

# The Kirste 5 Memorial Race 2018

est. 2012

Incorporating the Kirste 1 mile Family Run, and 5 Mile Walk

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



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 £ 38,000 since 2012, massive thanks for your support.*



## Sunday 22<sup>nd</sup> July 2018 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 17th July.

**Entries on the day if race not full.**



**Raced under UKA Rules - Permit Number: 2018-30517**



**Postal and Online Entry Fee are identical £ 21 affiliated (£ 23 Unaffiliated)** 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)**



Same as postal entry

<https://kirste5.eventbrite.com>



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

[www.thekirste5memorialrace.org](http://www.thekirste5memorialrace.org)