



Under UK Athletics Rules  
SEEA Permit Applied for

# SOLENT HALF MARATHON

**Sunday 10<sup>th</sup> October 2010 10.10am Start**

**Part of the Hampshire Road Race League**

Start and finish at Gangwarily Recreation Centre, Newlands Road, Blackfield, Hampshire SO45 1GA. A lovely course winding through the New Forest around Exbury and along the Solent shore at Lepe.

Entry fees £14.50 Affiliated Club Runners      £16.50 Unattached

Closing date for entries Friday 1 October or when limit reached if earlier. This is a popular race and we recommend early entry. No entries on the day.

- **Chip timing. Pick up your number and chip on the day between 8.15am and 9.45am.**
- Memento to all finishers
- Accurately measured course
- Start and finish on grass
- The organisers reserve the right to refuse entries
- The minimum age for entry is 17 years on race day
- The organisers will not accept incomplete entry details
- We regret that the course is unsuitable for wheelchair athletes
- The course must be completed on foot (no blades, cycles etc permitted)
- Course cut off is 3 hours from the start time
- Level 1 medical cover will be in place
- The use of personal headphones (e.g. mp3 players) is prohibited
- Entries are not transferable
- No refunds or credits will be given
- Results will be published on [www.hardleyrunners.co.uk](http://www.hardleyrunners.co.uk)

For race maps and further details see [www.hardleyrunners.co.uk](http://www.hardleyrunners.co.uk)