

RR10 RVCP Final Race Instructions

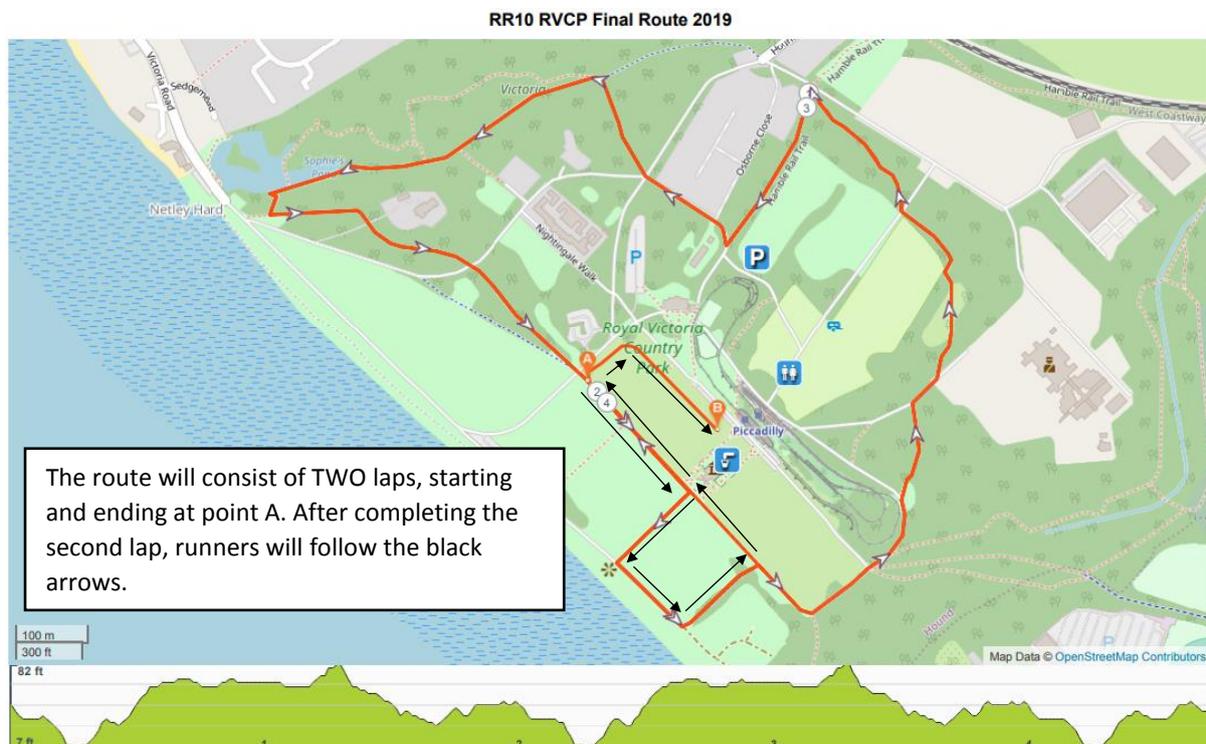
Itchen Spitfires RC are looking forward to kicking off the start of the RR10 season on Wednesday 17th April. The race will start promptly at 7.00pm.

The drop-outs for this race are; Halterworth Harriers, New Forest Runners and Southampton AC

Course route

The race will start and finish in the centre of Royal Victoria Country Park. The route is largely the same as previous years, it is approximately 4.7 miles long and consists of 2 laps. The course will be across gravel tracks and footpaths around RVCP, with the finishing loop on grass.

The course is not suitable for spikes.



Facilities

The main park toilets will be closed however the toilets opposite the glamping field will be open, this is highlighted on the race map. This season, the RR10 league has taken the decision not to provide plastic cups at the finish of any of the races, in order to reduce our environmental impact. Therefore, all runners are being asked to bring their own water bottles to the events. There will be water available at the end of the race to top up water bottles, but to minimise waiting to fill these, please bring full water bottles with you. Please also take litter with you or use the bins provided around the park.

Getting here

Royal Victoria Country Park, Netley Abbey, Southampton, SO31 5DQ

The postcode will take you to Victoria Rd, please continue south-east to enter the park.

Directions by car:

Leave M27 at junction 8, signposted A3024 So'ton (E)/ Hamble

At the roundabout, take the 3rd exit onto A3024

Proceed for 400m and at the Windhover roundabout, take the second exit onto Hamble Lane/ A3025

Proceed down Hamble lane and follow the road for 1.5miles, crossing 2 roundabouts. At the 3rd roundabout, take the 2nd exit onto Hound Rd.

Follow Hound Rd through Netley until the T-junction, take a left onto Victoria Rd.

Proceed along Victoria Rd to the entrance of Royal Victoria Country Park.

On entry to the park, keep left.

Parking Instructions

When arriving at Royal Victoria Country Park, keep to the left at the main entrance and follow the road along to enter through the raised entrance barrier.

We have secured parking at no cost to runners for the event, but this will only be valid when entering the park through the raised barrier.

A marshal will be positioned at the entrance to the park to direct runners.

Runners must leave the park by 21:00hrs otherwise parking charges will apply

