



# PHOENIX10K

Sussex County AA Championship | 6th seafront promenade/road race  
Wednesday 13 July 2016 at 7.30pm



SPORT SYSTEMS



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 County AA Championship** and **Sussex Grand Prix Race** and the third race of the **Harvey Curtis Sussex Road Race Challenge. This race has been full every year.**

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. Please 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. 2016-20423

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.

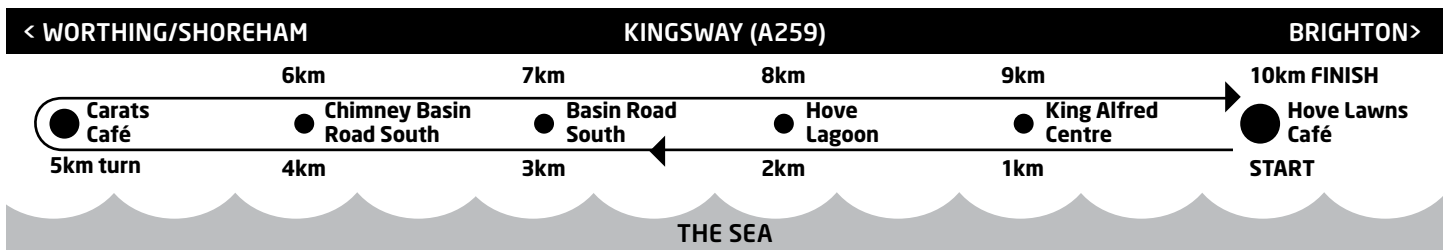
**County Championship Medals:** 1st 3 all ages - Sussex Affiliated runners or by birth or by address. Team 1st 3 - Sussex affiliated etc, all ages count but correct club vest must be worn. 40-49 1st 3; 50-59 1st 3; 60-69 1st 3 and 070+ Gold only

**Course records:**

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

**Women** Amy Clements, Kent AC (2015-34:54)

**Please note: rather than awarding finishing medals - PHX10K make a donation to our charity partner - £1,460 (2015)**



**Entry Fees:**

REGISTERED CLUB RUNNERS - £13

(UKA reg no.)

UNATTACHED RUNNERS - £15

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 8 July 2016 or when race limit reached if earlier.

Runners who have run 10K sub 32mins (Women sub 38mins) 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/theclocktowersanctuary](http://www.justgiving.com/theclocktowersanctuary)

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 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

(Parent/Guardian if under 18)

**Sussex County Championships**

Please enter me in the Sussex County Championships (tick box).

I qualify by birth or nine months continual residence.

Entry and eligibility: Entry to these races is by the normal online or postal system. Entrants with Sussex qualification by birth or residency must tick the box to say they wish to be entered for the County Championships. They must also be registered with England Athletics and be able to provide their EA registration number.