

# Charmouth 'Challenge' and Fun Run

Challenge: FRA Grade BM

## Saturday 2nd July 2016

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

Race timings (Road closure dependent)	Challenge (8 miles) over 18yrs	14.30
	Fun Run (2miles) all ages	14.45

The Challenge follows a hilly multi-terrain course of about 8 miles through some of the finest coastal scenery in the South West on Dorset's beautiful Jurassic Coast, overlooking Charmouth's famous fossil hunting beaches with views to historic Lyme Regis. It includes an ascent of Golden Cap, the highest point on the south coast of England at 191m. The Fun Run follows a 2-mile course in the same area. This a fund raising event for Charmouth Primary School with all the monies raised being donated to equip the children with important 'life skills' such as swimming.



**Information and entry forms:** [www.charmouthchallenge.co.uk](http://www.charmouthchallenge.co.uk)

**Enquiries:** Maria Fox, e-mail:[organiser@charmouthchallenge.co.uk](mailto:organiser@charmouthchallenge.co.uk)

**Organiser:** Charmouth School PTFA. Tel: 01297 560591 (Charmouth School)

**Entries:** Previous events have attracted an entry of about 250 in each race.

**Team Entries:** With two runs and Charmouth's famous fossil beach just yards from the venue, why not make this a special club day or weekend?

**Prizes: Medals:** All Fun Run finishers.

**Trophies:** 1st, 2nd and 3rd overall & 1st female in Challenge & Fun Run.

1st Boy and Girl School Years 9, 8, 7, 6, 5, 4, 3, 2, 1 & Reception according to age on 1 September 2015.

1st male and female 40+, 50+, 60+ (Challenge only). 1st male and female team (Challenge only)

**Further course details available at [www.charmouthchallenge.co.uk](http://www.charmouthchallenge.co.uk)**

Lyme Bay Holidays are pleased to continue their association with 'The Challenge'.

Good luck to all the runners!



<b>ENTRY FORM CHARMOUTH CHALLENGE &amp; FUN RUN :</b> <b>SATURDAY 2<sup>nd</sup> July 2016 at 14.30 / 14.45</b>			
		Please complete in capital letters	
Entry for CHARMOUTH CHALLENGE (over 18yrs)	£8 / £10 on the day	Entry for FUN RUN (all ages)	£5 / £7 on the day
Surname:		First Name:	
Date of Birth:	Year group (if under 15yrs):		
Please circle : (very important for race results)	Female	Male	
Club name (if applicable)			
Address			
Runners contact telephone number	Emergency contact name & telephone number		
Email :			
<b>NOTE : PLEASE READ, <u>SIGN AND RETURN WITH YOUR CHEQUE</u> TO ACCEPT RACE CONDITIONS AND ENTER RACE:</b> <ul style="list-style-type: none"> <li>• I understand that this race is held in accordance with the rules and safety requirements of the FRA and I have made myself familiar with this information (www.fellrunner.org.uk)</li> <li>• I accept the hazards inherent in fell running and acknowledge that I am entering and running this race at my own risk.</li> <li>• I am aware of the information and rules imposed on me by the Race Organiser and that I will comply with them.</li> <li>• I have read and will comply with the "Fell Running – Requirements for Runners".</li> <li>• I acknowledge and agree that I am responsible for determining whether I have the skills, equipment and fitness to participate in this event.</li> <li>• I accept that neither the Race Organiser nor the Fell Runners Association shall be liable to me for any injury, loss or damage of any nature to me or my child or property arising out of my participation in this race (other than in respect of death or personal injury as a result of negligence).</li> <li>• I confirm that I am over the age of 18 or am the parent/guardian supervising a child for the fun run</li> </ul>			
Signed: _____		Date _____	
Parent / Guardian (please circle if signing for under 18yrs Fun Runner)			
<input type="checkbox"/> We will never sell your data to third parties, but would like to contact you in the future if we feel we have relevant information you might be interested in. Please tick this box if you DO NOT wish to be contacted in the future			
<b>PLEASE SEND A CHEQUE (£5 Fun run, £8 Challenge) TO: 'CHARMOUTH SCHOOL PTA' Plus a self-addressed A5 envelope for your race number</b>			
<b>POST TO:</b> Race organiser, Charmouth Primary School, Lower Sea Lane, Charmouth, Dorset DT6 6LR			
<b>Run numbers for entries received after 24<sup>th</sup> June will be issued on the day of the race. Deadline - 30<sup>th</sup> June for all advance entries.</b> After this date you can pay on the day (£7 / £10)			

## **The Course**

**Challenge:** *This is a multi-multi-terrain running experience.*

*Tarmac, stone tracks, gravel, grass, mud, wooden bridges, steps, stiles & gates. 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 chapel 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](http://www.fellrunner.org.uk)). There will be at least two drinks stations.**

***Fun Run:*** *This will follow a course of about 1.8 miles on a route yet to be decided. It will start and finish at the school and is likely to include an ascent of Stonebarrow Hill, where there will be a drinks station.*

*There will be food and drinks available at the school during and after the event.*

