SUNDAY 22 MARCH 2026 9AM

Sponsored by gophysio

EASTLEIGH 10K ROAD RACE

Home of the personal best!

RACE T-SHIRTS IN MAIN HALL

UK Athletics Race Grade B

British Association of Road Races
Member event

(Under UK Athletics rules)

Supported by

EASTLEIGH ROTARY

EASTLEIGH RUNNING CLUB

Places Leisure
Part of Places for People

Holiday Inn

gophysio

WV HIRE

UP & RUNNING

COSTCO WHOLESALE

Welcome to the Eastleigh 10k

We are delighted to welcome you to the 41st anniversary event of the Eastleigh 10k. The first race was held on 17 March 1985 at 2.30pm.

Known as the 'home of the PB', we know that many runners have been rewarded with fast times and PB's on our course over the last five decades and made some great memories.

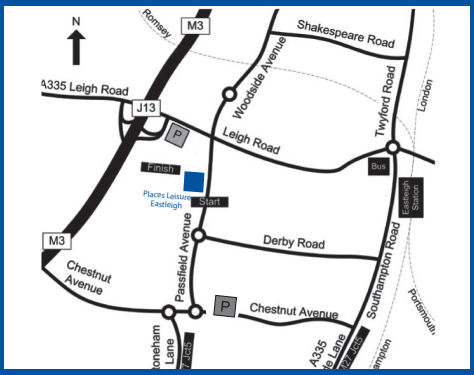
gophysio

We would like to thank our main sponsor, goPhysio, for their continued support and the great help and services for runners that makes such a difference to the race.

We are delighted to support Wessex Heartbeat and we know many runners also raise lots of money for other good causes.

The event is staged with lots of local community groups who have all contributed to the success of the event and provide such a friendly welcome.

We hope you have a great run and look forward to seeing you on race day.



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

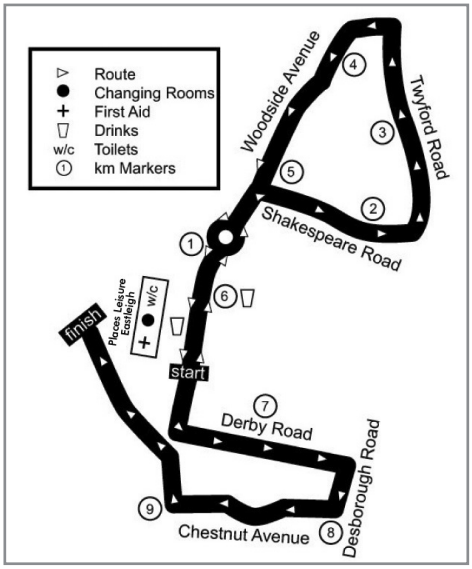
Regular bus services run between Southampton, Winchester and Eastleigh. The bus station is 1 mile from the start. There is a regular bus service from the town centre to Places Leisure Eastleigh.

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 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 15 March 2026. 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 facilities 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

Only the Men's and Women's senior prizes will be awarded on the day. Veteran and team prizes will be sent via email or can be collected from Up & Running once results have been confirmed.

Men: First 5 individuals plus first 3 teams (3 to score).

Veteran Men: 1st and 2nd places. Prizes in 5 year age categories from 40+ to 75+. 1st Team (first 3 veteran men to score).

Women: First 5 individuals plus first 3 teams (3 to score).

Veteran Women: 1st and 2nd places. Prizes in 5 year age categories from 35+ to 70+. 1st Team (first 3 veteran women to score).

Boys/Girls: 15-16 yrs - 1st

Recent Winners

2025	James Copeland	30.41
	Sarah Winstone	35.12
2024	Jack Woods	30.19
	Gemma Kersey	34.23
2023	Jonathan Cornish	30.11
	Louise Small	33.34

Achievement Awards 2026

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.

WV HIRE

Locally based company WV Hire are proud to support the Eastleigh 10k in 2026. Discover their reliable and affordable services for commercial or school transport.
Contact hello@wvhire.co.uk
or visit us at www.wvhire.co.uk

The 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, 4th Eastleigh Scouts
- Eastleigh Running Club
- Otterbourne WI
- Places Leisure Eastleigh
- Hedge End Air Cadets
- Eastleigh Air Cadets
- Emit Timing
- Warsash Band
- Gemma D'arcy
- Pete Nailer
- Eastleigh Parkrun
- Southampton Hospital Broadcasting Assn
- WV Hire

Organised by

RunningMania

with support from

Eastleigh Running Club · Eastleigh Rotary · Holiday Inn · WV Hire

Follow us on: Eastleigh10k