

## CC6 Race 6 Information

Hedge End, Itchen and Eastleigh look forward to welcoming you all to the final CC6 of the year, to be held at the new destination of **Itchen Valley Country Park, SO30 3HQ** on Sunday **12<sup>th</sup> March**. Start time **9:30am**. The change of venue is due to parking issues at Fleming Park. We spent a lot of time trying to sort out the logistics surrounding this, but in the end, there was no feasible solution other than to change the venue. We thank Itchen Valley Country Park for stepping up and have come up with a different route for you than the one we had back in November.

The route is **one large lap and one medium** lap and comes in at **4.7 miles**. The trails are mainly grass and woodland path and trail shoes are highly recommended. There are a number of rabbit holes and tree routes around the course so please be careful.

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. The Ringo number for this is **4910**, we suggest downloading the app in advance. **All car parks** are to be used, we will cone off any spaces that are reserved. Please follow marshal instructions and be patient as cars may stack up. This doesn't mean the car parks are full, just that some of them are quite small and it takes a bit longer to maneuver into the spaces. There is **NO parking on the verges** and **NO parking on the road** outside the country park. **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 Parkrun. You will pass the cafe and toilets on your left, then carry straight on to the main field.

Water and cakes will be available at the finish, but please bring your own cups.

The toilets are situated by the café. The café will be open from 10:00 for post-race refreshments.

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

Have a great run!

The Route – **1 large lap** + **1 medium lap** – 4.7 Miles

