



PHOENIX10K

9th seafront promenade/road race

Wednesday 10 July 2019 at 7.30pm



Hove Lawns Café



Carats Café Bar



PHX10K - The race starts next to Hove Lawns Café, Hove Lawns, Hove BN3 2FR (Race HQ is sited on the lawns at Kingsway opp. First Avenue).

Start time - 7.30pm. Race limit is 750. Unfortunately there are NO entries on the day. **PHX10K** is a **Sussex Grand Prix Race** and the third race of the **RUN Store Sussex Road Race Challenge**. **This race has been full every year and no World Cup semi finals this year.**

A fast out-and-back course the race runs west towards Shoreham on the promenade. After Hove Lagoon the course meets Basin Road South (this will be closed for the race). Following Shoreham Docks the race turns at Carats Café at 5km returning to the finish at Hove Lawns. This course is capable of producing fast times as it is flat and relatively straight. PHX10K is a fully inclusive race, disabled athletes who have entered should contact the club to discuss the course and any help you might need. No headphones or MP3 players. *The course holds a UKA Certificate of accuracy - Course 11-160.*

Vet groups - age on day of race. *UKA race licence No. 2019-36156*

Metered parking in nearby streets. We regret that there are no changing facilities. Toilets and refreshments are available near the start.

Prizes:

1st/2nd/3rd Men & 1st in category
V40, V50, V60, V65 & V70 & course record prize.

1st/2nd/3rd Women & 1st in category
V35, V45, V55 & V65 & course record prize.

Teams:

Men - 4 and Women - 3 to count.

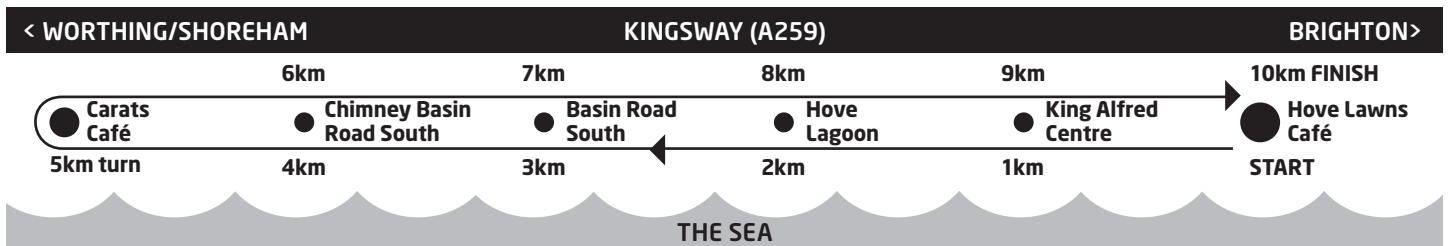
Course records:

Men Ben Tickner, Brighton Phoenix (2014-30:05)

Women Rebecca Moore, Chichester AC (2016-34:30)

[facebook.com/brightonphoenix10k](https://www.facebook.com/brightonphoenix10k) // [twitter: @Phoenix_10K](https://twitter.com/Phoenix_10K)

Please note: rather than awarding finishing medals - PHX10K make a donation to our charity partner - £1,800 (2018)



Entry Fees:

REGISTERED CLUB RUNNERS - £14

(UKA reg no.)

UNATTACHED RUNNERS - £16

SORRY NO ENTRIES ON DAY

Cheques payable to **Brighton Phoenix AC**

Enter online at www.brightonphoenix.org.uk

Postal entries - Brighton Phoenix 10K, c/o Sport Systems Ltd, Regency House, 61 Walton Street, Walton-on-the-Hill, TADWORTH, Surrey, KT20 7RZ
Closing date for postal entries 5 July 2019 or when race limit reached if earlier.

Elite Entry: Runners who have run 10K sub 32mins (Women sub 38mins) in the last two years, please contact Josh at: guilmant@gmail.com

Email: brightonphoenix@gmail.com Phone: 07796 952742

NB Race number/chips and final instructions will be posted out approximately one week before the race.

Charity Partner
The Clock Tower Sanctuary
Supporting young homeless people in Brighton and Hove
Reg Charity N°: 1070736
Please raise some money for CTS using www.justgiving.com/the-clock-towers-sanctuary

ENTER ONLINE OR PLEASE FILL IN AND RETURN TO THE ABOVE ADDRESS WITH YOUR PAYMENT. SEE YOU THERE!

The event is run under UK Athletics rules. I declare that I am medically fit to run and understand that I enter at my own risk and the organisers will not be held responsible for any loss, damage, action, claim, injury or illness which arises as a result of my participation. I will abide by UKA rules of Competition. I consent to my personal and medical details being released by the medical team to the race organiser (to inform next of kin and statutory authorities) in the event of a medical emergency. I confirm that I will be over 17 or older on the day of the race. I agree that the organisers may store my details and results electronically.

Surname _____

First name _____

UKA affiliated club _____

EA reg no. (if known) _____

Address _____

Postcode _____

Telephone no. _____

Date of birth / / Age on race day _____

Email address _____

Signature (Parent/Guardian if under 18) _____