

PROM - ENTRY ON THE DAY FORM

Proudly sponsored by:	RACE DATES	Proudly sponsored by:
	1 – 22 nd Sep 2016 19 th Jan 2017 – 5	
	2 – 20 th Oct 2016 16 th Feb 2017 – 6	
	3 – 24 th Nov 2016 23 rd Mar 2017 – 7	
	4 – 22 nd Dec 2016 20 th Apr 2017 – 8	
	* SERIES - 18 th May 2017 - FINALE *	

Our Race HQ is once again at the following location:

Bay Café, Tropicana, Marine Parade, Weston-super-Mare, Somerset, BS23 1BE

Course:

- The race start is near the Bay Café (Race HQ) 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 Bay Cafe (Race HQ).
- Post-race presentation.
- Toilets.
- Parking is available along Marine Parade at a cost of £1.50 after 6pm.
- Please use the pedestrian crossings when crossing Beach Road.
- We regret that there are no changing or shower facilities available.

Prizes:

- Spot prizes.
- **Male:** Senior Male, MV40, MV50 and MV60.
- **Female:** Senior Female, FV40, FV50 and FV60.
- **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.
- New pair of running shoes for 1st overall Male & Female series winners.
- Vouchers to 2nd and 3rd overall Male & Female series and category winners.

Entries:

- Where possible, please enter online. You will save money and time by doing so.
- Online race entry will close two days before each race.
- Visit <http://www.westonac.co.uk> for the latest information.
- Enter online at: <https://regonline.activeeurope.com/promrun>
- Enquiries: ✉PromRun@WestonAC.co.uk.

