



## **Brean Banger MTR – Race Information**

Welcome to the **Brean Banger MTR!**

On behalf of Burnham-on-Sea Harriers, thank you for entering this year's event. We hope you enjoy one of the South West's most unique multi-terrain races.

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### **DATE**

**Wednesday 8th July 2026**

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### **LOCATION**

**Race HQ:** Brean Down National Trust Café

**Address:** 2 Brean Down Road, Brean, Burnham-on-Sea, TA8 2RS

**What3Words:**

**`///stop.configure.hogs`**

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### **RACE DAY TIMINGS**

**Race Number Collection (Race HQ):** 5:45pm – 7:00pm

All race bibs must be collected from Race HQ. The event is **chip timed**, with the timing chip attached to your race bib.

**Race Start:** 7:15pm prompt

### **Arrival Advice**

To help avoid queues, we recommend arriving in good time and collecting your race bib **between 5:30pm and 6:45pm**.

If you're planning to use the **free beach parking**, please note it **opens from 5:30pm**. Allow an additional **8–10 minute walk (approximately 650 metres)** from your vehicle to Race HQ. National Trust parking is adjacent to Race HQ and is available throughout.

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## DISTANCE

Approximately **10.5km** of multi-terrain running.

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## CHIP TIMING & RESULTS

The event is professionally chip timed by **Prosper Event Timing**.

Results will be available shortly after the race, so you won't have long to wait to see how you got on.

We'll also share a **live results link** on our social media channels and at Race HQ shortly before the race starts. This allows runners to check their result as soon as they finish, while friends and family can follow runners live throughout the event.

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## TOILETS

Toilet facilities are available at Race HQ, including:

- National Trust toilet block
- Three portable toilets
- One portable urinal

Please **do not** relieve yourself on the course or beach. Anyone doing so may be disqualified.

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## PARKING

Two parking options are available.

### National Trust Car Park

- **Free** for National Trust members.
- **£6.50** for non-members.
- Payment by contactless or cash.

This car park is adjacent to Race HQ, so there is no additional walk to registration.

As spaces are limited, please consider car sharing where possible.

### Free Beach Parking

**Access via What3Words:**  
**///matchbox.kilt.bagels**

**Please note:** Beach parking is only available from **5:30pm onwards**.

Enter the beach at this location where marshals will direct you into the designated parking area. Vehicles will be parked approximately halfway towards Race HQ, leaving around a **650 metre (8–10 minute)** walk.

Please follow all marshal instructions.

To help reduce congestion, parking costs and environmental impact, we'd really appreciate runners car sharing wherever possible.

**Bicycle stands** are available at Race HQ.

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## COURSE

The Brean Banger is a varied multi-terrain course featuring beach, trails, tarmac, gravel, grassland and hill running.

### Route Summary

- Wide mass start on Brean Beach (approximately 1 mile on sand)
- Through the dunes before a marshalled road crossing (keep right and follow marshal instructions)
  - Through Warren Farm Holiday Centre on tarmac and gravel tracks
- Along the seasonal coastal path beside the River Axe with views towards Uphill
  - Water station at approximately **5.6km**
- Steep, narrow single-file coastal trail with a sharp drop to the left – please overtake only where safe
  - Military Road climb towards Brean Down Fort and the trig point
    - Undulating terrain across Brean Down
- Fast descent on gravel and tarmac before the final flat 100 metres to the finish

### Wet Weather Contingency

In prolonged or particularly wet weather, the National Trust requires the **Brean Down section only** to be changed to an **out-and-back along the Military Road** to help protect the **Site of Special Scientific Interest (SSSI)**. The remainder of the course, including the seasonal coastal path, remains unchanged.

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## COASTAL PATH ACCESS

The seasonal coastal path is only open between **16th May and 15th July** due to nesting birds.

Please do not recce this section outside these dates and always remain on the designated path.

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### **LIVESTOCK**

You may encounter cattle or horses on sections of the coastal path or Brean Down.

Please pass calmly, give the animals plenty of space and ensure any gates are closed behind you.

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### **BAGS & PERSONAL BELONGINGS**

There is **no official bag drop**.

Please leave belongings securely in your vehicle where possible. If travelling by foot or bicycle, any items left outside Race HQ are left entirely at **your own risk**.

Please note that Race HQ will be closed and locked during the race, so bags and personal belongings cannot be stored inside.

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### **HEADPHONES**

In accordance with England Athletics rules, **only bone-conduction headphones are permitted**.

Due to the marshalled road crossing, vehicle movements within the beach parking area and the need to hear marshal instructions throughout the event, traditional in-ear and over-ear headphones are **not permitted**.

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### **REFRESHMENTS**

The **Bird Café Tea Rooms**, located immediately adjacent to Race HQ, will be open from **5:00pm until 9:00pm**, serving ice creams, hot drinks, cold drinks and refreshments.

The National Trust Café will also be open during race number collection before closing at approximately **7:45pm**.

Please support these local businesses if you can.

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## WATER STATIONS

A water station will be available at approximately **5.6km**.

Water will also be available at the finish.

Please dispose of paper cups only within the water station area or where directed by marshals.

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## MEDICAL COVER

Medical cover for the event is provided by **Apex Medical & Rescue**.

If you require medical assistance before, during or after the race, please alert the nearest marshal, who will contact the medical team immediately.

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## CUT-OFF TIME

The race has a **90-minute cut-off time**.

Tail runners will remain with the final runners throughout the event, helping to provide support and ensure everyone finishes safely.

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## DOGS

Due to summer beach restrictions, the road crossing and several narrow sections of trail, **dogs are not permitted** in this event.

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## PRIZES

Prizes will be awarded to:

- 1st, 2nd & 3rd Male
- 1st, 2nd & 3rd Female
- Age Category Winners

Every finisher will receive a unique **Brean Banger MTR finisher's medal**.

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## TRANSFERS & DEFERRALS

Unfortunately, **deferrals are not available** for the Brean Banger MTR.

Due to a technical issue with our entry system following a recent platform update, **transfers are currently paused** while the provider works on a fix.

If you would like to request a transfer, please email [burnhamharriers@gmail.com](mailto:burnhamharriers@gmail.com) and we'll keep a record of your request. If the issue is resolved before race day, we'll do our best to process transfer requests in the order they were received.

Unfortunately, we cannot guarantee that the system will be fixed in time, so transfers may not be possible for this year's event.

Thank you for your patience and understanding.

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### EMERGENCY CONTACT

**Race Day Emergency Number: 07581 353585**

This number is monitored **during the event only** and should be used **for race-related emergencies only**.

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### THANK YOU

The Brean Banger MTR wouldn't be possible without the support of a number of organisations, businesses and volunteers.

Our sincere thanks go to:

- **Somerset Series** for including the Brean Banger MTR in this year's calendar of local races.
- **Warren Farm Holiday Centre** for once again allowing us access through their site.
- **Somerset Council** for supporting the event and granting access to Brean Beach.
- **The Bird Café Tea Rooms** for keeping runners and spectators refreshed throughout the evening.
- **The National Trust** for allowing us to use Brean Down as Race HQ, together with access to the café facilities and toilets.
- **Prosper Event Timing** for providing professional chip timing and live results.
- **Apex Medical & Rescue** for providing medical cover throughout the event.
- Our fantastic team of marshals, volunteers and everyone working behind the scenes who make the event possible.

Finally, thank **you** for being one of our **350 runners** taking on this year's Brean Banger MTR.

We hope you enjoy the race, the scenery and the challenge. Have a fantastic evening, stay safe and, most importantly, have fun.

**We'll see you at the finish line!**