

The 13th annual Kirste 5 Memorial Run 2026



[self-navigational]



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."

Sunday 19th July 2026
Hockley Woods, B1013, Hockley SS5 4RQ

1 mile Family Run from 8.30am - 10.30am Entry on the day up until 10am

We do not expect children to compete in the Family Run alone and should always be accompanied by an adult.

5 Mile Race from 8.30am-10.30am

Entry on the day up until 10am

There will be Timed Starts from 8.30am until 10.30am. Just arrive when you want to start, and if you want to run as a group then arrive together. This applies to the Family Run and the Main Run.



Raced under UKA Rules - Permit Number: #31397



All profits from this race will be donated equally between Lady McAdden, and Southend Breast Unit.

MEDALS TO ALL FINISHERS

This is a trail run, not a race so there will be no trophies awarded.

Your start wave time and finish time of day will be used to calculate your finish time.

RACE HQ AND ROUTE

The route is undulating and may be rutted in places so please take care. It is not suitable for spikes or wheelchair competitors. DO NOT DROP LITTER ON THE COURSE. We do not have sole use of the route, so please be aware of Horses, Walkers, Dogs, Cyclists, and other Runners, and please be nice to anyone you meet during the run.



Route Instructions will be issued on the morning of the race. You will need a pen.

These will include narration and What3Words references, so please ensure you have downloaded the App beforehand.

 WHAT3WORDS

**The race brings together runners of all ages and abilities and supports
and remembers all our friends and family affected by cancer.**

All profits from this race will be donated equally between Lady McAdden, and Southend Breast Unit.

Should the event need to be cancelled due to unforeseen circumstances, such as adverse weather conditions, we ask you consider your entry fee as a donation to the charity. The organisers will not be responsible for any injury, loss or damage caused by participation in this event.

Please consult your GP prior to competing if you have any concerns.