



SCCL – Race 5 – Sunday 5th April '26 – 11:00 – Alver Valley, Gosport

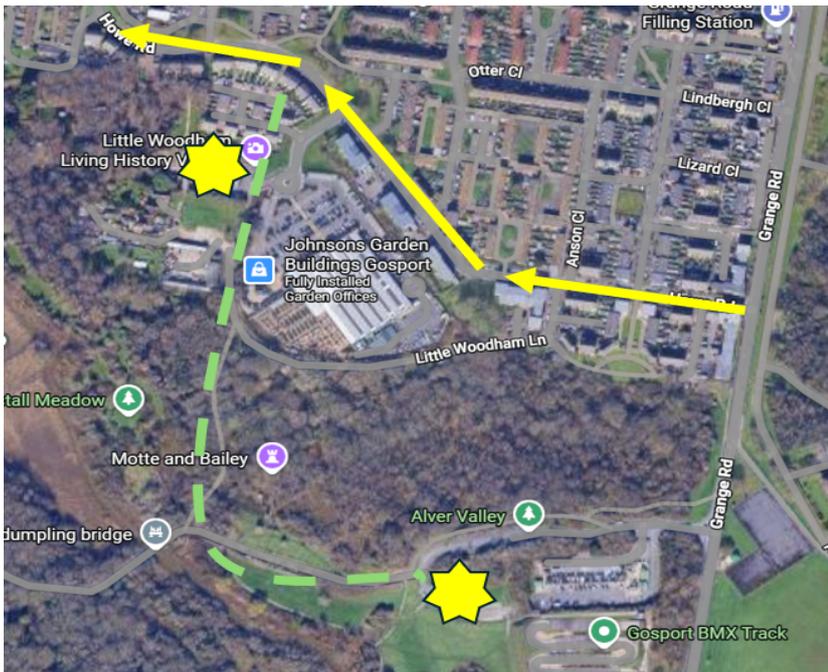
Alver Valley Country Park - Fareham Running Club welcomes you to our new SCCL cross country event. A 5-mile course in the wild and open Alver Valley Country Park; expect wide open views, lots of mud, and a glimpse of the Solent. The race is a single loop with some gentle elevation so expect uneven surfaces. There are 3 short sections of tarmac (approx 500m in total) so spikes are not recommended. That said, good grip is necessary!

Directions and Parking:

The arrival area is at Alver Valley Country Park, Grange Road, Gosport, PO13 8AS - look for the FRC flags!

Parking is available nearby at:

- Alver Valley East Car Park, off Grange Road, PO13 8AS (paid - £3.60 for 2hrs, £5.40 for 3hrs)
- Little Woodham Car Park, Barrington Close, PO13 8NZ (free but limited spaces)
- free on street parking on Howe Road (and surrounding streets) but please allow time to walk to the start
- green route highlights walking route to start area



Toilets:

There will only be 5 portaloos available within the arrival area, so please consider using the nearest public toilets on route.

Food/Drink:

A coffee van will be present selling hot drinks and snacks. Not all dietary requirements are covered on the snacks, so feel free to bring your own sweet treats!

Competition Rules:

All runners must wear club vests to compete in the race. A reminder that you are too fast for the Southern Cross Country League if you have run a similar race at 5:30min/mile pace (men) and 6:00min/mile pace (women) in the past 12 months.

Race Start/Finish:

The arrival area is just behind the BMX track.

The race will start at 11am within the Country Park a short walk from the arrival area.

There will be a finisher funnel for men and women.

Please ensure you take a numbered token and ensure all runners are added to the scoring sheet.

Completed scoring sheets to be handed in to 'Race Control'.

We will attempt to announce the winning teams on the day of the race.

First Aid:

First Aid will be available at the event - this is provided by Collingwood Medical Services.

Race Enquiries: Aaron Sutton – xc@farehamrunningclub.com, 07837 774479.

Full rules are at <https://www.southerncrosscountryleague.co.uk/rules.aspx>.