

The Big Cheese - Course Notes

Marshal Point	Location description	Distance from start	Runner's notes
1	Perch gate	0.3	Gate will be held open by marshal, through the gate and turn left up the hill in 50 metres
	Farm gate with foot path gate to the right	0.4	Go through the foot path gate on the right.
	Footpath joins road near to raceway	1.5	Muddy conditions and then on to the level tarmac road
2	Tynings Farm	2	Go left just past the barn
3	Just after ford, three paths split	2.4	Take the middle of the three paths
	Path splits in two	2.6	Lower path
4	Ford crossing	2.7	Cross stream, watch out for rusty pipe
	On road, bottom of hill, turning for the swan pub. Cottage on left	4	Turn right over stream and then up the hill, water station
5	Right hand bend on the hill in the woods next to the field boundary	4.2	Left turn, flattens out
6	Path opens out, junction	4.4	Follow the path right up the hill. Stay right and go straight up the hill
	Path joins a wide well made path	5	Turn left then first right (100 meters), continue up the hill
7	Just the other side of the gate, path splits into 4	5.5	Straight on (most worn path). Path is to the right of the sign posted path and heads up the hill.
	At short marker on the right handside	5.8	Sharp left down a wide grassy downhill path - CAUTION
8	Crossroads on the hill	6.2	90 degree right hand turn on to limestone link
9	Path come out of woods, first left	7.8	Tight right up the hill towards becon batch
10	On the becon	8	Turn left down the hill
	Gate leading to the wireless station	8.2	Follow the path past the transmitters
11	Junction of road	9.5	Turn right at the junction in the road
	Road crossroad	9.8	Straight across the crossroads
12	Gate the marks the beginning of the mendip muddle	10	Straight through the gate on the right
13	Sharp drop off	10.3	Straight over the drop - CAUTION drop
14	Gate near black rock main path	11	Turn right and follow the wide path past black rock
15	Road crossing, cliff road	11.8	Straight across when safe, follow path up hill, water station - CAUTION , road crossing
	West mendip relay sign Draycot	12	Follow path left up the hill
16	Metal gate on left, next to cattle stall	12.2	Over gate and follow gravel road
	Kissing gate	13.2	Diagonal up field, towards metal gate
17	Metal gate	13.3	Diagonal right along field (Middle down nature reserve) ending at gate on to Middle down drove
18	Gate on to middle down drove	13.8	Turn right down the hill
	Gate, west medip	14.2	Follow track along the edge of the field, turn right at the bottom
	Gate	14.4	Rocky decent to bradley cross - CAUTION
19	Gate at bottom of decent	14.8	Turn right on to the road and down the hill
	Left turn into school	15	Yeah you've finished! Time for tea and cake :-)