

Hi all,

Stubbington Green Runners look forward to hosting the next RR10 (#3) at **River Hamble Country Park on Wednesday 22nd May @ 19:00.**

River Hamble Country Park is located just off Junction 8 of the M27. The nearest postcode is SO31 1BH. (What3Words ///homes.along.lovely ). **Please note you will be directed to park close to Manor Farm as we do not have access to the large field. Allow extra time to walk to the start (0.9miles)**

The Barn café by the start area will be open for refreshments before, during and after the race.

Please remember to bring your Parkrun barcodes and register for the league at rr10.org.uk if you have not done so already.

### **Route:**

We will be using the same route as last year, starting at the bottom of the field below The Barn café, by the SGR Gazebo. The route is 4.7 miles, starting on grass looping around Barnfield before cutting through to the gravel path. Please watch out for rabbit holes on the grass! The remaining route is mainly wide gravel tracks but if there is rain, trail shoes may be recommended.

### **Safety:**

There will be a couple of quiet roads to cross which are marshalled and a couple of gates which should be open.

The course goes through the children's play area near the start and passes near at the end – hopefully there will be very few children using the park but please pay attention in this area.

Although we no longer have covid restrictions, please be aware of others around you and allow sufficient space.

### **Parking:**

As ever, we expect parking to be tight, so **please car share** as much as possible. There will be no parking charges for the evening, so please **DO NOT USE THE PARKING METERS** to pay. The gate will rise as you approach but try to ensure you leave the site by 20:30. Please do not park on the access road outside the Country Park entrance. Follow the road towards Barnfield and continue towards Manor Farm as directed by Marshalls. Please do not park on the road – only park in a designated Bay.

### **General Notes:**

- The start is 19:00 prompt. Please allow time to arrive, park and get to the start.
- We do not have exclusive access to the Country Park, which is popular with dog walkers, cyclists, and other users, so please be considerate to others.
- The Ladies and Gents toilets in Barnfield just above the childrens play area will be available as well as toilets in Topfield car park and at The Barn Café – all within a 2 min walk so please do not queue at the café toilet!
- If you have a car, please leave the Country Park by 8:30 pm.
- Please bring your own drinks. We will have a limited supply of water available at the end of the race but plenty of cakes and treats. 😊

