

# PROM - ENTRY ON THE DAY FORM

Proudly sponsored by:	<b>RACE DATES</b>	Proudly sponsored by:	
	1 – 28 <sup>nd</sup> Sep 2017	25th Jan 2018 – 5	
	2 – 26 <sup>th</sup> Oct 2017	22 <sup>nd</sup> Feb 2018 – 6	
	3 – 23 <sup>rd</sup> Nov 2017	22 <sup>nd</sup> Mar 2018 – 7	
	4 – 14 <sup>th</sup> Dec 2017	26 <sup>th</sup> Apr 2018 – 8	
	* <b>SERIES</b> - 24 <sup>th</sup> May 2018 - <b>FINALE</b> *		

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, MV40, MV50 and MV60.
- Special memento to all runners who complete all 9 races in the series.
- New pair of running shoes for 1<sup>st</sup> overall Male & Female series winners.
- Vouchers to 2<sup>nd</sup> and 3<sup>rd</sup> 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](mailto:PromRun@WestonAC.co.uk).

