

Exbury Gardens 10K – 18th March 2012 – 09.30 am

Dear Runner

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

Race Number: Your race number is enclosed. This should be pinned to the front of your shirt/vest and be clearly visible. Please make a note on the reverse of the number should you have any medical information which is required in an emergency.

Should you be unable to run and wish to transfer your number to another runner, this is possible provided you let us know in advance of the race entry closing date (email us at exbury10k_2012@btinternet.com). A signed entry form from the replacement runner will be required. It is against UK Athletics rules to hand your number over to another runner and may cause problems in an emergency.

Directions and Parking: 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 public house, turn left and then almost immediately right onto the Exbury Road. The Gardens car park can then be found on the right-hand side after another 2 miles. There are directions on the Exbury website (www.exbury.co.uk). The post code for Exbury Gardens is SO45 1AZ.

Parking for runners will be in the coach park at Exbury Gardens – just follow the signs for Exbury Gardens parking. Immediately upon entering the gardens, turn left into the coach park. Late arrivals or visitors to the gardens will park in the main visitor's carpark. **Please do not park in the road outside the gardens as this forms part of the race route.**

Gates to the car park will be open for competitors from 8.30 – **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 be able to help you with any queries you have on the day.

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

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 your own risk, at the race HQ, but as the race starts and finishes adjacent to the car park we would suggest bags are left in cars where possible

Refreshments and Spectators: The café/restaurant adjacent to the finish line should be open from 9.00 and could prove an ideal viewpoint for the finish should the weather be inclement. Alternatively there is a café at Lepe Beach very near to the runners turn-point where you could watch the race (please note that 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 kit, 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. Professional first aid cover will be provided and there should be 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 and going around corners. Please listen to the marshals – ignoring their advice may lead to disqualification. Marshalls will advise you as to what side of the road to run on and what hazards may exist. **THE USE OF IPODS AND MP3 PLAYERS ARE NOT PERMITTED.**

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

At just over 4K you leave the Inchmery Road and on to a short section of footpath, (please note that this could be muddy), and then onto the shingle foreshore path at Lepe. Please take care along this portion of the route due to the underfoot conditions.

You will follow the footpath to the turn point near to the café/car park 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 race memento.

Drinks Station: will be positioned either along the footpath if the weather is bad or on a concrete section of the foreshore path.

Results: Results will be displayed on the Hardley Runners website.

Prizes: The presentation of prizes will take place immediately after the race, either in or outside of the café depending on the weather conditions.

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.

Fun Run Will take place immediately after the main 10k race starts and will consist of a loop within the gardens of approx 1.5km – there will be plenty of marshals to ensure that there is no danger of anyone getting lost and the start and finish points will be the same as for the main 10k race.

Good luck and enjoy the day.

Sue Stone (Race Director)



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