



21st Full Monty-cute 10



ARC permit 19/042

RACE INFORMATION 2019

WELCOME

Welcome to the 21st running of the Full Monty'Cute' race. The home of the 'Monty' is The Ham Hill Countryside Park. The Rangers have been very keen to accommodate us at the Country park. Also the Prince of Wales public House is next door and will be open for food and drink. This is less than 2 miles (as the crow flies) from Montacute.

If you choose to bring family and friends they can have a walk in the park and perhaps have a coffee at the pub. We will also have our own catering this year serving drinks, bacon baps etc

Thank you for entering. We hope you will enjoy the event, proceeds will go to the Friends of ham Hill community group who organise several activities in the park throughout the year.

VENUE Ham hill Country Park Near Stoke sub Hamdon TA14 6RW

DATE Sunday 1st December 2019 **TIME** 10-30 a.m. Start

DIRECTIONS

From the A303 turn off for Crewkerne and Stoke sub Hamdon on the A356 then follow the brown signs to Ham Hill (turn left at top of hill by large pine tree (Holy tree) then right in village.

From the A3088 out of Yeovil turn left onto the road signposted Montacute and Stoke sub Hamdon (then right at the junction). Follow the road for approximately 2km/just over 1mile into Stoke sub Hamdon then follow the brown signs to Ham Hill. See maps on last page.

PARKING

The country park has quite a bit of parking. There are several parking areas on the hill please park where directed all are within walking distance of the start which is at the North Western end of the hill.

We should make you aware that the Ham Hill area like a lot of beauty spots is target for criminals breaking into cars. Whilst the area is busy with the event and other users coming and going all the time, unfortunately in 2009 we had two instances of a break ins. We as a club have since arranged to have marshals patrolling the Car Parks during the race as well as organise parking to try to discourage such an event being repeated. We can not guarantee to stop this happening, we will try to get a police presence and would encourage you not to store valuables in your vehicles. We will operate a limited kit store at race HQ.



Association of
running clubs

RACE H.Q.

REGISTRATION AND COLLECTION OF NUMBERS WILL BE AT RACE HQ, CLEARLY SIGNED ON THE DAY.

THERE WILL BE NO ENTRIES ON THE DAY.

START / FINISH

The start will be at 10-30 am close to the Ham Hill Centre and will finish near by. Each finisher will receive a Monty Christmas pudding at the finish.

FACILITIES

There are toilet facilities, but no real changing facilities are available - it is better to change in your car.

There will also be a wash off area after the run.

Please respect the facilities of our hosts and do not wear muddy kit into the toilets and other buildings.

We are hoping to organise our own Tea/ Coffees and snacks again this year on site that you can take advantage of or if you want something stronger or an early breakfast or lunches then the Prince of Wales public house is next door the the Finish. Other facilities are available in the Stoke Sub Hamdon and Montacute. We have for the past few years had some ladies from Help For Heroes selling cakes for their charity.

FIRST AID and your safety

You are responsible for your own safety and should be medically fit to take part and should run within your capabilities for the conditions on the day. This event takes place in December on an off road course. Please be prepared for winter weather, undulating and possibly slippery conditions under foot. Hypothermia is possible, so if you have to stop during the race or see someone else in trouble please report to a marshal. Marshals are in touch with Race HQ, which can then get help to you. There will be coverage provided by members of a local group from Stoke Sub Hamdon who will have a car at the finish and we can dispatch to any issues on the route. The running club also have several members who we have sent on a basic First Aid who will be out on the road

HAM HILL CENTRE

The centre was opened in 2006 and provides an education centre, toilets etc. Ham hill has a lot of ancient and more modern history. The hill has wonderful views of the surrounding countryside and has a permanent orienteering course and compass navigation Course. Their website is very informative and for the younger ones they have a quiz that can be followed on the hill. www.southsomerset.gov.uk

THE PRINCE OF WALES

Nicki and Mike open the Pub throughout the day and are open for morning Coffee, breakfasts etc. They are fully aware of our event and supportive to help us in anyway. Its always difficult to judge how many runners are likely to stay for lunch so to avoid disappointment can we ask that you ring them if you are considering staying for lunch

01935 822848

ROUTE DESCRIPTION

Please note : - NO DOGS PERMITTED for safety reasons and as there is likely to be livestock on the route. The route is predominantly on paths, tracks and fields. There may be some water to put up with, depending on the weather. Please wear **good studded shoes** as there are some parts of the course that can become very muddy and slippery. There is only about 1/2 mile on road so the route is excellent for the off road purists who stick with fell shoes. Drink stops will be present at about 4, 7 and 9 miles.

The route may differ slightly from last year (yet to be confirmed).

The race distance is over 10 miles about 10.5 miles (not certified), and is likely to take you between 1 and 2½ hours. The final route will be posted at race H.Q. The course will be clearly marked and marshalled at key junctions. Heed race marshals instructions particularly at the road crossings. Please respect other users of the public footpaths and roads and obey the country code.

After an easy first mile the next 2 miles take in the 2 toughest hills on the route. Our advise is start easy and then finish strong, If you don't the remaining 8 hills will feel steeper !

After a short hill 4 and longer 5 and a short but steep hill 6 there are some nice open field sections to stretch your stride out, before the next big roller coaster and muddy sections. After the last Climb the last mile or so are good flattish running to the finish.

A Cut-off Time of 2½ hours will be applied and slower runners will be directed on to a shorter route.

PRESENTATION

The presentation will take place outside in the finish area if the weather permits as soon as possible after the last runner has finished.

There are awards in the following categories:

1st male overall 1st female overall

1st, 2nd, 3rd senior male 1st, 2nd, 3rd senior female

Various Vet prizes

1st mixed team (2 ladies & 2 men)

OTHER ENQUIRIES

Contact 01460 72505

or visit our web site www.fullmontycute.btck.co.uk/

