

Exbury Gardens 10K – 14th March 2010 – 09.30am

Dear Runner

Thank you for your entry to this years Exbury Gardens 10K race, which I hope you will enjoy.

Race number Your race number is enclosed. This year we have different colours for male and female athletes . On the day of the race this should be pinned to the front of your shirt / vest and be clearly visible. Please complete the form on the reverse of the number, especially the medical bits. Should you be unable to run and wish to transfer your number to somebody else of the same sex, this is not a problem and can be done providing you let us know in advance of the race entry closing date (email me at exbury10k_2010@btinternet.com) We will need a signed entry form from the replacement runner. Please do not just pass your number over to another person- this is against UK athletics rules and could cause many problems if there is a mis-identification following a medical emergency.

Directions Exbury Gardens are well signposted – from the M27 take the A326 (signposted Fawley) to the roundabout at Dibden Purlieu (approx 7 miles from the motorway), take the last exit onto the B3054 Beaulieu road. After approx 1½ miles and adjacent to the Royal Oak pub, turn left and then almost immediately right onto the Exbury road. The Gardens carpark can then be found on the right-hand side after another 2 miles. There are directions on the Exbury website (www.exbury.co.uk) or if you want to use Multimap or whatever, the post code is SO45 1AZ.

Parking. For runners it will be in the coach park at Exbury Gardens – just follow the signs for Exbury Gardens parking and, immediately upon entering the gardens, turn left into the coach park. Late arrivals or visitors to the gardens will park in the main visitors' car park.

Please do not park in the road outside the gardens as this forms part of the race route.

The normal entrance time for Exbury is 10am but the gates to the carpark should be open for competitors from 08.30 – please try not to arrive in advance of this.

Race HQ Will be in the yellow gazebo opposite the pay entrance to the Gardens and will deal with any queries you have on the day.

Toilets There are very good facilities opposite the café – please **do not be tempted to use the bushes** as this will mean instant disqualification from the race and Exbury will almost certainly refuse to allow any future running events should this happen.

Changing There are limited changing facilities available (2 gazebos) so we would advise all competitors to arrive ready for the race if possible.

Bag/key storage These can be left at the race hq (at your own risk, of course!) but as the race starts and finishes adjacent to the carpark we would suggest bags are left in people's cars where possible

Refreshments and Spectators The café/restaurant adjacent to the finish line will be open from 10.00 and should prove an ideal viewpoint for the finish should the weather be inclement for any spectators.

Alternatively there is a café at Lepe beach very near to the runners' turn-point where you could watch the race (NB you have to pay to park at Lepe).

Photos There will be official photographers on the course so please smile when you see them to show how much you are enjoying the run – exact details of how to view and purchase your pictures will be handed out after the run

Kit Up and Running will have a stall where you can purchase all your running bits and pieces and will be open before and after the race.

First Aid and safety Please remember that you are responsible for your own safety and should be medically fit to run. First aid cover will be provided by St John Ambulance who will have 2 fixed units and one mobile unit – the fixed units will be at the finish line and at Lepe.

There will be no police cover or road closures for the run so please take extra care when crossing roads or going round corners and listen to the marshals – if you do ignore their advise then you may be disqualified or run-over. They will be advising you on what side of the road to run on and what hazards exist so to enable you to hear what the marshals are saying then could I please ask that you **do not use ipods/mp3 players** – it's such a nice a course that you really don't need anything to distract you from the run.

The course starts and finishes around the plant centre area of the Gardens. There is a map on our website – see www.hardleyrunners.co.uk/Exbury10K/Exbury_Gardens_10K.htm.

At just over 4K you leave the Inchmery Road and onto a short section of footpath (which may be a mite muddy if the weather has been inclement) and then onto the shingle foreshore path at Lepe. Please take care along this portion of the route due to the underfoot conditions.

The **drinks station** will be positioned either along the footpath if the weather is bad or on a concrete section of the foreshore path.

You will follow the footpath to the turn point near to the café / carpark at Lepe and then follow the road back to Exbury with the final km being run through the gardens – please keep to the marked paths in the gardens.

The finish line will be between the plant centre and railway station

Upon finishing there will be water available and your medal.

Results should be displayed on the day either at the race HQ or in the café and then on the Hardley runners website (address above).

Prizes – will be for first 3 men and women, and then 1st in category for v40, v50, v60, v70 men and v35, v45, v55, v65 ladies. There will also be an award for 1st men's and women's teams (3 to score). There will be a presentation made straight after the race in the café (or outside if the weather is good) when there will also be spot prizes handed out (donated by Up and Running) so please stay for the prize giving.

Entry to the gardens Your race entry includes free entry to Exbury Gardens for the remainder of the day – all you need to do is to show your race number at the turnstile for your free entry.

And finally For all you local runners who do not belong to a running club – take a look at the marshals – most of them are members of Hardley Runners and that should prove that running clubs are not just for elite runners but for runners of all ages, shapes, standards and capabilities. So have a look at our website (www.hardleyrunners.co.uk) and maybe come along to Applemore recreation centre on a Tuesday at 6.30pm or Thursday at 6.15 and give us a try – you will be made to feel most welcome.

Good luck and enjoy the day.

Martin Loveless (race director)



RACE KINDLY SPONSORED BY LYNDHURST PRINTING AND UP AND RUNNING