PAWLETT PLOD 2022

Organised by the Burnham-on-Sea Harriers

Wednesday 20 July 2022 at 7:15pm

At

PAWLETT PAVILION, Gaunts Road, Pawlett TA6 4SB

**UKA Licence No:** 10km: 2022-44160
 5km fun run: 2022-44160

**All Race Numbers to be collected on the day**

**Course:** The 10km race starts onGaunts Road heading downhill and turning left (opposite the Ham Lane junction) onto the track that leads to the River Parrett coast path. Following the path in a clockwise direction, runners divert off the path heading across field tracks before returning along Gaunts Road back to the finish at the Pawlett Pavilion.

The 5km race will start at the Pawlett Pavilion, Runners will run 1-lap of the Pavilion field, turning left onto Gaunts Road. A right turn onto River Road, and before the end of the road, runners will take a right turn onto the coast path. They will follow the coast path for just under 1-mile before turning left along the graded track to re-join Gaunts Road back to the finish at the Pavilion.

**Course distance:** The main event will consist of a 10km multi-surface race run on roads, gravel tracks, grass paths and across fields. The race will feature 1 water station at approximately 5km, and at the finish.

A 5km fun run will also take place, also on surfaces including roads, gravel tracks, grass paths and across fields. Water will be available at the finish.

**Facilities:** Pawlett Pavilion has changing facilities and toilets. The Pavilion has aLicensed Bar.

Car Parking available on Gaunts Road opposite Pawlett Pavilion.

**First Aid/Medical:** The Pawlett Plod will be supported by **??????**. Marshalls will be positioned throughout the course and will have mobile phones and walkie-talkies available should someone attending the event (e.g. runner/spectator) require assistance.

**Awards:** Trophies to first 3 male and female, and age category prizes (one prize only per competitor).

Medals to all runners and spot prizes.

**Fees: 10km -** £14 Affiliated, £16 unaffiliated (10km race is limited to 200 entries)
 **5km** - £10 (5km race is limited to 150 entries)

**Entries: The 10km Pawlett Plod race is an online entry only race, organised through Run Britain –** [**link**](https://www.runbritain.com/RaceDetail.aspx?eventid=7dbc0dc15962&raceid=79bc0acf5868&returnlink=https://www.runbritain.com/races?keyword=&distance=&region=&county=00013000000400010055&profile=&raceType=&awards=&entrants=&page=1&pagesize=8&gender=0&onlineentry=0&responseType=html)**.**

**5km –** race entries available on the day. Run Britain **-** [**link**](https://www.runbritain.com/RaceDetail.aspx?eventid=7fbc0dc15964&raceid=7bbc0acf586a&returnlink=https://www.runbritain.com/races?keyword=&distance=&region=&county=00013000000400010055&profile=&raceType=&awards=&entrants=&page=1&pagesize=8&gender=0&onlineentry=0&responseType=html)

Risk Assessments for the event and additional race information can be found on Burnham Harriers website: <https://www.burnham-on-sea-harriers.com/our-races/pawlett-plod/>or contact by way of email to: BurnhamHarriers@gmail.com

UKA Rules 240s Prohibits the use of headphones for this race. Bone conductors are permitted.

**Online entries close 13 July.**

Race Director – Stuart Anderson