



BRENT KNOLL RACE

Organised by the Burnham-on-Sea Harriers

Sunday 24th November 2019 at 11:00am

At

BASC GROUND, Stoddens Road, Burnham-on-Sea TA8 2DX

UKA Licence No: 2019-37017

Final Race in the 2019 Somerset Series

Supported by BASC and Burnham Lions Club

All Race Numbers to be collected on the day

Course: Start at BASC ground, along footpaths, bridleways and country roads to the summit of Brent Knoll, half circuit of the summit and return to finish at BASC. It can be muddy, and there are some steep ascents and descents. **UKA Rules 240s Prohibits the use of headphones for this race. Bone Conductors can be used.**

Facilities: The BASC Ground has showers, changing, car parking, licensed bar serving food.

Entries: Online entries through Run Britain – link below. **Online entries close 21st November**

On the day entries available at the BASC Sports Ground prior to the race – On the day entries close at 10am.

On-line entries at www.runbritain.com - [link](#)

Fees: Attached £12 Unattached £14, £2 surcharge for entry on the day.

If you cannot race on the day, but have already entered, we cannot provide a refund. Race transfers can be arranged, but if you are looking to defer or transfer your race entry the **deadline for this is 21 November.**

Further information: can be found on the Burnham Harriers website - www.burnham-on-sea-harriers.com or contact by way of email to BurnhamHarriers@gmail.com

Results: Provisional results will be available on the day. Results will be posted on Burnham-on-Sea.com and Burnham-on-Sea-Harriers.com.

Prize giving: The presentation will take place in the clubhouse at approximately 13:00pm. **Somerset Series Race Prizes will be presented at this event**

Categories:

Male Overall – 1st, 2nd & 3rd

Male Age Group Winners:

15-19 years

20-39 years

40-49 years

50- 59 years

60-69 years

70+ years

Local Male 1st

1st Local Male Vet over 40

Female Overall – 1st, 2nd & 3rd

Female Age Group Winners:

15-19 years

20-34 years

35-44 years

45-54 years

55-64 years

65+ years

Local Female 1st

1st Local Female over 35



One prize per competitor (Except local prizes). Local is Burnham Harrier or unattached runner with TA8 or TA9 postcode.

First Aid: Criticare UK ambulance will provide first aid cover along the course and at Race HQ. If you need to pull out during the race please alert a marshal and we will do our best to return you to Race HQ.

Medical Advice: If you have any medical problems that make it a risk for you to run, please inform the organisers before you take part. You should also inform your GP that you are running and seek appropriate medical advice.

If you have a medical condition that may require special attention during the race, please state this clearly on the back of your race number.

In line with UKA requirements, please write the name and emergency contact number on the back of your race number before you start your race.

Make sure your friends and family know your race number and estimated finishing time.

If you feel unwell or have any doubts about running on the day do not run. There are plenty of other races you can enter.

Drink plenty of fluids before, during and after the race. Take plenty of sips and remain hydrated.

Race HQ: BASC sports-ground, Stoddens Road, Burnham-on-Sea, TA8 2DX

Due to this venue being a Sports ground, **BASC operate a NO-dogs on site policy**

Directions: From the M5, exit junction 22. At the Edithmead roundabout take the 2nd exit heading towards Burnham on Sea. At the Tesco roundabout, take the third exit into Stoddens Road and follow this road for approximately $\frac{3}{4}$ mile. BASC is on your right. A site map is below

Parking: There is ample parking at BASC sports-ground, but please obey the directions provided by the parking marshals

Good Luck!

Matt Powell – Run Director

