



2008

18 September

16 October

20 November

18 December

2009

15 January

19 February

19 March

16 April

21 May

SPONSORED BY **EASY
RUNNER**

THE Weston Prom Runs 2008-2009

RACE DETAILS

Race Headquarters Pavilion Bar – Basement Room,
2 Upper Church Road, Weston-super-Mare, BS23 2DT.
Registration from 7.00pm. **Start time is 7.30pm.**

Baggage store, changing and toilets are available.

Run the two lap course of the Prom (5 miles) avoiding any obstacles and as you finish collect a number, return it to the registration desk where your position will be recorded.

RACE FEES

All 9 Races £15.00

Single Race £3.00

Unaffiliated Extra £2.00 per race

Team of 6 - Free (please supply team name & individual names by October race)

Date(s) Sep Oct Nov Dec

Jan Feb Mar Apr May

Please send cheques made payable to Weston Athletic Club.

Race is run under ARC Rules. Permit applied for.

PROM RUNS ENTRY FORM

Name _____

Address _____

Postcode _____

Club _____

Email _____

Senior Man Vet 40 Vet 50 Vet 60

Senior Lady Vet 35 Vet 45 Vet 55

Signed _____ Date ____/____/____

Designed by Busy Designing — 01934 813197

In entering the race I accept the organisers have taken reasonable precautions and I am medically fit to run. Under no circumstances will I hold Weston A.C. or its associates responsible for any accident, loss or damage as a result of my participation in the Prom Runs.

Please return applications to: Liz Wiggins, Appletree Cottage,
Old School Lane, Bleadon, North Somerset, BS24 0PF.

Further information available at www.westonac.co.uk

