

**MELBOURNE MIDDAY
MILERS**

5M'S



**MORNINGTON
PENINSULA
2010**

Race details

We will meet at 8.15am on Sunday 28 March at Geoff Nicholson's house, 101 Stanleys Road, Red Hill South, Melways ref 191 G7.

Once we are all assembled - please don't be late - we'll pick teams. Team captains will be the top runners in the field as determined by the seeder. Captains will then pick in reverse order – i.e. lowest rank captain has first pick. Once all captains have had one selection, the order reverses – i.e. highest rank captain has first pick in the second round. The order again reverses for the third and final round. To assist (or maybe not), the seeder will circulate his/her suggested seedings a few days before the race.

All runners will then go for a warm up run over stage 1, giving teams some time to strategise. The race proper will start approx 9.00am.

The first 4 stages are run as a relay - i.e. one runner at a time from each team in any order that you choose. Each team member must run once and as soon as each team completes the fourth leg they will send a runner off on the fifth stage (i.e. no massed re-start) with the team car now following behind.

Each team member completes one leg out of stages 5 to 8.

As this is our first time over the course, there is no designated location for the morning break. However we expect to be able to find something suitable very close to the end of stage 8 near Shoreham. I suggest you BYO food and drink as I cannot guarantee shops will be conveniently available.

Stage 8 should be finished approximately 10:45am. We will have a 1 hour break.

It's a short drive to the start of stage 9 where a mass re-start will occur, with cars following. Each runner must complete two of stages 9 to 16 and cannot complete consecutive stages. The finish line is in Flinders and we should arrive there approximately 1:30. We will then drive back to Geoff Nicholson's house for the BBQ and presentations. There should be an opportunity for you to duck into Flinders if you need to buy anything. Geoff's property is on tank water, so again consider BYO water. We will provide some sausages and drinks.

Please note there are a few major road crossings during the event. We will do what we can to help you get across safely, but ultimately it is your responsibility. Please take care. If necessary, times will be adjusted to compensate for being held up.

The prestigious Alan Barkauskas Runner Of The Day Award will be selected as follows:

1. All teams will nominate the runner from their team that they believe is most worthy. Teams can use any criteria they wish in making this decision.
2. All relay competitors present will then be asked to vote 3-2-1 for their runner of their day, selecting from the pool of runners that have been nominated by the teams. You can vote for the runner from your own team if you wish.
3. The runner with the most votes will be declared runner of the day. In the event of a tie, a count back system will be used. ie: Runner with most 3 votes wins. If still tied, runner with most 2 votes wins. If still tied, it's a tie.

Entry fee is \$20, cash on the day. All profits from the event will go to a charitable cause to be selected by the MMM committee.

Stages 1 - 4 - Nicho's revenge (run as a relay)

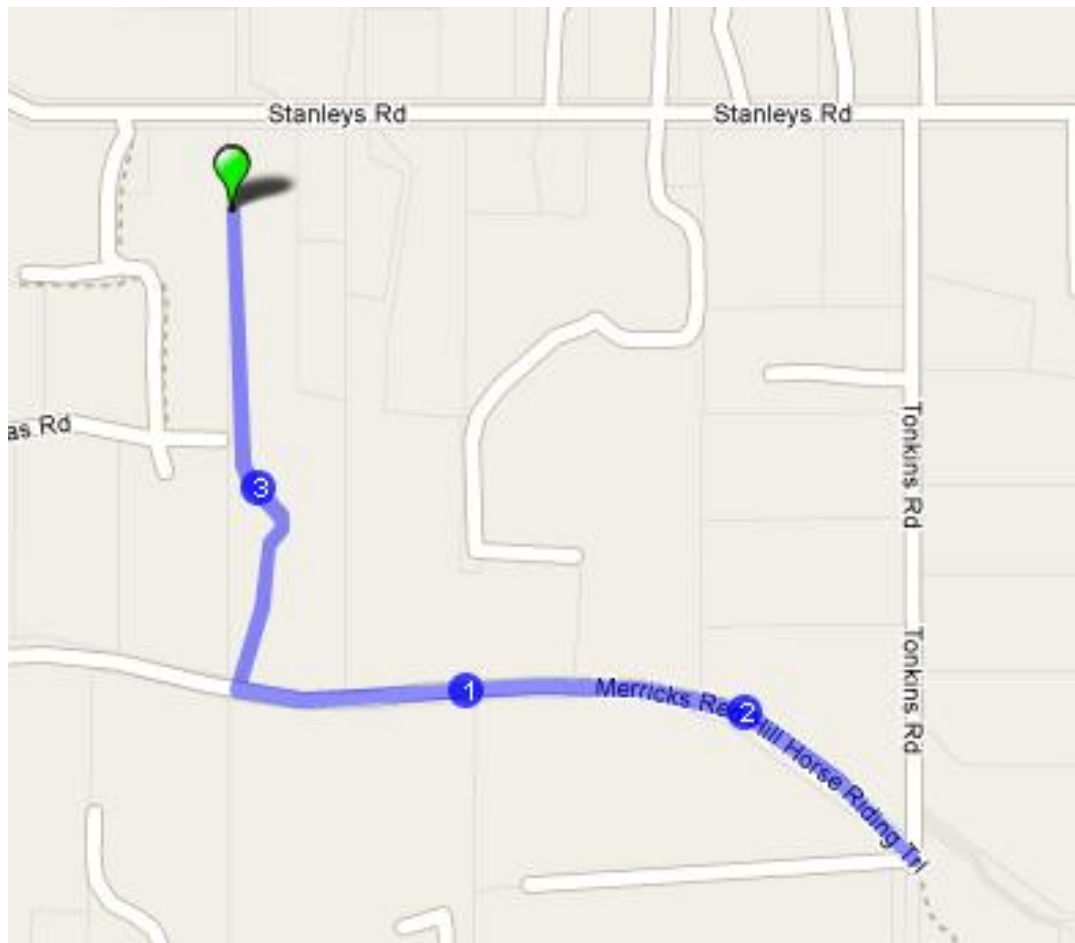
Melways Ref: Start 191 G6 End 191 G6

Distance: 3.39km

Description: Out and back starting at Nicho's middle gate. Follow the driveway, stay right of the house and head across the top paddock. Through the gate at the top right hand corner and turn left onto Merricks Red Hill Horse Riding Trail. Turn around after approx 1.7km when you reach Tonkins Rd. (there will be a marker). Back to where you started.

Course record:

Organiser notes: Need turnaround marker at Tonkins Road



Elevation profile not available – rises approx 50m between 300m and 600m before a gradual decline to the turnaround

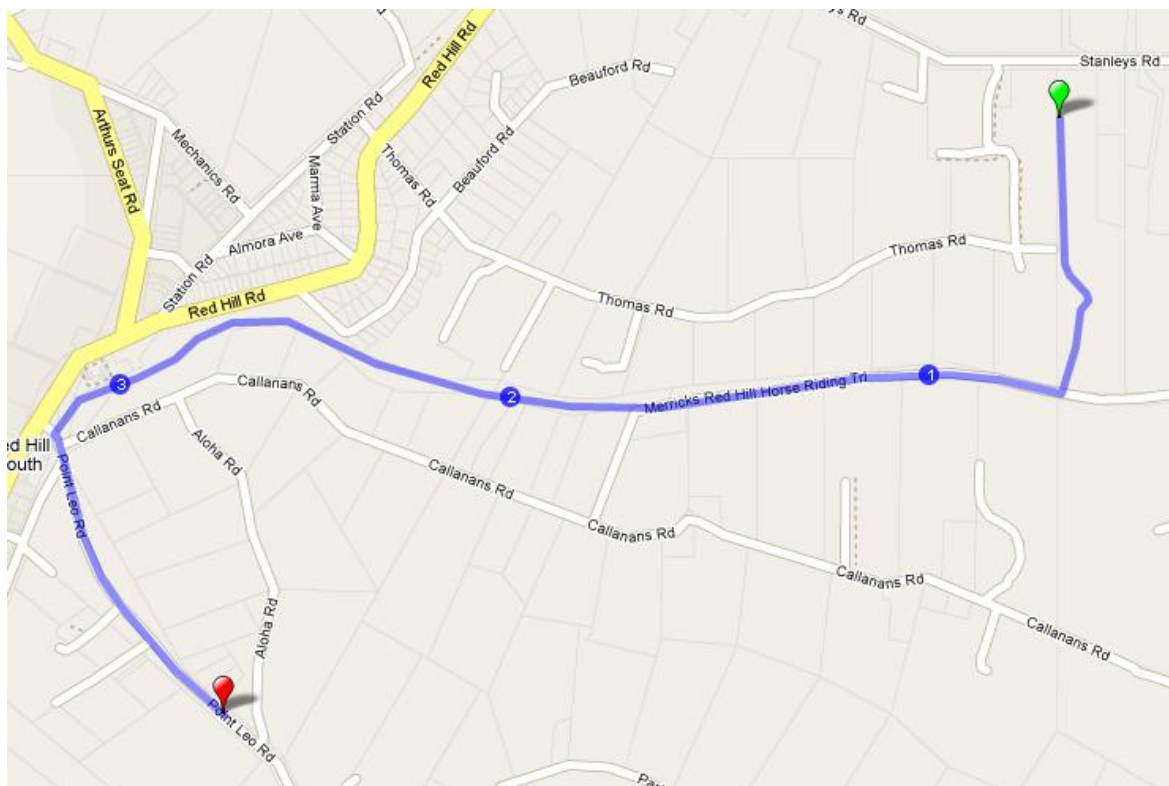
Stage 5 – Giddy up

Melways Ref: Start 191 G6 End 191 B9

Distance: 4.00 km

Description: Start at Nicho's front gate, follow the driveway and up the paddock like stages 1-4. This time turn right at the top gate onto Merricks Red Hill Horse Riding Trail. It's a steady climb all of the way to Point Leo Rd. Left onto Point Leo Rd. Change over is at "Ambrosia Ridge" (199 Pt Leo Rd).

Course record:



Elevation profile not available – pretty much up hill from 250m to 3.5km, rising 120m, the final 500m see's the slope turn in your favour

Stage 6 – The Fast and the Franga

Melways Ref: Start 191 B9 End 191 C10

Distance: 4.27km

Description: Down Point Leo Rd, left onto Paringa Rd for an out and back run. Turnaround after approx 1.75km at Kondoparinga. Change over is back at Point Leo Rd

Course record:

Organiser notes: Need turnaround marker at Kondoparinga



Stage 7 – The Patrick Swayze

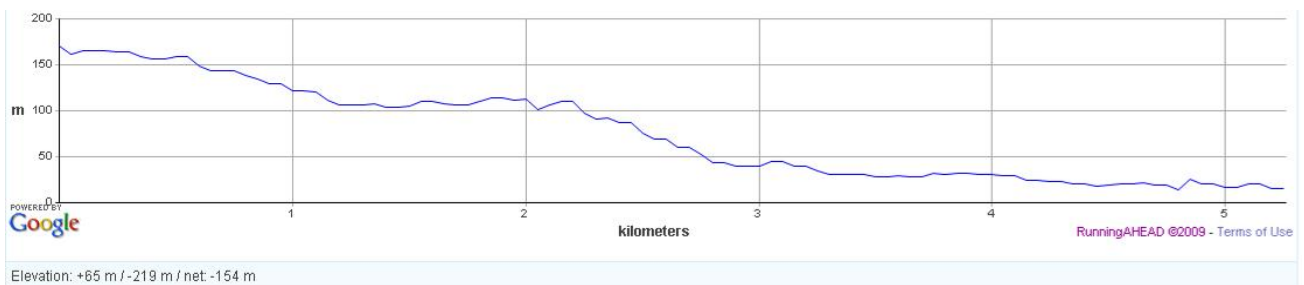
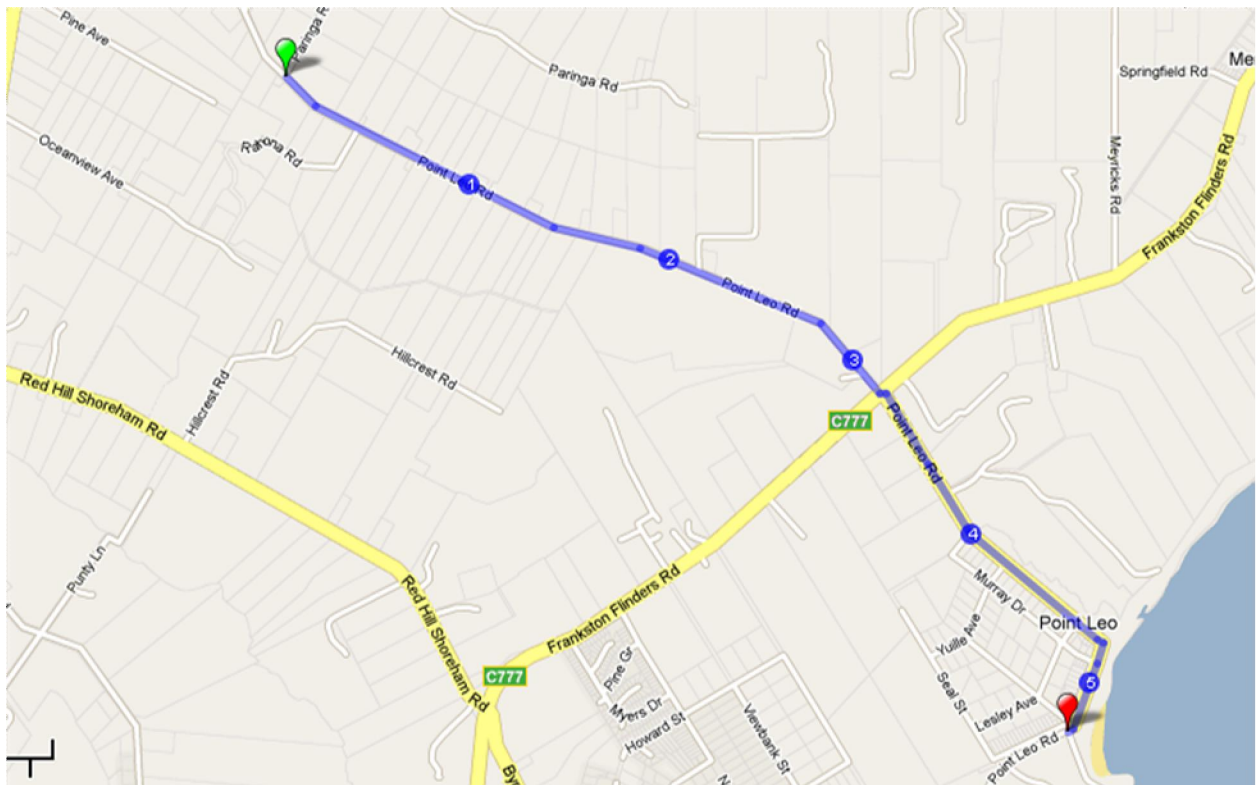
Melways Ref: Start 191 C10 End 257 C6

Distance: 5.26km

Description: Down Point Leo Rd, crossing Frankston-Flinders Rd. CAUTION - THIS IS A MAJOR ROAD. Past the car parking permit office & following the road to the right. Change over is at the Raws Reserve sign.

Course record:

Organiser notes: Need a spotter to assist with crossing Frankston-Flinders Rd.



Stage 8 – Fury's Delight

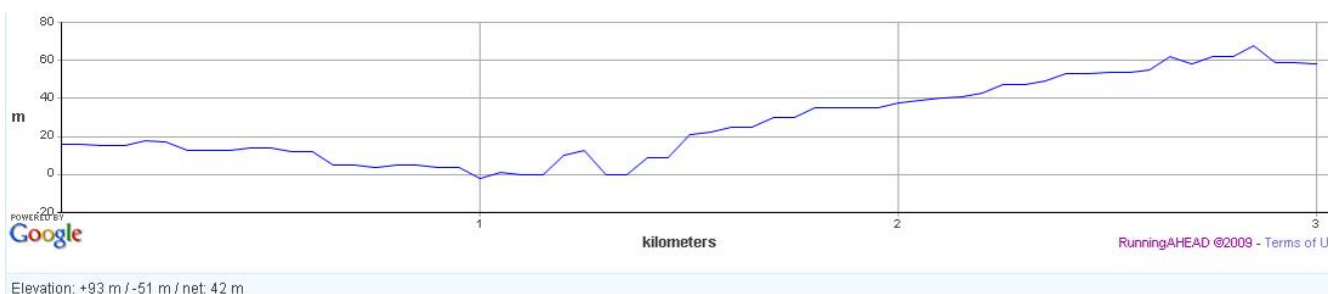
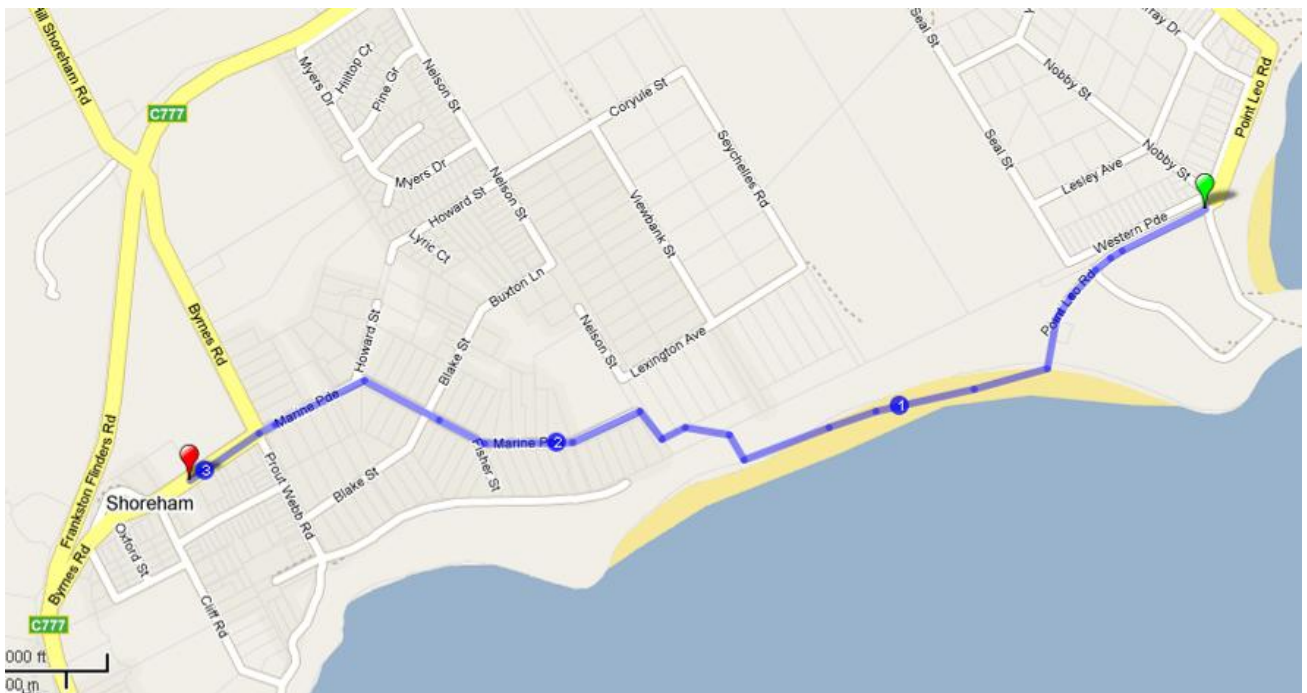
Melways Ref: Start 257 C6 End 256 F8

Distance: 3.05km

Description: Follow the road. It's 500m to the beach. Turn right when onto the beach & follow water line. Exit beach after approx 900m at the marker & onto a track, heading up a number of flights of stairs. Once on the grass head left and follow the trail. Turn left when you reach a gate and enter Marine Parade which is gravel. Up the hill until it ends (no turns). Head straight at a multi-way intersection, running towards the yellow poles and commence running on a grass track along a front fence line. The stage finishes shortly in front of the Shoreham Tennis Club. The finish line is at the public telephone.

Course record:

Organiser notes: Markers needed at beach exit and at Marine Parade/Byrnes Road intersection.



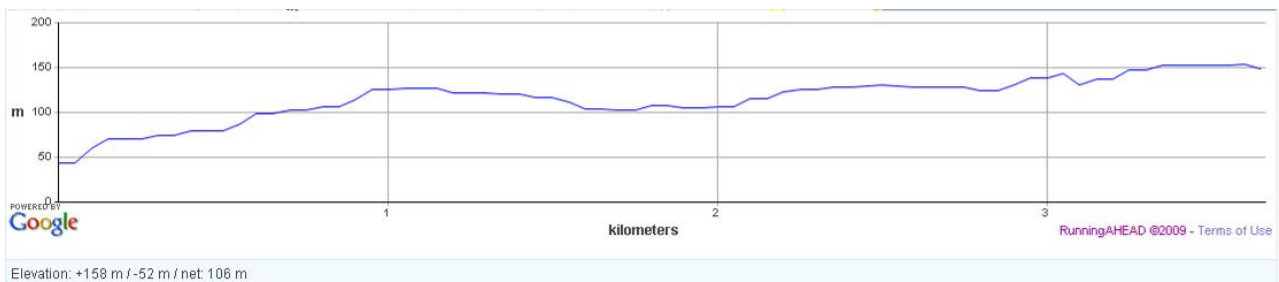
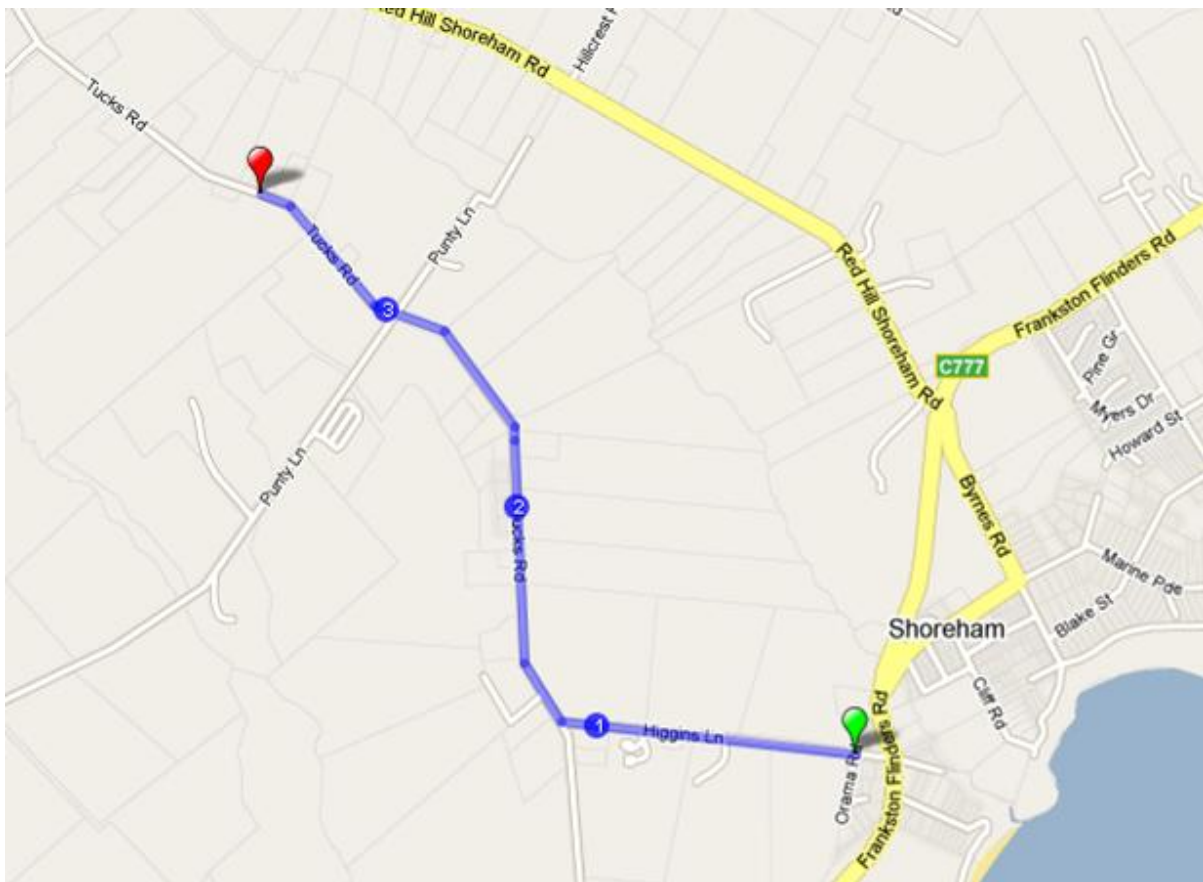
Stage 9 – Past the punt

Melways Ref: Start 256 E9 End 255 J4

Distance: 3.66km

Description: Start corner of Orama Street & Higgins Lane. After 1.14km turn right onto Tucks Rd, after a few kms cross Punty Lane where the change over is approx another 700m further at the red letterbox (399 Tucks Road).

Course record:



Stage 10 – The Step Off

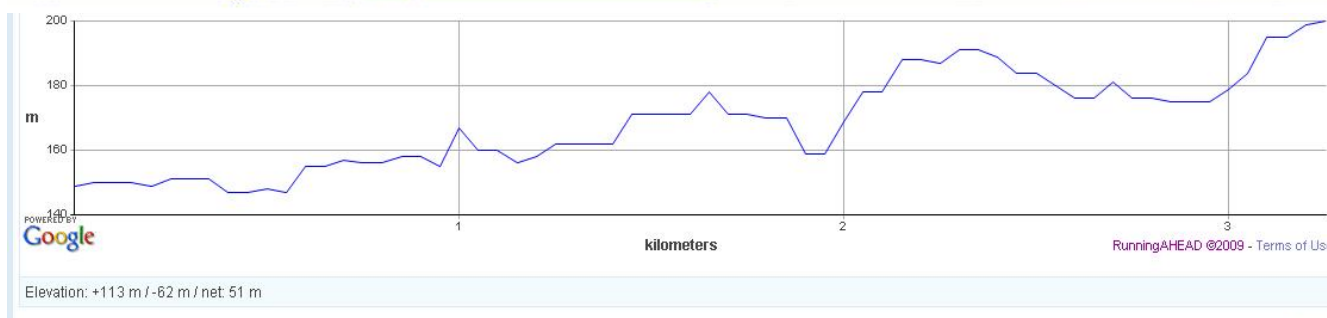
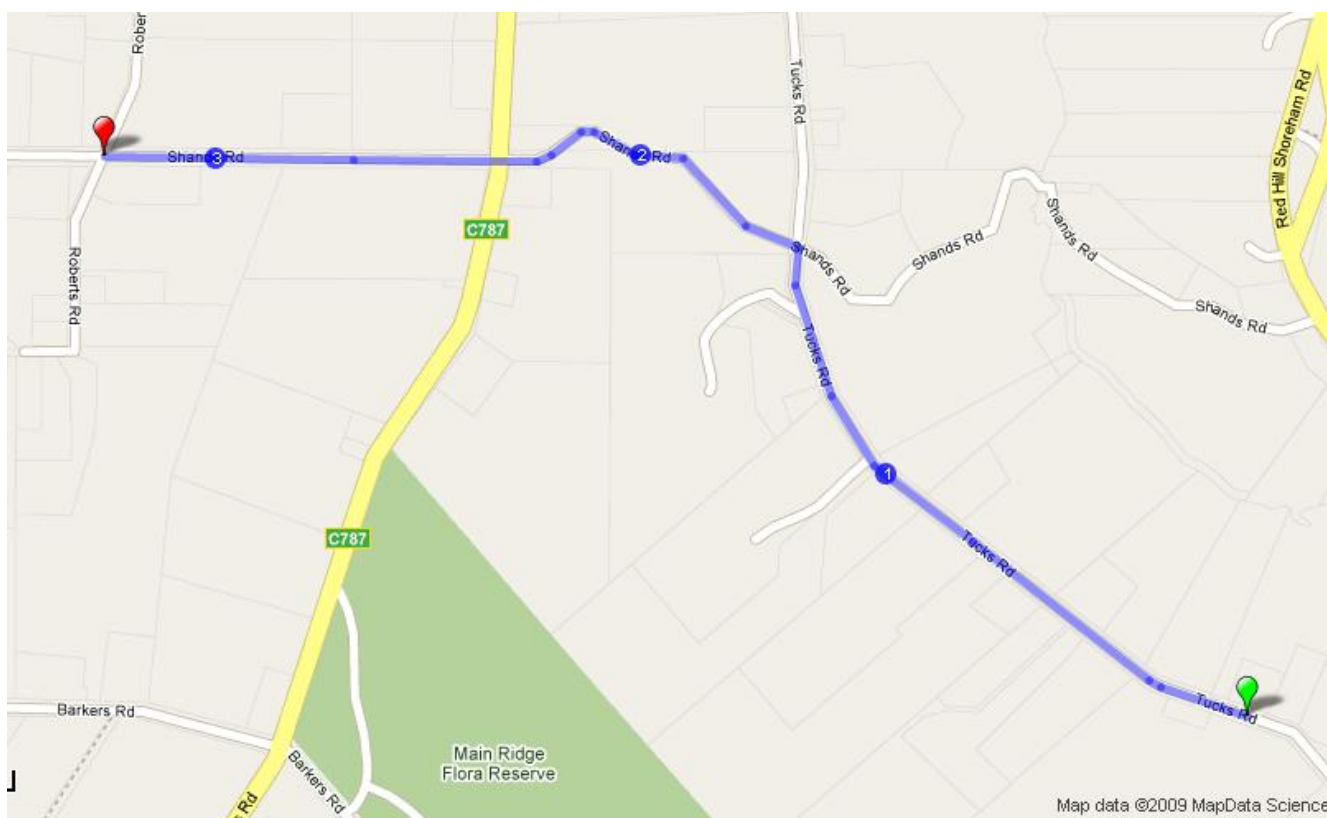
Melways Ref: Start 255 J4 End 190 B12

Distance: 3.25km

Description: Continue along Tucks Road, after 1.65km turn left onto Shands Road. Cross Mornington-Flinders Rd ***CAUTION - THIS IS A MAJOR ROAD*** Continue to change over point at Roberts Road crossing.

Course record:

Organiser notes: Need a spotter to assist with crossing Mornington-Flinders Road



Stage 11 – Wineview Lane

Melways Ref: Start 190 B12 End 254 E1

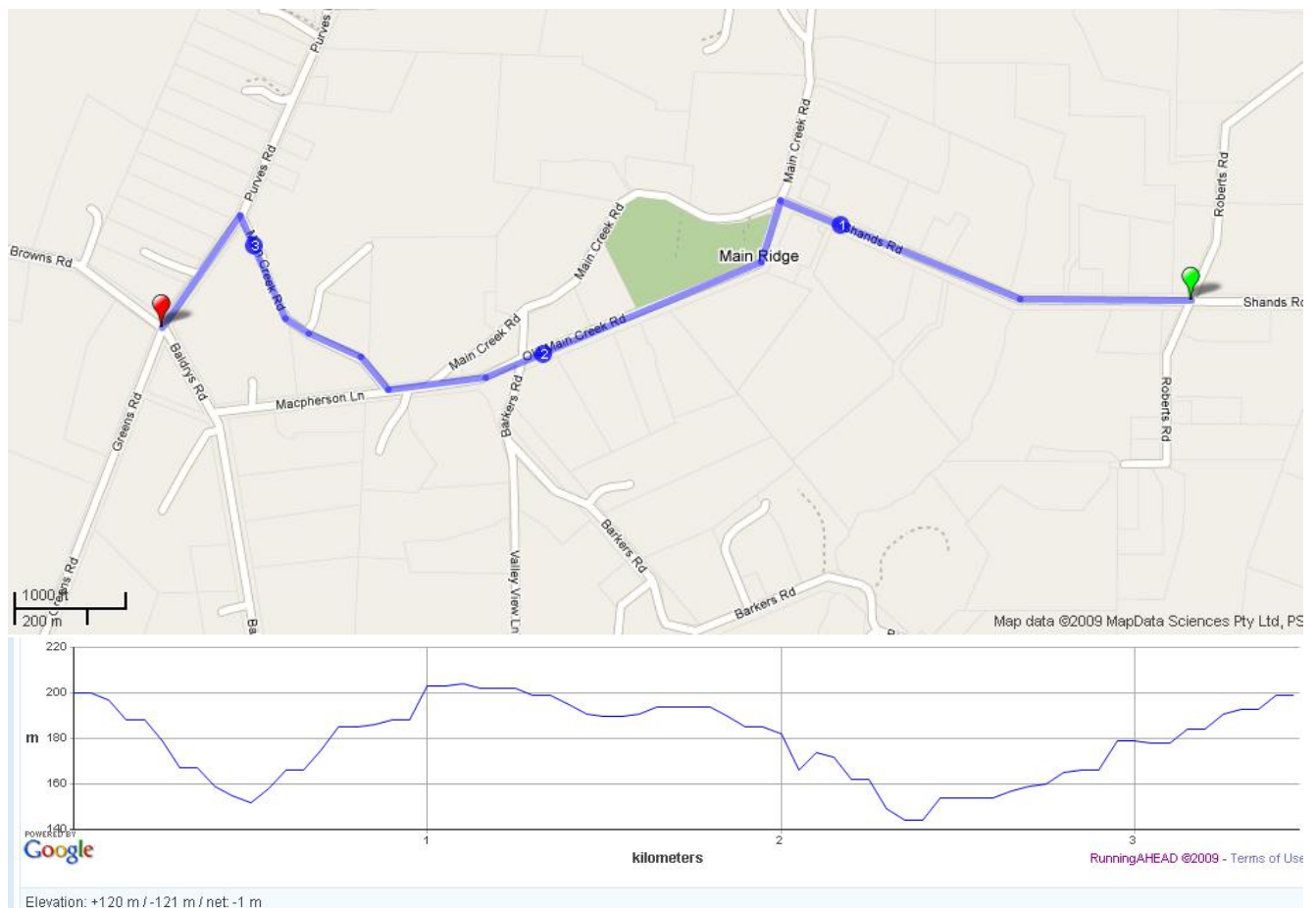
Distance: 3.47km

Description: Continue along Shands Road, sharp left onto Old Main Creek Road (gravel). At the T-intersection take caution and head straight on Macphersons Lane (track). After running down the track, turn left onto Main Creek Road. After running through the green barriers at the narrowing of the road, stay left on the trail and run up the hill that is parallel with the road. Turn left at the top of the hill just before Purves Road. Run on a horse riding track which is parallel to the road. Change over is just before the 4-way intersection with a roundabout.

Driver notes: There is no car access to MacPhersons Lane. Cars will need to turn right onto Barkers Road and then left onto Main Creek Road where they will rejoin the running route just before the green barriers.

Course record:

Organiser notes: Need markers along Old Main Creek Rd & to take the trail after the barriers



Stage 12 – Bora Bora

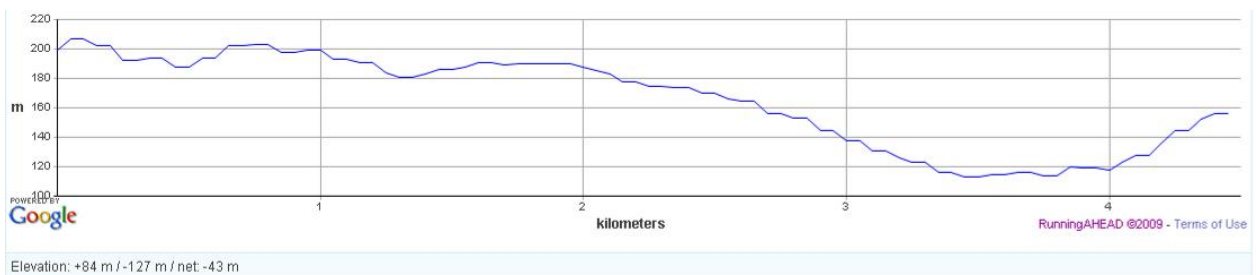
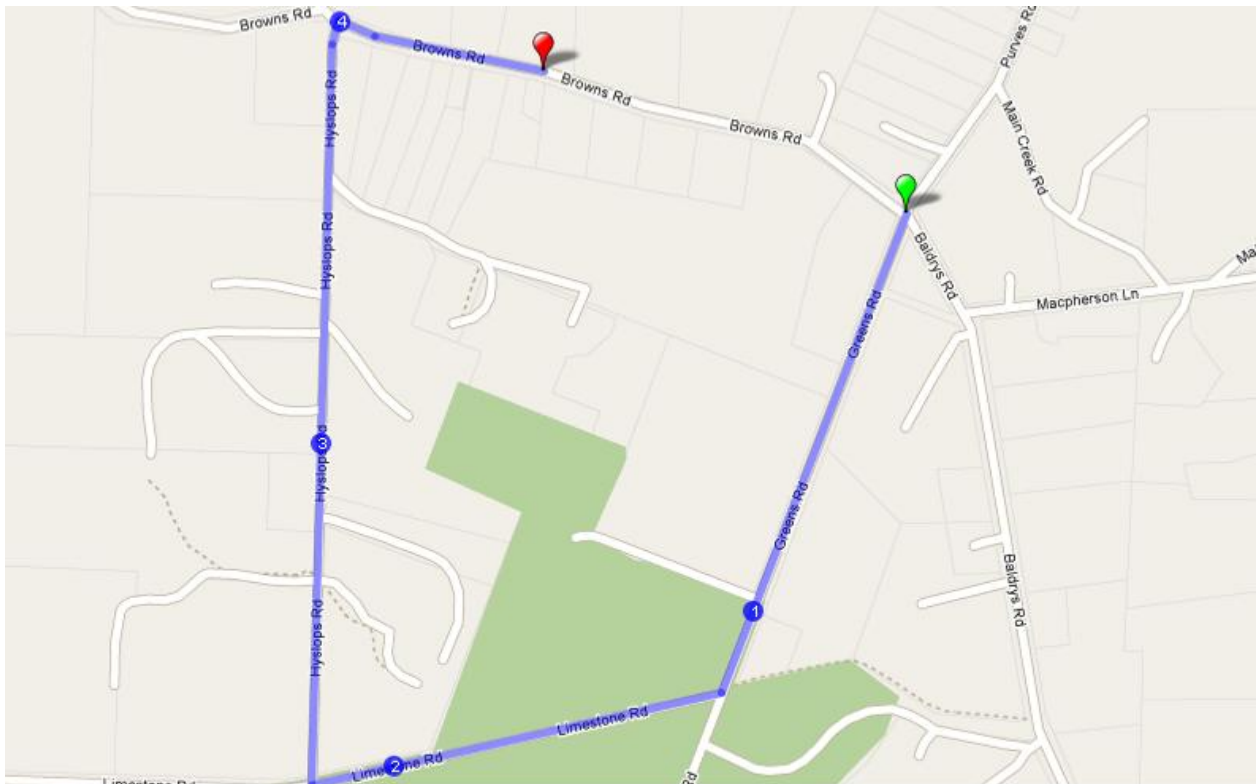
Melways Ref: Start 254 E1 End 171 C12

Distance: 4.5km

Description: Down Greens Road (gravel), right after 1.2km onto a horse track, running over cattle type grate as you enter (there will be a marker). Follow the sandy trail then after 1km right at the clearing where the sign says Browns Road. Follow this all the way. Right onto Browns Road heading up the hill & towards the change over point at a business called "Between Bays".

Course record:

Organiser notes: Need markers at turn onto horse track through to trail



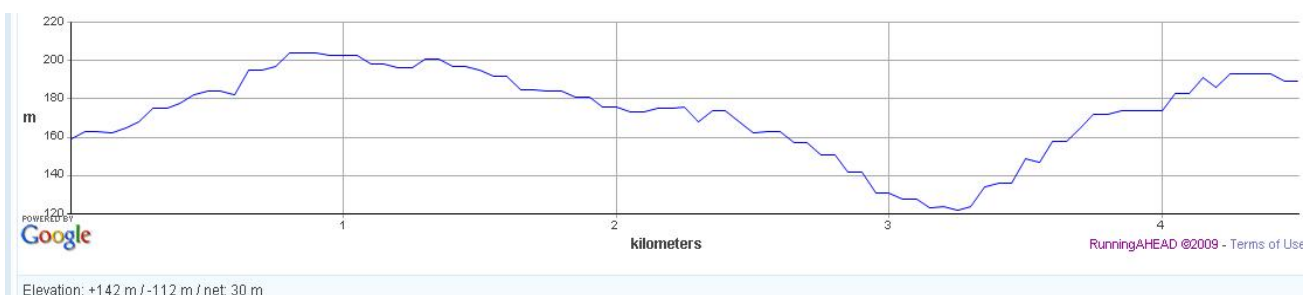
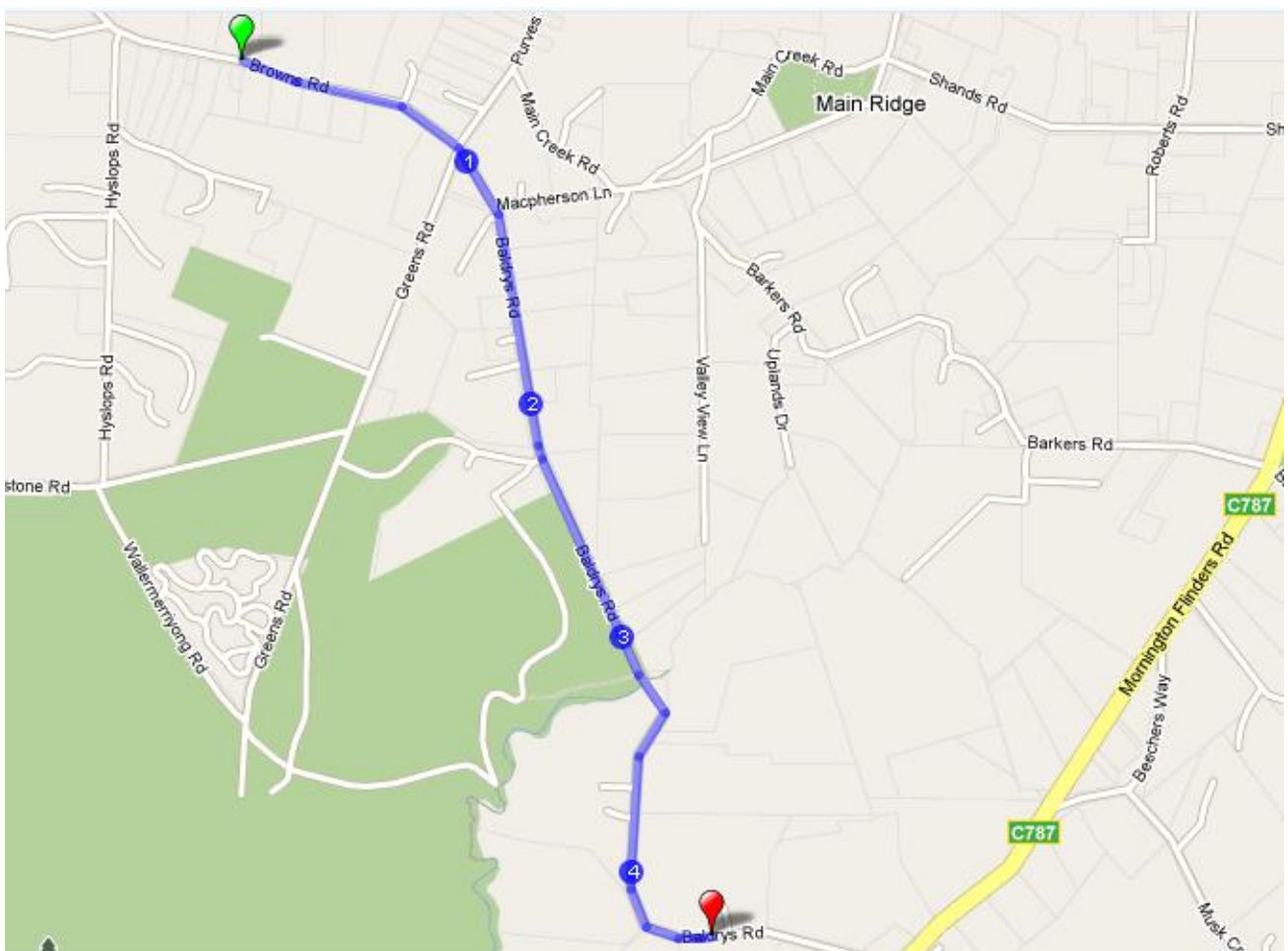
Stage 13 – Crossing Baldry

Melways Ref: Start 171 C12 End 254 H8

Distance: 4.5km

Description: Continue along Browns Road and straight onto Baldrys Road. There is a track on the left hand side of the road. Use it for as long as you can to avoid running near cars. Change over point is just after a left hand bend where there is a yellow horse riding sign on a lamp post.

Course record:



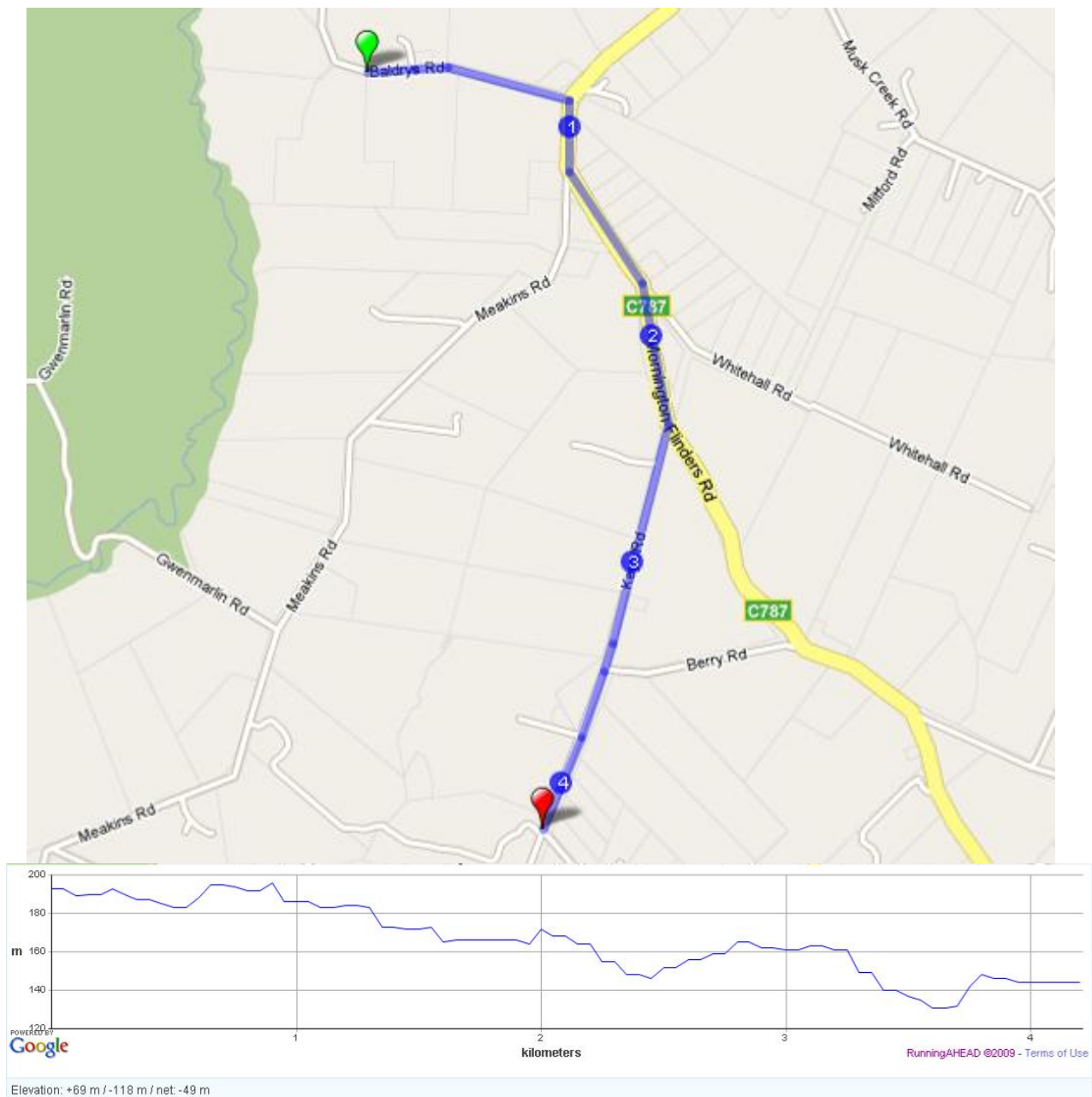
Stage 14 – M1

Melways Ref: Start 254 H8 End 260 J4

Distance: 4.5km

Description: At the end of Baldrys Road turn right onto Mornington-Flinders Rd staying on the right hand side of the side. *** CAUTION - THIS IS A MAJOR ROAD*** Turn right after approx 2.3km onto Keys Road. Do not make any turns. Change over is at the Punchbowl Road corner.

Course record:



Stage 15 – Keys into the punch bowl

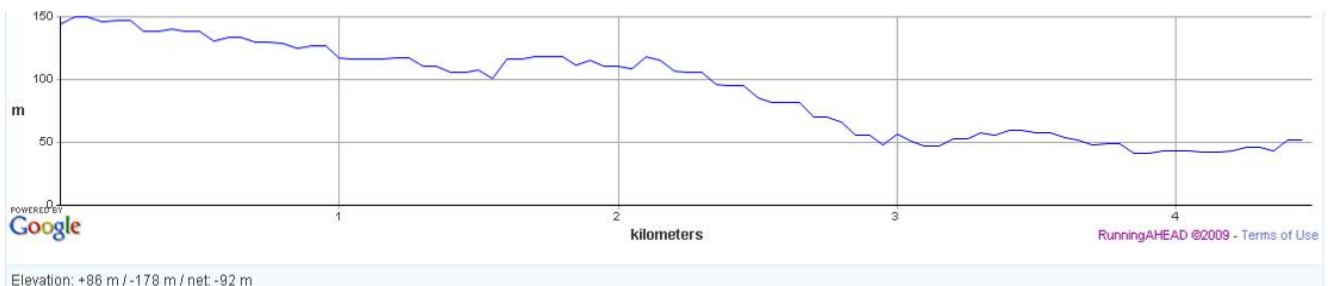
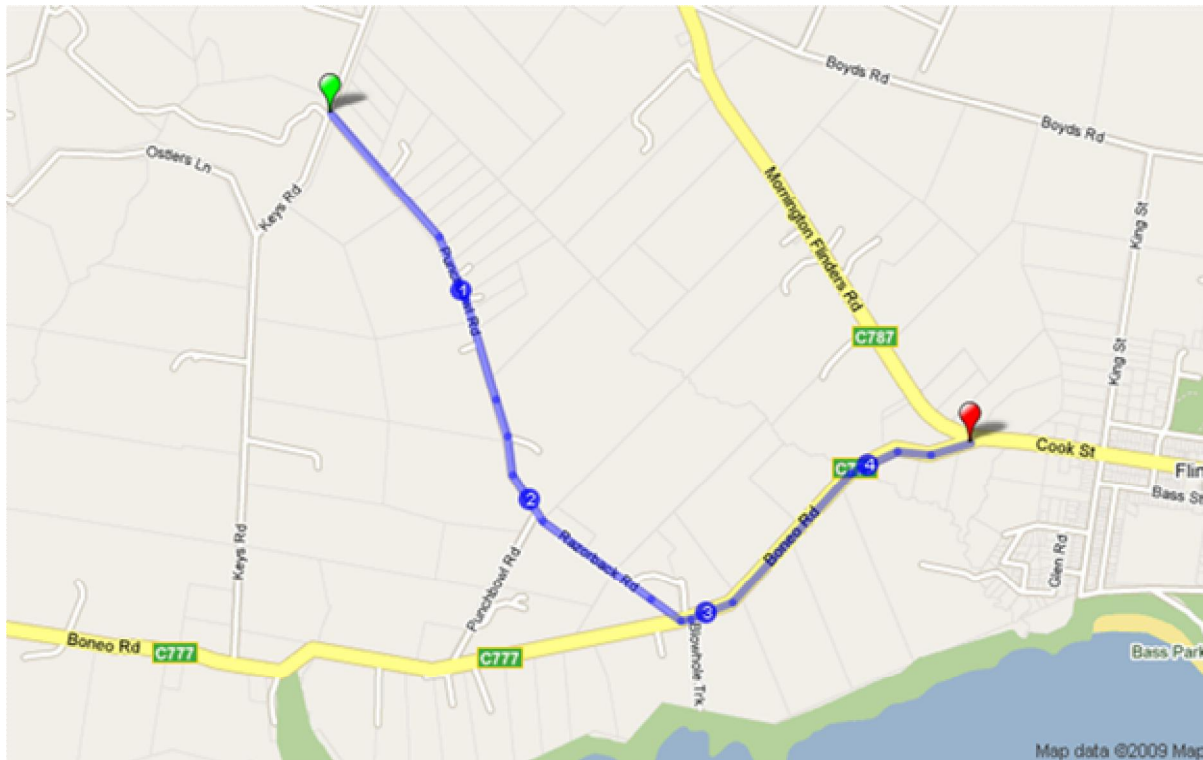
Melways Ref: Start 260 J4 End 261 G8

Distance: 4.49km

Description: Left onto Punchbowl Road and left after approx 2km onto Razorback Road. Cut the corner just before Boneo Road & then enter Boneo Road. ***CAUTION - THIS IS A MAJOR ROAD*** Change over to right hand side of road when safely possible. Run on the right hand side of the road towards the change over point which is at a gravel cut out just before a major T-intersection.

Course record:

Organiser notes: Need a spotter to assist with entering Boneo Road.



Stage 16 – Run Tiger Run

Melways Ref: Start 261 G8 End 262 A9

Distance: 3.66km

Description: Start at gravel just before turning right onto Cook Street, heading towards Flinders. Turn right at King Street and at end turn left onto Golf Links Road. Following the winding coast line road continue straight onto The Esplanade & up the hill at the only 4-way intersection. The finish line is at Monument Car Park in approx 400m. Cutting the corner at the Monument car park is legal.

Course record:

Organiser notes: Paint a finish line on the grass near the monument.

