

WESTON *Athletic Club*



RACE DATES:

15 SEP 2011

20 OCT 2011

17 NOV 2011

15 DEC 2011

19 JAN 2012

16 FEB 2012

15 MAR 2012

19 APR 2012

17 MAY 2012

WESTON AC – Prom Run Series 2011-2012

3rd Thursday of each month September 2011 to May 2012

<u>Race Dates</u>	Proudly sponsored by:	
Race 1: 15 th Sep 2011		19 th Jan 2012 :Race 5
Race 2: 20 th Oct 2011		16 th Feb 2012 :Race 6
Race 3: 17 th Nov 2011		15 th Mar 2012 :Race 7
Race 4: 15 th Dec 2011		19 th Apr 2012 :Race 8
		17 th May 2012 :Race 9

Race HQ - Pavilion Bar, 2 Upper Church Road, Weston-super-Mare, BS23 2DT.

Course:

- The race start is opposite the Pavilion Bar on the promenade.
- The course is accurately measured and takes in two complete laps of the promenade to make a total of five miles.
- All races in the series start at 7.30pm prompt.
- Helpful marshals will guide you along the course and warn of any obstacles.
- The Prom Run Series is run under ARC rules.

Facilities:

- Refreshments available at the Pavilion Bar (Race HQ).
- Post race presentation.
- Toilets.
- Car parks nearby.
- We regret that there are no changing or shower facilities available.

Prizes:

- Spot prizes.
- **Male:** Senior Male, MV40, MV50 and MV60
- **Female:** Senior Female, FV35, FV45 and FV55.
- **Team:** Male, Male Vet & Female series winners (first 4 runners counting based on finishing position). Team prizes presented at the May race.
- Special memento to all runners who complete all 9 races in the series.

Entries:

- Series entries save you money and queuing. Enter the whole series before 1st September 2011 for only £15 if affiliated (that's only £1.66 per race!).
- Entry on the day available.
- Cashed cheque or confirmation email indicates accepted entry.
- Visit <http://www.westonac.co.uk> for the latest information.
- Enter online at: <https://regonline.activeeurope.com/promrun> from Monday May 23rd 2011.
- Enquiries: ✉PromRun@WestonAC.co.uk.

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TEAM COMPETITION:

- Teams of up to six runners can be entered.
- Four runners from each team count towards the team score.
- Scoring is based on finish position.
- A Male Vet Team can only contain Male Vet runners; however, a Senior Male Team can contain Male Vet runners.
- The age category a runner belongs to for the Series is defined as their age on 15th Sept 2011.
- If less than four runners compete in an individual race then the scores for each of the missing runners are based on the total numbers of runners competing in that particular race.

For example, say only two members of Team X take part in a race where 217 runners competed. The total score for that team in that particular race would be 532. See below:

Runner No:	Finish Position:	Score:
1	23	23
2	Did not compete	
3	Did not compete	
4	Did not compete	
5	75	75
6	Did not compete	
Non runner score:		217 x2 = 434
Total of top four scores:		532

- The winner of each team category will be the team with the least number of points accumulated across all nine races in the Prom Run Series.
- There are three team categories: **Senior Male**, **Male Vet** and **Female**.
- Teams must be entered no later than 20th October 2011.
- All runners entering the team competition must have entered the appropriate race to count towards the team score for a particular race in the Prom Run Series.
- Only the team captain needs to complete the team competition form.
- If you wish to enter a team, please complete the details below:

No:	Runner Name:	DOB: (DD/MM/YYYY)	Team Captain: (please tick one box only)
1			<input type="checkbox"/>
2			<input type="checkbox"/>
3			<input type="checkbox"/>
4			<input type="checkbox"/>
5			<input type="checkbox"/>
6			<input type="checkbox"/>
Team Category: (please tick)		<input type="checkbox"/> Senior Male	<input type="checkbox"/> Male Vet
		<input type="checkbox"/> Female	

Team Name:	
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