

# PROM - ENTRY ON THE DAY FORM

<b>Proudly sponsored by:</b> 	<b>RACE DATES</b> 1 – 19 <sup>th</sup> Sep 2019   5 – 16 <sup>th</sup> Jan 2020 2 – 24 <sup>th</sup> Oct 2019   6 – 20 <sup>th</sup> Feb 2020 3 – 21 <sup>st</sup> Nov 2019   7 – 19 <sup>th</sup> Mar 2020 4 – 19 <sup>th</sup> Dec 2019   8 – 16 <sup>th</sup> Apr 2020 * <b>SERIES</b> - 14 <sup>th</sup> May 2020 - <b>FINALE</b> *	<b>Proudly sponsored by:</b> 
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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://www.fullonsport.com/event/the-37th-weston-prom-run-series-entry--20192020/profile>
- Enquiries: ✉ [PromRun@WestonAC.co.uk](mailto:PromRun@WestonAC.co.uk).

