

Charmouth Challenge and Fun Run

Challenge: FRA Grade BM

Saturday 4 July 2009

at 1430 (Fun Run) / 1500 (Challenge)

A summer race and day out for serious runners, fun runners and families.

The Challenge follows a hilly multi-terrain course of about 8 miles through some of the finest coastal scenery in the South West. It includes an ascent of Golden Cap, the highest point on the south coast of England at 191m. The Fun Run follows a 2.5 mile course in the same area. The venue for both runs is Dorset's beautiful Jurassic Coast, a World Heritage site and is metres of Charmouth's famous fossil beach. There is a fete to entertain spectators.

This race is one of the nine races that form the 2009 Lyme Bay Community Race Series organized by Axe Valley Runners.



Information and entry forms: overleaf, at the school and www.charmouth.dorset.sch.uk

Enquiries: Nick Bale Tel: 01297 560341, e-mail: organiser@charmouthchallenge.co.uk

Organiser: Charmouth School PTA. Tel: 01297 560591 (Charmouth School)

Main Sponsor:

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The Course

Challenge: This is a multi-multi-terrain running experience. Tarmac, stone tracks, gravel, grass, mud, wooden bridges, steps, stiles, gates..... you name it, it's here. The start is fast with half a mile of flat tarmac leading out through the village to the bottom of Stonebarrow Lane, which then gives a grueling climb of about a mile rising over 120m. The next mile on stone tracks and grass rises steadily another 60m to the top of Chardown Hill. You can see most of the rest of the course from up here, including Golden Cap looming in the distance. A fast and steep downhill section on grass and stone tracks leads to a farm yard, then a fast downhill lane takes you past the 3 mile point. A flattish section on grass with a couple of stiles leads to a boggy field then a pleasant woodland path before the start of the long 140m climb to Golden Cap through fields. A fierce final climb up a gravel path gives out onto the flat summit of Golden Cap. A quick blast along the top and then you take the short way down, down a steep gravel path followed by even steeper grass to the ruined church of St.Gabriels at 5 miles. A rough stone track and a couple of fields lead out to the cliff edge and the coastal path. This is followed for over a mile, continually either up or down, through grassy fields to the final steep climb up a concrete track, then flatter grass to the top of Stonebarrow Hill. Hopefully, the final section down to the finish at Charmouth School will be an exhilarating swoop down the coastal path but winter landslides may preclude this.

The Challenge is an official FRA fell race grade BM, held in accordance with FRA rules and safety requirements, (www.fellrunner.org.uk). There will be at least two drinks stations.

Fun Run: This will follow a course of about 2.5 miles on a route yet to be decided. It will start and finish at the school and include an ascent of Stonebarrow Hill, where there will be a drinks station. The fun runners will go first so that they will clear the final descent before the challenge runners arrive.

Entries

Previous events have attracted an entry of about 250 in each race

Enquiries: Nick Bale. 01297 560341 e-mail:organiser@charmouthchallenge.co.uk

Results: in collaboration with Axe Valley Runners.

Team Entries

Why not make this a special club day or weekend? There is something for everyone with two runs, a fete, and Charmouth's famous fossil beach just yards from the venue. You can even set up your own HQ tent and barbecue on the riverbank. Please enquire for details.

Prizes

Medals: All finishers. Special medal for all Fun Run age group winners.

Trophies: 1st and 2nd male and female in Challenge and Fun Run.

1st male and female vet 40+, 50+ (Challenge only)

1st male and female team (Challenge only)

| ENTRY FORM | | Charmouth Challenge and Fun Run 4 July 2009 | |
|---|--|---|--|
| Please write in BLOCK LETTERS: | | | |
| Surname: _____. | | First Name: _____. | |
| Date of Birth: _____. | | Female (please tick box) <input type="checkbox"/> | |
| Club: _____. | | | |
| Event entered (please tick box): | | | |
| <input type="checkbox"/> Challenge (open to 18 yrs and over – Age at 4 July 2009 to comply with FRA rules | | | |
| <input type="checkbox"/> Fun Run (open to all) Previous adult winners must enter the Challenge. | | | |
| Address: | | | |
| | | | |
| Phone No: () _____. | | Email: _____. | |

You will automatically be entered in the appropriate prize categories:

Challenge: All male; all female; male and female team, vet 40+ & 50+. (

Fun Run: All male; all female; male and female 1st & 2nd and school years 9, 6, 4 & 2
(according to age on 1 September 2009)

Team Entries: Male and Female, 1st four from each club to count (Challenge only).

Please SIGN: (Parent to sign for child under 16)

I understand that this race is held in accordance with both the rules and safety requirements of the FRA. I confirm that I am aware of the organiser's information and requirements in connection with this race. I accept the hazards involved in fell running and acknowledge that I am entering and running this race at my own risk. Other than the organiser's liability for causing death or personal injury by negligence, I confirm that I understand that the organiser accepts no liability to me for any loss or damage of any nature to me or my property arising out of my participation in this race.

Signed: _____

Date: _____

Please **PAY:** Challenge: **£6** (£2 extra on the day)

Fun Run **£3.50** (£2 extra on the day)

I enclose a cheque for £_____ payable to 'Charmouth School PTA'

Please **RETURN** the completed **form, fee and min. A5 size S.A.E.** to:
PTA Secretary, Charmouth School, Charmouth, Dorset DT6 6LR.

Run numbers for entries posted after Wednesday 24 June 2009 can be collected on the day