



10th seafront promenade/road race Wednesday 15 July 2020 at 7.30pm

Brighton PHOENIX 10K



Hove Lawns Café

Carats Café Bar

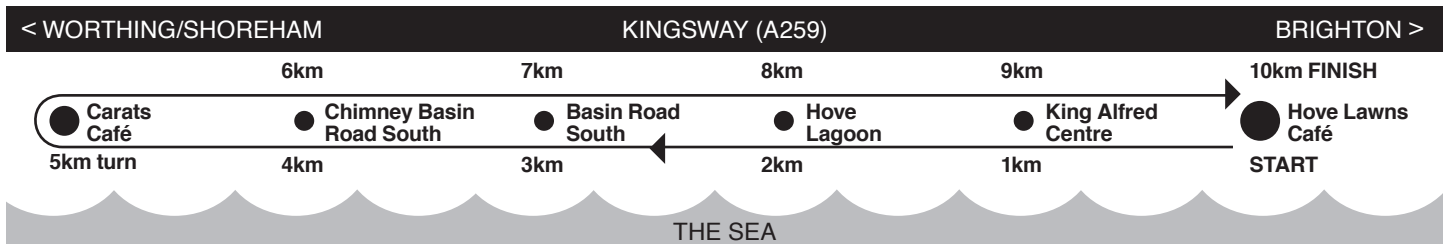
PHX10K – The race starts next to Hove Lawns Café, Hove Lawns, Hove BN3 2FR (Race HQ is sited on the lawns at Kingsway opp. First Avenue).

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 second race of the **RUN Store Sussex Road Race Challenge**. **This race has been full every 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.*

[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 – £2,000 (2019) However to commemorate the tenth running of this race all finishers this year will receive a race momento.



Entry Fees:

REGISTERED CLUB RUNNERS – £15

(UKA reg no.)

UNATTACHED RUNNERS – £17

SORRY NO ENTRIES ON DAY

Cheques payable to **Brighton Phoenix AC**

Email: brightonphoenix@gmail.com

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

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 10 July 2020 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

Charity Partner



**CLOCK
TOWER
SANCTUARY**

Supporting young homeless
people in Brighton & Hove

Supporting young homeless
people in Brighton and Hove
Reg Charity N°: 1070736

Please raise some money for
CTS using [www.justgiving.com/
theclacktower-sanctuary](http://www.justgiving.com/theclacktower-sanctuary)

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

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

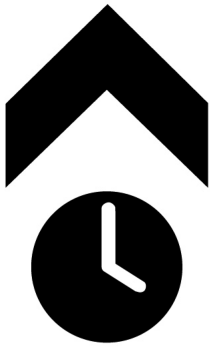
Telephone no.

Date of birth / / Age on race day

Email address

Signature (Parent/Guardian if under 18)

Brighton Phoenix 10K charity partner:



CLOCK TOWER SANCTUARY

Supporting young homeless people in Brighton & Hove

The Clock Tower Sanctuary works with young homeless people in Brighton & Hove. We are the only centrally located day-centre in the city for 16-25-year olds who are homeless or insecurely housed.

At The Clock Tower Sanctuary, we know that no young person chooses to be homeless. Usually they find themselves homeless due to family or other relationship breakdown. We provide the vital practical and emotional support these vulnerable young people need to move from crisis to stability.

We offer washing and laundry facilities, hot meals, confidence-building activities and support with accessing health services, benefits, accommodation, training and work. Last year we helped 182 young people who had nowhere else to turn.

www.thects.org.uk

www.thects.org.uk/events

www.justgiving.com/theclocktowersanctuary