

**BRIGHTON** **PHOENIX10K**  
**5th seafront promenade/road race**  
**Wednesday 15 July 2015 at 7.30pm**



**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 700.** Unfortunately there are NO entries on the day. **PHX10K is a Sussex Grand Prix Race** and the third race of the **Harvey Curtis Sussex Road Race Challenge**.

An out-and-back fast 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. The course holds a UKA Certificate of Accuracy - Course 11-160.

Vet groups - age on day of race.  
 UKA race licence No. 2015-12999.

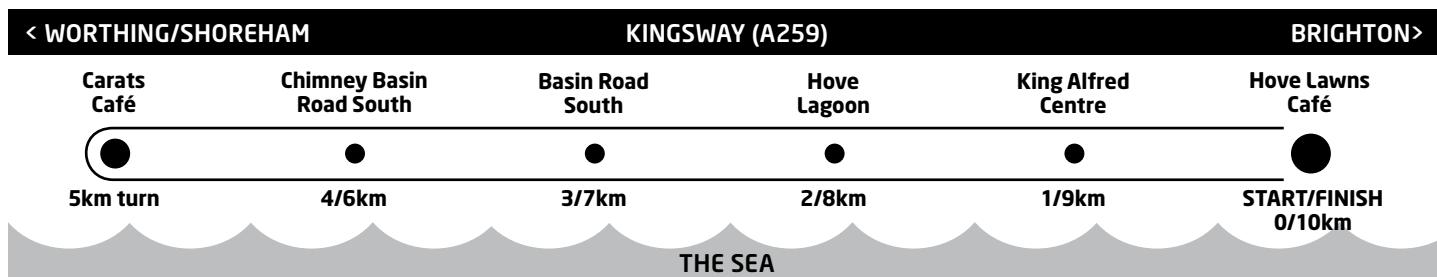
Metered parking in nearby streets.  
 We regret that there are no changing facilities.  
 Toilets and refreshments are available near the start.

**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** Cassie Thorp, City of Portsmouth (2012-35:47)

**Please note: rather than awarding finishing medals - PHX10K make a donation to our charity partner - £1,300 (2014)**



**Entry Fees:**

REGISTERED CLUB RUNNERS - £11 (UKA reg no.)  
 UNATTACHED RUNNERS - £13

SORRY NO ENTRIES ON DAY

Cheques payable to **Brighton Phoenix AC**

Email: [brightonphoenix@gmail.com](mailto:brightonphoenix@gmail.com) Phone: 07796 952742

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

**Enter online at [www.brightonphoenix.org.uk](http://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 13 July 2015 or when race limit reached if earlier.

Runners who have run 10K sub 32mins (Women sub 37:30) in the last 2 years, please contact - [guilmant@googlemail.com](mailto:guilmant@googlemail.com)

**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](http://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 confirm that I will be over 17 age or over 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 \_\_\_\_\_