

HENDY EASTLEIGH 10K ROAD RACE

SUNDAY 24 MARCH 2019



British
Association
of Road
Races
Member event



HENDY

Race starts 9am
Places Leisure Eastleigh

RACE T-SHIRTS IN MAIN HALL

Celebrating our 35th anniversary

(Under UK Athletics rules)

Supported by



UP & RUNNING



Welcome to the Hendy Eastleigh 10k.

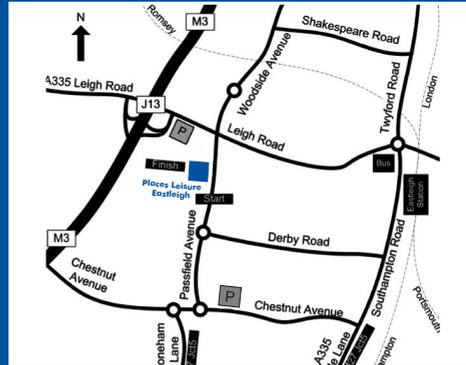
For yet another year this fantastic event has been completely sold out and we are delighted to be sponsoring such a popular and well-regarded race.

A dedicated team of organisers have worked extremely hard to ensure today runs seamlessly. This route is famed for being both fast and flat, so whether it's your first 10k or part of your marathon training programme, you'll be running one of the most popular 10ks in the south east.

This time last year work was just beginning on our new development at Villeneuve Way; today the Kia, Mazda and Honda showrooms are open for business while our Leigh Road site has been transformed into a dedicated FordStore. This expansion project proves Hendy's commitment to Eastleigh while our involvement in events such as the Eastleigh 10k shows our support of the wider community.

Best of luck to all the runners taking part – have a great race and we hope you enjoy the day.

Paul Hendy *Hendy Group Chief Executive*



By Rail

Eastleigh is on the main London to Weymouth line and is connected to Portsmouth and Southampton. Eastleigh station is 1 mile from the start.

By Bus

Regular bus services run between Southampton, Winchester and Eastleigh. The bus station is 1 mile from the start. There is a regular bus service from the town centre to Places Leisure Eastleigh.

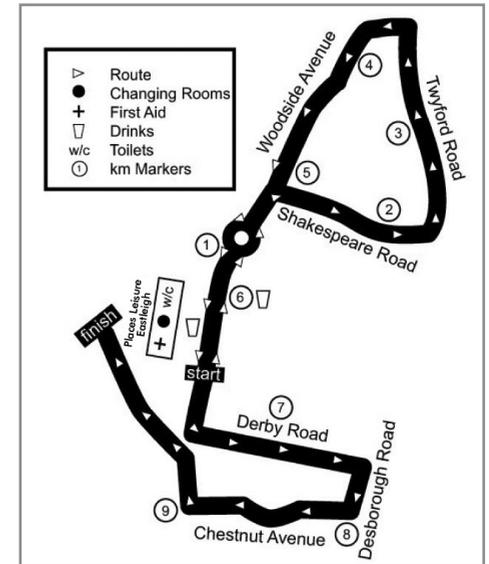
By Road

Please car share where possible. Parking is limited please arrive early. Eastleigh Town is well served by the M3 (Jct 13) to the north, and the M27 (Jct 5) to the East and West. There are limited car parking spaces indicated "P" on the map. Where street parking is used, please park with consideration for local residents. Runners should arrive no later than 8:15am. After this, local road closures will be in place.

Instructions to Athletes

- Car parking is very limited at Places Leisure Eastleigh. Please ensure you arrive. Parking is available in local roads, but allow extra time to walk to the leisure centre.
- Chip timing is on the back of your number. Keep your number flat and do not put safety pins through the chip.
- Runners taking 40 minutes or more to reach 5km (Leigh Rd lights) will be required to observe normal changes in traffic signals, and use the pavement where appropriate.
- No race numbers may be exchanged after 12noon on Friday 22 March 2019. An email to director@runningmania.co.uk must be received by this time.
- Competitors must wear the official race number at the front.
- Water and refreshments at 6km and at the finish.
- Loss of race number or chip should be reported to an official at the finish line.
- Runners must keep to the left except on Chestnut Avenue.
- Runners must obey the instruction of Marshals at all times.
- Any medical condition should be declared on the reverse of your race number.
- Runners can wear bone conducting headphones during the race.
- Toilets and changing are available within the leisure centre, and porta-loos near the start.

- Results will be available online at www.runningmania.co.uk later on race day.



Prizes Awarded

A total of £3500 worth of prizes awarded as follows:

Men: First 10 individuals plus first 3 teams (3 to score).

Veteran Men: 1st Team (first 3 veteran men to score). Prizes in 5 year age categories from 40+ to 70+

Women: First 10 individuals plus first 3 teams (3 to score).

Veteran Women: 1st Team (first 3 veteran women to score). Prizes in 5 year age categories from 35+ to 65+

Boys/Girls: 15-16 yrs - 1st

Recent Winners

2018	John Beattie	30.31
	Jen Elkins	34.55
2017	Joshua Grace	31.03
	Kate Maltby	34.10
2016	Adam Hickey	29.24
	Laura Whittle	32.36
2015	Matthew Bennett	30.48
	Helena Tobin	34.34
2014	Phil Wicks	29.34
	Gemma Kersey	34.34
2013	Rob Mullett	29.38
	Cassie Thorpe	34.31

Achievement Awards 2019

Ten Achievement awards will be awarded to the runners who achieve the biggest reduction in their 2019 time as a percentage of their 2018 time. The times will be checked and verified and the awards presented in the week after the race. Good luck to all.

The Hendy Eastleigh 10K and Fun Run event is proud to support the following good causes;

- Mayor of Eastleigh's Appeal
- Wessex Heartbeat

Thanks

The following organisations and individuals are thanked for their contribution to the organisation and operation of the event.

- **Race Organiser:** Mr Steve Collins
- **Referee:** Mr M Williams
- **Starter:**
- **Marshals:** Hampshire Search & Rescue, Eastleigh Rotary Club
- Eastleigh Running Club
- Otterbourne WI
- Places Leisure Eastleigh
- Eastleigh Air Cadets
- Dave Blackman
- Full On Sport
- Gemma D'Arcy
- Pete Nailer
- Eastleigh Parkrun

Organised by



with support from

