

WESTON AC – Prom Run Series 2013-2014

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 26th Sept 2013.
- 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 24th October 2013.
- 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:	
Team Captain Telephone:	
Team Captain Email:	

WESTON Athletic Club



RACE DATES:

26 SEP 2013

24 OCT 2013

28 NOV 2013

12 DEC 2013

23 JAN 2014

27 FEB 2014

27 MAR 2014

24 APR 2014

22 MAY 2014

