

Directions to Southampton Sports Centre Track:

From M3 Southbound:

Proceed southbound until junction with M27, take M27 East fork (left 2 lanes) and immediately take exit 14 (A33 signposted for Southampton). Proceed straight across next roundabout onto The Avenue (A33 towards City Centre), Drift into right hand lane and take 2nd exit (right) at next roundabout onto the A35, signposted for Sports Centre. At next roundabout take 3rd exit signposted for Sports Centre. Continue as '*Parking*'.

From M27:

From either Eastbound or Westbound take exit 5, note that there is no exit 6! Take either the first or third exit (for east or west bound respectively) signposted for Southampton, A335 (Stoneham Way). Get in and stay in the right hand lane until it forks at McDonalds at which point you will be swept right. Continue along this road past the University and Common on your Left hand side. Including the traffic lights at McDonalds there will be about 6 sets before you reach a miniature roundabout opposite a petrol station and Somerfield. Head right signposted to Sports Centre and straight across at the larger roundabout. Continue as '*Parking*'.

Parking:

There are two car parks for the Sports centre, none of which can be considered convenient for Track Access. Most people take the top car park for which you should go straight on at the next miniature roundabout, the car park straight in front is suitable for Coaches and cars, a closer car park is accessible through a narrow road on the right which is suitable only for cars. The second, 'bottom' car park is only suitable for cars and is accessed by taking the left at the mini roundabout and then the first right (Dunkirk Road). The car park is on the right (or just use the road). Unfortunately there is no closer parking to the track.

The Track:

If you parked at the top car park then head down the hill to the side of the Pub, follow the path past the Netball, Crazy Golf, 'Block 1', and the Astroturf until eventually you reach the track. Take the first entrance on the right next to the stand, if locked proceed clockwise round to 'Block 2', these gates should be open.

If you parked in the bottom car park then follow the only concrete path below the grass football pitches until you reach 'Block 1', proceed as above.

Hospital:

Southampton General Hospital, which has an A&E department is near to the track. From the top car park head out and right at the mini roundabout. Continue until the first set of traffic lights and take a left onto Coxford Road. Take the next left, Tremona Road, the Hospital entrance is the first turn on the Right.