



20km Multi-terrain race

Sunday, October 9th 2016, 11am



Weston AC invites you to the 2016 Mendip Muddle race, with support from the Wrington Vale RNLI .



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, Tying'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. Each competitor will receive a race memento.

Course records: Male 1:15:44 (A. Kenchington, 1995) Female 1:30:08 (H. Fines, 2009)

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 **£12** for entries received by 31st August 2016. Entries received from September 1st to October 7th are **£13**. Entries on the day are **£15** (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. Online entry available from May to October 7th 2016 via the link on the Weston AC website www.westonac.co.uk/mendipmuddle

Postal entries to: Mendip Muddle, c/o Tony Hogg, Holly Tree Cottage, Cheddar Road, Axbridge, Somerset, BS26 2DL to arrive no later than October 6th.

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



Weston Athletic Club hosts 13 races throughout the year. Details are below:

The **Hangover 10km** is held on 1st January each year around the village of Kewstoke, near Weston-super-Mare. It's an excellent way to clear your head after the excesses of the night before. The fast course is held on quiet country lanes and race entry generally opens towards the end of the preceding year. You can find out more information by visiting the race website <http://www.westonac.co.uk/hangover>.

The **Weston Prom Run Series** is a nine race series run along the promenade at Weston-super-Mare. The race is generally held on the third or fourth Thursday of each month from September to May.

The Prom Series has been going for many years and now attracts well over 200 runners to each race. There are individual and team prize categories. All standards of runner take part in the Prom Run Series, from GB internationals to club runners to casual runners. To find out more and to get an entry form (or apply online), please visit our race website at this address <http://www.westonac.co.uk/PromRun>.

The **Beacon Batch** is a proper fell race run over five miles with 1000ft of climb to the summit of the Mendips. A two mile climb takes you to the summit, then one mile of track and 400 yards of gorse bring you to the descent, all over a stony track back to the start. The 2016 race will be held on Tuesday 21st June. The scenery is absolutely stunning, if you take the time to look up when ascending the hills that is! The race HQ is at the Burrington Inn, Burrington Combe, so after the race you can enjoy some great beer and food whilst your legs and lungs recover. More details and an entry form can be found at our race website <http://www.westonac.co.uk/beaconbatch>.

The **Mendip Muddle** is our toughest race. Held over 20km (12 miles) of the finest Mendip Hills, the course is hilly (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, Tyning'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 make sure you bring your off road shoes. More race information can be found at our race website <http://www.westonac.co.uk/mendipmuddle>.

The **Christmas Cracker** is a 10km race and will be held on Sunday 11th December 2016. It is by far our biggest single race in terms of entrants with over 2000 runners. All competitors are encouraged to dress up for the occasion (at the very least wearing tinsel) and seeing the runners streaming along the beach is quite some sight. Entry for this race will open early summer and places go really fast so keep an eye on the race website, <http://www.westonac.co.uk/christmascracker>, for the latest news.

Have you considered joining a running club? **Weston Athletic Club** is a very friendly and social running club with over 250 members. We have a mixed range of abilities in our membership and we promise to give you a warm welcome. You can find more information about our club on our website <http://www.westonac.co.uk/membership.asp>. We hope to see you soon!