

HENDY EASTLEIGH 10K ROAD RACE

HOME OF THE PERSONAL BEST!

SUNDAY 20 MARCH 2022



British
Association
of Road
Races
Member event



HENDY

Race starts 9am
Places Leisure Eastleigh

RACE T-SHIRTS IN MAIN HALL

Celebrating our 37th anniversary

(Under UK Athletics rules)

Supported by



Welcome to the Hendy Eastleigh 10k.

I'd like to wish everyone taking part in the 2022 Hendy Eastleigh 10k Road Race a huge 'good luck'!



This is the 37th year the 10k has been run and it continues to be as popular as ever. It's also the sixth year that Hendy Group has been the sponsor, and we couldn't be prouder to support such a fantastic event.

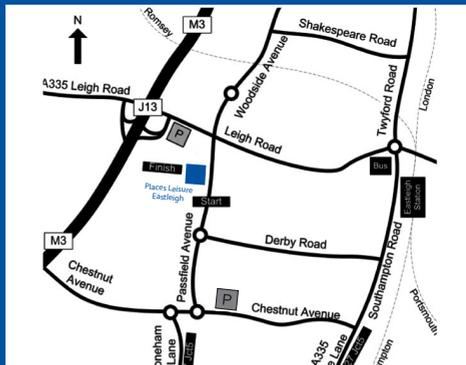
Our commitment to supporting local communities goes back generations, and it's a pleasure to be a part of one of the largest road races in the country – especially as it now starts and finishes within sight of our Eastleigh showrooms.

The race is renowned as a fast, flat course and is an ideal opportunity to record a new 'PB'. Its popularity is a testament to the team who work tirelessly behind the scenes to organise such an enjoyable event. I'm sure you will join me in thanking them.

Have a great race, and enjoy the day! On your marks...

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.

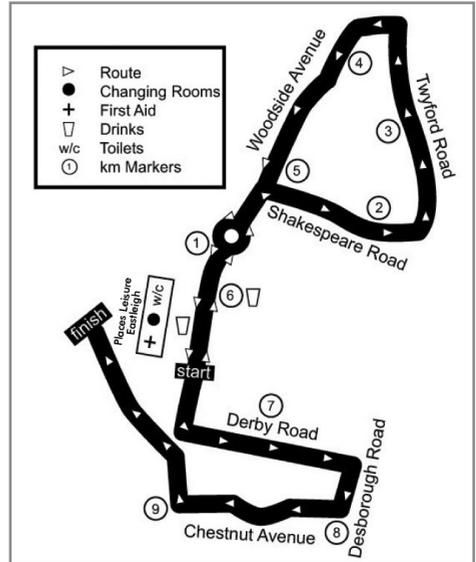
By Road

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 in good time. 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 Wed 16 March 2022. 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 at Pavillion on the Park.

- 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

Tribute to Dave Blackman

This 2022 race is being staged in memory of Dave Blackman (Southampton AC) who sadly passed away last year and who gave so much to running and the Eastleigh 10k. He was race director for a number of years and did much to shape the event that so many thousands of you enjoy taking part in each year. He is sadly missed but part of his legacy lives on in the Eastleigh 10k.



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
- **Marshals:** Hampshire Search & Rescue, Eastleigh Rotary Club
- Eastleigh Running Club
- Otterbourne WI
- Places Leisure Eastleigh
- Eastleigh Army Cadets
- Eastleigh Air Cadets
- Full On Sport
- Gemma D'arcy
- Pete Nailer
- Eastleigh Parkrun
- Southampton Hospital Broadcasting Assn

Recent Winners

| | | |
|------|-----------------|-------|
| 2020 | Ben Brown | 30.45 |
| | Naomi Mitchell | 33.36 |
| 2019 | Richard Allen | 30.17 |
| | Isabel Brinsden | 35.41 |
| 2018 | John Beattie | 30.31 |
| | Jen Elkins | 34.55 |

Achievement Awards 2022

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

Organised by



with support from

