

CC6 race 2 information

Netley Abbey, Hamwic and Stubbington look forward to welcoming you all to race two in this year's CC6 calendar to be held at Itchen Valley Country park on 13th November 2022. Start time 9:30 prompt!

The 2 lap, 4.5 mile route, is mainly grass and woodland path with a short length of gravel. The right hand section of the route is quite muddy and either hybrid or light trail shoes are highly recommended. Part of the course is on hard gravel and full trail shoes with lugs or spikes are not advised. There are a number of rabbit holes and tree routes around the course so please be careful. Marshals will be strategically placed to guide you around any major obstacles.

The park is open to the public and we do not have exclusive use. Therefore, please be aware of the potential for non-runners on the paths we are using. The route will be well marshalled, with all turns being manned and tape will be used to mark the way in-between marshal points.

There is plenty of parking at the country park. The park has requested that people pay for their own parking. Payment machines are available in all car parks and accept cash, credit card or can be paid for using the Ringo App. Please avoid using the car park immediately outside the entrance to Go Ape because this will be open before the race finishes. Please also avoid the small carpark adjacent to Go Ape and the start / finish field(4 spaces) because this is where the medical team will be situated. **Please car share where possible to reduce the number of vehicles.** There is also bicycle lockup facilities near Go Ape.

The start and finish are in the main field next to Go Ape. This is the same field used for Itchen Valley Country parkrun. To get to the start, please use the What3Words coordinates : pits.exist.anyway

The race falls on Remembrance Sunday and in recognition there will be a minute's silence before the start of the race

Water and cakes will be available at the finish, but please bring your own cups.
Toilets will be open by the café, and the café will be open from 10:00 for post race refreshments.

Club tents can be located in the Start / Finish field.

We hope you enjoy race day!

The Route – 2 Laps – 4.5 Miles

