

Cheddar Gorge Challenge

11th & 12th June 2022

Warren Farm, Charterhouse, BS40 7XR.

What3Words /// [Quaking.Salt.Rhino](#)



Important Covid Notices

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 displayed any covid symptoms in the 14 days in the run up to the event, if you have had a positive test result, have been instructed to self isolate, have one or more COVID-19 symptoms, or live in an area in local lockdown. In any of the above situations, you can complete your run virtually at any time between now and the end of the year and we will post out your medal and some goodies. Please upload your evidence here when you have completed your run.
- Respect the space of the public, other runners and the event team. Other users of the route have priority, only pass when a safe distance can be achieved at 1m+. You may need to wait for a moment on some narrow sections of the route.
- Spectators are very welcome.
- We are not performing temperature checks pre race. If you do not feel well in any way, do not attend the event. Covid tests are not available on site.
- It is expected that 5km and 10km runners should be self sufficient in terms of carrying their own water for events of this distance. This reduces the risk of potential crowding at drinks stations. There are drinks stations on the 10km course, which is primarily for half marathon. Please wait patiently at drinks stations and touch only what you plan to use.
- *All runners of all distances will always be welcome at drinks stations* as keeping runners hydrated is very important. It should be noted that for covid and environmental reasons, all events are

expecting all runners to be more self sufficient, so getting yourself comfortable carrying water is a good idea.

- 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.
- There is a charity walking event taking place on Sunday which is going in the opposite direction to our event for a small section early on in the race routes. Please do not panic! They will be well spread out, and as long as you follow our race signs, you will be absolutely fine!
- 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.
- We are moving towards offering water primarily through water containers where you can refill your own bottle (better for the environment, covid etc). **6km and 10km runners should be prepared to complete their run with their own supplies. Half and Marathon runners should have their own bottles with them and top it up at the drinks stations.** However, we look after our runners, so never pass a drinks station if you need a drink, we will always serve you regardless of your distance and we will have a little stash of cups so we can do this.
- There is limited shade and shelter at the venue.
- Please stay on the marked routes. 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.
- 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. Parking is on site and free of charge.



- Aim to arrive on site 60mins before the start of your event. Unless you are waiting for other finishers, we ask that you start to make your way home ~30mins after you finish 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. Please note there are only toilets, no showers available, at the on site camping.

On the Day Registrations - please scroll down for Provisional Schedules

Please note we can **only accept payment in cash** or cheque on the day. We can not take payment by card, and there is no cash machine nearby.

Saturday 11th June

On the Day Omnium Prices

Bronze (Sprint + Hill Climb + 1km + 6km) = £40

Silver Omnium (Sprint + Hill Climb + 1km + 10km) = £45

Gold Omnium (Sprint + Hill Climb + 1km + 10km + Half Marathon* (Sunday) = £75

Platinum Omnium (Sprint + Hill Climb + 1km + 10km + Marathon* (Sunday) = £90

*You will need NEW race numbers for the Sunday races

On the Day Individual Prices

6km = £20

10km = £25

Sunday 12th June

1km	£5
3km	£8
6km	£20
10km	£25
Half Marathon	£35
Marathon	£45

Festival

There is no Top of The Gorge Festival this year. We are building back gradually, the first step being the farmer offering wild camping this year which can be booked [here](#).

Car Parking

There is no charge for parking. The car park is about 1km away from the start/finish.

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.

Saturday 11th June - Event Information (scroll down for Sunday)

Event Registration opens at 12:30 ahead of a 14:00 start time for the first event. There will be on the day signs up for the Bronze, Silver and Gold Omniums.

Event Registration is closed from 14:00 - 16:15

Event Registration reopens from 16:15 for the stand alone 6km and 10km races, with start times from 17:30

Saturday PROVISIONAL Schedule - check the schedule doc on Thurs before race weekend

1km - 14:00 Start time, briefing at 13:30 by the teepee tent, for all runners.

Hill Climb - 15:00 Start time, briefing at 14:30 by the teepee tent, for all runners.

100m Sprint - 16:00 Start time, briefing at 15:30 by the teepee tent, for all runners.

Endurance (6km & 10km) - 17:30 Start time, briefing on the start line with each wave.

Event Format - 1km, Hill Climb, Sprint

Runners have been split into two teams; Team Velvet Bottom and Team Black Rock. The teams are purely a fun element of the day, to give the runners who are not taking part at that moment a person to cheer for; and to give those who are running someone to push themselves against.

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. Please note there is no scoring associated with the teams, if you beat your opposite number, it makes no difference, all scoring is done against ALL the runners so you have to still give it 100% to the finish line regardless of how your head to head is going.

You MUST start in the correct time slot or will not get a time recorded. Relish Team Captains will be there to assist.

The role of the team leaders is to answer any questions from their respective groups and lead the cheering for the runners in their groups. The groups have been called Velvet Bottom and Black Rock after landmarks you will see on the route. Please note there is no scoring associated with the teams, if you beat your opposite number, it makes no difference, all scoring is done against ALL the runners so you have to still give it 100% to the finish line regardless of how your head to head is going.

The 1km, Hill Climb and Sprint will all take place in a time trial format. This means two runners (1 from Velvet Bottom, 1 from Black Rock) set off every 30 seconds, in a **pre determined order, ascending by race number**.

No runners will set off in the first minute of the event so we can confirm the race clocks at the start line and finish line are in sync. Each pair of runners will then receive a 5 second count down before starting. Whilst we have our Team Captains to assist, it will be the responsibility of the runners to be at the start line and in the correct order, our hosts can assist, but it is not their role to guarantee each runner gets to the start line on time. If you miss your start time then there is nothing we can do to rectify the situation, you may just end up with a hilariously slow 100m time ;-).

EXAMPLE Start List for 1km / Hill Climb / Sprint

Omnium	Bib	Team Velvet Bottom		Bib	Team Black Rock		Start Interval
Bronze	601	Matt	Baldwin	801	Rose	Johnston	1:00
Bronze	602	Helen	Conner	802	Stuart	Kaye	1:30
Bronze	603	Mat	Dewey	803	Pat	Kinsella	2:00
....
Silver	610	Mark	Hawkins	801	Tom	Room	5:30
Silver	611	Cath	McCarthy	811	Andy	Stewart	6:00
Silver	612	Matt	Penticost	812	Dawn	Marchant	6:30
....
Gold	617	Chris	Neil	817	Ollie	C-S	11:30
Gold	618	Alan	Cox	818	Mark	Greatorex	11:30

The same starting process will be used across the three shorter events; the 1km, then the Hill Climb, then the 100m. If you are starting towards the end of the listings you will need to grab some quick refreshments before we head over to the next location for the briefing and start.

Event Format - Omnium 6km & 10km, Individual 6km & 10km

This will be a more standard wave start and will depend on the final numbers of registrations as to how many waves we will have. It will most likely be;

Briefing	Start Time	Race Wave
17:25	17:30	Silver 10km
17:35	17:40	Gold & Platinum 10km
17:45	17:50	Stand Alone 10km Wave 1
17:55	18:00	Bronze 6km + Stand Alone 6km + 10km Wave 2

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.

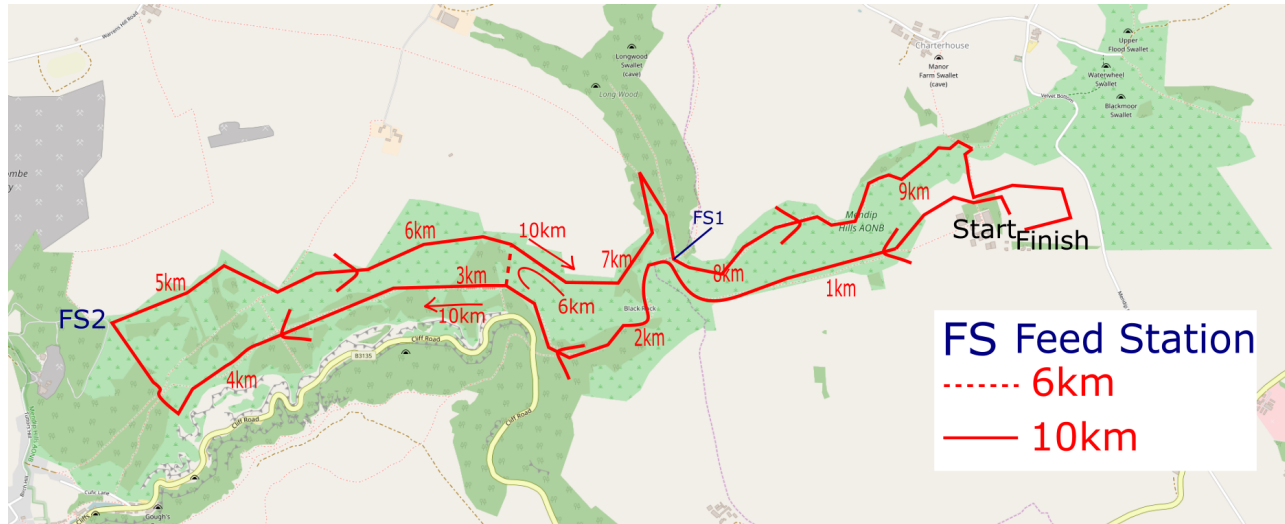


There will also be large arrows with next to distance names where any routes split. Marshals will try and assist you, but ultimately it is your responsibility to ensure you are on the correct route for your race.

This route is marked with KILOMETER MARKERS, please don't panic when you see the 13 mile sign after 9km sign, this just means the routes from the half marathon have converged as we approach the finish.

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.

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. Both 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 (Sunday races). 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 9km point runners will turn right and climb out of this little valley which is called Velvet Bottom. The final km is a lap around the event area to get you up to the full distances.

Results

There is no internet signal at the location. We will post the results from the 100m, 1km, Hill Climb, 6km and 10km race on the Saturday night (9pm approx) when we leave site. It will take a few hours of excel work to produce the standings for the Bronze, Silver and Gold Omnium events, so given we have a full day of events on Sunday too, we will aim for these results to be compiled by 6pm on Monday.

Medals

There is one medal, with the ribbon distinguishing between the distances for the 6km and 10km. This devil medal does not have any attachments.

The Bronze and Silver Omnium runners should collect their medals on the Saturday evening, with the 6km or 10km attachment medal sets on the devil signifying the different Omnium challenges that have been completed.

The Gold Omnium and Platinum runners still have the Half Marathon/Marathon to complete on the Sunday so need to hold fast and collect their fully resplendent medal on the Sunday.

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

Prizes

There is no on the day prize giving. We will follow up with prize winners over email the week after the race. The number of prizes for the Omnium is still TBC.

Sunday 12th June - Event Information

Provisional Schedule - the final schedule will be published as a separate page on the website on the Thursday of race week.

Event Wave	Briefing	Start	Distance & Race Wave	Colour	OTD?
Event Wave 1	09:50	10:00	Marathon (All, incl Platinum Omni)	Blue	Yes
Event Wave 2	10:00	10:05	3km	Orange	Yes
Event Wave 3	10:10	10:10	1km	Pink	Yes
Event Wave 4	10:10	10:20	Half Marathon Wave 1	Red (901-1,000)	No
Event Wave 5	10:10	10:30	Half Marathon Wave 2	Red (801-900)	No
Event Wave 6	10:10	10:40	Half Marathon Wave 3-6	Red (<800)	Yes
Event Wave 7	10:20	10:50	Half - Gold Omnium	Yellow	Yes (from Sat)
Event Wave 8	10:20	11:00	6km (All)	Green	Yes
Event Wave 9	10:45	11:10	10km Wave 1	Silver (<370)	No
Event Wave 10	10:55	11:20	10km Wave 2-6	Grey (>7,000)	Yes

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.

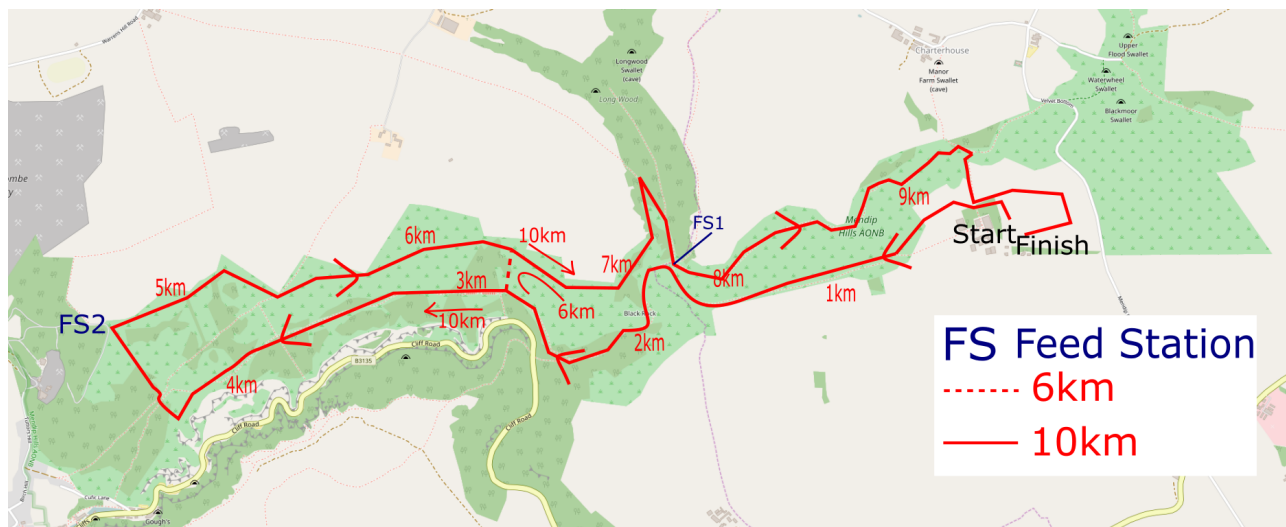


There will also be large arrows with next to distance names where any routes split (eg 10km Straight On, 6km Right). Marshals will try and assist you, but ultimately it is your responsibility to ensure you are on the correct route for your race. As this is a two lap marathon we will only put our Half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

This route is marked with MILE MARKERS, please don't panic when you see the 9km sign after mile sign, this just means the routes have converged as we approach the finish. As this is a two lap race, we are only putting out 1-13mile markers, with 1 mile having the same location as 14miles (approx), 2mile as 15miles (approx) and so on.

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.

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. Both routes converge and carry on up the other side of the dip.

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Shortly after the 9km point runners will turn right and climb out of this little valley which is called Velvet Bottom. 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

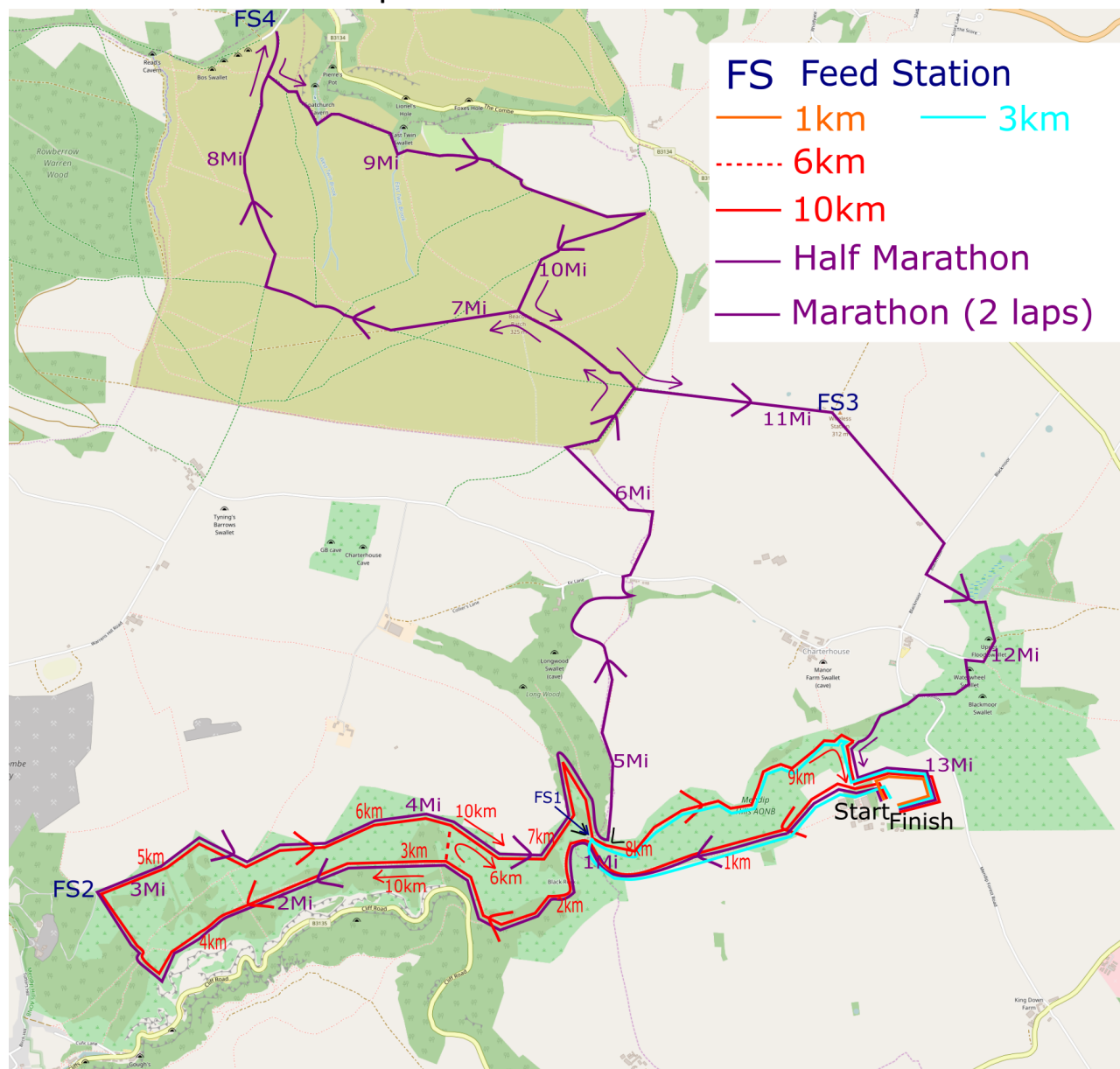
There is a 3hr 00mins cut off the marathon course, runners will need to have made it the course split where the marathon runners head out for the second lap. This is being enforced due to the availability of the Search & Rescue Volunteers who are looking after you on the course should you get injured,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

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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 distances, please collect a medal which matches your race(s)!

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

Results

As there is no internet signal on site we can not post results until we get back to the office, which will be very, very late on Sunday. To be safe, we will say results from the 6km, 10km, Half Marathon and Marathon will be online by noon on Monday. 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.