

25th Test Way Relay

Saturday 11 September 2010

" run under UK Athletic Rules Permit No." "

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 Quay at Totton (in 2006) making the route from Inkpen 44 miles. Again this year we have decided to include this extra bit of trail even though it passes through what may seem uninspiring scenery of the centre of Totton. Don't be fooled ! You might be surprised that it beholds some otherwise unseen territory and rather complex navigation !! This has lead to some necessary changes to the event. Firstly because the route has been 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 (as in 2008). The change over point will be where Lee Lane passes under the M27. Please note that the mixed teams consisting of 4 men and 5 women must have a lady on this last leg through Totton. Also we will continue with the earlier start times of 10.30am & 11.30am. The finish will be at Eling Quay, conveniently outside the "Anchor" pub where the prize-giving will take place. There is limited parking at the Pub but public car parking is available across the toll bridge or alternatively in Eling Lane.

Finally a word of caution on the safety of runners. Totton is a very busy place and the marked TW route recognises this by routing across busy roads at pelican crossings which will not be marshalled. We ask that runners for their own safety conform to the use of these. Lets again have an enjoyable day and a great event, which is now in it's 25th year.

Hopefully you will agree and enter.

Ray Noke
Club Secretary
Hardley Runners

UKA Permit No

25th Test Way Relay

Saturday 11 September 2010

" run under UK Athletic Rules Permit No TBA "

10.30 a.m. ladies/mixed and 11.30 men's teams

Inkpen Beacon

Linkenholt

Stoke Hill

Middleton Farm

Wherwell

Stockbridge

Mottisfont

Romsey

Lee

"The Anchor"
Eling Quay

By invitation only, this event is limited to 30 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

		<u>Grid Ref</u>	<u>Location</u>	<u>Distance</u>
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 – Southampton RC for the men, Winchester AC for the ladies and Totton RC for the mixed. **Please 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 **3 September** with **£12.00 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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10.30 a.m. ladies/mixed and 11.30 men's teams

Club:	
Team Name:	
Team:	(1)
	(2)
	(3)
	(4)
	(5)
	(6)
	(7)
	(8)
	(9)
Club Contact:	
Name:	
Address:	
Telephone No:	Email:
Teams to comprise nine people - each person to run once only Clubs limited to a maximum 1 men's and 1 ladies/mixed team (4 men + 5 women) "on a first come first served basis"	
<u>Cost: £12.00 per team. Cheque payable to Hardley Runners</u> Please return completed entry form and cheque by 3 September 2010 latest to:- Ray Noke Hardley Runners Beacon Hill Main Road Dibden Southampton SO45 5TD (telephone: home 023 80 842110) (email: ray.noke@exxonmobil.com)	
<u>Note</u> <u>Runners take part entirely at their own risk with No Liability to the Organisers</u>	