



With the support of Mendip Hills Wardens
and the Wrington Vale branch of RNLI,
Weston AC presents.



2004

Mendip Muddle

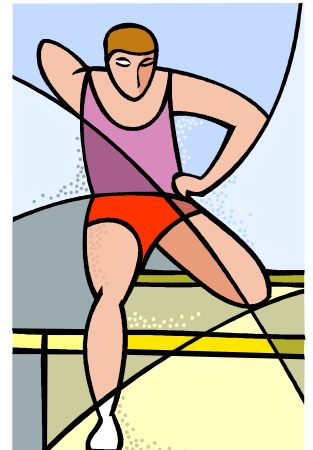
20km Multi-terrain

Sunday 10th October 2004.....

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)

UnderBAF/TRA rules: permit t.b.a.. **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, Tying'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 8 and 15 km, and First Aid facilities provided by St. John's Ambulance. At race headquarters at Charterhouse, there are (limited) changing

facilities, showers and toilets. Lite 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 **£8**, others **£9**. Postal entries close Tuesday 5th 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. Cost includes your Mendip Muddle Socks, to replace the ones that you run in!

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

The Mendip Muddle web site is

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



Mendip Muddle entry form, with one for a friend!

First name	Surname	Date of birth necessary
Address		Name of club, if affiliated
Postcode	Telephone	Sex: M / F
I enclose a cheque for £8 affiliated £9 not affiliated all include Mendip Muddle socks .		<input type="checkbox"/> enclose SAE for confirmation of entry
Cheque Payable to WESTON AC		
I declare that I am an amateur as defined by the rules of the BAF. I will be 17 years or older on 10th October 2004, 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.		

First name	Surname	Date of birth necessary
Address		Name of club, if affiliated
Postcode	Telephone	Sex: M / F
<input type="checkbox"/> £8 affiliated <input type="checkbox"/> £9 not affiliated-all includes replacement socks!		<input type="checkbox"/> enclose SAE for confirmation of entry
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