

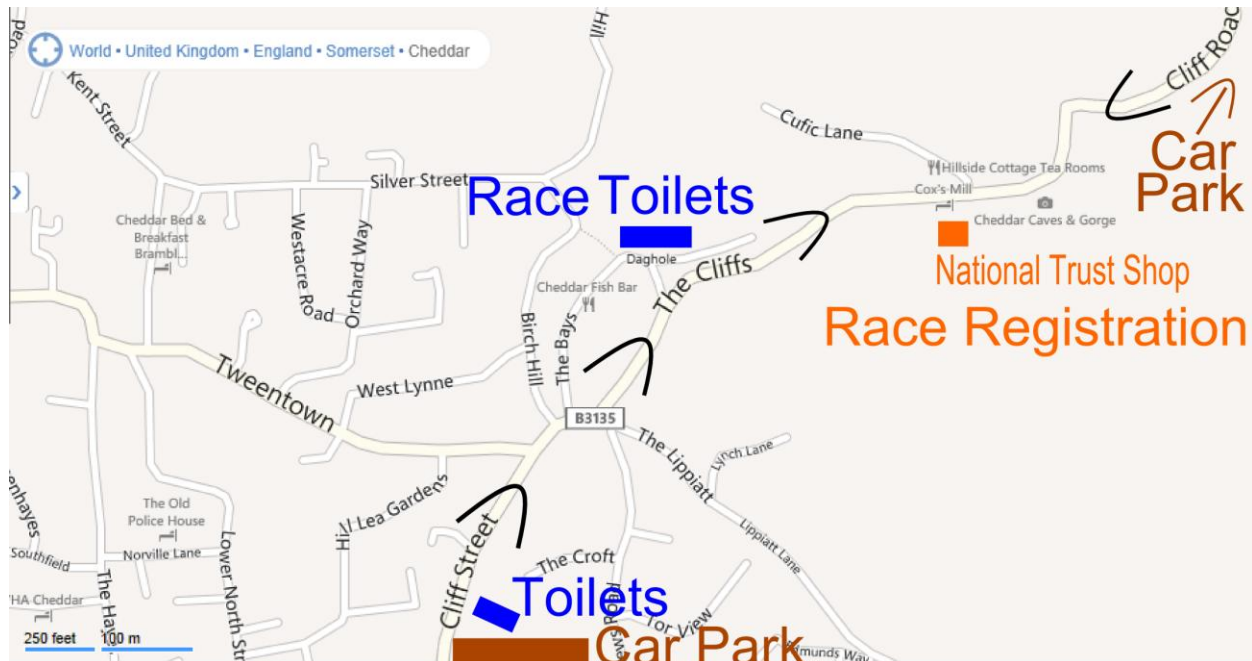
# Cheddar Gorge Challenge

19<sup>th</sup> May 2013 Event Information  
Strawberry Fields, The Cliffs, Cheddar, BS27 3QE



## Car Parking

There is limited parking in Cheddar and all car parks are a 10min+ walk from registration so please leave plenty of time. Note there is strictly no parking on Cufic Lane as it is a single track road and needs to be kept free for emergency access at all times. Car Parks can be found at the following places;



### Cliff Street Pay & Display car park

150 spaces  
6 free spaces for holders of disabled badges  
6 free spaces for motorbikes  
Separate summer and winter tariffs operate  
Location: Cliff Street - at the mini-roundabout at the bottom of the Gorge

### Cheddar Gorge & Caves

50 spaces  
Location: at Lakeside where our Gorge Tour Bus starts  
Free all year round to purchasers of a Gorge & Caves Explorer ticket

50 spaces  
Location: opposite Cox's Cave  
Free from end of Oct half term to beginning of Feb half term

During the rest of year, tickets can be purchased from the uniformed attendant, the cashier at Gough's Cave entrance or in our Collectors of Fantasy shop

300 spaces

Location: beyond Gough's Cave on both sides of the Gorge

Free from end Oct half term to beginning of Feb half term

During rest of year, tickets can be purchased from the uniformed attendant or from the cashier at Gough's Cave entrance

### Toilets

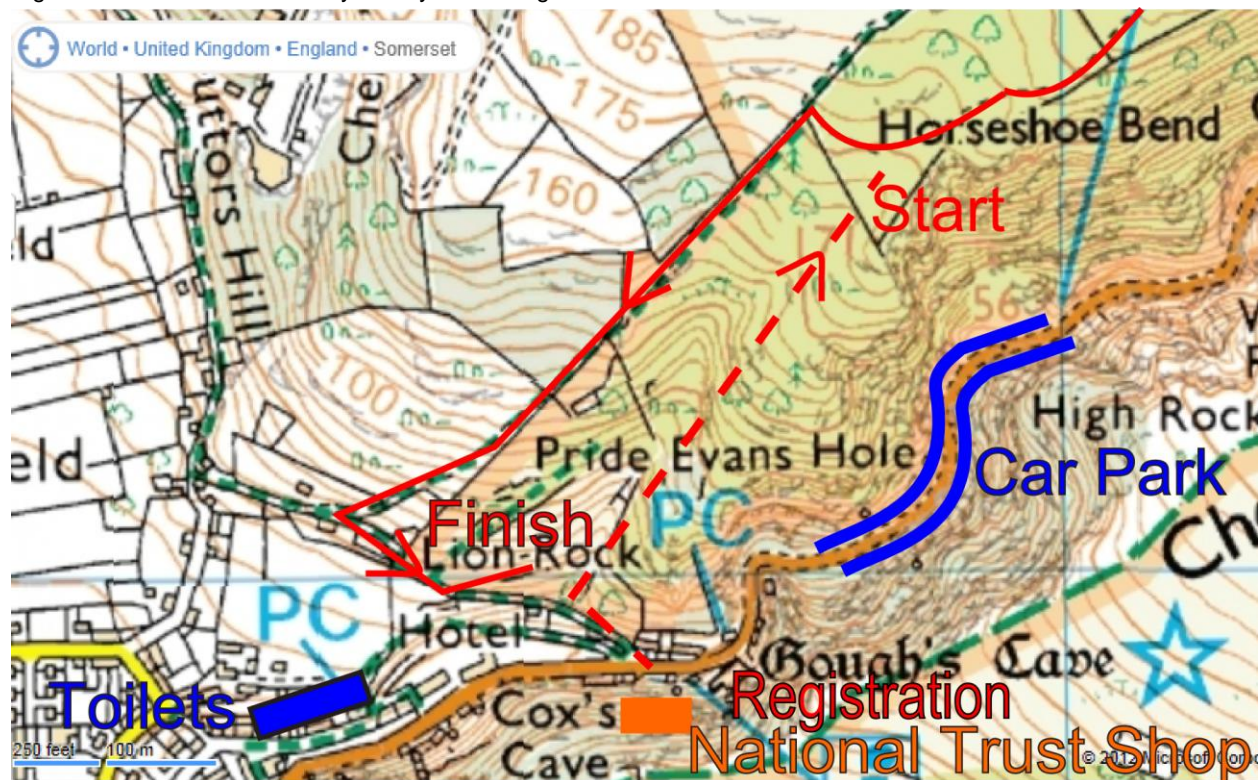
The race toilets are the public toilets marked on the map above at Dag's Hole. They are a short 2 min walk from race registration. Please note there are no toilets at the race start, at the top of the Gorge. There are also public toilets at Cliff Street car park.

### Wheelchair / Push Chair Access

Wheelchair or push chair access to the registration area will be difficult due to the challenging nature of the terrain. If you are coming to enjoy the race we recommend carrying on along Cufic Lane to the far end (beyond the signs and steps at the near end of the field) to a gated access at the top of the lane. We regret that it will not be possible to take wheelchairs or push chairs to the top of the gorge to watch the start of the race due to the very steep nature of the terrain.

### Registration

Registration and number collection opens at 09:30 until 10:30 (10:40 at the absolute latest!). Registration is in front of the National Trust Shop. Please be mindful of the road at the front of the shop. To reach the start, cross the road and walk up a short way along Cufic Lane. Follow the signs up the hill, it is an 800m walk from registration and is up a very steep and challenging hill (red dotted line). The final call to the start will be made at 10:40. If you arrive at registration after this time then you may be arriving at the start a little short of breath!

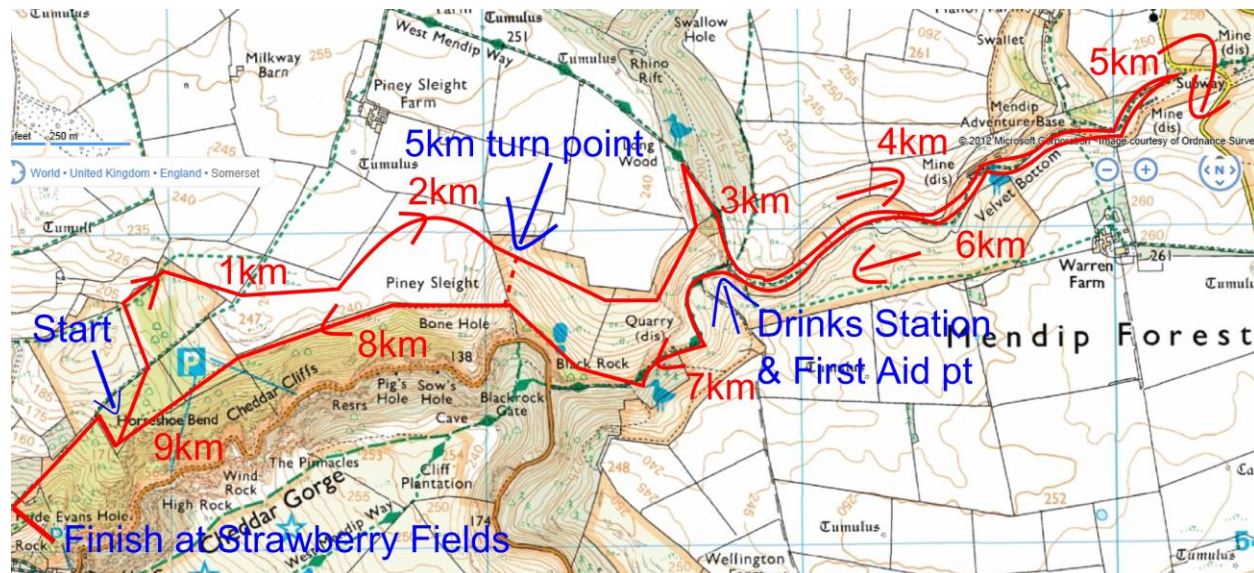


## Start

The race start is located at the top of the gorge. Please note there are no toilets at the start. Race briefing will take place at 10:55 for a race start of both the 5km and 10km at 11:00.

## Course Description

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, red and white barrier tape and white paint.



### 0km – 1km

The first 1km carries on uphill (we couldn't let you get away with only walking to the top!) but there are some fantastic views if you look over to the right hand side. The 1km point comes at the entrance to the Piney Sleight field.

### 1km – 2km

This is a flat section through open fields. Follow the lines and paths cut into the grass.

### 2km

There is a sudden rocky section on a slight downhill just after the 2km point. Runners of the 10km carry straight on up the other side of the valley. The athletes racing the 5km make a right hand turn downhill. Look out for the signs. The split is approximately 50m after a giant 'Split Ahead' sign.

### 2km – 3km

Another flat section and downhill are to come with a couple of stiles to negotiate. There is a downhill run down to the 3km mark which could be slippery if wet.

### 3km – 6km

There is a drinks station and first aid point at Velvet Bottom. This section is mainly flat but there are some rocky dams to clamber over. Be mindful of other runners heading in the opposite direction and keep to the left. This area has been mined through from Roman to Victorian times and gives rise to the unusual landscape and dam walls.

#### **6km – 7km**

Runners take in some nice views around Black Rock on the open valley floor.

#### **7km – 8km**

Save some energy for this most challenging section. Peel off right up a rocky climb before climbing up one or two steps....5km runners pick up the route here too.

#### **8km – 9km**

This is a flat section along the cliff side of the gorge with great views to the far side. There are some narrow sections but there are opportunities to overtake. The 9km point takes you past the race start area and represents the last place to overtake for a while.

#### **9km – 10km**

Enjoy the long 850m downhill to the bottom of Cheddar Gorge. This is a narrow path and very steep downhill but there are a couple of opportunities to pass where the path splits, both routes are of equal length. The final 150m is through Strawberry Fields to the finish point by the gazebos.

#### **Finish**

Winner's prizes and spot prizes will be drawn at 12:45 or when the last runner finishes.

#### **200m**

The 200m Fun Run will take place at 13:00 and will mark the end of the days racing.

We do hope that you will bring a picnic and stay and enjoy the fantastic views, and if you have any energy left you can always take your family and friends back to the top of the gorge to see the great panoramic views.

#### **Notes**

##### **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.

##### **Race T-Shirts**

Please check your confirmation email carefully to see if you have reserved a race t-shirt. Race t-shirts were an optional extra purchase, at £8. Looking at the database of entries, many people have selected a t-shirt size but not added a t-shirt purchase to their registration. Please check the total amount shown at the bottom of the confirmation email to confirm; registrations without a t-shirt will show £11.50 or £13.50, registrations with a t-shirt will show £19.50 or £21.50.

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