



BRENT KNOLL RACE
Organised by the Burnham-on-Sea Harriers
Sunday 26th November 2023 at 11:00am
At
BASC GROUND, Stoddens Road, Burnham-on-Sea TA8 2DX

UKA Licence No: 2023-46726

Final Race in the 2023 Somerset Series. Supported by BASC and Burnham Lions Club

All Race Numbers to be collected on the day from 9.30am to 10.40am.

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. Race risk assessment: [link](#)**

Entries: Online entries only through Run Britain www.runbritain.com - [link](#). **Entries close on 23rd November.**

Unfortunately, we cannot defer your entry or provide refunds if you cannot race.

Transfers - Entry transfers can be arranged, but requests must be made by email to Burnham.Harriers@gmail.com by **21 November**. In your transfer email, please provide details of the recipient runner including their ***name, address and postcode, email address, club and England Athletics affiliation number (if applicable), emergency contact name and number.***

Fees: Attached £17, Unattached £19.

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 13:00 pm.
Somerset Series Race Prizes will be presented at this event.

Categories:

1st placed male	1st placed Female
2nd placed male	2nd placed Female
3rd placed male	3rd placed male
1st Junior male (15 - 19)	1st Junior female (15-19)
1st Senior male (20-39)	1st Senior female (20-34)
1st male Vet 40	1st female Vet 35
1st male Vet 50	1st female Vet 45
1st male Vet 60	1st female Vet 55
1st male Vet 70	1st female Vet 65
1st local male	1st local female



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

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

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. Contact to the Race Director can also be made to activate first aid if required by calling 07581 363585.

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. There are no water stations on the course but refreshments are provided to all runners at the finish.

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

Bags: A bag drop facility is available at the BASC sports-ground.

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. A site map is below.

Parking: There is ample parking at BASC sports-ground, but please obey the directions provided by the parking marshals. Please note that there is a height gate at the entrance that may limit access to the car park for vans or high-sided vehicles.

Good Luck! Alex Hamilton – Run Director



Brent Knoll Race 2023

