



With the support of Mendip Hills Wardens,
Wrington Vale RNLi and Wards Solicitors
Weston AC presents...

2006

Mendip Muddle

20km Multi-terrain

Sunday 15th October 2006.....

Registration: 10.00-10.40am, Start: 11.00am.

Mendip Hills Outdoor Activity Centre

Charterhouse (between Cheddar and Blagdon in North Somerset: OS grid reference 502558)

<http://www.westonac.co.uk>

FRA rules: The route is tough (there is 420m of climb), but very interesting, 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, deciduous conifer forest, 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: best to have shoes with good studs but not spikes. It will be very boggy underfoot if there is heavy rain in the previous week, but fairly dry otherwise - either way, we guarantee you a good time (but probably not a fast time!).

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 Charterhouse, there are (limited) changing facilities, showers and toilets. Light bites, refreshments and homemade cakes will be on sale after the event, in aid of RNLI funds. Car parking space is limited, so please share if you can.

Prizes will depend on the numbers of entries in each category, male and female, seniors and vets. In past years, there have been about 20 prizes in total.

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.

Entry fees: members of BAF affiliated clubs pay **£10**. Postal entries close Monday 9th October, or when limit of 240 is reached. **Entries on the day** and telephone entries will be accepted after closing date if space is available, and will cost **£2** extra.

Please make cheques payable to **Weston AC** only. If you send an SAE, confirmation of your acceptance and a course map will be sent to you; if you don't, for confirmation of entry, check with your bank to see if your cheque has cleared.

Registration on the morning of the race is compulsory, for safety reasons, and race numbers should be picked up then. Entries are freely transferable, but you **MUST** confirm your details at registration.

Post entries to

Mendip Muddle
Roger Hart, Manor House, Bleadon rd, Bleadon,
Weston-Super-Mare, N. Somerset. BS24.0PY

The telephone number for enquiries, is 01934 812689
Evenings and week-ends preferred

Mendip Muddle entry form, with one for a friend!

First name	Surname	Date of birth necessary Day/month/year
Address		Name of club, if affiliated
Postcode	Telephone	Sex: M / F
I enclose a cheque for £10. ALL RUNNERS £12 LATE ENTRY Cheque Payable to WESTON AC		<input type="checkbox"/> enclose SAE for confirmation of entry
I declare that I am an amateur as defined by the rules of the BAF. I will be 17 years or older on 15th October 2006, and will not participate unless I am fit to run. The organisers cannot be held responsible for any injury, illness or loss of property resulting from my participation in this event.		
Signed:..... Date:..... Post to: Mendip Muddle, Roger Hart, Manor House Bleadon RD, Bleadon, Weston-Super-Mare, N Somerset. BS24 OPY.		

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