

Phoenix Races

RUN, RUN, AS FAST AS YOU CAN



Preston Park, Brighton Sunday 13 November 2011

Races for children and young athletes and
The Friday-Ad Mile for seniors.

Ages as on 31 August 2011 in line with UKA rules. Vet groups - age on day of race.
UKA race licence No. 2011-102883

New distances for all races.

Limited parking within the park but ample parking is to be found in nearby streets. We regret that there are no changing facilities. Toilets and refreshments are available near the start.

Prizes: Medals awarded to ALL U9 and U11 finishers. Prizes for first three in other races. Team medals (affiliated teams only x 3 runners).

Cash prizes for mile race.
For full list of prizes go to:
www.brightonphoenix.org.uk

The Races (around a 800m lap)		
Start	Race	Distance
12.15	U11 Girls	1600m
12.30	U11 Boys	1600m
12.45	Senior men and women	Friday-Ad Mile
13.00	U13 Girls	1600m
13.15	U13 Boys	1600m
13.30	U9 Girls	800m
13.45	U9 Boys	800m
14.00	U15/U17 Girls (New course)	2400m
14.15	U15/U17 Boys (New course)	4000m

Depending on the number of entries for each event start times may vary. Please listen to p.a. announcements on the day.



Entry Fees:
All Under 17s £2.50

Friday-Ad Mile
UKA registered runners (with valid reg no.) **£2.50**
Unattached runners **£4.50**

Cheques payable to **Phoenix AC**

Postal entries will be acknowledged on the Phoenix website:
www.brightonphoenix.org.uk

Closing date for postal entries 11/11/11.
Entries accepted on the day subject to availability.
Entries in advance to: **Race Secretary,**
c/o 21 Myrtle Crescent, Lancing, West Sussex BN15 9HY
Email: Colin@brighton.ac.uk Tel: **07780 883 352**
ALL NUMBERS TO BE COLLECTED ON THE DAY

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

Surname _____ First name _____

School/Affiliated club _____ UKA reg no (if known) _____

Please enter me for the following event(s). Tick appropriate box.

Girls U9 U11 U13 U15 U17 Boys U9 U11 U13 U15 U17

Senior men/women (17+) Friday-Ad Mile

Address _____

Postcode _____ Telephone no. _____

Date of birth _____ Age on race day _____

Email address _____

Signature (Parent/Guardian for under 16s) _____

PLEASE PHOTOCOPY ENTRY FORM IF YOU NEED MORE FORMS