

RR10 League Race 1
Fleming Park, Eastleigh

Totton Running Club & Southampton Athletics Club are looking forward to welcoming you to the first race of the 2026 series, to be held at Fleming Park, Eastleigh at 19:00 on Wednesday 22nd April 2026.

The course is an undulating 2 laps measuring approximately 4.7 miles in total. For those of you who've completed this race previously there are some adjustments to the course. We observed and had feedback last year regarding a narrow section of the course that was causing some concerns so have diverted this section to improve the safety of all runners.

We completed our final recce on Tuesday 14th April and the course is looking very dry at the moment. With that in mind there are some ruts along with tree roots on the course, so please take care in these areas. When passing under trees please watch for low hanging branches, we will do our best to mark all hazards but keep aware of your surroundings. Currently road or trail shoes would be suitable, and we can only foresee this changing if we get a large amount of rain in the coming days.

The course will be well marshaled throughout. Please ensure that you follow instructions of the marshals, they are there to cheer you on and make sure every runner of all abilities has an enjoyable run.

Please park in the Places Leisure car park and walk across the field towards the children's play area, the race village will be situated there. No runners are permitted to park in the pavilion car park; this will be used by volunteers bringing equipment and medical professionals only.

Please remember your parkrun barcode – no barcode, no result. Please ensure you don't put your club tents/flags too close to the finish area, we need space for the barcode scanners to stand and be visible for those finishing their run. There will be marshals in the area to direct you on the evening if you're not sure where to set up. Please ensure that you are registered to run the series (see RR10 website).

The wearing of club colours is mandatory. Any runner not wearing club colours will be excluded from the results of the race. The use of headphones or playing of any music by runners is not allowed. Any runners not following this rule will be excluded from the results. If you have any medical conditions that the medical team would need to know in the event of an emergency can you please let your club know so they can pass this information on, this confidential information will be handled sensitively.

There will be no toilets available at this race. Cakes and water will be available at the end of the race but please bring your own cups.

We hope you enjoy the race.

Vicky Biondani, Pete Ellis TRC & Jon Ward SAC