

Burnham-on-Sea-Harriers



Present

Burnham-on-Sea Half Marathon

Sunday 8th October 2023

10:00 am

Under UKA Rules

Course Measurement Certificate: SEAA 16/211

Race Licence: 2023-46578

Supported by:

Burnham-on-Sea Lions Club

Burnham Association of Sports Clubs

Brean Leisure Park

1st Huntspill & Highbridge Scout Group

Welcome to the Burnham-on-Sea half marathon.

Thank you for entering the Burnham-on-Sea half marathon. I hope you enjoy the race and have a good day in Burnham-on-Sea.

Please take a few minutes to read this race pack so you know what to do on race day.

Good Luck!

Alex Hamilton – Race Secretary

Email: BurnhamHarriers@gmail.com

Thank you to all the marshals and volunteers for their invaluable assistance and support in ensuring this event runs smoothly.

Race Information

Race entry: £21 (affiliated runners), £23 for non-affiliated runners. All entries are online via Run Britain: [Burnham-on-Sea Half Marathon - Burnham-on-Sea Half Marathon - Burnham-on-Sea Half Marathon - runbritain](#). Closing date Friday 6 October 2023 (no on the day entries).

Race risk assessment: [link](#)

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

Due to this venue being a Sports ground, BASC operates 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 ¾ mile. BASC is on your right.

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

Toilets: Available in the clubhouse.

Changing: Changing facilities are available in the clubhouse. Please use the changing facilities marked for runners and do not change in the bar.

Refreshments: The clubhouse has a licensed bar and refreshments.

Start: The race will start at 10:00am. A runner's brief will be given prior to the start. The start and finish line is on the grass adjacent to the rugby pitch. The course involves a circuit of the cricket pitch at the start and finish.

After the start, the access road will be closed until the last runner leaves the sportsground and enters the road section of the course.

Race Numbers: Please ensure your number is secure to the front of your vest and is visible throughout the race. Do not cut or fold the number.

Race numbers will not be posted but will be available for collection on the day in the clubhouse.

UKA Rules 240s Prohibits the use of headphones for this race. Bone Conductors can be used.

Time limit: There is a time limit of 3-hours for this race, at which point the marshals will withdraw from their posts. Anyone left on the course will become pedestrians and expected to navigate their way back to the finish. A tail vehicle follows runners at the back to ensure their safe completion of the course.

Course: The course map is on the entry form and Burnham-on-Sea Harriers website: <http://www.burnham-on-sea-harriers.com/burnham%20half.html>

Once you have left the BASC sportsground the course follows open roads. Please take care, keeping aware of other road users and **always keep to the left-hand side of the road** as vehicles and pedestrians will also be on the course.

Marshals will be present throughout the course and will have radios, mobile phones, and lanyards to guide runners and raise an alarm if necessary. The course is marked with direction arrows, marked at every junction. Mile markers are displayed along the course. A lead car will display the race clock from which commentary will be relayed to race HQ. Please take care here as roads will not be closed to traffic for the race.

There are to be no accompanying dogs, bikes, or vehicles as this can cause additional hazards to fellow runners and other road users.

Course Records

Male: 2009 – Adrian Harris – Wells City Harriers – 1:08:57

Female: 2005 – Karen Hazlett – Winchester & District AC – 1:19:57

Drinks: There are 3 water stations along the course. Water and refreshments are also available at the finish.

First Aid: Apex first aid 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.

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 1:00pm

Categories:

Male Age Group Winners:

- 1st place male
- 2nd place male
- 3rd place male
- 1st Junior male (17 -19)
- 1st Senior male
- 1st male vet 40
- 1st male vet 50
- 1st male vet 60
- 1st male vet 70
- 1st local male
- 2nd local male
- 3rd local male

Female Age Group Winners:

- 1st place female
- 2nd place female
- 3rd place female
- 1st place junior female (17-19)
- 1st place senior female (20 -34)
- 1st female vet 35
- 1st female vet 45
- 1st female vet 55
- 1st female vet 65
- 1st female vet 75
- 1st local female
- 2nd local female
- 3rd local female

One prize per competitor (Except local prizes)

Local is Burnham Harrier or unattached runner with TA8 or TA9 postcode.

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 in a half marathon 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.

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.

Half marathon course:

Starting at the BASC Sports ground, runners take a short loop of the ground before exiting and turning left onto Stoddens Road. At the Tesco roundabout, turn left onto Queens Drive. A left turn is taken at Edithmead roundabout and then another left into Brent Knoll. Running with the Knoll on your right-hand side, take a left into West Road entering Lympsham. A further left is taken onto Wick Road and then to Red Road until you reach Berrow. A run along the Berrow Road, back into Stoddens Road, entering the BASC Sports ground for the final loop to the finish.



