



Stanford le Hope Community 10K and 5K

** Thameside Nature Park **

Organised by Phoenix Striders Walking and Running Club and Essex Wildlife Trust

Sunday August 19th 2018 Start 10.30 am

Thameside Nature Park, Mucking Wharf Road, Mucking, Stanford-Le-Hope
SS17 0RN

All profits will be donated to St Luke's Hospice

£6.00 entry in advance, £8.00 on the day. Medal for all finishers

- Competitors must be aged 14 years or over on race day for the 10K
- Prizes for 1st male and female, 1st male and female veteran (over 40), 1st under 16 for each event.
- One lap (5K) two laps (10K) of a fairly flat off road course taking in the new nature park and sea wall; the route is a mix of trail and dirt tracks through fields and along the sea wall. The course is not suitable for spikes.

Toilets, refreshments including cakes, soft hot and cold drinks and sweets will be available at the Visitor Centre. Almost half of the race route can be viewed from the top of the visitor centre.

Parking will be provided at the Visitor Centre or at the gatehouse if the main car park becomes full.

ENTRY FORM FOR STANFORD LE HOPE 10K & 5K on 19th August 2018

I wish to enter the SLH 10K / 5K (delete as appropriate)

First name: _____ Surname: _____

Age on day of race: _____ Gender: male / female Club: _____

Address: _____

Signature: _____ Date: _____

Countersignature (entrant under 18): _____

(If you are under 18, your parent or guardian should countersign this form)

Entry fee: In advance £6.00 / On the day £8.00 (delete as appropriate)

Please send completed entry form and cheque (payable to Phoenix Striders) with 9" x 5" SAE to The Race Secretary Phoenix Striders, 33 Gardenia Court, Basildon, Essex. SS15 5PG.

Advance entries close on 14th August 2018

A signed form will be considered as a declaration that entrants will observe the rules of the event and will be fit to compete on the day. All entrants take part at their own risk.

Under the terms of the Data Protection Act 1984 we are required to inform you that your entry information is held on computer for event administration only.