BRIGHTON PHOENIX 10K

Sussex County AA Championship | 7th seafront promenade/road race

Wednesday 12 July 2017 at 7.30pm

sussexletting | shoreham port | Harvey Curtis Financial Planners – Proud sponsor of the Sussex Road Race Challenge | SPORT SYSTEMS | friday media group | 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 5 km 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 Cerificate of accuracy - Course 11-160.*

facebook.com/brightonphoenix10k // twitter: @Phoenix_10K

Vet groups - age on day of race. *UKA race licence No. 2017-26909*

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

Please note: rather than awarding finishing medals - PHX10K make a donation to our charity partner - £1,600 (2016)

< WORTHING/SHOREHAM — KINGSWAY (A259) — BRIGHTON>

	6km	7km	8km	9km	10km FINISH
Carats Café	Chimney Basin Road South	Basin Road South	Hove Lagoon	King Alfred Centre	Hove Lawns Café
5km turn	4km	3km	2km	1km	START

THE SEA

Entry Fees:
REGISTERED CLUB RUNNERS - £13
(UKA reg no.)
UNATTACHED RUNNERS - £15

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 7 July 2017 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

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/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.