

22nd Test Way Relay

Saturday 8 September 2007

"run under UK Athletic Rules"

Inkpen Beacon

Linkenholt

Stoke Hill

Middleton Farm

Wherwell

Stockbridge

Mottisfont

Romsey

Lee

"The Anchor"
Eling Quay

PLEASE READ THIS NOTE BEFORE ENTERING

As you may well know the Test Way was extended to Eling Wharf at Totton making the route from Inkpen 44 miles. This year we have decided to include this extra bit of trail even though it passes through what may seem uninspiring scenery of centre Totton. Don't be fooled for you might be surprised that it beholds some otherwise unseen territory and rather complex navigation (pre race reccie is essential). This has led to some necessary changes to the event. Firstly because the route has extended by a further 4K and the leg 8 already being the longest at 11.2K it has been decided to introduce an extra leg 9 splitting the distance into 2 shorter legs. The change over point will be where Lee lane passes under the M27. This also creates a problem for the mixed team of 4 + 4. We have decided to stipulate teams will consist of 4 men + 5 women with a woman mandatory on the last leg through Totton. Another change which must be noted is because of the extra distance we have brought forward the two start times by half hour to 10.30am & 11.30am. There will be a new finish at Eling Wharf conveniently directly outside the Anchor Pub which will better host the prize giving après activities. The views are certainly better. There is limited parking at the Pub as well as a public car park across the toll bridge.

Finally a word of caution on the safety of runners. Totton is a busy place and the marked TW route recognises this by routing across busy roads at pelican crossings which will be marshalled. We ask that runners for their own safety conform to the use of these. We hope that these changes will compliment what is already a very popular unique event. Hopefully you will agree and enter.

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By invitation only this event is limited to 28 teams so an early return of your form(s) would be greatly appreciated. Due to the high interest shown for this years relay, at this stage clubs will be limited to ONE men's team and ONE ladies or mixed team (5 ladies minimum). Additional teams may be possible at a later stage.

The relay has been extended to finish at Eling Wharf in Totton with an extra leg 9 being added to accommodate the 49 miles of trail. The finish and prize giving will be outside the Anchor Pub. New Start times will be **10.30 a.m. ladies/mixed and 11.30 men's teams.** Prize giving will be at approximately 5.30 p.m.

Remember no "short cuts", namely :

- 1) Towards the end of Leg 1 - missing the steep climb through the trees to the road.
- 2) Leg 4 – do not cross the busy A303. Please use the new road bridge over the A303.
- 3) Leg 5 from Wherwell - Follow the TW route through the country park to the Mayfly pub, not down the road.
- 4) Use pelican crossing across A35 near Rushington roundabout and not route across train level crossing'

To avoid any possible taunts of "unfair play", please observe these rules and follow the way-marked TW arrows at all times !!

Teams to comprise nine people each to run once only. Mixed teams to comprise of 4 men & 5 women with a women being mandatory on the last leg 9. Any lady runner may be accompanied. Changeover by touch at the designated points except for Middlebridge at Romsey where for safety reasons, the next runner may start from the other side of the road. **Runners must follow the official Test Way marked route green TW or arrow.** On leg 9 through Totton please use the pelican crossings to cross busy roads. Please wear club colours to help with identification. Numbers are not worn. **Each team will be responsible for manning a change-over point and assisting with recording leg split times**

Please share transport as much as possible to keep vehicles to a minimum at change-overs and park neatly to avoid any inconvenience to local residents. I should remind everyone that some of the roads we use are very narrow and should be negotiated carefully. Take great care crossing main roads as the course is **NOT** marshalled except at change-overs. Everyone takes part at their own risk.

Details

		Grid Ref	Location	Distance
Leg 1	Start	369621	Inkpen Beacon Car Park	
Leg 2	1st Change	363573	Road/path junction south of Linkenholt	7.1 k.
Leg 3	2nd Change	397512	Stokehill	8.5 k.
Leg 4	3rd Change	419448	East of road bend Middleton Farm	10.0 k.
Leg 5	4th Change	389410	Wherwell path junction	7.8 k.
Leg 6	5th Change	358350	Stockbridge electricity sub-station by pub	7.5 k.
Leg 7	6th Change	325273	Mottisfont	9.1 k.
Leg 8	7th Change	349206	Romsey (middlebridge)	9.1 k.
Leg 9	8 th Change	364164	Lee Lane (by M27 bridge crossing)	7.6 k.
Finish		366126	"The Anchor", Eling Quay	6.1 k.

Organisers: Hardley Runners, Beacon Hill, Main Road, Dibden, Southampton, SO45 5TD. Telephone: 023 80 842110. Contact - Ray Noke.

Last years winning teams – Stubbington Green R for the men, Winchester AC for the ladies and the mixed. **Remember to return the trophies for presentation on the day !!** Again, I will be asking clubs to help with the timing sheets and marshalling at the changeover points.

Finally, please return your form/s stating your team/s by **Friday 24 August 2007** with **£10.00 per team** entry fee to cover cost of admin, postage, trophies, etc.

I look forward to receiving your entries.

Ray Noke, Club Secretary, Hardley Runners

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Leg No.	Place:		
Club	Runners Name	Leg Time	Accum. Time
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