

Cheddar Gorge Challenge

8th-10th September 2017
Warren Farm, Blagdon, Charterhouse, BS40 7XR.



Important Notices

- We are in a new location this year! If you park in the old car parks, if you make your way to the old start/finish you will be about 3 miles away from the HQ! See the postcode above and look out for the Relish Running signs
- Aim to arrive on site 90mins before the start of your wave. This is because we are part of a bigger festival this year so we need to allow extra time for parking.
- Runners who have registered in advance, and those who are signing up on the day gain free access to the festival site for the day of your event only. Spectators will be asked to purchase a day ticket on the gate (£10/£6 for adult/children) or you can purchase tickets from the festival site in advance at a [reduced rate](#) £5/£3. Once in the site everyone will be given a wristband so they can come and go to their cars freely.
- 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, other users within the tunnels (think cyclist's ringing their bells to come past you) 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.

Festival

The Cheddar Gorge Challenge run is part of the South West Outdoor Festival this year which we are very excited about. There will be camping, talks, walks, food, music and whole host of the other activities taking place across the weekend. You can full information about the festival on the website; [South West Outdoor Festival](#)

If you have any questions about the festival; tickets, free events, camping, parking, please contact the festival organisers. If you have any questions about the run then please get in touch with us.

Car Parking

There is a day parking area for people who are visiting the festival as well as for runners taking part in the race for the day only. People who have purchased camping or glamping tickets will be directed into the site and towards the appropriate part of the festival site, through the pay boundary.

There is no charge for parking.

Registration

Follow the Orange Registration and Pink To The Start signs from the car parks to the Race HQ. Look out for the big Relish tepee tent in the left corner of the fields.

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.

Friday 8th September Start Times

Please remember head torches are compulsory for all runners of the Friday night events.

Canicross - 19:00. Time trail start, runners set off individually with 15secs gaps. Ordered self decided by the runners on the night

Sunset 6km - 19:30 (originally listed as 20:00)

Sunset 10km Wave 1 - 19:35 (originally listed as 20:05)

Sunset 10km Wave 2 - 19:40 (originally listed as 20:10)

Sunset 10km Wave 3 - 19:45 (originally listed as 20:15)

Sunday 10th September Start Times

Marathon Wave 1 - 10:00

Marathon Wave 2 - 10:05

3km - 10:15

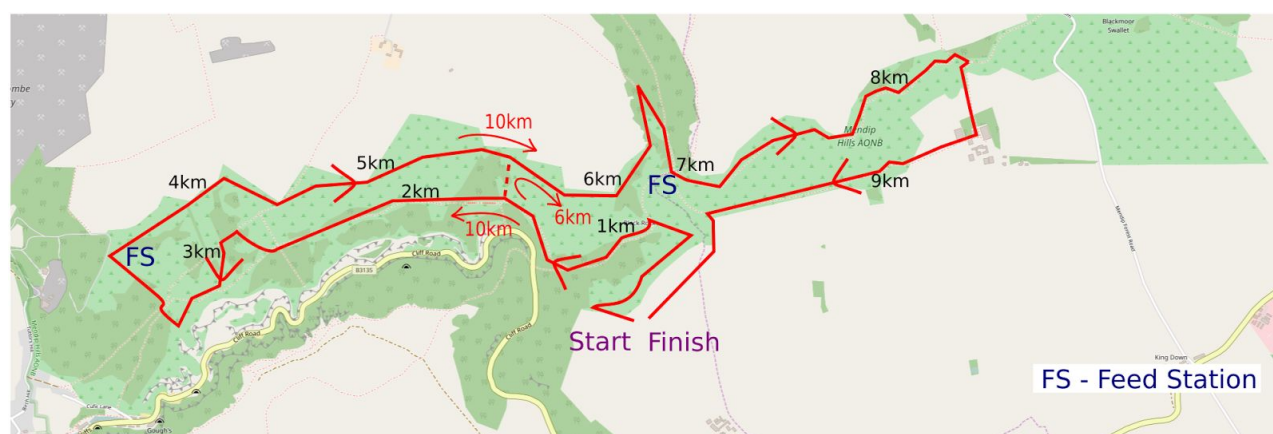
1km - 10:20

Half Marathon Wave 1 - 10:30
 Half Marathon Wave 2 - 10:35
 Half Marathon Wave 3 - 10:40
 Half Marathon Wave 4 - 10:45
 6km - 10:50
 10km Wave 1 - 11:00
 10km Wave 2 - 11:05
 10km Wave 3 - 11:10
 10km Wave 4 - 11:15

Course Description – 6km & 10km

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.

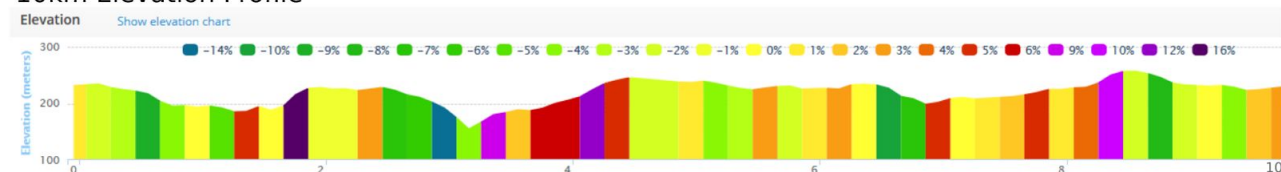
Route Map



6km Elevation Profile



10km Elevation Profile



Starting above Black Rock, the first 1km is a gentle meander down hill towards Black Rock, followed by a gentle downhill on a very rocky track. The first climb comes after 1.5km, a short sharp climb off the main track as the route heads towards Cheddar. After 1 mile, the 6km runners branch off and make a right turn and start their climb up the valley. 10km runners process straight ahead, hop over a stone stile and 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 looking right down the gorge from 2km to 2.7km.

Once off the cliff top path the route meanders through some woodland for the big reveal at 3km, a great view of the gorge mouth with views across the Somerset levels. 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 be careful with those selfies!

From here there is a gradual rise to the 4km marker, which kicks up at the end as runners enter Piney Sleight. Some good flat running from here, past the 5km point gives runners a chance to pick up the pace again. Coming up next is a short, steep and stoney descent - take care here. You will also see runners from the 6km race joining you at the point. Both routes converge and carry on up the other side of the dip. As you contour around the ridge past the 6km marker you will have really nice views across the valley to the event village and festival site.

After a decent down to the 7km point there is another drinks station (FS). 6km and 10km runners needs to go straight head, as shortly after the drinks station the Half Marathon runners will branch off left. The area ahead is steeped in history; the whole area has been extensively mined from the Roman times through to Victorian. This area is generally flat, though runners will have to clamber over 10ft high walls which form the old mineral settling pools from the lead mines.

Shortly after the 8km point runners will turn right and climb out of this little valley which is called Velvet Bottom. Another right turn and runners are heading back down the length of Velvet Bottom but from an elevated position. This final km is relatively flat and as you head to a great reception ahead at the finish line.

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.

Completing the Course

The far aid stations, at 8 miles and 21 miles will be giving out coloured bands to ensure that all runners complete the out and back sections of the course. They will be in a box at the Feed Stations, please make sure you collect one at each passing. We will be checking all runners for

bands at the Finish Line so please make sure you collect them. Marathon runners need to collect bands on both laps, so you should end up with 2 coloured bands.

Course Markings

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 hazards with orange paint.

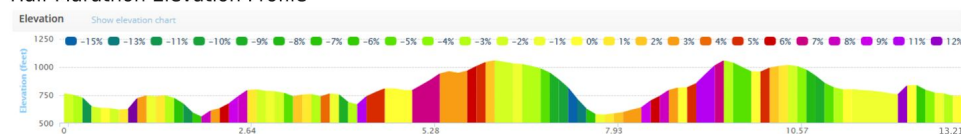
Feed Stations

There are 5 Feed Stations on each lap of the Half Marathon Course; we will have a buffet of treats on offer – jelly beans, jaffa cakes, flapjack, crisps, oranges, bananas, malt loaf, crisps, water, Nuun electrolyte drink and coke on lap 2 of the marathon! There will also be bottled water at the Feed Stations which we encourage you to take, especially if it is a hot day.

Half and Full Marathon Course Description



Half Marathon Elevation Profile



Starting above Black Rock, the first 1km is a gentle meander down hill towards Black Rock, followed by a gentle downhill on a very rocky track. The first climb comes after 1.5km, a short sharp climb off the main track as the route heads towards Cheddar. After 1km, the 6km runners branch off and make a right turn and start their climb up the valley. 10km and Half Marathon runners proceed straight ahead, hope over a stone stile and 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 looking right down the gorge.

Once off the cliff top path the route meanders through some woodland for the big reveal, a great view of the gorge mouth with views across the Somerset levels. And to take you even closer, we even hop over the perimeter wall for a brief moment. You are not as close as it may appear so do not worry...just be careful with those selfies! (2 mile marker)

The first Feed Station (FS) is a welcome site and will offer a great time opportunity to refresh and replenish following the tough climb. From here there is a gradual rise, which kicks up at the end as runners enter Piney Sleight. Some good flat running ahead for the next 800m or so past

the 3 mile marker. Coming up next 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. As you contour around the ridge you will have really nice views across the valley to the event village and festival site.

After making a quick 180 degree turn a decent at the 4 mile mark, there is Feed Station ahead. Shortly after the drinks station the Half Marathon runners will turn left off the main track, where as the 6km and 10km runners will go straight ahead. 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 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 we 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. At 6 miles 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 at mile 8. 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 stations 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 there the 10km route meets you. Routes converge and head up and across the valley shortly after the 12 mile marker and take a flat path along the top ridge of velvet bottom towards the finish line ahead!

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

Winner's prizes for the races will be announced at the following times (approximately);

10km ~ 12:00

Half Marathon ~ 13:00

Marathon ~ 14:00

There are no prizes for the 1km, 3km or 6km events.

Medals

There is one medal, with the ribbon distinguishing between the distances. Your race number will tell the refreshments team which ribbon you need. There will also be a buffet of fresh fruit, cakes, jelly beans, jaffa cakes and other tasty treats awaiting you at the finish line.

Results

Results are generally posted live to our website, however site reccees suggest we are in an internet signal black spot, so results may follow at the end of the day, once all the runners are home, at 18:00.

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.