

Hi all,

Stubbington Green Runners will be hosting the next RR10 at River Hamble Country Park on Wednesday 6th July @ 19:00. River Hamble Country Park is located just off Junction 8 of the M27, and signposted as Manor Farm from the Motorway. The nearest postcode is SO31 1BH. (What3Words ///homes.along.lovely)

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

Route:

We will start at the bottom of the field below The Barn café, in the same position as the recent event hosted by Hedge End.

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 and normal trainers will be fine, unless we have lots of rain beforehand. This route differs to that previously used so please follow marshall directions.

Safety:

There will be a couple of quiet roads to cross which are marshalled and also 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.

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 the Topfield parking area on the left as directed by marshalls, we have access to the dog training field at the top of Topfield car park. Please follow the instructions of the Car Park marshalls and be aware of traffic while walking along the road to the start area.

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 – please do not use the bushes.
- 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 and plenty of cakes and treats. 😊

