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HENDY

SUNDAY 24
MARCH 2024, 9AM
PLACES LEISURE EASTLEIGH

HENDY EASTLEIGH **10K ROAD RACE**

HOME OF THE PERSONAL BEST!

RACE T-SHIRTS IN MAIN HALL



British Association of Road Races
Member event

Celebrating our 39th anniversary

(Under UK Athletics rules)



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UP & RUNNING
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WHOLESALE

Welcome to the Hendy Eastleigh 10k.

A big welcome to all the runners and supporters involved in this year's Hendy Eastleigh 10k, it's always great to be involved in this popular event in the running calendar.

This year our support of the event coincides with a real milestone for Hendy Group as we celebrate our 165th anniversary.

What started as a cycle clothing company in Hampshire has since grown to where we are today - one of the largest automotive groups in the country.

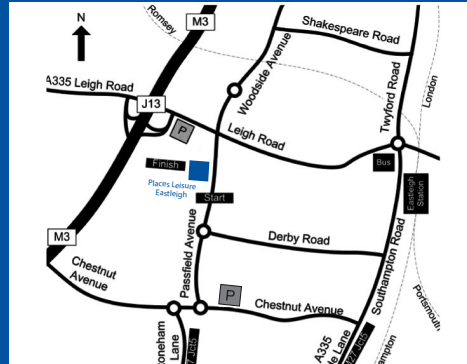
And within sight of the start/finish line today you will see our very latest investment – a brand new site in St George's Way which now houses our Nissan, Renault, Dacia, and Alpine showrooms.

This recent investment reinforces our commitment to Eastleigh which has become a major hub for the group. In addition to this new dealership, we have our dedicated FordStore in Leigh Road, our Hendy Performance division which includes Lotus and MOKE, and our Mazda, Kia and Honda showrooms. And nearby, on Wide Lane, we have our Jaguar and Land Rover site.

Once again thanks for choosing to run the Hendy Eastleigh 10k. Enjoy the event and your 2024 season.

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 Plac Leisure Eastleigh.

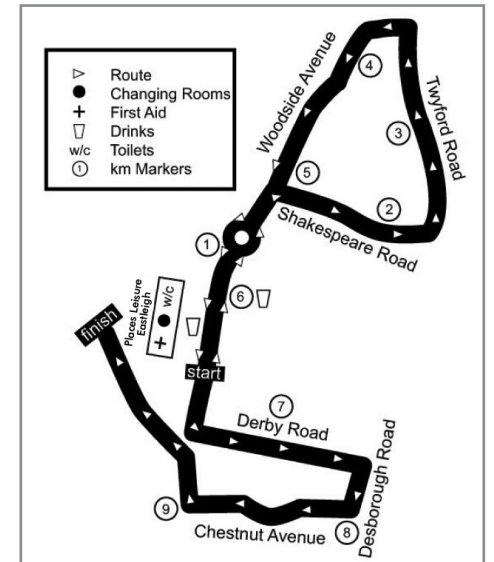
By Road

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 Plac 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 45 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 Sunday 17 March 2024. 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 Pavilion 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

Recent Winners

2023	Jonathan Cornish	30.11
	Louise Small	33.34
2022	Alex Lawrence	29.28
	Sarah Astin	33.18
2020	Ben Brown	30.45
	Naomi Mitchell	33.36

Achievement Awards 2023

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.



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

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