



## **BRENT KNOLL RACE**

**Organised by the Burnham-on-Sea Harriers**

**Sunday 24th November 2024 at 11:00am**

**At**

**BASC GROUND, Stoddens Road, Burnham-on-Sea TA8 2DX**

**UKA Licence No: 27787**

Final Race in the 2024 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:** The 2024 race is now full. If you have entered but cannot race on the day, we **cannot refund or defer your entry**. Entry transfers can be arranged but must be requested **by 21 November**. Please email [BurnhamHarriers@gmail.com](mailto:BurnhamHarriers@gmail.com) with your transfer request and include your entry link in your email.

**Fees:** Affiliated runners - £18, Non-affiliated runners - £20.

**Further information:** can be found on the Burnham Harriers website - [www.burnham-on-sea-harriers.com](http://www.burnham-on-sea-harriers.com) or contact by way of email to [BurnhamHarriers@gmail.com](mailto: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

2nd placed male

3rd placed male

1st Junior male (15 - 19)

1st Senior male (20-39)

1st male Vet 40

1st male Vet 50

1st male Vet 60

1st male Vet 70

1st local male

1st placed Female

2nd placed Female

3rd placed male

1st Junior female (15-19)

1st Senior female (20-34)

1st female Vet 35

1st female Vet 45

1st female Vet 55

1st female Vet 65

1st female Vet 75



2nd local male

3rd local male

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.

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

**First Aid:** Apex Medical and Rescue 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 07789 863336.

**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. **The race route does not have drinks stations, drinks are provided at the finish.** 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 sportsground, Stoddens Road, Burnham-on-Sea, TA8 2DX.

**Bags:** A bag drop facility is available at the BASC sports-ground. There is limited space and bags are left in the main bar at the sports ground is at your own risk.

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  $\frac{3}{4}$  mile. BASC is on your right. A site map is below.

**Parking:** There is ample parking at BASC sportsground, 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! Matt Powell – Run Director**

