

RR10 League Race 8 – University Playing Fields, Wide Lane

Hosted by Itchen Spitfires RC & Hamwic Harriers

Welcome to Race 8 of the 2022 season at University Playing Fields, Wide Lane, Eastleigh on Wednesday 20th July, hosted by Itchen Spitfires and Hamwic Harriers.

The race will start at 19:30 promptly

The race start/finish area will be from within the University Playing Fields at Wide Lane, Eastleigh, SO50 5PE.

The course itself is approximately 4.7mi (7.6km) consisting of 2x laps around the perimeter of the playing fields. The course map is attached below. The route is predominantly on grass with a small section of gravel.

Please find the course map below;



Parking

Parking is available within the University Playing Fields car park and at Lakeside Country Park (SO50 5PE), please use both parking locations so that we can manage the volume of cars expected.

Lakeside parking restrictions are suspended from 18:00pm. Lakeside Country Park is just a short walk

to the University Playing Fields. Please, park considerately and car share where possible. Alternatively, use public transport, cycle or walk / jog to the venue.

Covid-19

If you feel unwell, display symptoms of Covid 19 or have been in contact with a positive case, do not attend. If you show symptoms of Covid 19 or test positive within 10 days of the event, please inform the event organiser.

Refreshments

Please bring your own water and bottles. As always, cakes will be available to runners at the finish!

Lastly, have a great race!

Jamie & Rosie – Itchen Spitfires

Rob & Dave – Hamwic Harriers