

THE WESTON PROM RUNS



2009-2010

27TH SERIES

17 Sept
15 Oct
19 Nov
17 Dec

21 Jan
18 Feb
18 Mar
15 Apr
20 May

All races start 7.30 p.m.
PERMIT APPLIED FOR

Sponsored by

**EASY
RUNNER**



RACE IS RUN UNDER ARC RULES

RACE HQ/BASE CAMP

BASEMENT ROOM, **PAVILION BAR**, 2 UPPER CHURCH RD,
WESTON-SUPER-MARE BS23 2DT

REGISTRATION PRIOR TO THE RACE IS FROM 6.45pm

START TIME 7.30pm

Baggage store, changing and toilets are available. Medical attention in Base Camp.

Run the two lap course of the Prom (5 miles) avoiding any obstacles. When you cross the finish line please keep in order so we can take your number (front of vest please) which gives your final position.

ALL 9 RACES £15.00

SINGLE RACE £3.00

UNAFFILIATED £2.00 EXTRA

TEAM OF 6 – FREE

(Please supply team name and individual names by October race)

RACE DATE Sept Oct Nov Dec

Jan Feb Mar April May

Cheques payable to Weston A.C.

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 it's associates responsible for any accident, loss or damage as a result of my participation in the PROM RUNS.

Signed _____ Date _____

Name _____

Address _____

Postcode _____

Club _____ DoB _____

Email _____

Senior Man Vet (40) Vet (50) Vet (60)

Senior Lady Vet (35) Vet (45) Vet (55)

POSTAL APPLICATIONS please return to:

Weston Athletic Club

PO Box 574

Weston-super-Mare, Somerset BS23 9HS

www.westonac.co.uk