A VPS would be just fine. Currently the amount of disk space needed is about 10 gigs, and the monthly traffic from the main download.openvz.org site is below 200GB/month (should be lower for a mirror).

Actually, I would be happy if you just set up something like openvz.yourdomain.com with http and ftp access, and regular rsyncing of download.openvz.org. I can definitely set it up as well myself.