

**SUNDAY 23
MARCH 2025, 9AM**

HOME OF THE PB!

EASTLEIGH 10K ROAD RACE

Celebrating 40 years of running

RACE T-SHIRTS IN MAIN HALL



British Association of Road Races
Member event

(Under UK Athletics rules)

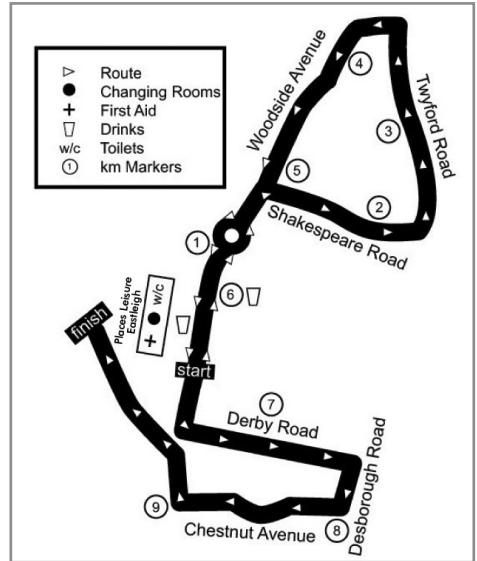
Supported by



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 16 March 2025. 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

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 70+. 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 65+. 1st Team (first 3 veteran women to score).

Boys/Girls: 15-16 yrs - 1st

Recent Winners

2024	Jack Woods	30.19
	Gemma Kersey	34.23
2023	Jonathan Cornish	30.11
	Louise Small	33.34
2022	Alex Lawrence	29.28
	Sarah Astin	33.18

Achievement Awards 2025

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 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
- Alison Mears
- Gemma D'arcy
- Pete Nailer
- Eastleigh Parkrun
- Southampton Hospital Broadcasting Assn

Organised by



with support from

