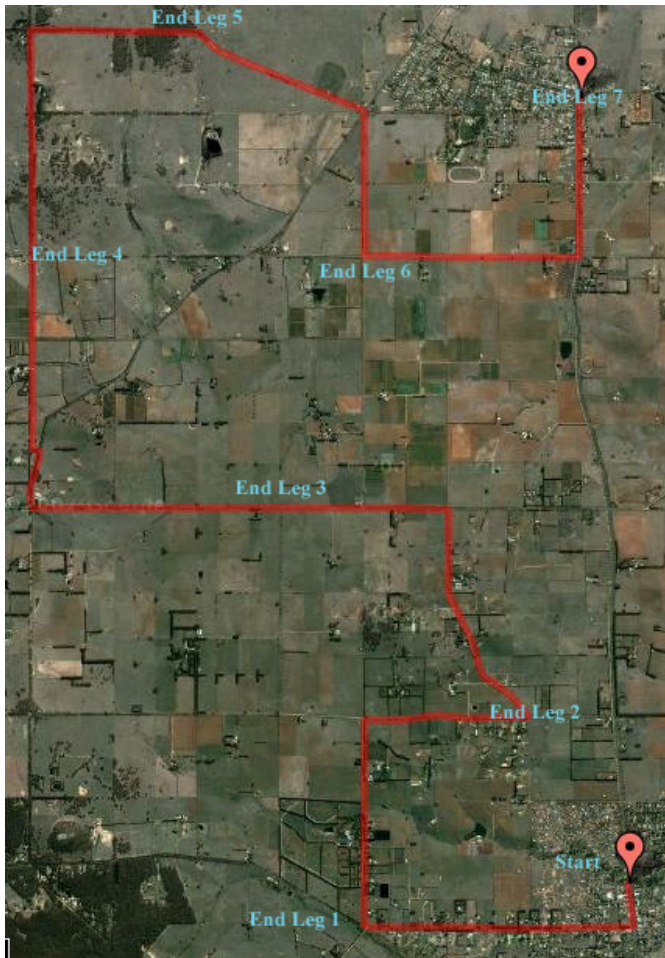




**Melbourne Midday Milers
Nigel Aylott Relay
Sunday, 23rd September, 2012**

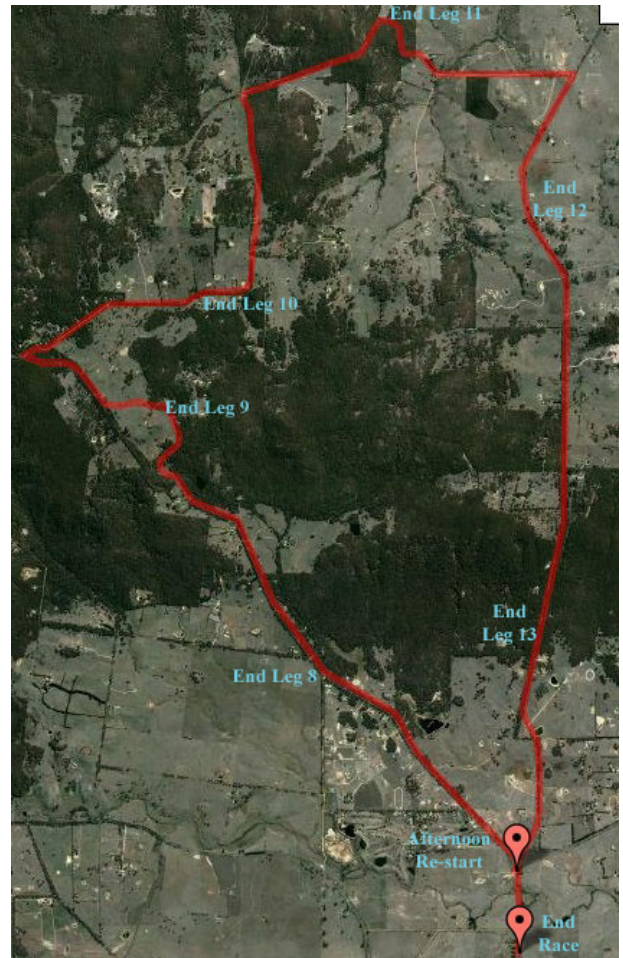


Morning Stages



Distance Stage 1 to 7: 29.35km

Afternoon Stages



Distance Stages 8 to 14: 30.25km

Overall distance: 59.60km

Pre-race Admin

1. We'll meet at 8:15am on Sunday 23 September outside the Romsey Hotel, which is half way down the main street on the right. (On the corner of Main & Barry streets.)
2. The quickest way to get there from Melbourne is to take the Tullamarine Freeway. Go past the airport and drive for about another 10km. Just before Sunbury look out for the Romsey turn off (roundabout), turn right, then follow this road until you reach cosmopolitan Romsey. It takes around 50min to get there from the CBD.
3. Once we are all assembled -and please don't be late - we'll pick teams, load into team cars and head to the start area outside the rest area & BBQs a few hundred metres up Main Street. All other cars will be left in the car park near the Hotel for the day.
4. The race proper will start at 9:00am sharp.
5. The morning stages finish in Lancefield, where we will stop for a lunch break of approximately 30-45 minutes.
6. After lunch, teams will drive North out of town to the Stage 8 start.
7. After the race finishes at the weighbridge just out of Lancefield, we'll drive back to Romsey to have a BBQ and make presentations.

Timekeeping

1. Teams are responsible for keeping accurate timesheets during the course of the Relay. These timesheets will be collected by the officials at the lunch break & again at the end of the event. (A sample timesheet is included.)
2. Each team needs to run a stop watch that will be used as their official time piece for the Relay. That watch will be reset to 0:
 - a. For the start of the first timetrial.
 - b. For the start of the Stage 2.
 - i. The watch should then be kept running until the end of stage 7.
 - c. For the start of the afternoon timetrial.
 - d. For the start of the Stage 9.
 - i. The watch should then be kept running until the end of the Relay.



Melbourne Midday Milers Nigel Aylott Relay Sample Timesheet



Team Name: *Record Breakers*

Stage	Runner	Distance (km)	Start time	Finish time	Net time
1a	<i>Stephen Paine</i>	3.00	00:00	<i>09:39</i>	<i>09:39</i>
1b	<i>Simon Knowles</i>	3.00	00:00	<i>09:48</i>	<i>09:48</i>
2	<i>Troy Williams</i>	3.60	00:00	<i>13:19</i>	<i>13:19</i>
3	<i>Max Howard</i>	3.90	<i>13:19</i>	<i>27:13</i>	<i>13:54</i>
4	<i>Dave Venour</i>	4.20	<i>27:13</i>	<i>40:54</i>	<i>13:41</i>
5	<i>Dan Hornery</i>	4.70	<i>40:54</i>	<i>54:58</i>	<i>14:04</i>
6	<i>Max Howard</i>	3.25	<i>54:58</i>	<i>1:06:58</i>	<i>12:00</i>
7	<i>Adam Conquest</i>	3.70	<i>1:06:58</i>	<i>1:19:13</i>	<i>12:15</i>
		29.35	Lunch time total	A	<i>1:38:40</i>
Stage	Runner	Distance (km)	Start time	Finish time	Net time
8a	<i>Kate Siebold-Crosbie</i>	3.00	00:00	<i>10:24</i>	<i>10:24</i>
8b	<i>Adam Conquest</i>	3.00	00:00	<i>10:35</i>	<i>10:35</i>
9	<i>Dan Hornery</i>	3.60	00:00	<i>12:52</i>	<i>12:52</i>
10	<i>Dan Hornery</i>	4.45	<i>12:52</i>	<i>26:58</i>	<i>14:06</i>
11	<i>Christian Klettner</i>	4.00	<i>26:58</i>	<i>40:04</i>	<i>13:06</i>
12	<i>Simon Bevege</i>	4.00	<i>40:04</i>	<i>54:00</i>	<i>13:56</i>
13	<i>Dan Hornery</i>	4.50	<i>54:00</i>	<i>1:08:42</i>	<i>14:42</i>
14	<i>Troy Williams</i>	3.70	<i>1:08:42</i>	<i>1:20:02</i>	<i>11:20</i>
		30.25	Afternoon total	B	<i>1:41:01</i>
		29.35	Lunch time total	A	<i>1:38:40</i>
		59.60	Total race time	Add A + B	<i>3:19:41</i>

Legend: Black & shaded areas

Blue print

Red print

- these will already be complete when you are given the form
- these are the bits that YOU must complete accurately
- you can fill these out if you like, but the officials will check them

Stage 1 - "Race out of Romsey" (Time Trial 1)

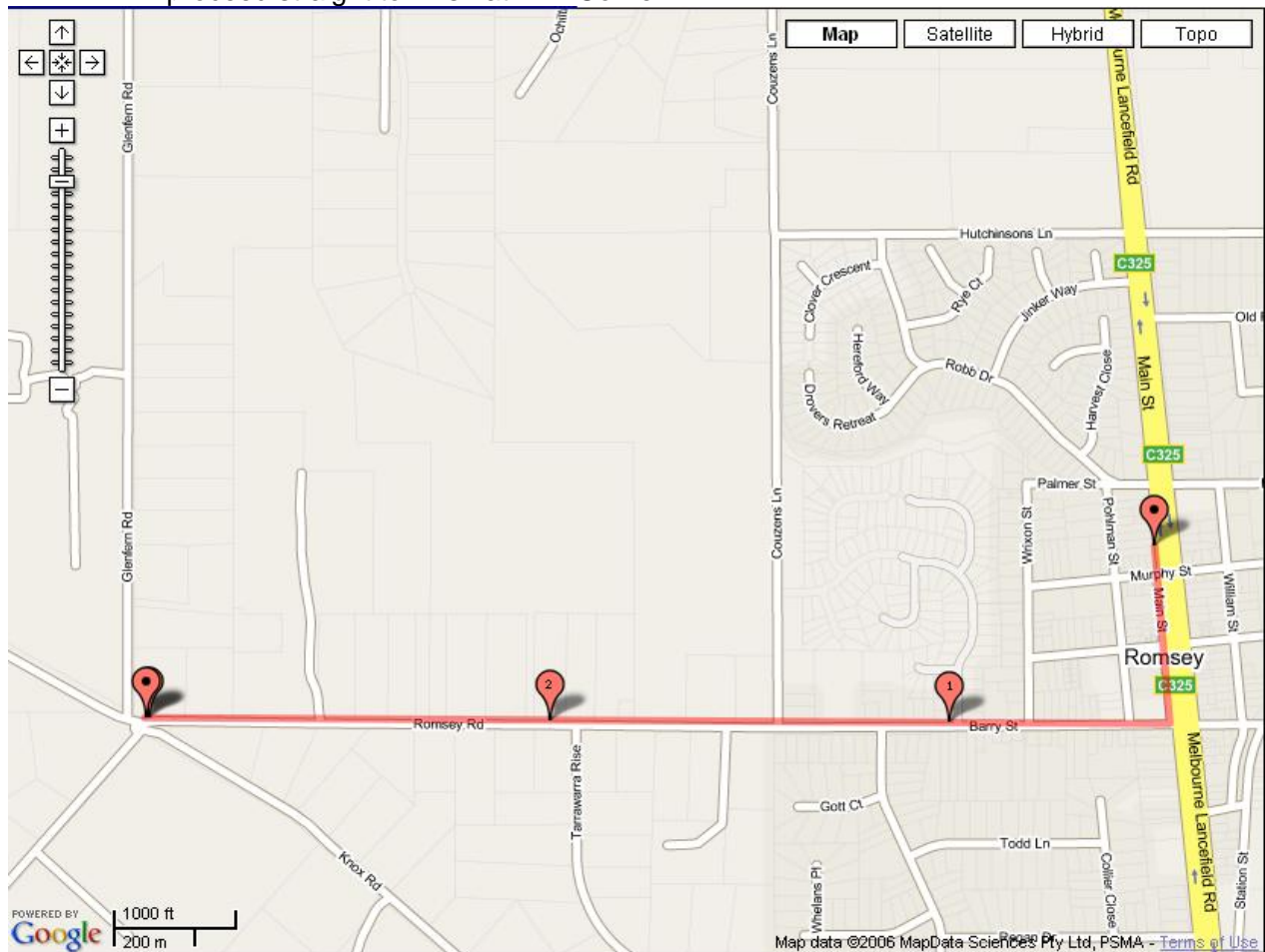
Distance: 3km (x 2 runners per team)

Record: 9:39 (Stephen Paine - The Bradburys, 2009)

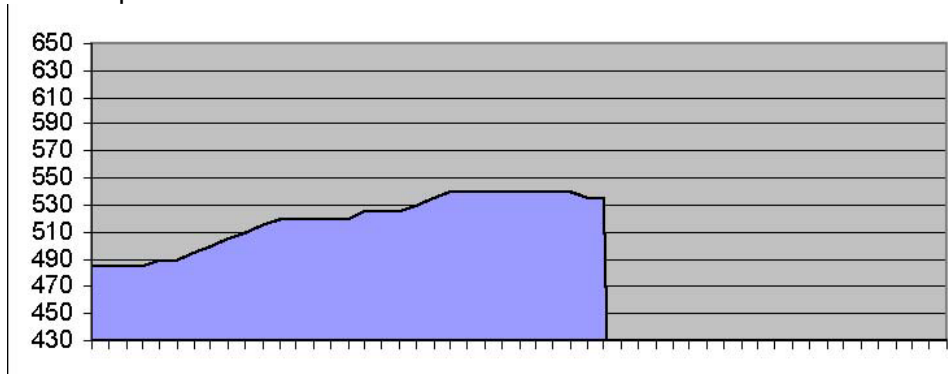
Average: 10:49

Surface: Bitumen

Description: Start from the Romsey Bridge. Turn left at Woodend – Wallan Rd after 450m then proceed straight to finish at "Mill Corner".



Topography: Gradual uphill then flattens out.



Stage 2 - "5 Mile Creek"

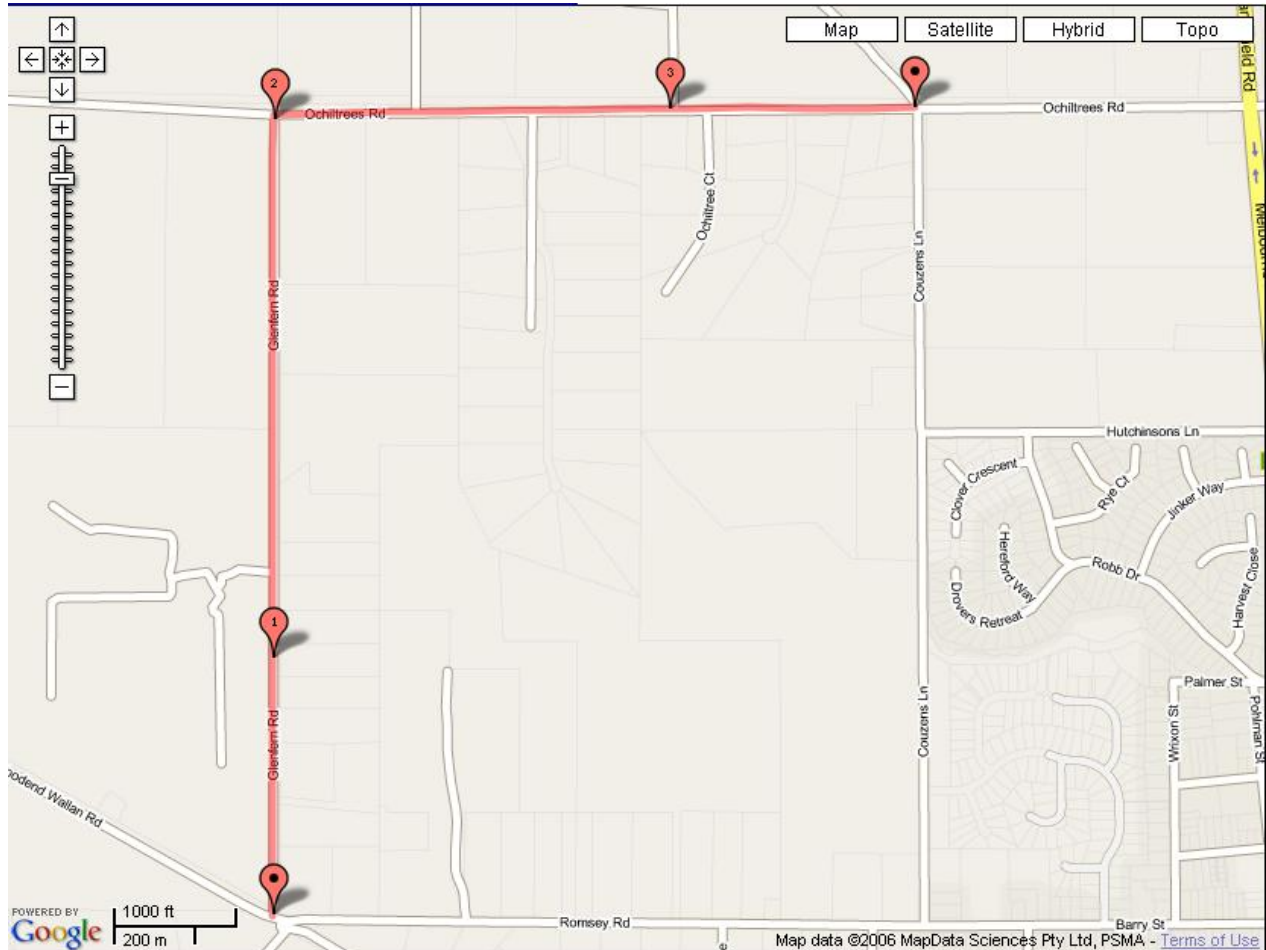
Distance: 3.6km

Record: 13:19 (Troy Williams - Pink P's, 2001)

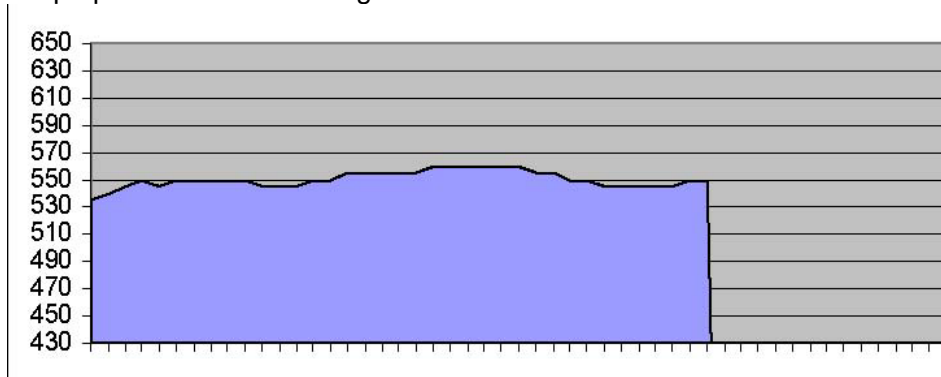
Average: 14:23

Surface: Gravel

Description: Massed restart in Glenfern Rd. Turn right into Ochiltrees Rd at 2km and finish at the intersection with Crooked Rd.



Topography: Sharp uphill start then some good undulations to sort out the field.



Stage 3 - "Ochiltree Hill"

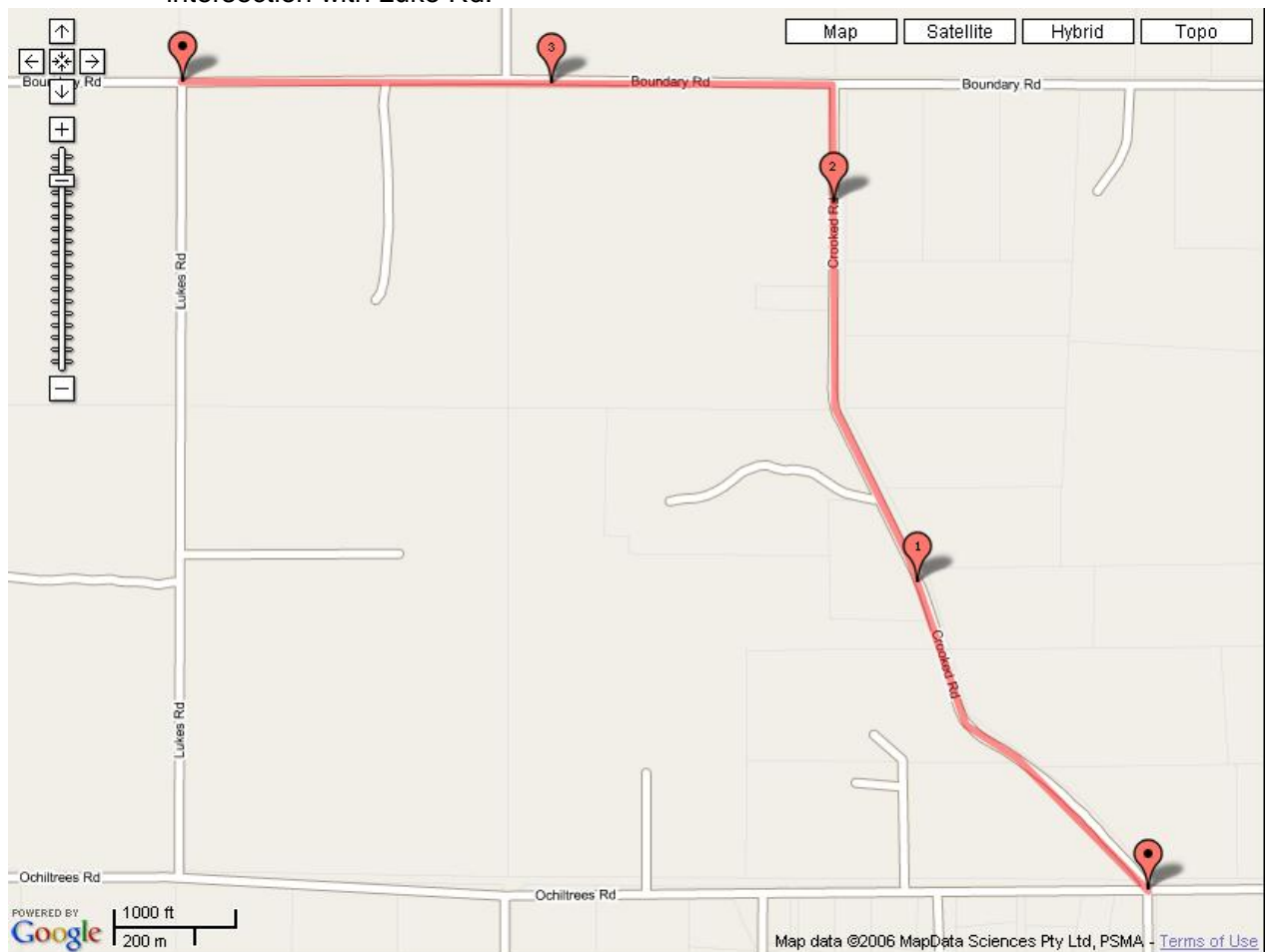
Distance: 3.9km

Record: 13:54 (Max Howard – We've Got George, 2002)

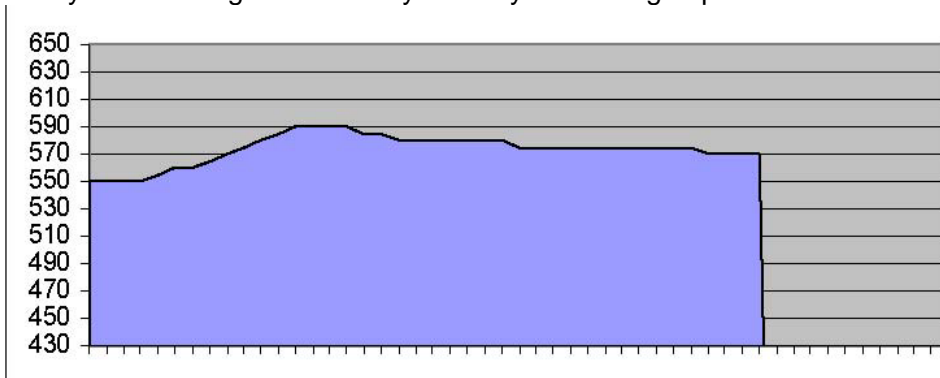
Average: 15:00

Surface: Gravel/Bitumen

Description: Start in Crooked Rd. Turn left into Boundary Rd after 2.25km then finish at the intersection with Luke Rd.



Topography: Steady climb to begin followed by an easy run through open farmland.



Stage 4 - "Rochford"

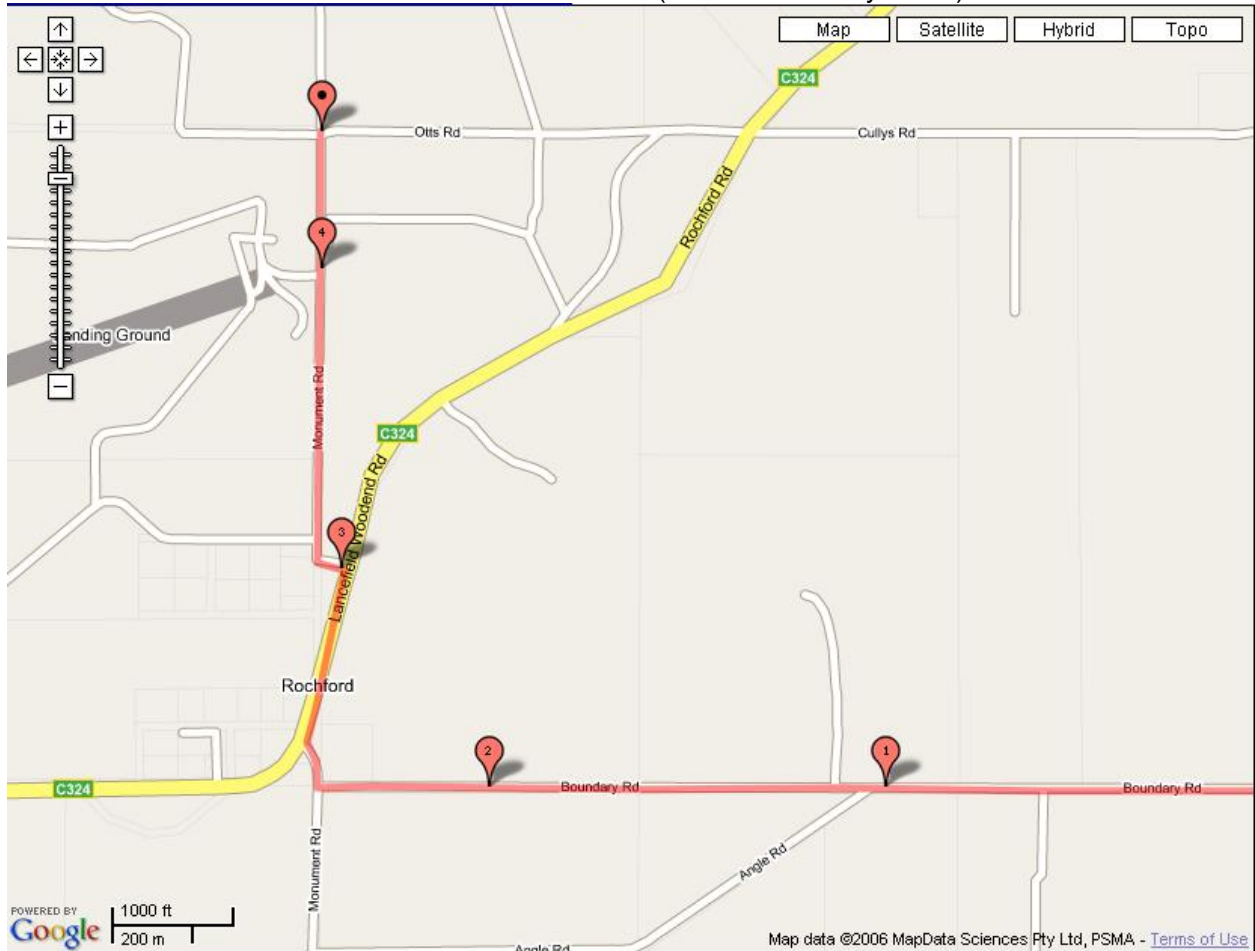
Distance: 4.2km

Record: 13:41 (Dave Venour – Massive Tickers, 2009)

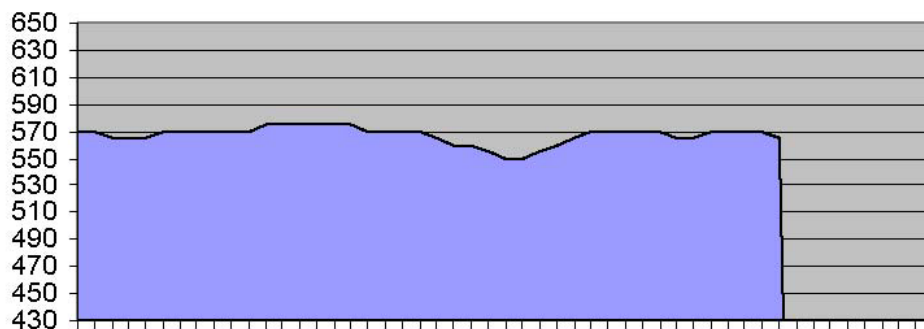
Average: 14:58

Surface: Bitumen/Gravel

Description: Continue along Boundary Rd. At 2.4km turn right and follow the road for 200m until reaching Rochford Rd. Turn right and continue along Rochford Rd for 400m then turn left into Monument Rd. Finish at Otts Lane (outside "Romsey Park").



Topography: Undulating in fairly open country – requires navigation through the small town of Rochford.



Stage 5 - "The Monument Track"

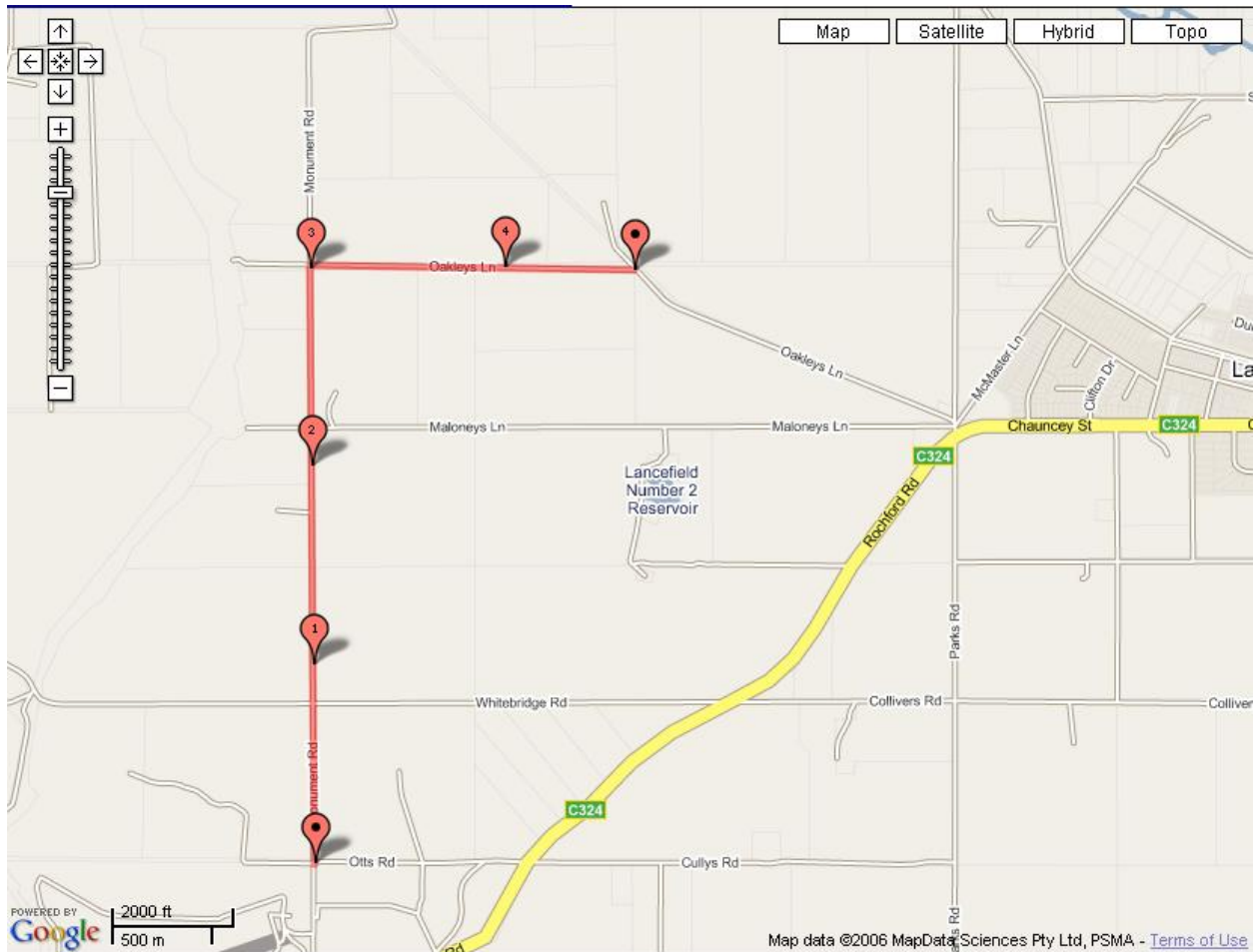
Distance: 4.7km

Record: 14:04 (Dan Hornery – The Asthmatics + Dan, 2007)

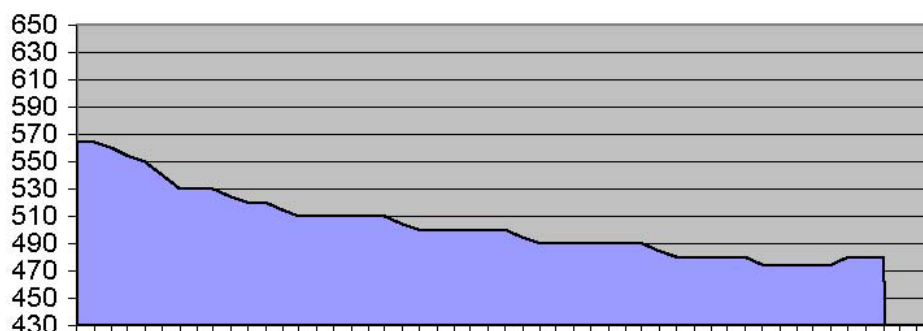
Average: 15:33

Surface: Gravel

Description: Continue along Monument Rd. At 800m veer right and stay on the secondary road. Turn right into Oakleys Lane at 3km and finish where Oakleys Lane makes a major right hand turn.



Topography: The stuff that relay dreams are made of... predominately downhill on a winding bush road.



Stage 6 - "Seven Roads Corner"

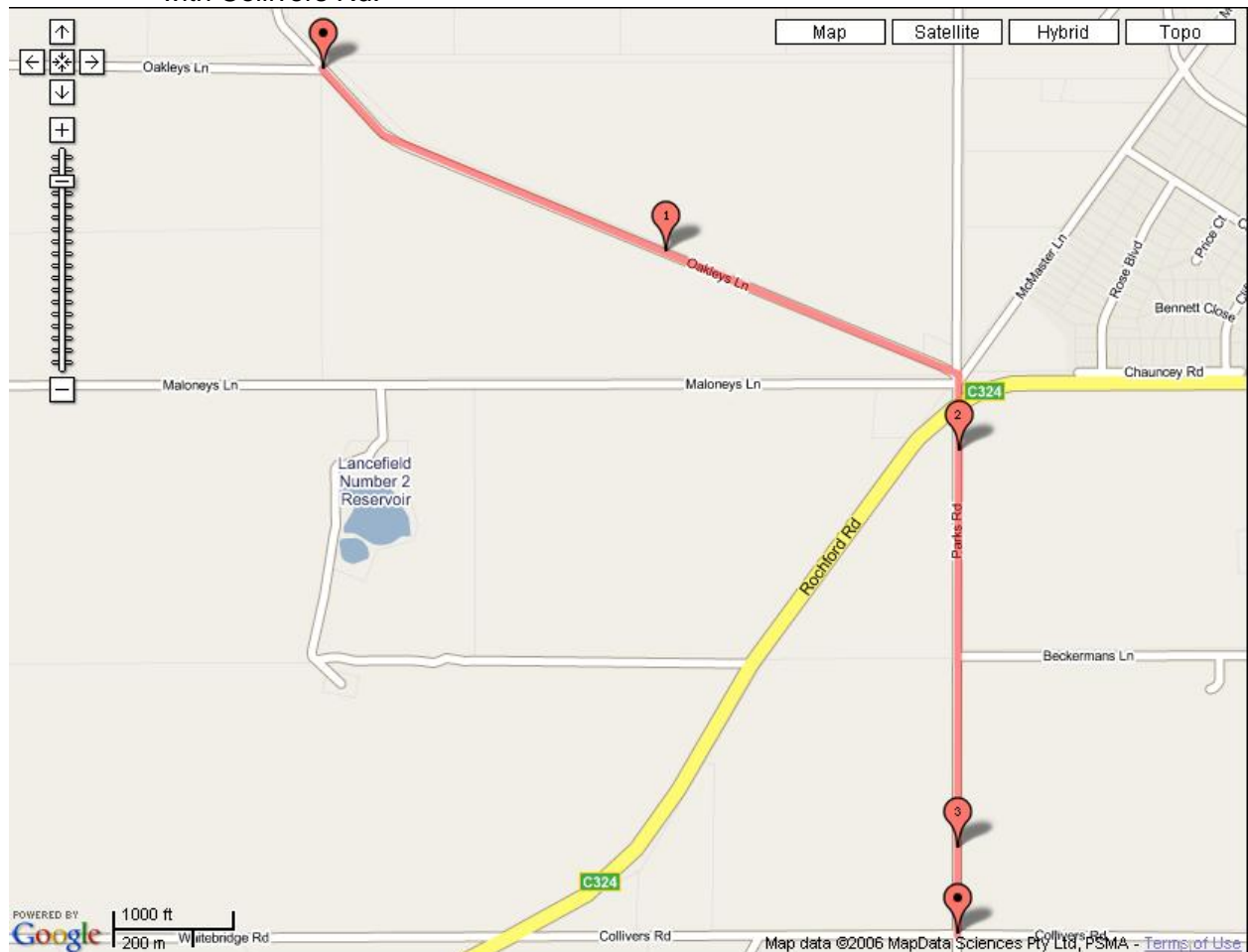
Distance: 3.25km

Record: 12:00 (Max Howard – Go Go Girls, 2005)

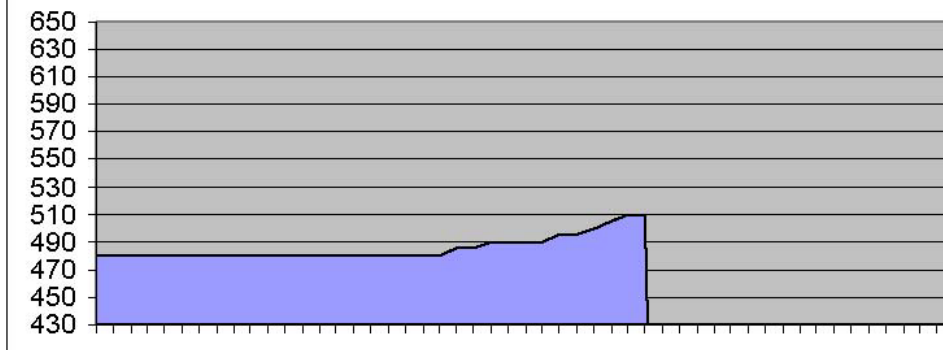
Average: 13:35

Surface: Mainly gravel

Description: Continue along Oakleys Lane (beware of cows on the road!). At 1.9km turn sharp right, cross Rochford Rd (Bitumen) and head into Parks Rd (Gravel). Finish at the intersection with Collivers Rd.



Topography: Short and easy with a slight rise at the end. Requires some navigation to get through the seven roads corner



Stage 7 - "Cloverlea"

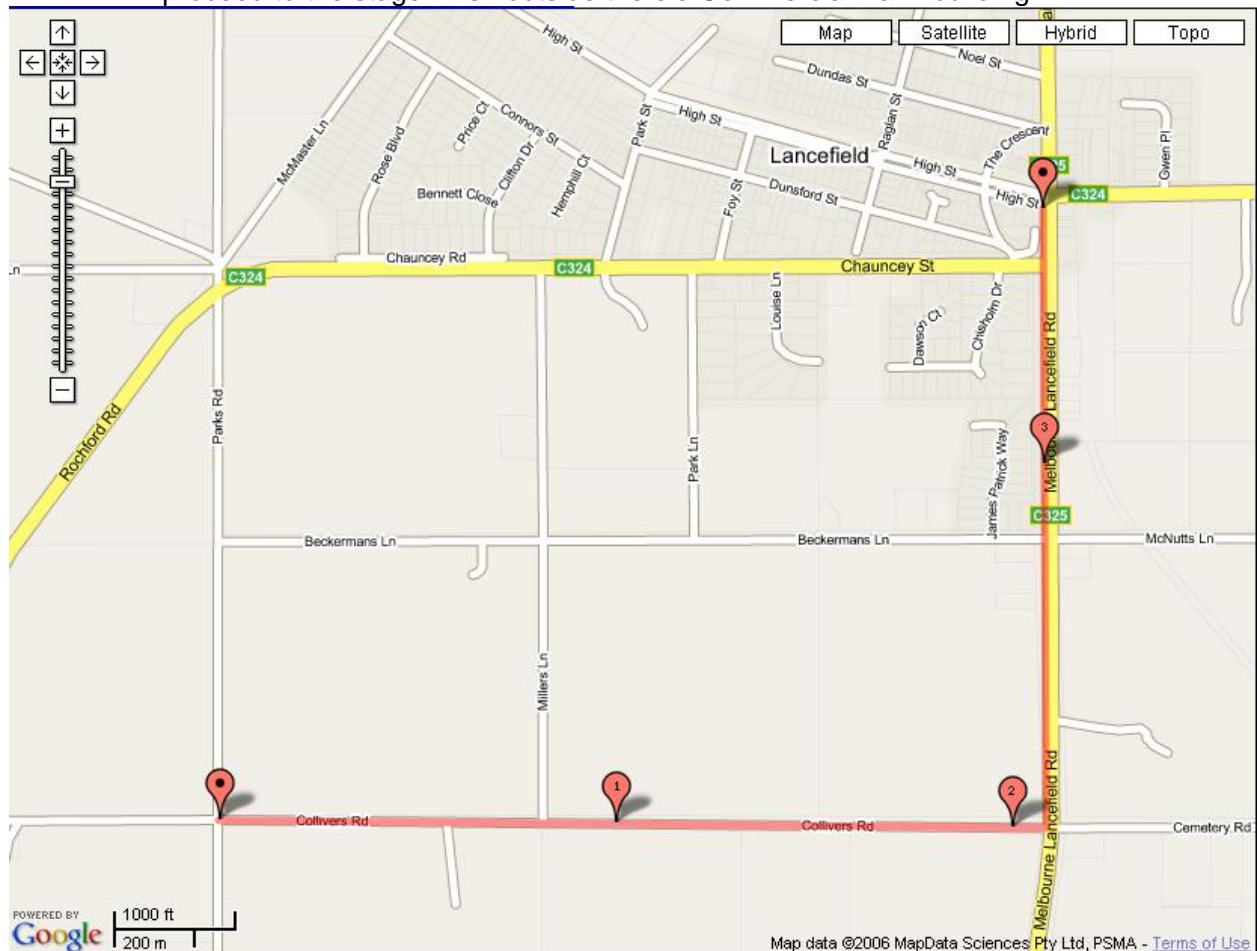
Distance: 3.7km

Record: 12:15 (Adam Conquest – Team Sledge, 2001)

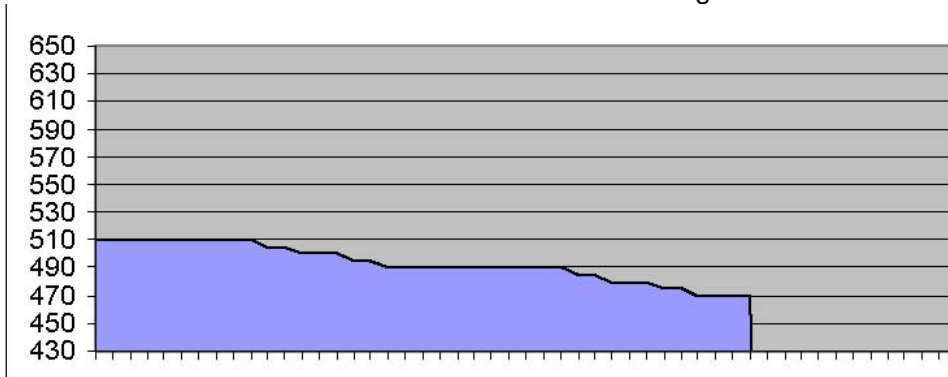
Average: 13:12

Surface: Gravel/Bitumen

Description: Turn left into Collivers Rd. After 2.1km turn left into Melbourne – Lancefield Rd and proceed to the stage finish outside the old Commercial Bank building.



Topography: Nice run into the lunch break at Lancefield. Some nice gentle downhills.



Distance Stage 1 to 7 29.35km - LUNCH BREAK AT LANCEFIELD

Stage 8 - "Burke and Wills track" (Time Trial 2)

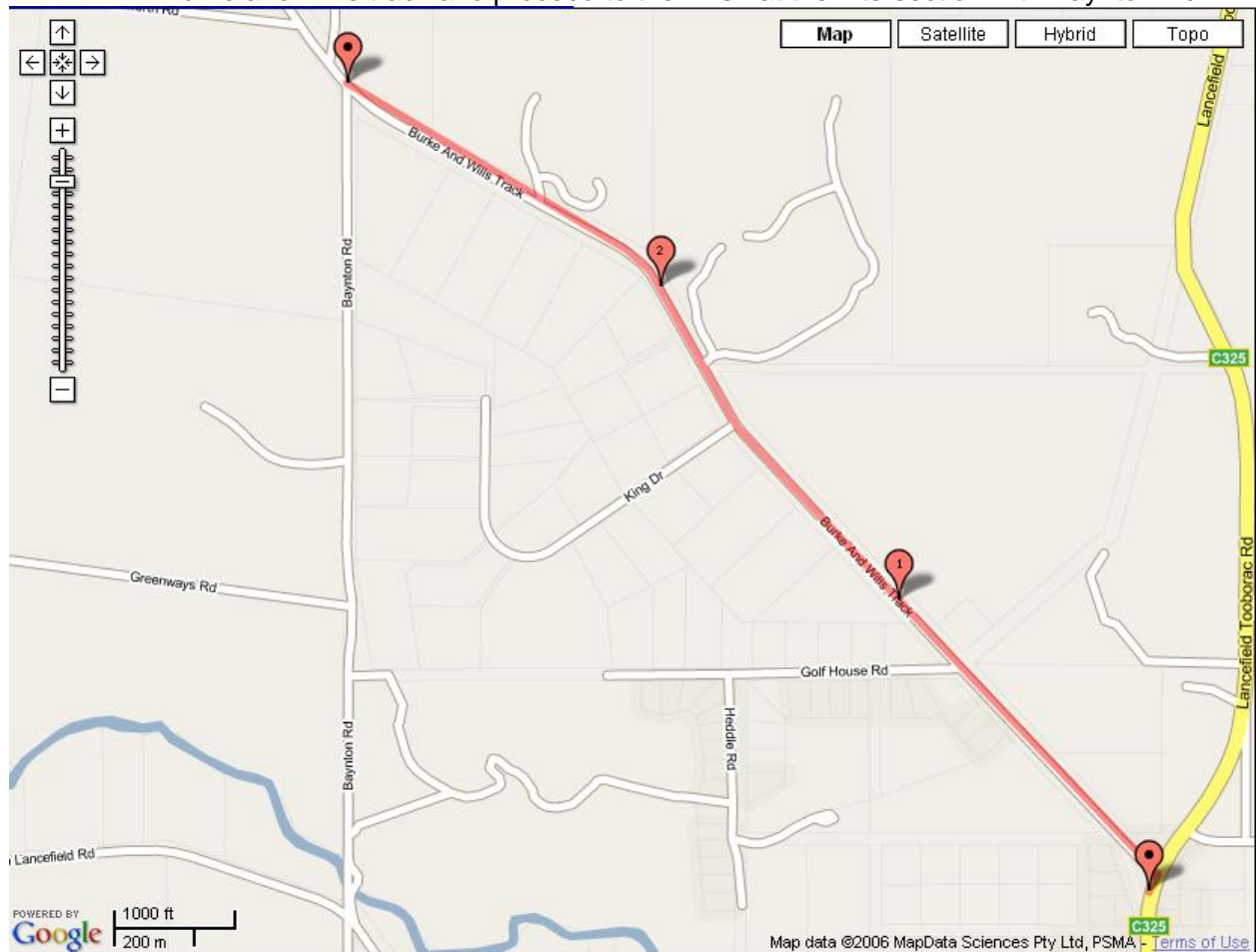
Distance: 3km (x 2 runners per team)

Record: 10:24 (Kate Seibold-Crosbie – Might & Power, 2002)

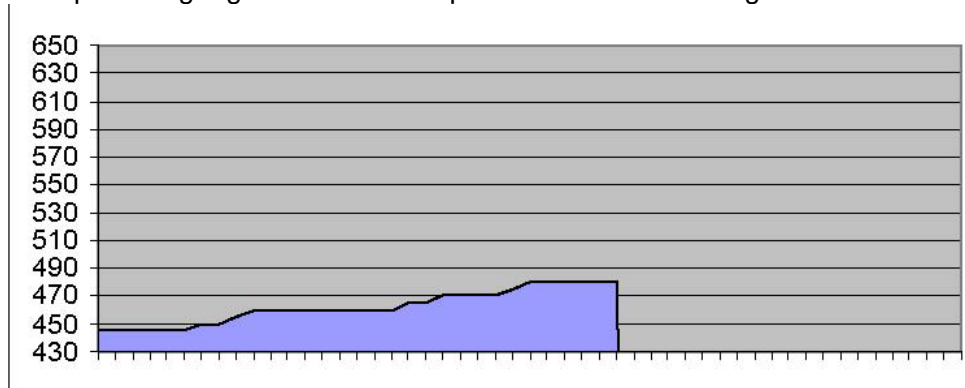
Average: 11:31

Surface: Bitumen

Description: Start at the Burke and Wills monument just over Musteys Bridge. After 150m turn left into Burke and Wills track and proceed to the finish at the intersection with Baynton Rd.



Topography: A couple of slight gradual rises. Capable of fast times though.



Stage 9 - "Big Hill"

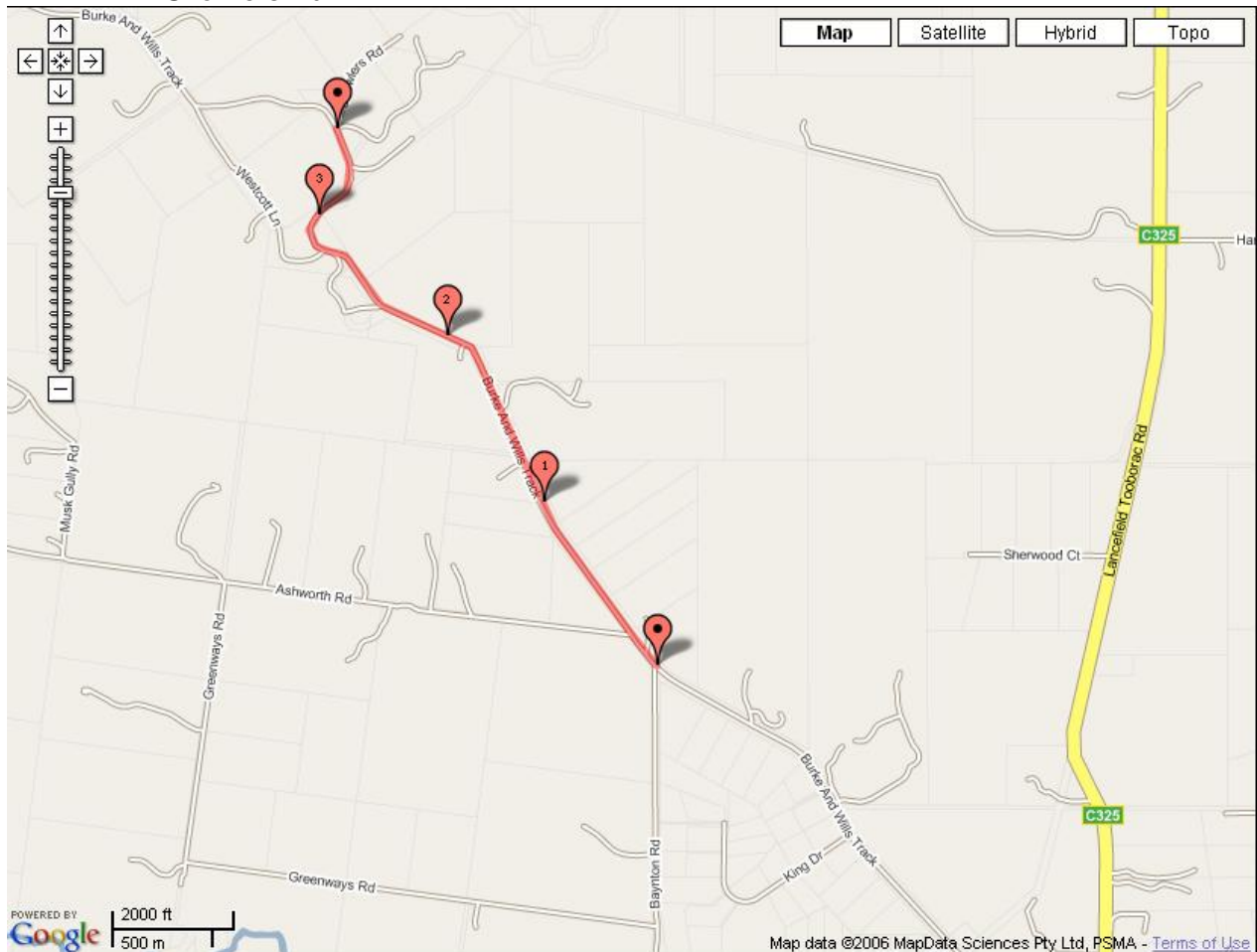
Distance: 3.6km

Record: 12:52 (Dan Hornery – The Asthmatics + Dan, 2007)

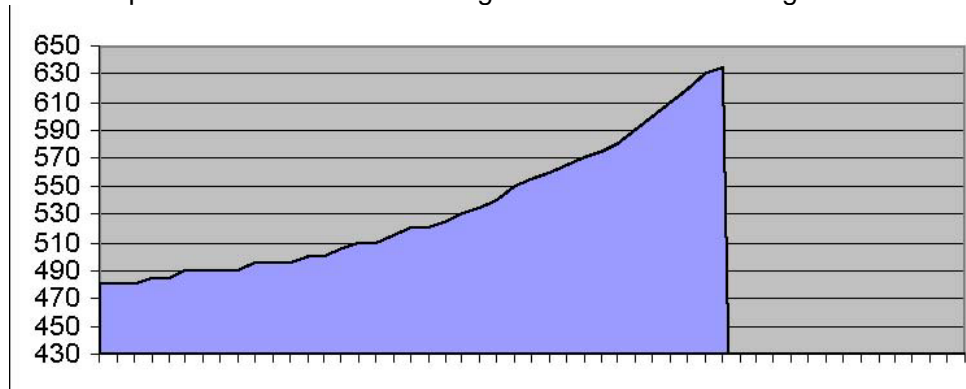
Average: 14:34

Surface: Bitumen

Description: Massed restart. Continue along Burke and Wills Track. Finish at the intersection with Showlers Rd.



Topography: Gradual uphill start.... then the fun begins! A hill climbers delight.



Stage 10 - "Elk Club"

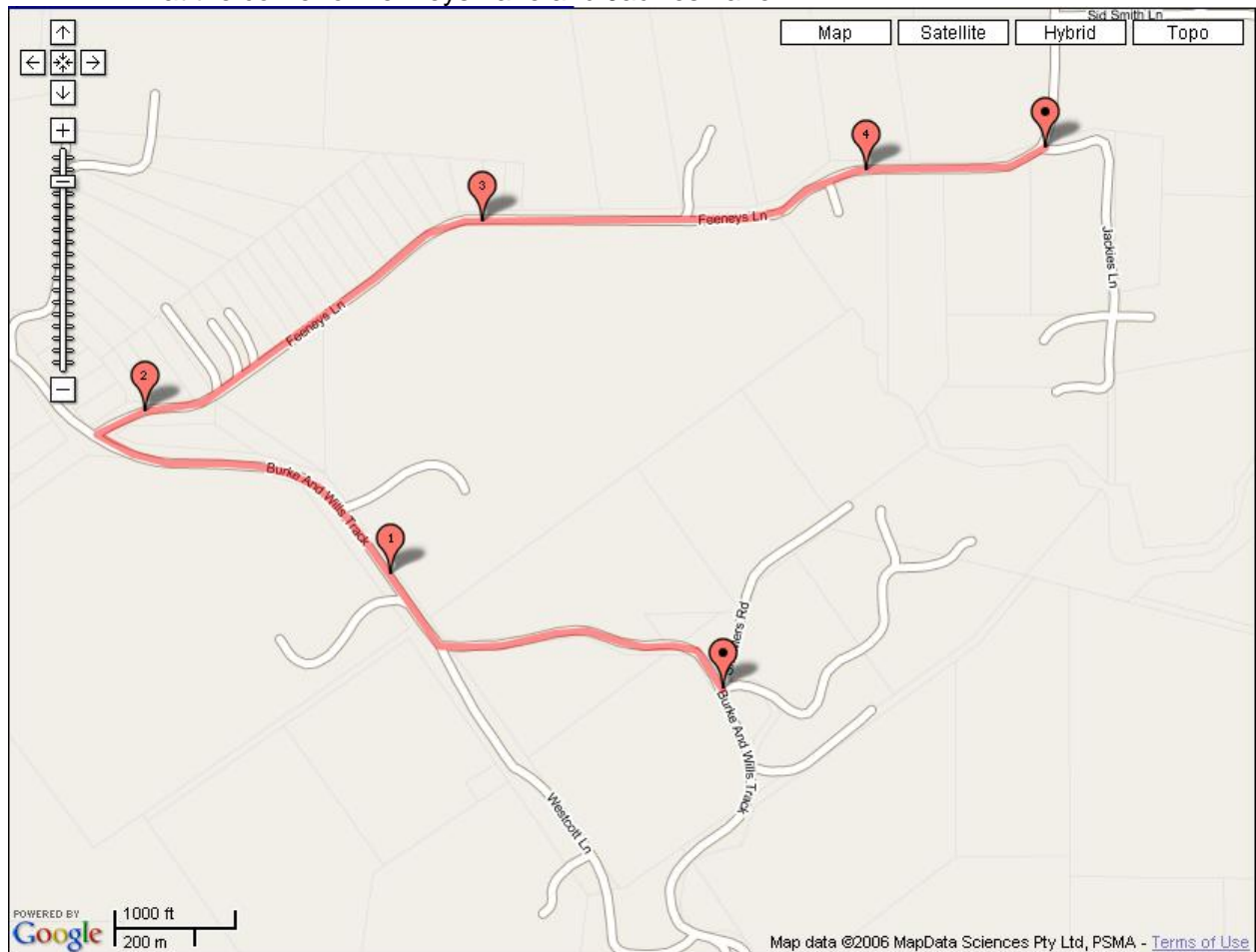
Distance: 4.45km

Record: 14:06 (Dan Hornery – The Fundamental Errors, 2005)

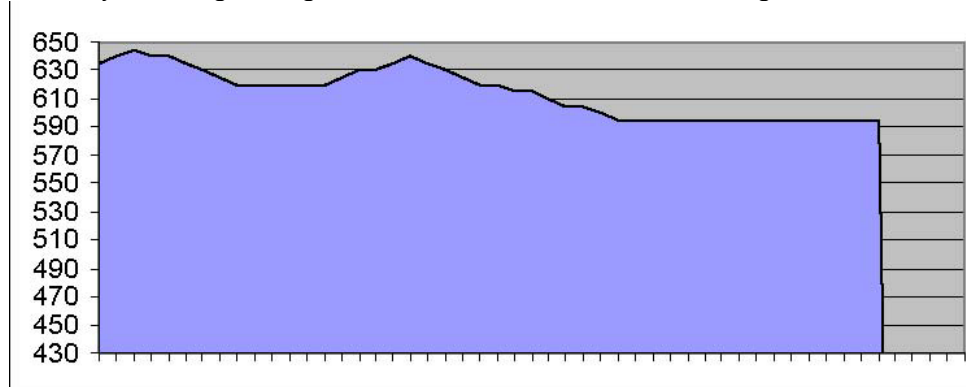
Average: 15:31

Surface: Bitumen/Gravel

Description: Continue along Burke and Wills Track. Turn right into Fenneys Lane after 1.85km. Finish at the corner of Fenneys Lane and Jackies Lane.



Topography: Starts by finishing off Big Hill then undulates before flattening out towards the finish.



Stage 11 - "Fenneys Lane"

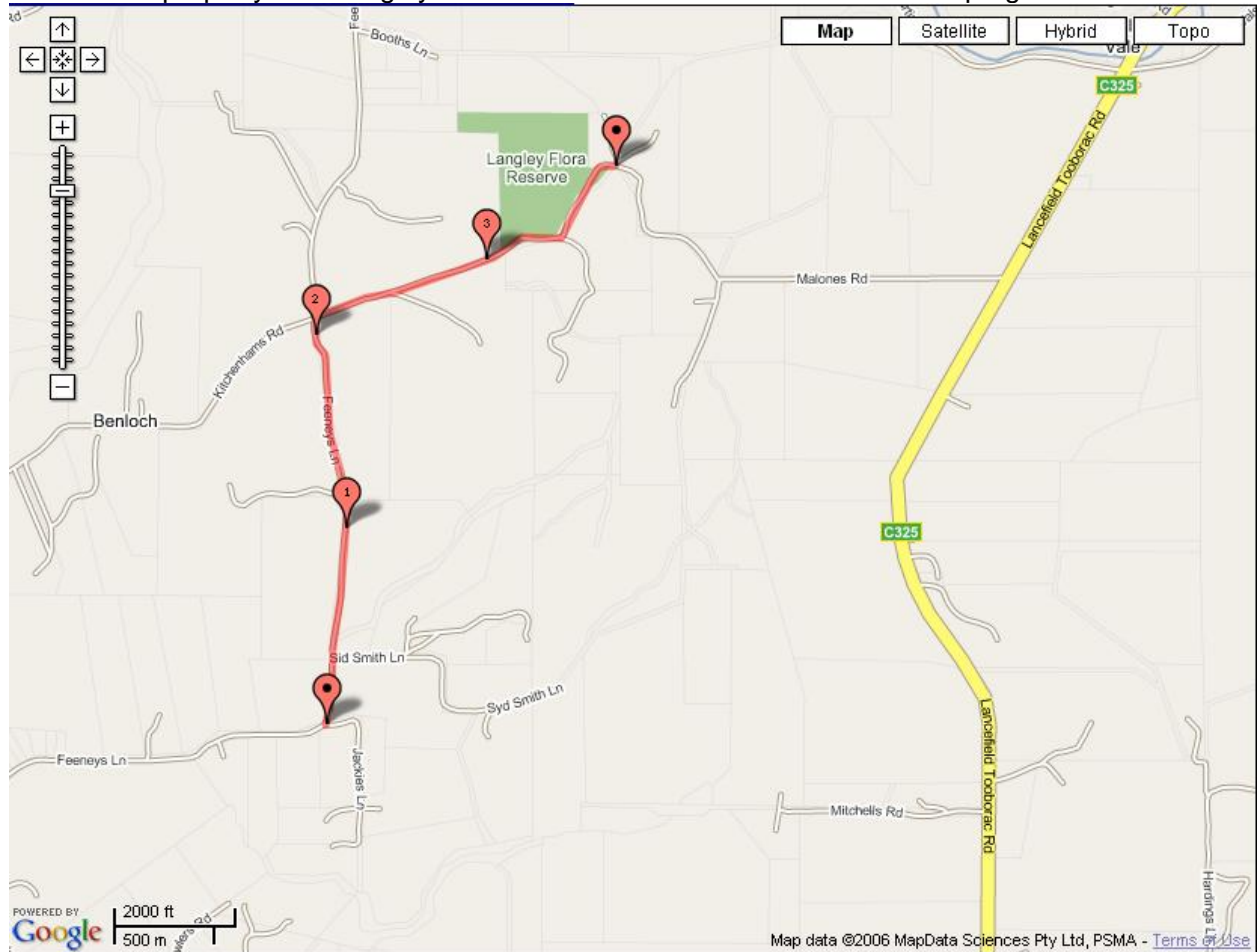
Distance: 4km

Record: 13:06 (Christian Klettner – Hill of Grace, 2002)

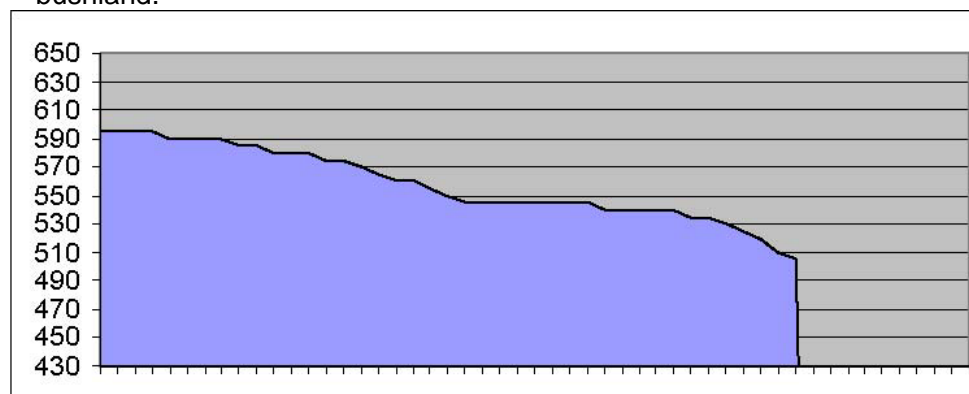
Average: 14:20

Surface: Gravel

Description: Continue along Fenneys Lane. Turn right into Malones Rd after 2.1km. Finish at a property with a big cyclone fence where Malones Rd veers sharp right.



Topography: Steady downhill – a Max Howard special. Great surface through a well shaded patch of bushland.



Stage 12 - "Malones Rollercoaster"

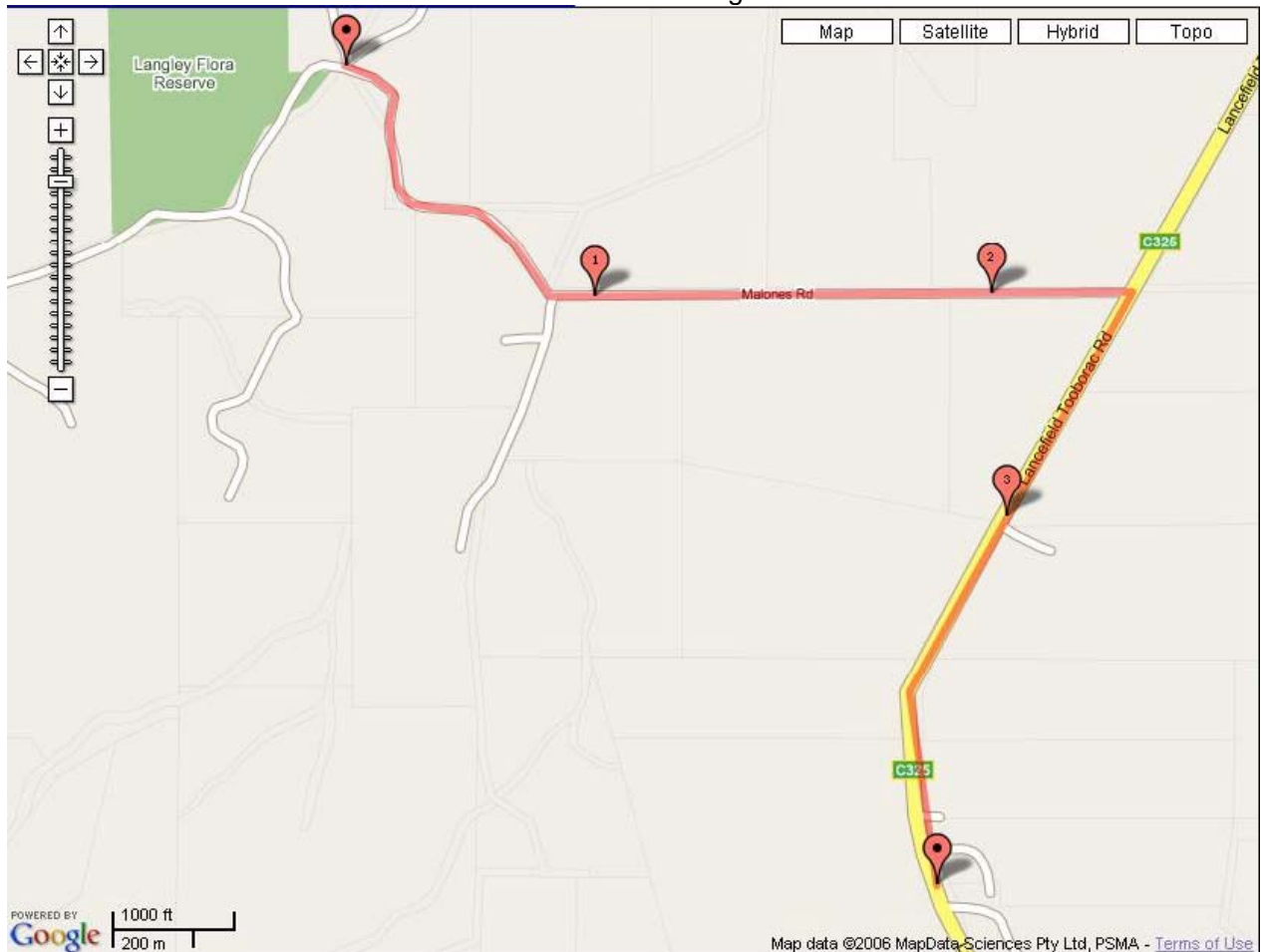
Distance: 4km

Record: 13:56 (Simon "Bevo" Bevege – The Quadtets, 2011)

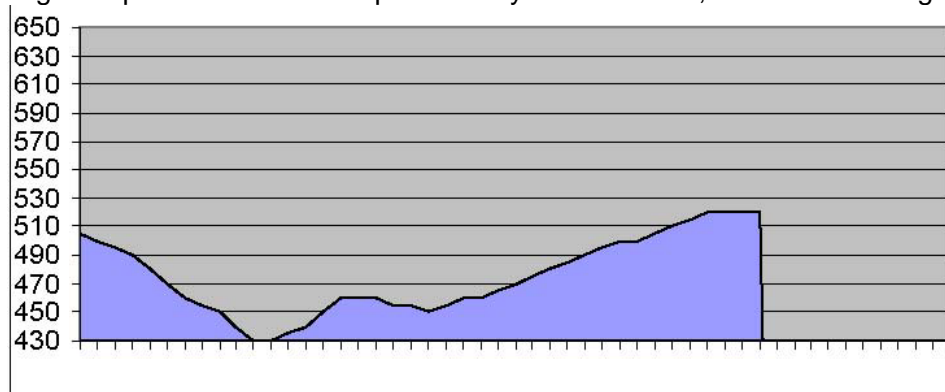
Average: 15:39

Surface: Gravel/Bitumen

Description: Continue along Malones Rd. Veer left after 450m, then left again at 900m as you head through the white gates and down into the floodway. Turn right into Lancefield – Tooboorac Rd after 2.4km and continue along to the finish outside Glenbrook Farm.



Topography: Steep downhill start followed by a steep uphill climb out of the floodway. Last couple of Km grind up the main road in open country. Great views, but who's looking?



Stage 13 - "Poonce's Delight"

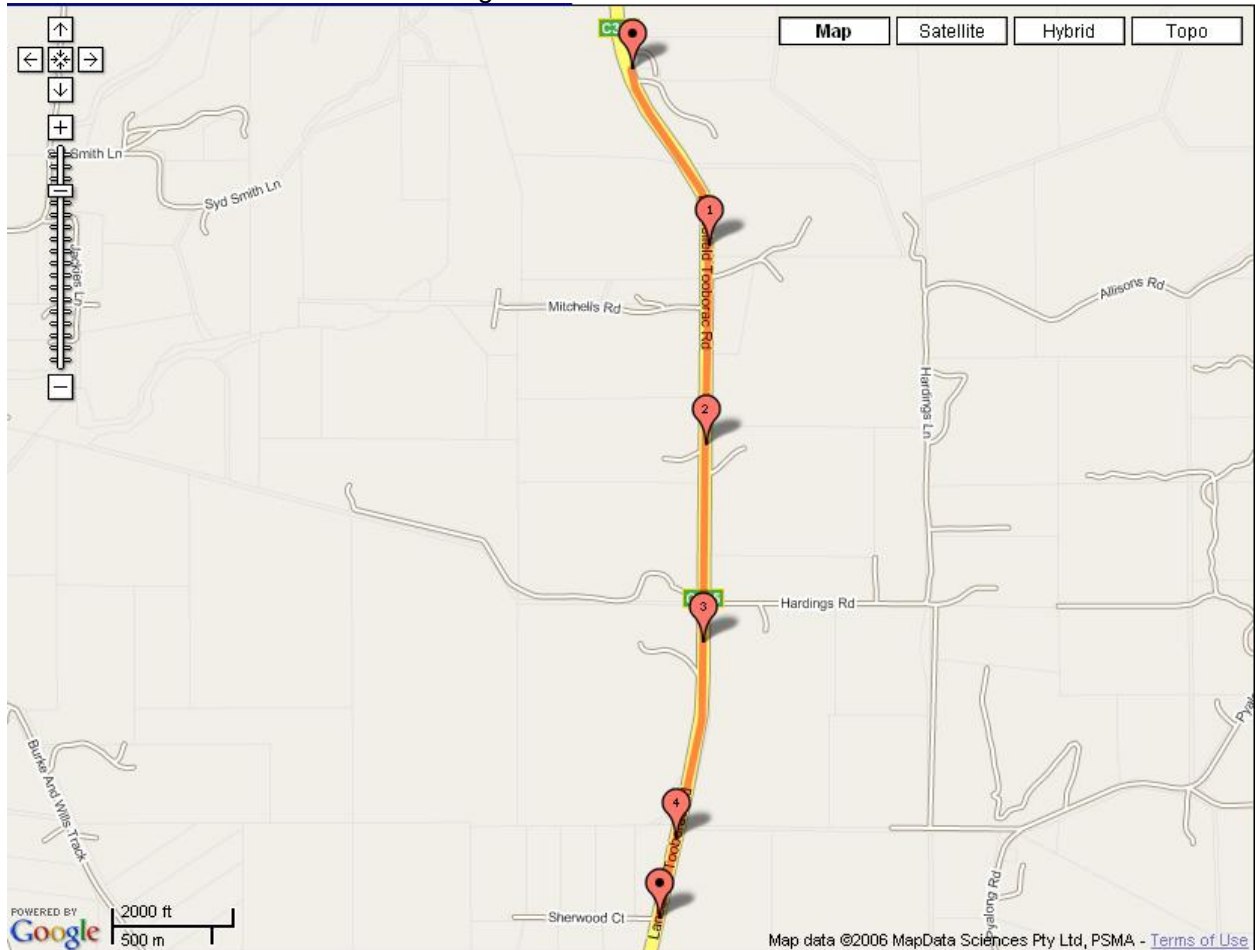
Distance: 4.5km

Record: 14:50 (Dan Hornery – The Asthmatics + Dan, 2007)

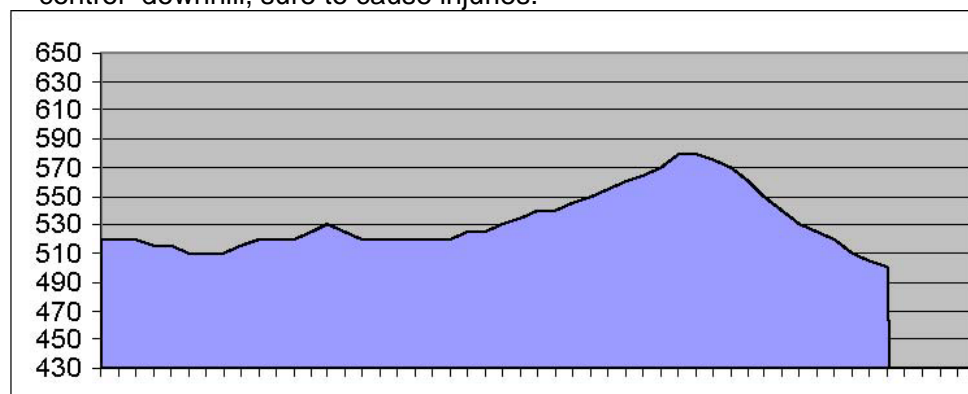
Average: 16:30

Surface: Bitumen

Description: Continue along Lancefield – Tooboorac Rd until the finish at the intersection with Sherwood Court on the right.



Topography: Undulates on the open road before hitting a nice steady rise. Finishes with an “out of control” downhill, sure to cause injuries.



Stage 14 - "Meet me at the Weighbridge"

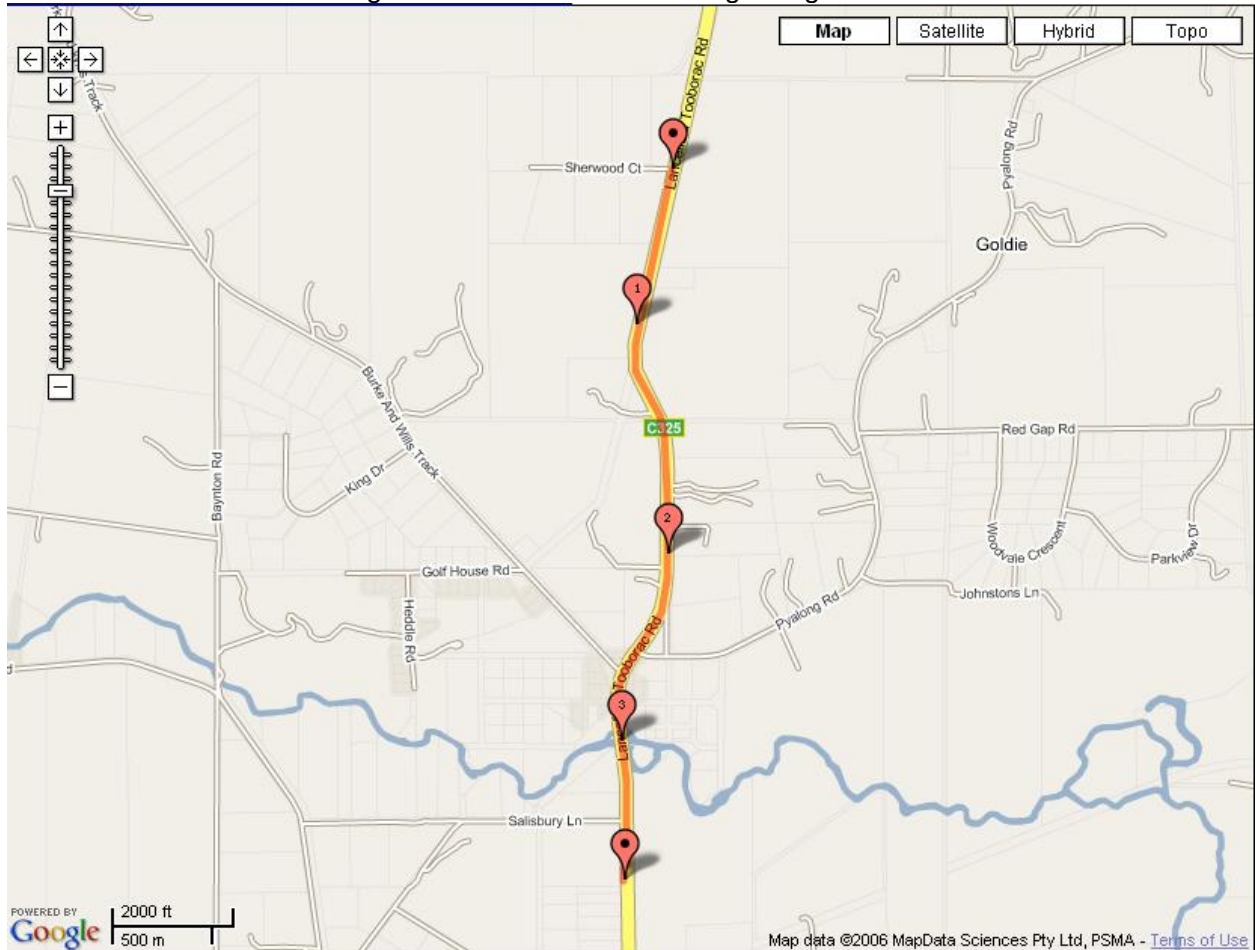
Distance: 3.7km

Record: 11:20 (Troy Williams – Santas Little Helpers, 2010)

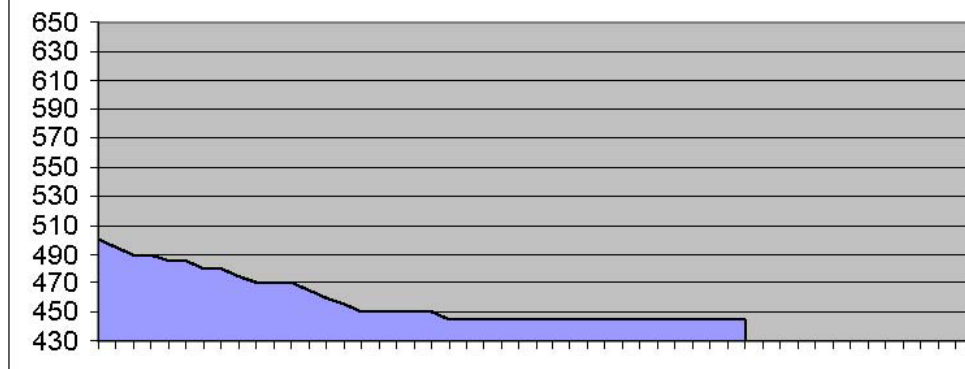
Average: 14:00

Surface: Bitumen

Description: Continue along Lancefield – Tooboorac Rd. Cross Musteys Bridge then shortly after veer left into the siding to finish outside of the Weighbridge.



Topography: Downhill start before flattening out after 2km. A nice easy one to finish the days running.



Distance Stages 8 to 14: 30.25km

Overall distance: 59.60km