



The Exbury Gardens 10k

(Run under UK Athletics Rules)

Permit No 100228

A flat and fast circular course run over country lanes which starts and finishes in Exbury Gardens, taking in spectacular views of the Solent and includes approx 500m of beach front running on shingle foreshore path at Lepe beach

09:30am Sunday 14th March 2010

E.A. AFFILIATED CLUB MEMBER £11

UNATTACHED RUNNER £13

Race entry fee includes all day entry to the gardens

Free parking. Refreshments available.



no fee for on-line entries

Entries close on 06/03/2010

or when race limit of 400

is reached - sold out in 2008 & 2009

NO ENTRIES ON THE DAY

The course is unsuitable for wheelchair entrants

Limited changing facilities

please - no personal music players permitted

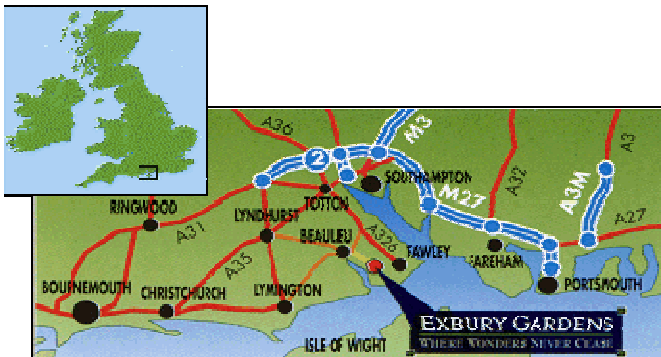
Memento for all finishers

Prizes for:-

1st, 2nd, 3rd Women & 1st in category V35, V45, V55, V65

1st, 2nd, 3rd Men & 1st in category V40, V50, V60, V70

1st Women's and Men's team



ENTRY FORM - EXBURY GARDENS 10K

CLOSING DATE 6th March 2010

ENTRANTS MUST BE 15 YEARS AND OVER TO COMPETE

First name _____ M/F _____

Surname _____

ADDRESS _____

POSTCODE _____

CONTACT PHONE NO _____

EMAIL _____

DATE OF BIRTH _____ AGE ON RACE DAY _____

EA Registered Club or Team Name _____

EA Registration number _____

The event is run under UK Athletics rules

I declare that I am medically fit to run and understand that I enter at my own risk and that the organisers will not be held responsible for any loss, damage, action, claim, injury or illness which may result as a rise of my participation. I will abide by UK Athletics Rules of Competition

I confirm that I will be fifteen or over on the day of the race.

Data Protection- By submitting this entry, I agree that the organisers may store my entry details and results electronically.

Signature: _____

Date _____

Please send completed form with a 9" x 6" stamped addressed envelope and a cheque made payable to **The Exbury Gardens 10k**

The Race Secretary, 12 Sunningdale, Hythe, Southampton, SO45 5BD

(Alternatively, you could always enter on-line at no extra cost; at www.realbuzzrunbritain.com/onlineentry/event/exbury-gardens-10k-1/)

For more info e-mail: exbury10k_2010@btinternet.com

Visit our websites -

www.hardleyrunners.co.uk/Exbury10k.htm &

www.exbury.co.uk/exbury/index.htm &

www.realbuzzrunbritain.com/onlineentry/event/exbury-gardens-10k-1/

