

Test Way Relay – 10 September 2011 – Inkpen Beacon to "The Salmon Leap", Totton

Start time **10.30 a.m. for the Ladies/Mixed Teams** and 11.30 for Mens
 Allow plenty of time for travelling to your checkpoint. Lanes are narrow so please drive with caution. Car share wherever possible.
Please be at your change-over point in plenty of time. Thankyou.

Start Time, Approx	Leg	Distance	Approx leg time	Hardley Runners Mixed Mob		Ladies team	Mens team	Changeover
				Linda Noke 07771 609800		Sam Smith	Ray Noke	
10.30	1.	7.1 k	45 mins	Judy Bannister 07711405547		Viv Drake		Inkpen CP (by road) to
11.15	2.	8.8 k	55 mins	Andy Barber 07908887905		Helen Young & Nat Haigh		Road/Path junc. S of Linkenholt to
12.10	3.	10 k	60 mins	Barry Reeves		Clare Poynter	David Gould	Stokehill road/path junction to
1.10	4.	7.8 k	45 mins	Jeremy Barber 0787 6151 630		Viv Alexander	Andy Kellaway	Middleton Farm E of road bend to
1.55	5.	7.5 k	50 mins	Linda Noke 07771 609 800		Laura Tanner	Daniel Powerll	Wherwell path junc at Pub to
2.45	6.	9.1 k	60 mins	Ali Woodcock 07854330701		Tiffany Hanley		Stockbridge (phonebox at pub) to
3.45	7.	9.1 k	55 mins	Ron Godden 07917325480		Amy Tanner		Mottisfont (road/path junc) to
4.40	8.	11.0k	50 mins	Sue Sleath 07855 212 058		Mel Chester & Liz Fort		Romsey Middlebridge to
5.30	Finish							Salmon Lepe, Testwood Lane, Totton

PLEASE - RECCY AND KNOW YOUR LEG - DO NOT GET LOST!

Wear a watch and record your own leg time for the overall results (it helps the timekeepers)

To facilitate easy handover at checkpoints wear club colours. Thank you.

Please remember that the above are only an indication of start times. Therefore be at your changeover in plenty of time

Thank you all for taking part. It's a great day !!

Linda mobile 07771 609 800 Ray mobile 07796 370 674