



2009



Mendip Muddle

20km Multi-terrain race

Sunday, October 11th 2009 11am

Weston AC invites you to the 2009 Mendip Muddle 20km multi-terrain race, with support from Mendip Hills Wardens and the Wrington Vale RNLI .

Proudly sponsored by:

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www.outdoorsandactive.co.uk



MOTI

49 Whiteladies Road, Clifton, Bristol, BS8 2LS

www.mymoti.com

LOCATION: Charterhouse Centre, Charterhouse, Nr Blagdon, Bristol, BS40 7XR.
(Between Cheddar and Blagdon in North Somerset: OS grid reference 502558).

REGISTRATION: From 9.30 - 10:40am. The race start is at 11:00am prompt!

INFORMATION: Visit www.westonac.co.uk/mendipmuddle for the latest information about the Mendip Muddle or email MendipMuddle@WestonAC.co.uk

Course: This race is run under **FRA** rules (www.FellRunner.org.uk) and is approximately 20km in length. The course is tough (there's 420m of climb) and set in some of the finest scenery in the West Country. There are Roman lead mines, underground rivers, a nature reserve, open moorland, potholes, an ancient rabbit warren, an Iron Age fort and prehistoric tumuli. You will run past Velvet Bottom, Rhino Rift, Beacon Batch, Twin Brooks, Dolebury, Rowberrow Bottom, Tynning's, Black Down and Rains Batch. All but 2km of the course is off road and it can get a little boggy in places so please ensure you wear suitable clothing for the conditions.

Facilities: There will be drinks stations at approximately 5, 10 and 15 km, and First Aid facilities will be available on the course and at the finish. At race headquarters at the Charterhouse Centre, there are (limited) changing facilities, showers and toilets. Light bites, refreshments and homemade cakes will be on sale during and after the event, in aid of the RNLI. Car parking space is limited, so please share if you can.

Prizes: This will depend on the numbers of entries in each category, male and female, seniors and vets. In past years, there have been over 20 prizes in total. We hope to hold the prize giving at 2pm on the day. **New for 2009** - Spot Prizes!

Course records: Male 1:15:44 (A. Kenchington, 1995) Female 1:31:13 (C. Newman, 1997)

Directions: Charterhouse is a small hamlet just off the B3134 road crossing the Mendips. From the A368 at Burrington, take the B3134; a mile and a half beyond the top of the Combe, turn right at the sign for Charterhouse. From the A39 at Green Ore, take the B3135 to the B3134. From Cheddar, take the B3135 up the Gorge, fork left onto the B3371, then left again after another mile. Marshals will be on hand to direct you to the car park once in Charterhouse.

Entry fees: Early bird special rate of **£11** for entries received by 31st August 2009. Entries received from September 1st to October 5th are **£12**. Entries on the day are **£14** (if the 350 limit has not been reached). Affiliated and non-affiliated runners pay the same (race is run under FRA rules). Please make cheques payable to "**Weston Athletic Club**" only. We regret that entry fees are not refundable. We recommend you enter your email address in the correspondence section to receive confirmation of entry. Otherwise, please check your bank statement to see if your cheque has been debited. **New for 2009** - Online entry available via <https://regonline.activeeurope.com/mendipmuddle> from May 4th 2009.

Post entries to: Mendip Muddle, c/o Bryan Morley, 31 Blue Water Drive, Elborough Village, Locking, Weston-Super-Mare, North Somerset, BS24 8PF to arrive no later than October 5th.

IMPORTANT: For safety reasons, registration on the morning of the race is compulsory. **Race numbers will be handed out during the registration process.** Please ensure you leave plenty of time prior to the start of the race in order to register, pin the race number to your running vest and pack your belongings. Entries are freely transferable if you advise the race organiser (MendipMuddle@WestonAC.co.uk), but you **MUST** confirm your details at registration.

Enquiries: Please check out the Mendip Muddle webpage for the latest information at www.westonac.co.uk/mendipmuddle or send an email to MendipMuddle@WestonAC.co.uk

