



# The Kirste 5 Memorial Race 2019

est. 2012



Incorporating the Kirste 1 mile Family Run

*"When it's all over, it's not who you were. It's whether you made a difference."*

**A Community Race, supported by Kirste's friends & family with the help of local Clubs and running groups.**



Kirste was diagnosed with breast cancer in 2005, and underwent six bouts of chemotherapy and radiotherapy. She passed away on February 9th 2012, at the age of just 42 after raising more than £50,000 for breast cancer charities by running 23 marathons while fighting the disease. Her smiling face will be forever missed.

**The race has raised £ 41,450 since 2012, massive thanks for your support.**



## Sunday 21<sup>st</sup> 2019 from 10.00a.m

### Grove Wood Primary School, Grove Road, SS6 8UA



A charming 5 mile route heading to Hockley Woods, returning through Cherry Orchard Jubilee Park, New England Wood, & Grove Wood. Due to the nature of the course, race entries will be limited and closing date is 14th July. Entries on the day if race not full.



**Raced under UKA Rules - Permit Number: 2019-aaaaa**



**The Kirste 5 Memorial Race**

[www.recyclenow.com](http://www.recyclenow.com)

**WE DO**

**Postal and Online Entry Fee are identical £ 18 affiliated (£ 20 Un Affiliated)**

Min. age for 5 mile race 15 years old. There is also a 1 mile Family Run, open to all – pre- entry & on the day £ 6.50

### Commemorative Medal to All Finishers

All profits from this race will be donated equally between **Macmillan Cancer Support (261017)**, and **Southend Hospital Breast Unit (1057266)** I am sure Kirste would have welcomed **pink attire** or suitable fancy dress.

You agree that we may publish your Personal Information as part of the results of the Event and may pass such information to the governing body or any affiliated organisation for the purpose of insurance, licences or for publishing results either for the event alone or combined with or compared to other events. Results may include (but not be limited to) name, any club affiliation, race times, occupation and age category.

**RACE ENTERED (Please ✓)**

**The Kirste 5 Mile (min. age 15)**

**The Kirste 1 Mile Family Run**

Name \_\_\_\_\_ Age on Race Day \_\_\_\_\_ Male / Female \_\_\_\_\_ UKA No. \_\_\_\_\_

Address \_\_\_\_\_ Postcode \_\_\_\_\_

Email \_\_\_\_\_ Team / Club Name \_\_\_\_\_

Phone \_\_\_\_\_ Signed \_\_\_\_\_ *adult to sign if under 17 years old* **Race Fee Enclosed** £6.50, £18 or £ 20

**Due to the increase in walkers, we are organising a special start for those wishing to walk the race.**

**This will start at 10:10am, directly after the Family Run start at 10am, and prior to the main run at 10:30am.**

(Please ✓)

I will be

**RUNNING**

**WALKING**



Same as postal entry

<https://kirste5-2019.eventbrite.com> Cheques payable to "The Kirste 5 Community Race"



Same as postal entry

**Race Director, Mr K Cadman, 23 Windsor Way, Rayleigh, Essex, SS6 8PE**

Entry confirms you are medically fit to compete and enter at your own risk. The organisers will not be responsible for any injury, loss or damage caused by participation in this event. The issue and acceptance of a Race Number will confirm athletes have read, accepted and will adhere to the race Terms & Conditions and FAQ's - <https://thekirste5memorialrace.org/terms-conditions-of-entry/>