

PAWLETT PLOD 2023

Organised by the Burnham-on-Sea Harriers

Wednesday 19 July 2023 at 7:15pm

At

PAWLETT PAVILION, Gaunts Road, Pawlett TA6 4SB



UKA Licence No: 2023-46004

All Race Numbers to be collected on the day

Course: The 10km race starts on Gaunts 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. A course map is available here: <https://www.burnham-on-sea-harriers.com/our-races/pawlett-plod/>

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.

Facilities: Pawlett Pavilion has changing facilities and toilets. The Pavilion has a Licensed Bar.

Car Parking is available on Gaunts Road, opposite Pawlett Pavilion.

First Aid/Medical: The Pawlett Plod will be supported by Criticare. 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 available to all runners, and spot prizes.

Fees: 10km - £16 Affiliated, £18 unaffiliated (10km race is limited to 200 entries)

Entries: The 10km Pawlett Plod race is an online entry only race, organised through Run Britain – [link](#).

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 17 July.

Race Director – Alex Hamilton