

Event Pro Forma Form – PHOENIX RUNNING

Name:

PHOENIX – Ten in Ten Run Series

Description:

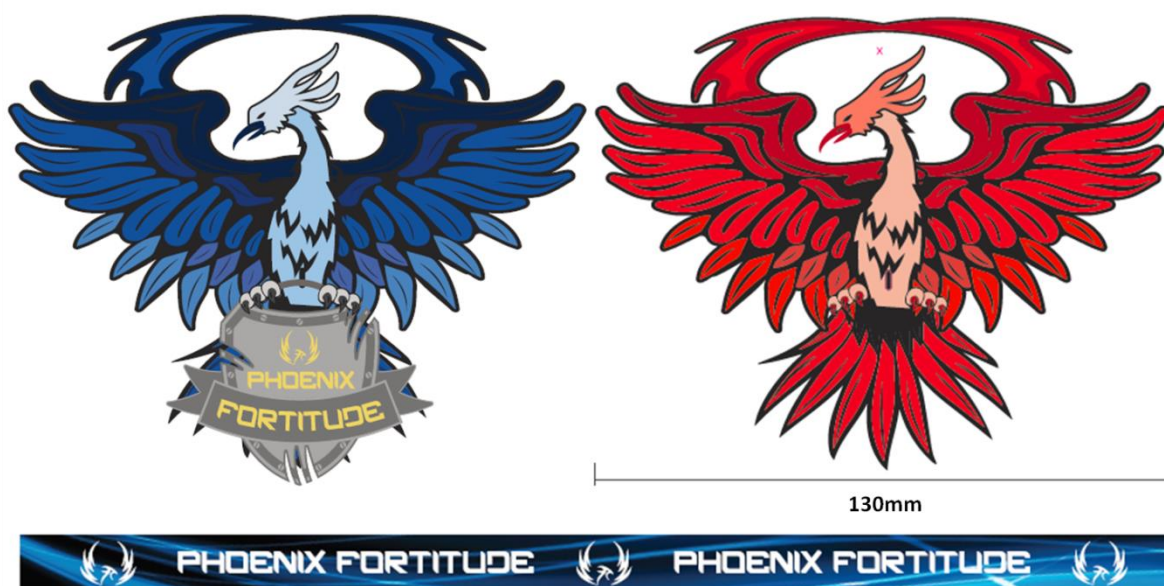
In the spring of 2019 Phoenix Running & Global Marathon Challenges are bringing you our inaugural Ten in Ten (TiT) Run Series; to be held from Saturday 13th April 2019 through to Easter Monday 22nd April 2019.

As the name suggests this is a series of 10 consecutive running events held over 10 consecutive days where you choose - from 5km to 10k, half to marathon to ultra, you can complete as many, or as few, laps as you like each day. The laps will mostly be based around a 5.3km, 3.28 mile, out and back, series of routes along the beautiful river Thames, but will vary in length on some days. The runs are 5, 6 or 7 hour timed events, dependant on distance entered and we welcome all abilities of runner - complete one lap on any day and you're both a finisher for that day and a winner in our eyes, or keep going and see how far you can get in the full time limit. Then come back and do it all over again and again and again.

The Phoenix Ten in Ten Series will be based from our Thames Path location in Walton on Thames (postcode KT12 2JB) and there are plenty of accommodation options nearby. We usually use two routes from this location however for the TiT we plan to vary the route day-to-day and mix things up a bit by having some different length laps to usual and running much further along the path to the West than usual. So, for example, on some days we'll have 8 lap routes for marathon distance, and some day's 5 or 6 lap routes for that distance.

There are other 10in10's, so what makes the Phoenix Ten in Ten so special?

Well, as we hope you've come to expect from us, we're going to be doing something rather special and completely new on the 'bling' front.



For those looking to complete all 10 days we're got a rather unique set of Phoenix 'Fortitude' medals for you. These are, of course, our usual BIG and bold bling at 130mm (goes without saying really that we wouldn't compromise on size) but this time they are 'two part' medals. So each day you get a different coloured Phoenix with a 'conquest shield' in its claws and each day you receive a new conquest shield taking you on a personal running journey to becoming Invincible....

- Day 1 – The **Fortitude** Shield
- Day 2 – The **Gauntlet** Shield
- Day 3 – The **Dauntless** Shield
- Day 4 – The **Resolute** Shield
- Day 5 – The **Perseverance** Shield
- Day 6 – The **Adversity** Shield
- Day 7 – The **Intrepid** Shield
- Day 8 – The **Indomitable** Shield
- Day 9 – The **Unbreakable** Shield
- Day 10 – The **Invincible** Shield

What do the Phoenix medals look like?



What do the Conquest Shields look like?



What else do I get?

And as if that wasn't enough - for those completing all 10 days, on day 10 you get a bespoke A4 wooden Finishers Plaque – it's awesome! You can detach your daily achievement shields from the main Phoenix medals and display them on the Finishers Plaque!



And what else?

Oh and did we mention that all TiT finishers in the Half-Marathon, Marathon and Ultra Marathon Categories get a FREE Global Marathon Challenges 10in10 Technical Finishers T-Shirt - because you've earned it!



Or, if you finish all 10 days in a another distance, such as 5km or 10km, or indeed a mixture of distances then you get a FREE Global Marathon Challenges 'black' Technical Finishers T-Shirt - because you've also earned it!



What are the distance options and associated time limits for each?

As part of the sign up process to enter our Ten in Ten you will be asked to select from the following four options for your chosen distance;

Half Marathon	- 5 hour time limit (hard cut off)
Marathon	- 7 hour time limit (hard cut off)
Ultra Marathon	- 7 hour time limit (hard cut off)
Timed event (mixed distances)	- You must be on your last lap at 5:59 time limit

This is so we know what distance you are intending to complete so we can look after you accordingly and also what tech-shirt we should expect to give you.

Please note: You can change distances if you change your mind, even on the day itself. Just let us know so we can monitor you against the right cut off.

If you are unsure, just select 'Timed event (mixed distance)' and feel free to change if you want.

But what if I want to do some days but not all the days?

That is absolutely fine - any day can be entered as a single / separate event and you can do whichever days you want.

In fact, we're also linking one of our themed events to each and every day, so for those not running in the TiT series and not collecting the 10 Fortitude medals and shields, you get an awesome themed medal for that day.

The themed events will be as follows;

- Day 1 – Top Run 3 – Brand new medal
- Day 2 – Groovy Baby – 2 metal finishes to choose from
- Day 3 – Pyjamathon – 5 colours to choose from
- Day 4 – Movie Day – at least 5 themed movie medals to choose from
- Day 5 – Runner Bean – our epic 3D runner medal
- Day 6 – Pick n Mix – missed one, there will be loads of medals to choose from
- Day 7 – Ty-RUN-osaurus BONES – glow in the dark two part medal and fridge magnet
- Day 8 – Tricera-TROT BONES – glow in the dark two part medal and fridge magnet
- Day 9 – Di-PL0D-ocus BONES – glow in the dark two part medal and fridge magnet
- Day 10 – Phoen-X – Brand new 1.5cm thick medal.

For more detail on each of the separate themed days and images of those medals, please see the separate event entry page on our website.

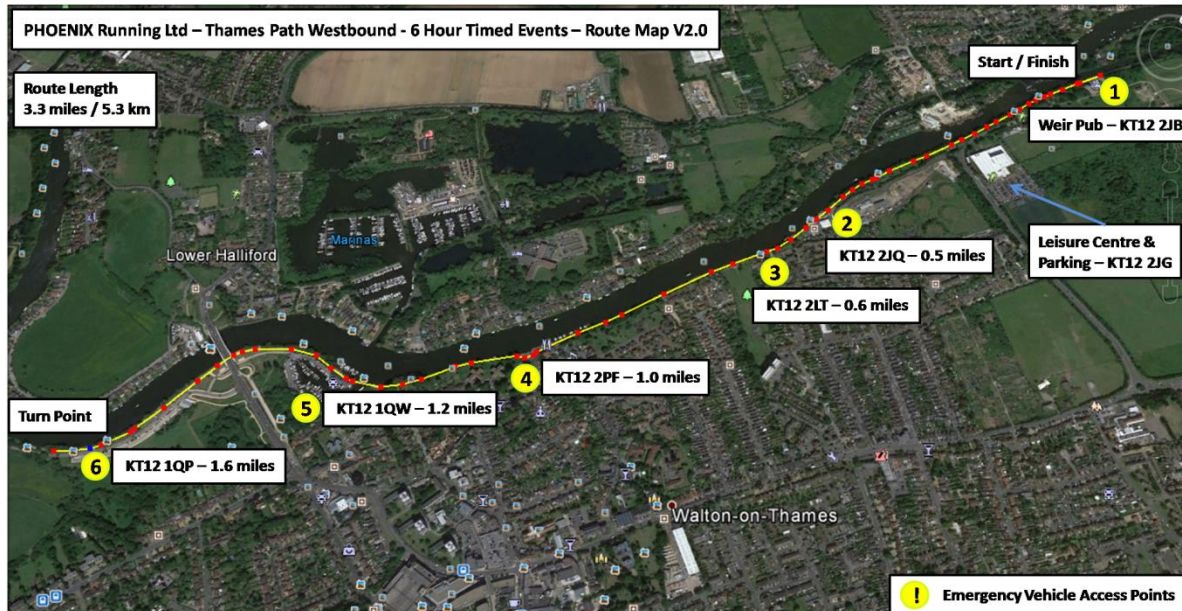
But I want the TiT medals AND I can see there are themed medals I don't have, so I want them too?

Don't worry; there will be other chances in 2019 to get your hands on those medals – you won't miss out!

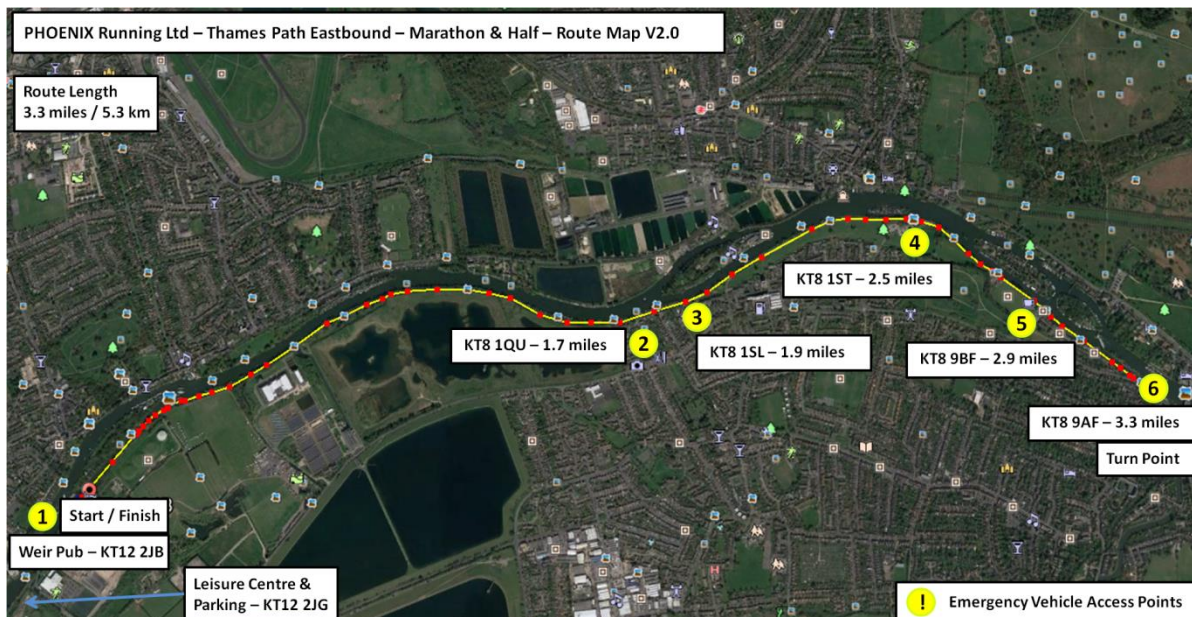
Will there be route maps?

Yes, here are our two main route maps and other revised route maps will be available in due course.

Westbound Route

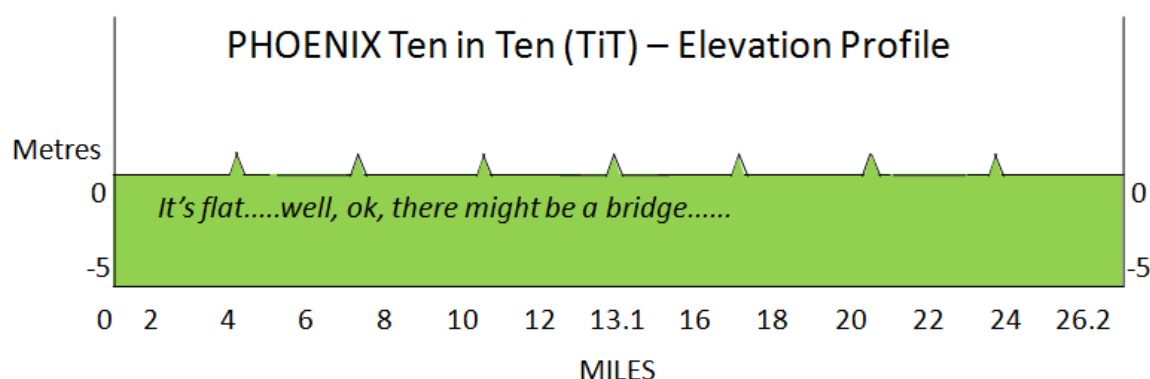


Eastbound Route



You mentioned the routes are flat, but I've heard there might be bridge, can I see an elevation map?

Yes, here's one.... what bridge?



OK, OK, there might be a little bridge!

What do the conquest shields mean?

The short answer is that they mean you are awesome and the long answer is as follows;

Day 1 – The **Fortitude** Shield

fortitude

/ˈfɔːtɪtjuːd/

noun

courage in pain or adversity.

"she endured her illness with great fortitude"

synonyms: **courage**, **bravery**, strength of mind, strength of character, moral strength, toughness of spirit, firmness of purpose, strong-mindedness, **resilience**, **backbone**, **spine**, **mettle**, **spirit**, **nerve**, **pluck**, pluckiness, doughtiness, **fearlessness**, **valour**, intrepidity, stout-heartedness, **endurance**; **More**

Day 2 – The **Gauntlet** Shield

gauntlet²

/ˈɡɔːntlət/

noun

noun: gauntlet; noun: gantlet

1. go through an intimidating or dangerous crowd or experience in order to reach a goal.
"she had to run the gauntlet of male autograph seekers"
2. *historical*
undergo the military punishment of receiving blows while running between two rows of men with sticks.

Day 3 – The **Dauntless** Shield

dauntless

/ˈdɔːntləs/ 🔊

adjective

showing fearlessness and determination.

"dauntless bravery"

synonyms: fearless, determined, resolute, indomitable, intrepid, doughty, plucky, spirited, game, mettlesome, gritty, steely, confident, undaunted, undismayed, unalarmed, unflinching, unshrinking, unabashed, unfaltering, unflagging, bold, audacious, valiant, brave, stout-hearted, lionhearted, gallant, courageous, heroic, daring, daredevil; [More](#)

Day 4 – The **Resolute** Shield

resolute

/ˈrɛzələt/ 🔊

adjective

admirably purposeful, determined, and unwavering.

"he was resolute in his fight to uphold liberal values"

synonyms: determined, purposeful, purposive, resolved, decided, adamant, single-minded, firm, unswerving, unwavering, undaunted, fixed, set, intent, insistent; [More](#)

Day 5 – The **Perseverance** Shield

perseverance

/pəˈsɪˈvɪər(ə)ns/ 🔊

noun

persistence in doing something despite difficulty or delay in achieving success.

"medicine is a field which requires dedication and perseverance"

synonyms: persistence, tenacity, determination, resolve, resolution, resoluteness, staying power, purposefulness, firmness of purpose; [More](#)

Day 6 – The **Adversity** Shield

adversity

/ədˈvɜːsɪti/ 🔊

noun

a difficult or unpleasant situation.

"resilience in the face of adversity"

synonyms: misfortune, ill luck, bad luck, trouble, difficulty, hardship, distress, disaster, misadventure, suffering, affliction, sorrow, misery, heartbreak, heartache, wretchedness, tribulation, woe, pain, trauma, torment, torture; [More](#)

Day 7 – The **Intrepid** Shield

intrepid

/ɪnˈtrepid/ 

adjective

fearless; adventurous (often used for rhetorical or humorous effect).

"our intrepid reporter"

synonyms: fearless, unafraid, undaunted, dauntless, undismayed, unalarmed, unflinching, unshrinking, unblenching, unabashed, bold, daring, audacious, adventurous, dashing, heroic, dynamic, spirited, mettlesome, confident, indomitable; [More](#)

Day 8 – The **Indomitable** Shield

indomitable

/ɪnˈdɒmɪtəb(ə)l/ 

adjective

impossible to subdue or defeat.

"a woman of indomitable spirit"

synonyms: invincible, unconquerable, unbeatable, unassailable, impregnable, invulnerable, unsurpassable, unshakeable; [More](#)

Day 9 – The **Unbreakable** Shield

unbreakable

/ʌnˈbreɪkəb(ə)l/ 

adjective

not liable to break or able to be broken easily.

"the flask is guaranteed unbreakable"

synonyms: shatterproof, non-breakable, indestructible, imperishable, resistant, durable, everlasting, long-lasting, made to last; [More](#)

Day 10 – The **Invincible** Shield

invincible

/ɪnˈvɪnsɪb(ə)l/ 

adjective

too powerful to be defeated or overcome.

"an invincible warrior"

synonyms: invulnerable, indestructible, unconquerable, unbeatable, indomitable, unassailable; [More](#)

Places will be strictly limited so don't leave it too late to enter.

Date:

13th April to 22nd April 2019.

Start Time:

9:30am (Individual registration opens from 8.30am each day)

Race Distance:

Minimum distance is 3.28 miles or as far as you can go in 6 hours.

Terrain:

Off road trail, the terrain is riverside towpath.

Profile:

The overall course has no elevation gain / loss making this a flat and fast route.

Max Entries:

125

Online Entries Closing Date:

13th April 2019, or before if maximum entry numbers are reached (this is highly likely)

There is NO 'on the day entry'

Organisers Details:

Race Director: Rik Vercoe

Email: phoenixrunninguk@gmail.com

Mobile: 07949 273732

Website: www.phoenixrunning.co.uk

Address of Start:

Elmbridge Xcel Leisure Centre

Waterside Drive

Walton on Thames

KT12 2JG

The postcode for your sat nav for parking on Waterside Drive is KT12 2JG

Entry Cost:

£350 affiliated (total price paid by customer to include mark-up??)

£370 non-affiliated (total price paid by customer to include mark-up??)