately it is your responsibility to ensure you are on the correct route for your race. As this is a two lap marathon we will only put our Half Marathon signs at splits, these apply to the marathon too.

Please ensure you take home all rubbish with you - if you can run a full jelly packet, you can run with an empty one up to the next feed station where you can drop it in one of our bins :-)

## 6km & 10km Route Map



Starting from the event village, the first 1.5km is nice and flat and long range views through Cheddar Gorge open up as you run along. There is a little descent to bring you past the first drinks station,



hopefully you don't need a drink 1 mile in! The drinks station is positioned for you on the return leg, around 7.5km in.

2-2.5km is a gentle downhill, leading into some more technical sections with little rises through woodlands. After 2.5km there is a split, the 6km runners branch off and make a right turn and start their climb up the valley. 10km runners process straight ahead, through a kissing gate and then on to start the climb of the infamous Hell Steps. Not one, but two rather large flights of steps which will bring you to the most amazing view.

Once off the cliff top path the route meanders through some woodland for the big reveal at 3.5km, a great view of the gorge mouth with views across the Somerset levels, with the highlight coming at 4.2km. The first proper drinks station comes your way just before 5km.

A climb after the drinks station gives you another opportunity to take in the great views, followed by some good flat and open running. The 6km and 10km routes merge in a rocky dip at 6.5km before picking up more flat trails to 7.3km, followed by a lovely descent down to the drinks station at 7.5km.

The area ahead is steeped in history; the whole area has been extensively mined from the Roman times through to Victorian. This section is generally flat / slight upward drag, though runners will have to clamber over 10ft high walls which form the old mineral settling pools from the lead mines.

Shortly after the 9km point runners will turn right and climb out of this little valley up another steep hill, followed by the final km is a lap around the event area to get you up to the full distances.

## Course Description – Half Marathon & Marathon

### Cut Off Times

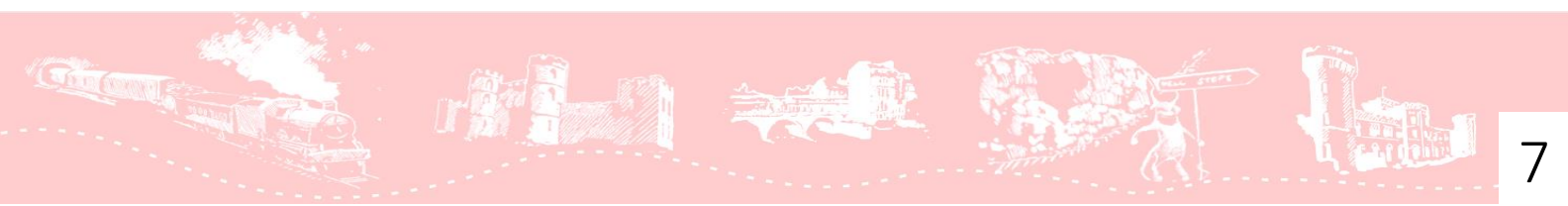
**There is a 3hr 00mins cut off the marathon course**, runners will need to have made it the course split where the marathon runners head out for the second lap. This is being enforced due to the availability of the Search & Rescue Volunteers who are looking after you on the course should you get injured, the cut off will therefore be strictly enforced on these Health and Safety grounds.

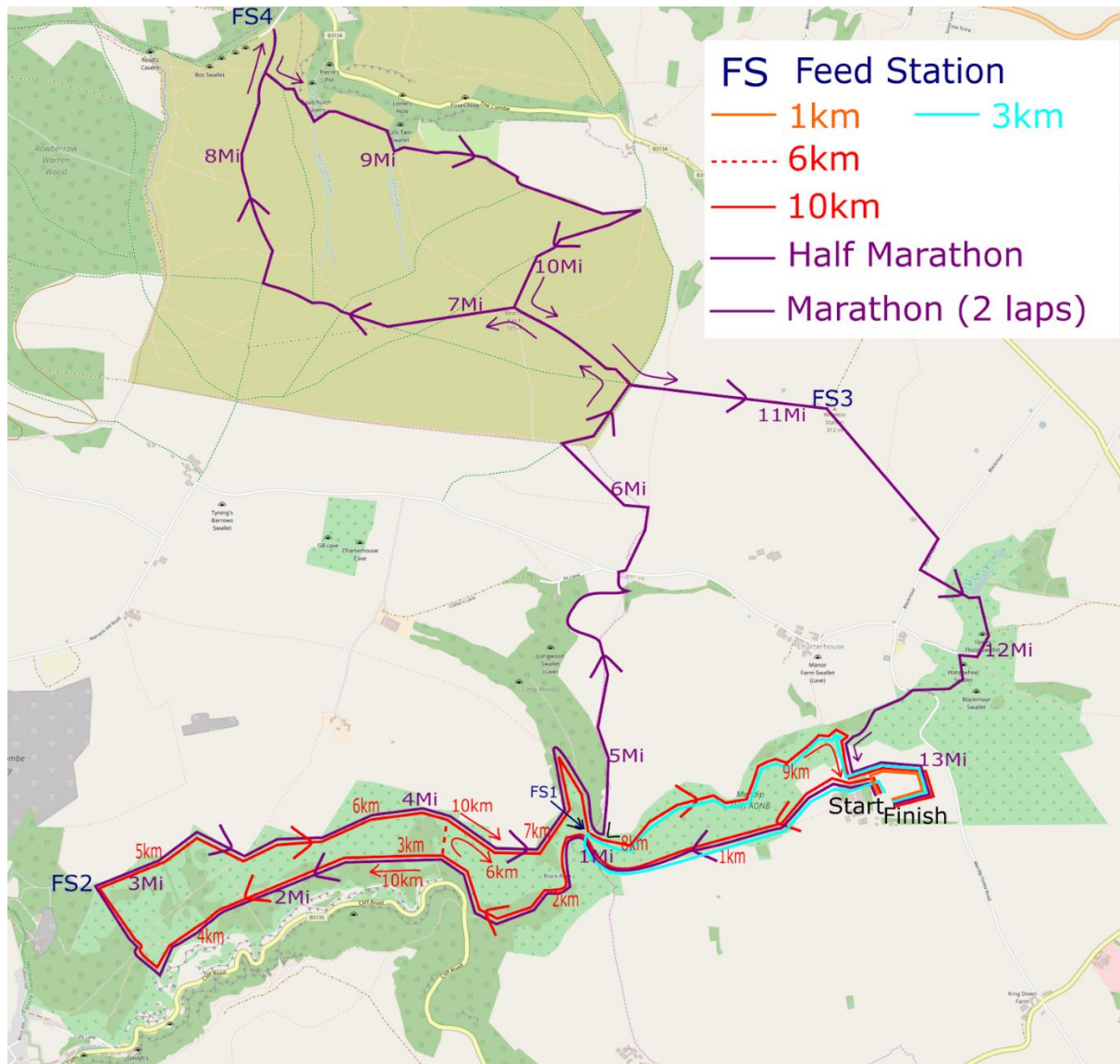
### Feed Stations

There are 4 Feed Stations on each lap of the Half Marathon Course (9 in total on the marathon); we will have a buffet of treats on offer in sealed packages – haribo, choc bars, tribe bars oranges, bananas, malt loaf, mini cheddar, water, High 5 electrolyte drink and coke on lap 2 of the marathon!

It is going to be hot! For safety, environmental and covid reasons, you are best placed to carry your own water bottle with you and refill it at our drinks stations.

## Half and Full Marathon Course Description





Starting from the event village, the first 1.5km is nice and flat and long range views through Cheddar Gorge open up as you run along. There is a little descent to bring you past the first drinks station, hopefully you don't need a drink 1 mile in! The drinks station is positioned for you on the return leg, around 7.5km in.

2-2.5km is a gentle downhill, leading into some more technical sections with little rises through woodlands. After 2.5km there is a split, the 6km runners branch off and make a right turn and start their climb up the valley. 10km runners process straight ahead, through a kissing gate and then on to start the climb of the infamous Hell Steps. Not one, but two rather large flights of steps which will bring you to the most amazing view.

Once off the cliff top path the route meanders through some woodland for the big reveal at 3.5km, a great view of the gorge mouth with views across the Somerset levels.

From here there is a gradual descent to the 4km marker with more wonderful views, and to take you even closer, we even hop over the perimeter wall for a brief moment. You are not actually as close as it may appear as you approach the wall ;-). Just before the 5km marker runners will make their way to the first drinks station.





Just a reminder we are now expecting runners to be self sufficient; for covid reasons and environmental reasons, so whilst you are always welcome at a drinks station, please carry your own water too.

After the 5km point there is another little rise where you can take in the views again over your right shoulder. After some open fields, there is a short, steep and stoney descent - take care here. You will also see runners from the 6km race joining you at the point. All routes converge and carry on up the other side of the dip.

After a descent you will reach the first drinks station again, there is another drinks station (FS1). 6km and 10km runners need to go straight ahead, as **shortly after the drinks station the Half Marathon runners will branch off left.**

There are open fields and a slight climb to get towards the 5mile marker shortly after which some ducking and weaving will be required to negotiate a little used footpath which will be nice and slippery if wet.

Up ahead is a road crossing, please pay attention to the marshals instructions and only cross when you feel it is safe to do so. The other side of the road, more fields and more climbing, including a beautiful little woodland valley which we hop through. The false horizon (6 miles) finally comes to an end with an old World War 2 bunker, now a rather odd looking grass mound, but integral in it's day. It used to house generators which powered a huge series of lights in the land ahead which were laid out to mimic the railways of Bristol and were used as a decoy for German bombers.

Past the bunker and make a right turn into some very boggy land, prime ankle twisting territory so please be careful here. Next you will make a left turn and head up towards Beacon Batch, the highest point on the Mendip Hills at 325m. Finally there is some flat running along to mile 7, followed by a great big downhill run towards the feed station 4 at mile 8.5. This was a main road in Roman days and retains the name of the Motorway among the locals and you will be able to see why as you speed down the hill. From here there are great views over the Bristol channel and over towards Wales.

Mile 9 is relatively flat with some stream crossings and undergrowth to negotiate in parts. Followed by another big climb back up to Beacon Batch. That is the last big climb of the route and you could almost say it is downhill to the finish from here, aside from one or two little bumps. The next feed station is at the two masts on the horizon accessed along a narrow little track. After the feed station comes the only real tarmac road section (11 mile marker) before we hop over the road and back onto the trails.

There is another road crossing ahead so please take care. You are now at the top of Velvet Bottom and a slight downhill ahead brings you to the point where the 10km route meets you. Routes converge and head up and across the valley shortly after the 13 mile marker and take a lap of the event fields and then to the finish.

## Finish

Finishers of the half marathon make a left hand turn to the finish shoot. Marathon runners carry on past another Feed Station and head out for the second lap.



## Prizes

There will be no on the day prize giving because of the large number of waves and different starting times. Prize winners will be contacted by email by the end of the week following the race.

## Medals

We have different medals for the different ribbons for the different distances (marathon, half, 10km, 6km and fun runs), alongside a slightly different medal design for the Omnium runners. Please let the medal team know which medal you need and they will be happy to assist.

There will also be a buffet of fresh fruit, cakes, jelly beans and other tasty treats awaiting for everyone at the finish line.

## Race Photos

Professional race photos are available to purchase from [Blowfish Photography](#), you can search quickly using your race number or by uploading a selfie. You can register now to hear when your photos are up!

Photos are added to their site within 48hrs of the event and there is a 10% discount automatically applied on all purchases made with the first 48hrs of the photos going on sale.

## Results

As there is no internet signal on site we cannot post results until we get back to the office, which will be very, very late on Sunday. Results will be published [here](#).

Results for the Omnium standings will be online with a target time of 6pm on Monday.

## Final Notes

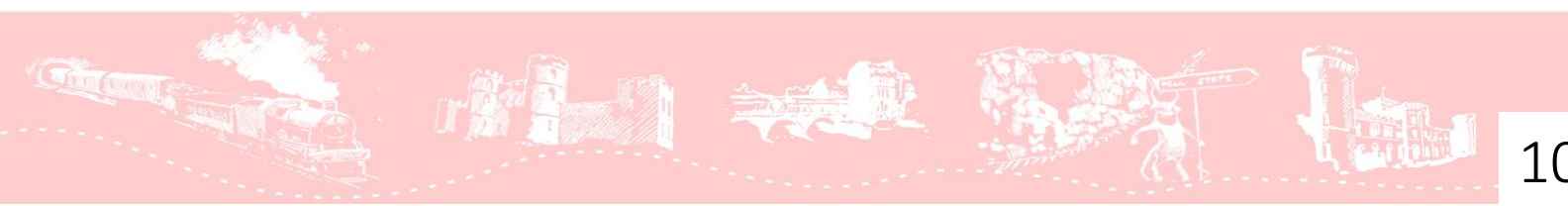
### Charity – Avon and Somerset Search & Rescue

We are very pleased to be working alongside the [Avon and Somerset Search and Rescue](#) who are providing first aid and marshalling support for the events. The Search and Rescue Team is an entirely voluntary organisation that provides rescue support across Cheddar Gorge, the Mendip Hills and the rest of Avon and Somerset 24hrs a day, 365 days a year.

We are making a donation on behalf of every runner who takes part in our Cheddar Gorge Challenge series. This year the ASSAR Team are looking to raise £12,000 to replace equipment which was damaged rescuing people from the floods on the Somerset Levels.

### National Trust

10% of the revenue from the event goes towards maintaining the breath taking Cheddar Gorge site for generations to come.



## **Gorge Edge – Be Careful!**

Runners will not in fact get too close to the gorge edge. Spectators will need to be more careful. If you cross the stone wall please be extremely careful and do not stray too close to the edge.

## **Quarries – Do not enter!**

Under no circumstances are runners to go into any of the quarries near by the race site.

## **Lyme Disease**

Please be mindful of tick bites and the associated risk of Lyme Disease, albeit a very small risk – so don't be put off the race! One of the key symptoms is a Bullseye style rash, associated with fever, headache and fatigue. If you develop these symptoms, please report to your GP as soon as possible.

