

**MELBOURNE MIDDAY MILERS
MARCH MADNESS**



BARWON HEADS

5Ms



RELAY



2013

Pre-race admin

1. We will meet at 8.15am on Sunday 17 March in the car park opposite the Barwon Heads Hotel & fronting the beach on Ewing Blyth Drive (Melways 497 B4).
2. The best way to get to Barwon Heads is to take the Princes Freeway from Melbourne, continue to the end of the new Geelong Ring Road. At the roundabout, take the 1st exit onto Anglesea Rd/C134. At the roundabout after 2.9km, turn left onto Mount Duneed Rd. Follow this road across Surfcoast Hwy/Torquay Rd (4.8km), where it changes name to Lower Duneed Rd. Proceed straight ahead onto Barwon Heads Rd/C121 at the roundabout a further 5.2km down the road. Barwon Heads is about 9km down the road. If someone fails this they're out of the rest of the day as they're a navigational hazard!
3. It should take you about 70 minutes to get from the top of the West Gate to Barwon Heads.
4. 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 on Bluff Rd near The Bluff. All other cars will be left in the Ewing Blyth Drive car park for the day.
5. All runners will then go for a warm up over the relay course so that no one can then have an excuse for going the wrong way when the racing starts.
6. The race proper will start at 9.00am sharp.

Race details

1. 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 along 13th Beach Road (with the team car now following behind). In case this explanation doesn't make sense, there is no massed re-start!
2. Each team member completes one leg out of stages 5-8.
3. The morning break will be held near the BBQ in Frank Ellis Reserve in Barwon Heads at the completion of stage 8 (across Bridge Road from the car park where we meet at the start of the day). The break will last one hour, with stage 8 likely to finish at about 10.30am. There are shops and a supermarket nearby when you can get all the necessary goodies during this break.
4. The team cars will then head across the Barwon Bridge for a massed re-start on the Ocean Grove side. Each runner must complete two of stages 9-16 and cannot complete consecutive stages. The team cars follow all stages although there will be times when runners and cars must take different routes.
5. Stage 16 will end back at Frank Ellis Reserve at about 1.30pm. The BBQ will be fired up to cook whatever you brought or picked up from the supermarket & this is where the presentations will take place.

Stages 1-4 “No Bluffing” (run as a relay)

Distance: 2.30km

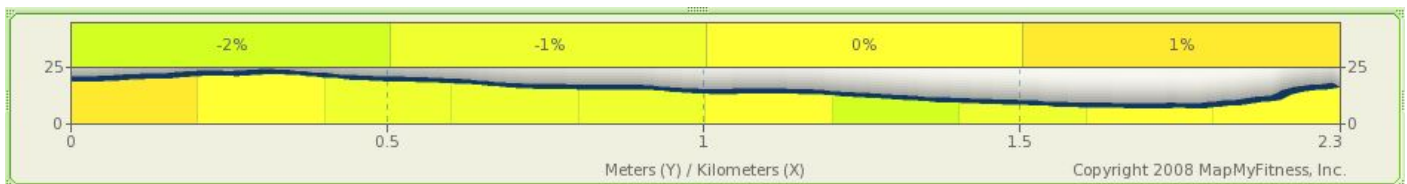
Surface: Bitumen plus gravel tracks.

Description: Start from car park above the caravan park. Turn left into Bluff Rd, complete lap of Bluff lookout and head back down Bluff Rd. Turn right into Ewing Blyth Dr and then right into caravan park entrance.

Topography: Steep climb to Bluff lookout then downhill to caravan park entrance. Steep climb again over last 150 metres.

Stage record: 6:52 (Dan Hornery, 2009)

Average: 8:03



Stage 5 “Surfer Dude”

Distance: 3.75km

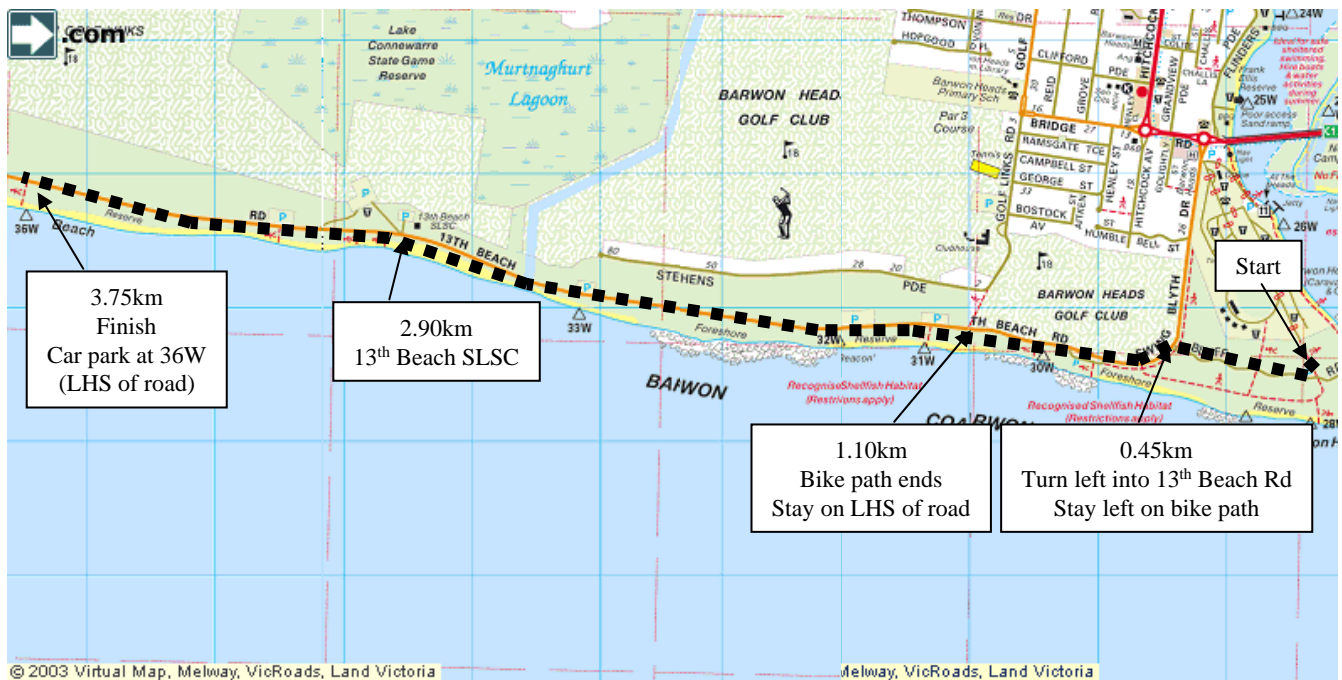
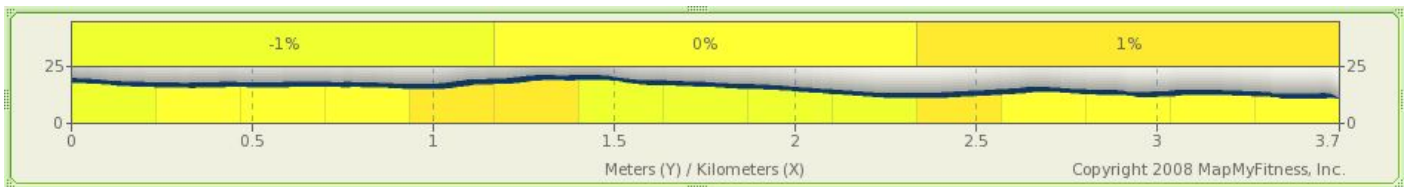
Surface: Bitumen plus gravel track.

Description: Start from car park above caravan park as soon as fourth runner completes his/her relay leg. Head down Bluff Rd and turn left into 13th Beach Road but keep to the bike path. Bike path ends at 1.1km – continue on LHS of road past 13th Beach Surf Club until finish at car park on LHS of road at 36W sign.

Topography: Downhill to 13th Beach Road, slight pinch at start of bike path and then a rolling & picturesque course between the golf courses and Bass Strait.

Stage record: 12:29 (Mark Deslandes, 2009)

Average: 13:44



Stage 6 “60 kW”

Distance: 3.95km

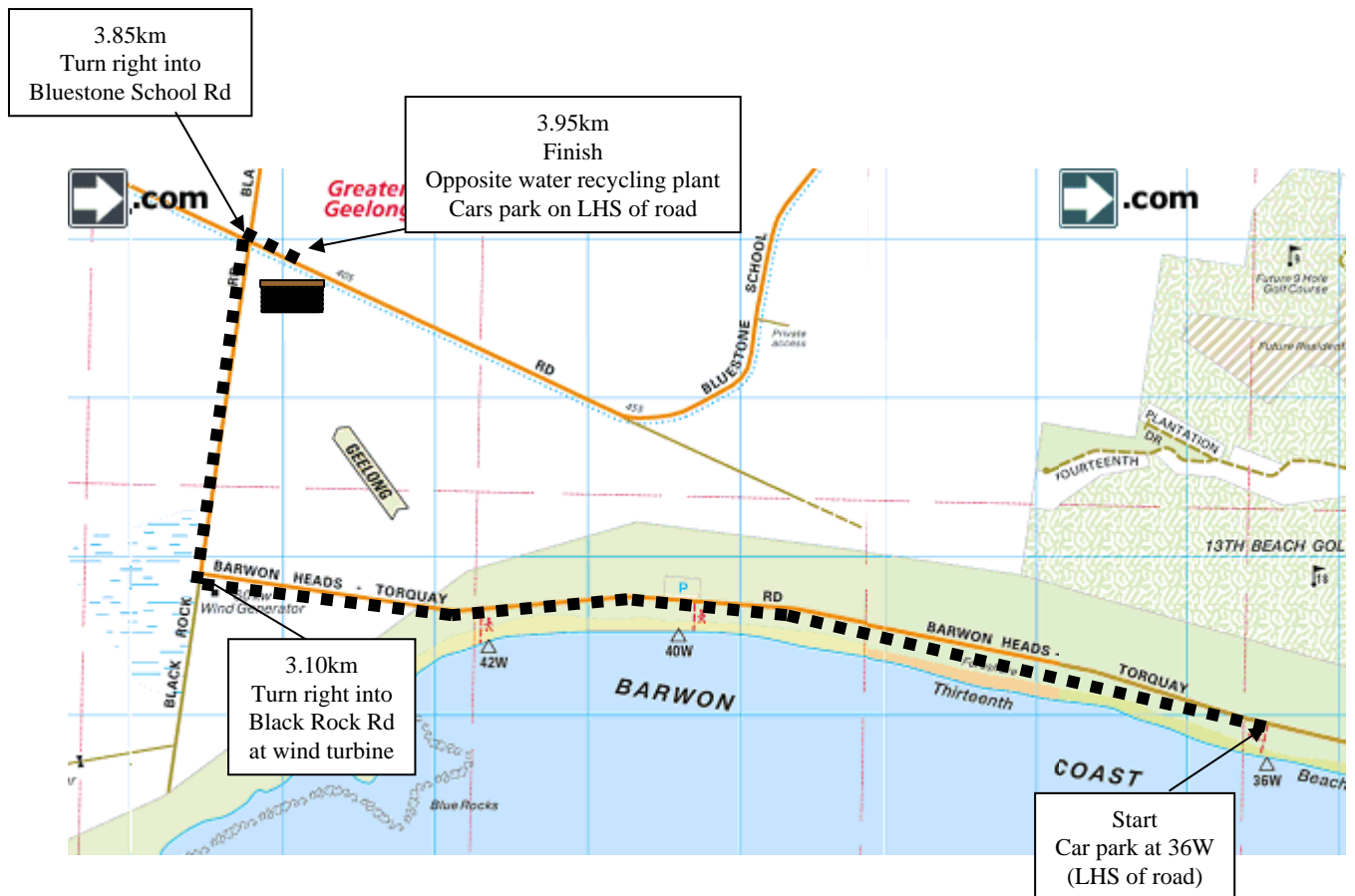
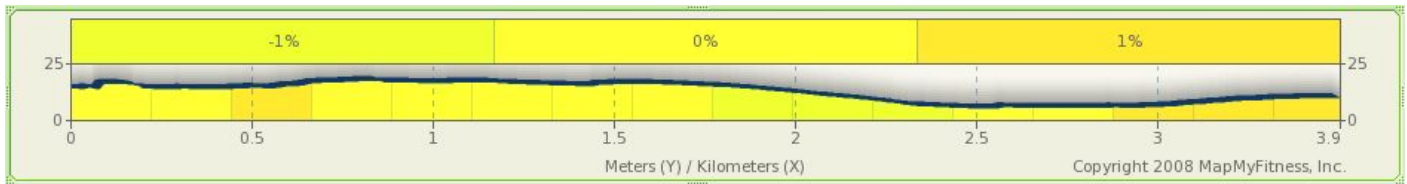
Surface: Bitumen.

Description: Start from car park on LHS of road at 36W sign. Follow Barwon Heads – Torquay Rd and then turn right into Black Rock Rd at the wind turbine. Turn right into Bluestone School Rd and finish opposite the recycled water trial plant.

Topography: Flat.

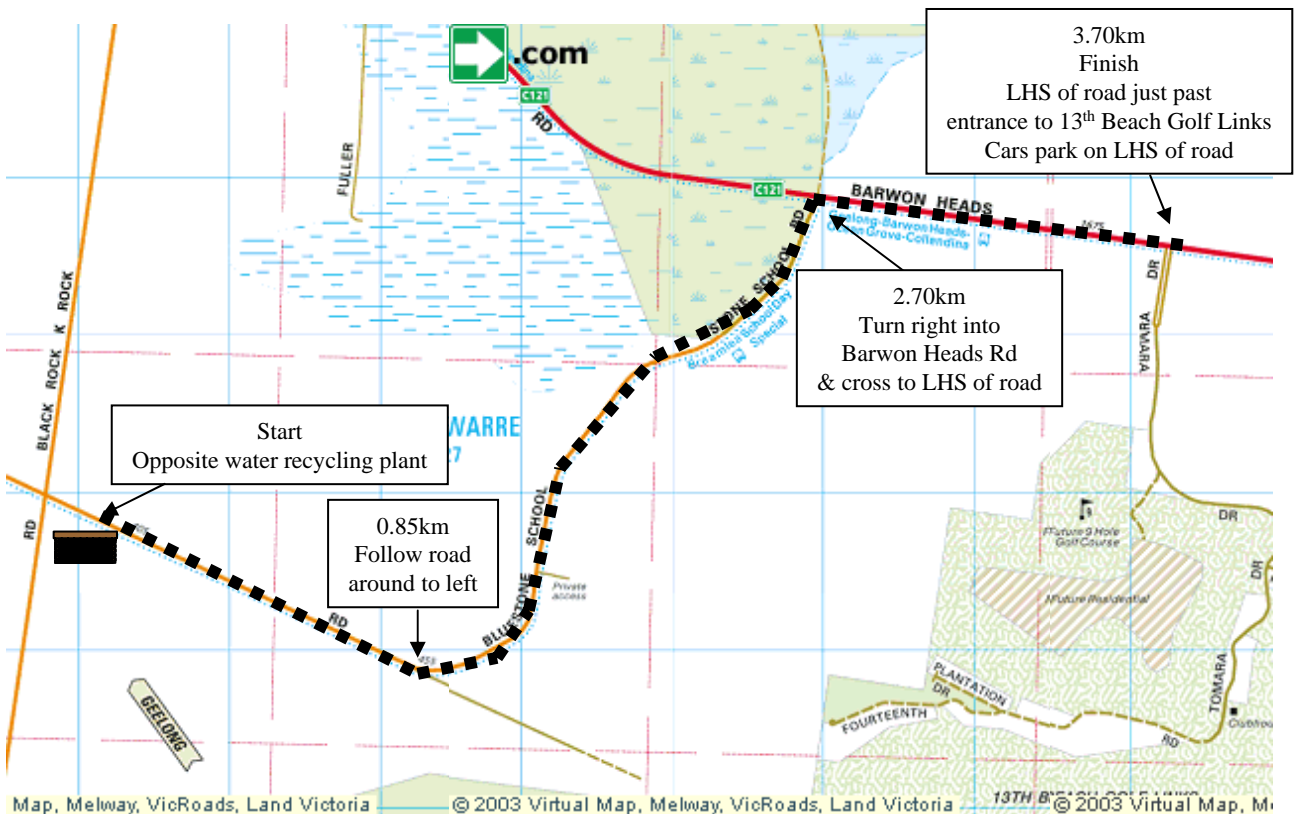
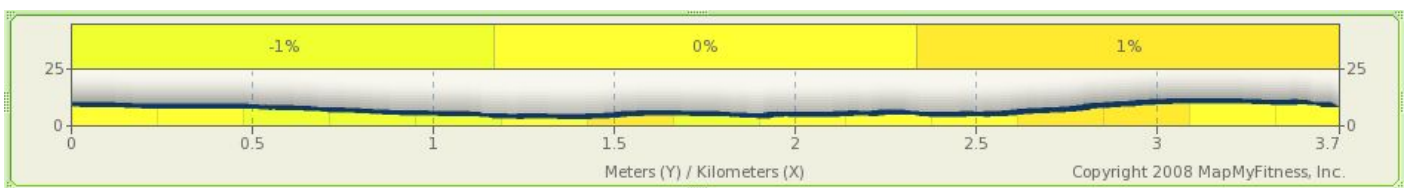
Stage record: 12:42 (Richard Does & Patrick O’Keefe, 2009)

Average: 13:40



Stage 7 “Where’s the school?”

Distance: 3.70km
Surface: Bitumen.
Description: Start opposite water recycling trial plant & follow Bluestone School Rd (note that it veers left at 0.85km). Turn right into Barwon Heads Rd, cross the road and finish on LHS of road just past the entrance to the 13th Beach Golf Links.
Topography: Basically flat with a slight rise when turning into Barwon Heads Rd.
Special note: Barwon Heads Rd is busy but there is plenty of room on the road’s verge.
Cars: Proceed straight to handover once your runner is on Barwon Heads Rd. Park on the LHS of the road at the handover.
Stage record: 12:53 (Max Howard, 2007) Average: 14:25



Stage 8 “Back to the Barwon”

Distance: 4.35km

Surface: Bitumen.

Description: Start on LHS of road just past the entrance to the 13th Beach Golf Links. Head into Barwon Heads Rd. Take care crossing the roundabout at 2.95km. Turn right into Seaview Ave and then left into Ozone Rd which curves to the right at the river to become Flinders Pde. The finish is on Flinders Pde at the rotunda and toilets.

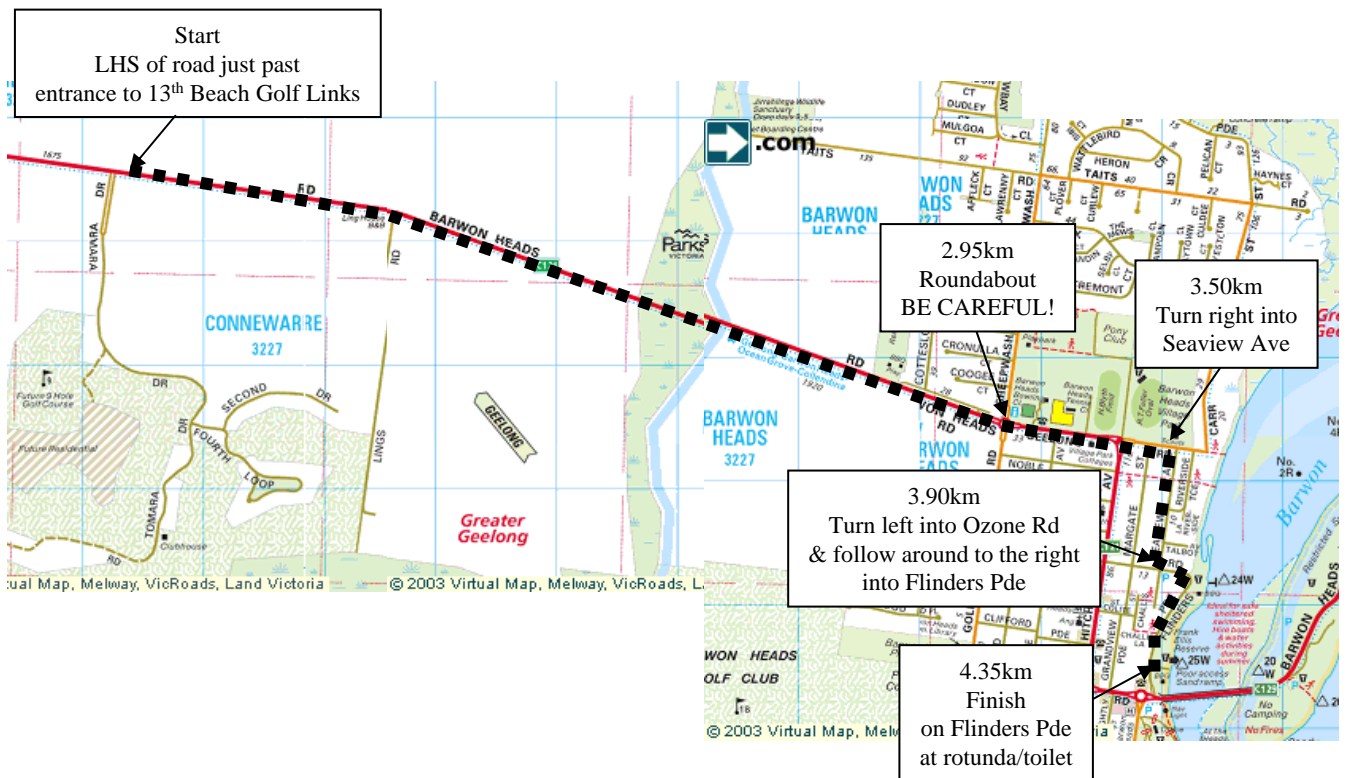
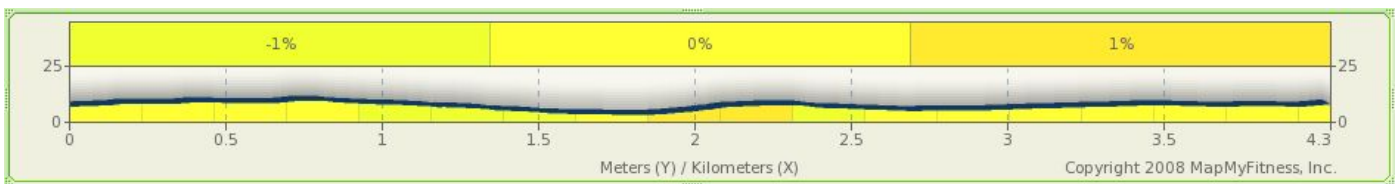
Topography: Gradual downhill (well it's only 5m over 4.35km!).

Special note: Barwon Heads Rd is busy but there is plenty of room on the road's verge.

Cars: Be careful if you choose to stop along Barwon Heads Rd before entering the town.

Stage record: 13:17 (Dan Hornery, 2009)

Average: 14:14



Stage 9 “RAAFS to 7W”

Distance: 4.50km

Surface: Sand.

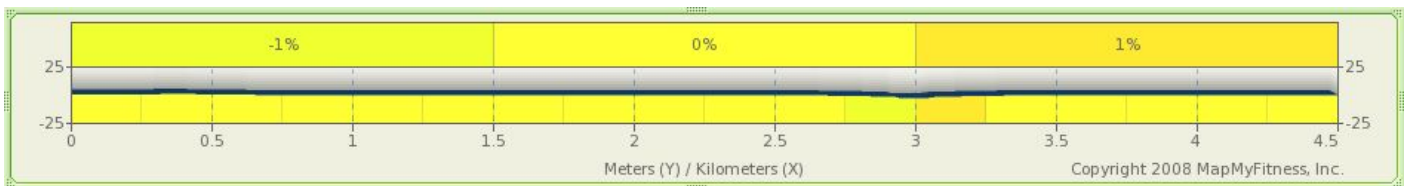
Description: Start on on RAAFS Beach at 20W path. Follow the beach to Collendina Beach where handover is made at base of 7W path.

Topography: Flat.

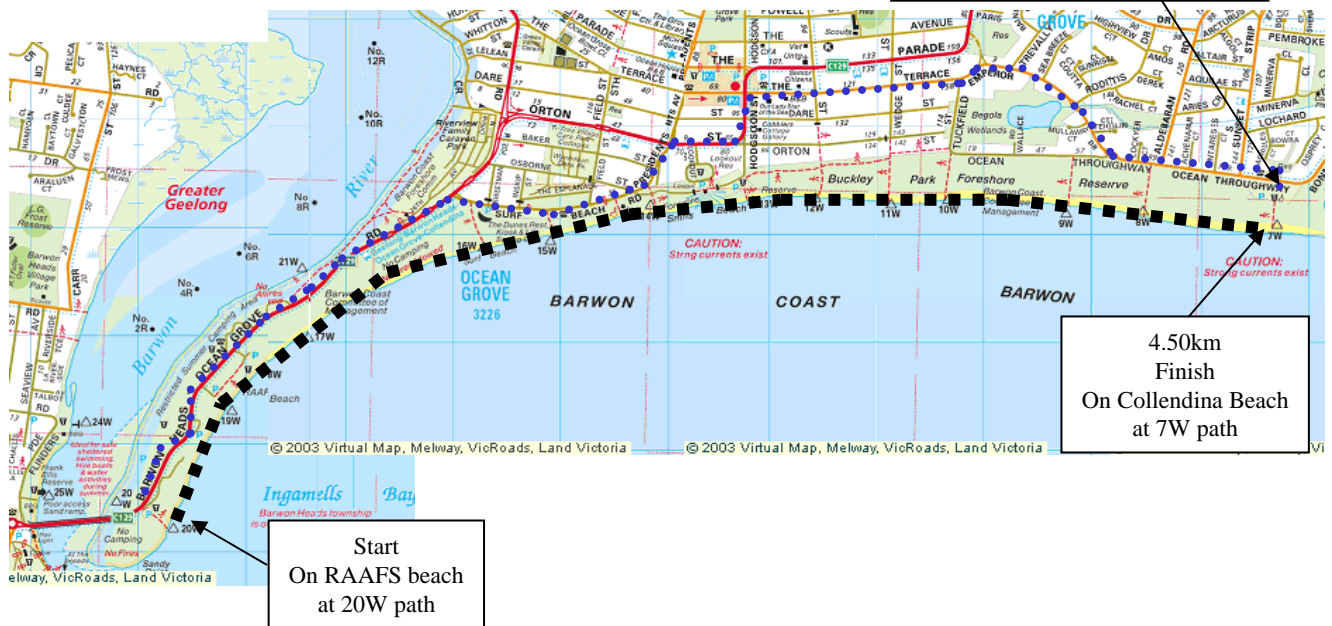
Cars: Your route is marked in blue on the map below. Do not attempt to view your runner along the way. Park your car at the Collendina Car Park (opposite the milk bar) & get your runner into position on the beach for the handover.

Stage record: 14:41 (Paul Martinico, 2005)

Average: 16:00



Park in Collendina Beach Car Park
opposite milk bar – will take a
couple of minutes to reach beach



Stage 10 “Fenton’s Corner”

Distance: 3.50km

Surface: Sand track at start then bitumen.

Description: Start from Collendina Beach at base of 7W track. Charge up track to car park and turn right onto Ocean Throughway. Follow road around to left into Bonnyvale Rd and set your sights on the hill. Turn right at the top of the hill (Fenton’s Corner) into Shell Rd and then roll down the hill. The finish is on the RHS of the road opposite 365 Shell Rd. (see photo)

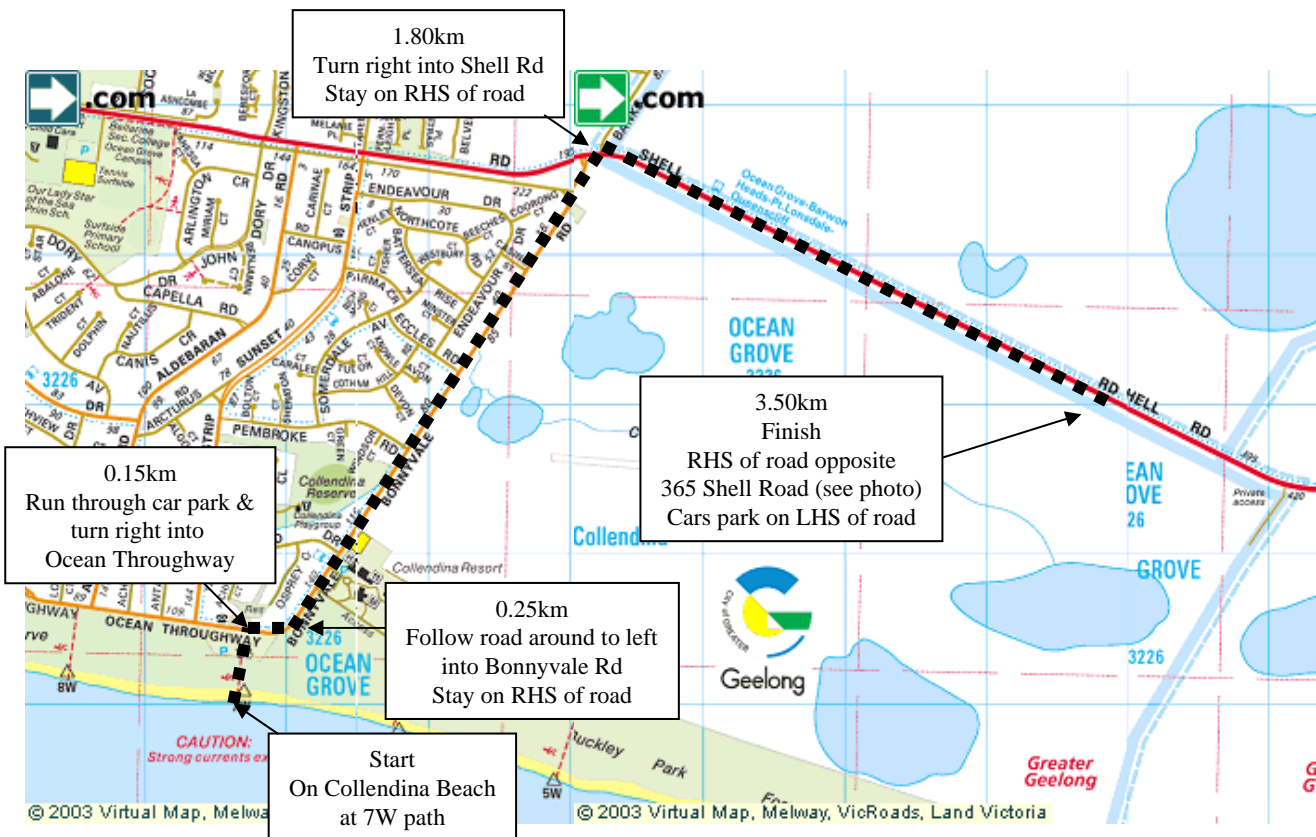
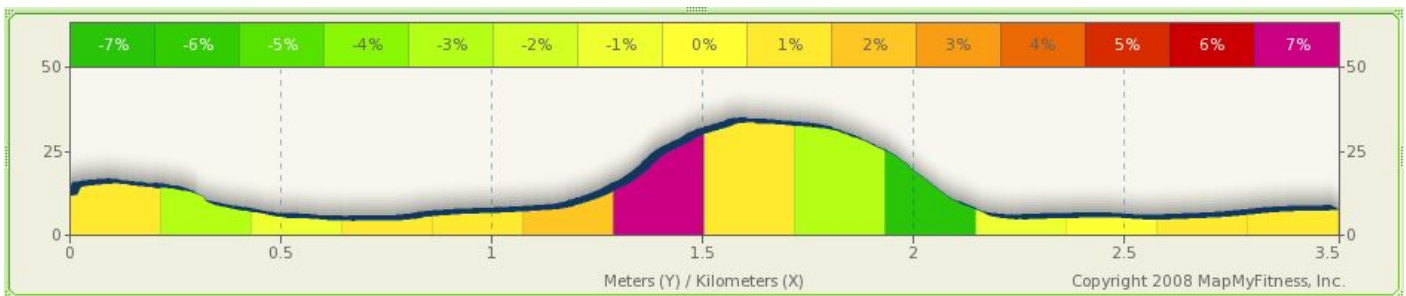
Topography: Two sharp climbs – one at the start off the beach and then another at the end of Bonnyvale Rd. Big downhill to the finish is guaranteed to chop up the quads. The hilliest leg of the day.

Special note: Shell Rd is busy but there is plenty of room on the road’s verge. Stay to the right.

Cars: Park on the LHS of the road at the handover.

Stage record: 11:50 (Anthony Lee, 2009)

Average: 13:48



Stage 11 “Salt Pan Special”

Distance: 4.57km

Surface: Bitumen.

Description: Start from the RHS of the road opposite 365 Shell Rd. (see photo) Follow Shell Rd through the bends between the salt pans and run into Point Lonsdale township. Turn left at Fellows Rd & finish on the LHS of Fellows Rd at the Bellarine Hwy.

Topography: Basically flat with slight undulations.

Special notes: Shell Rd is busy but there is plenty of room on the road's verge. Stay to the right through the bends but cross when safe before Fellows Rd.

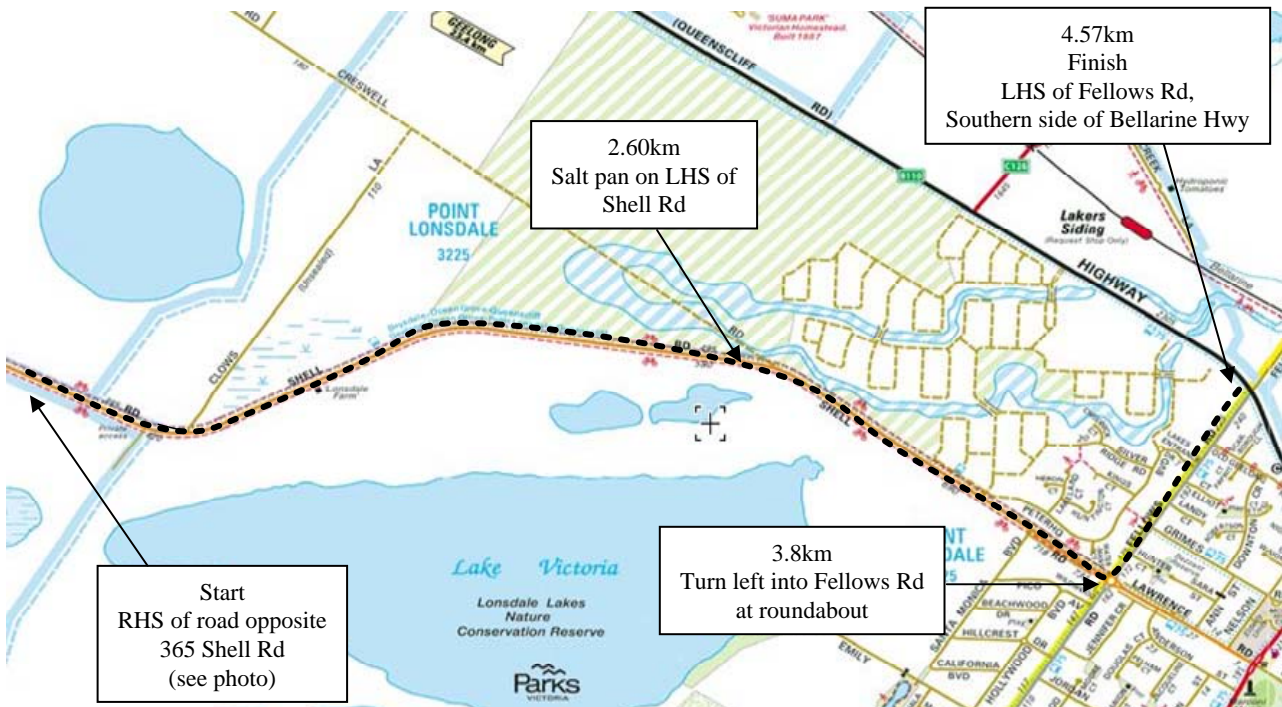
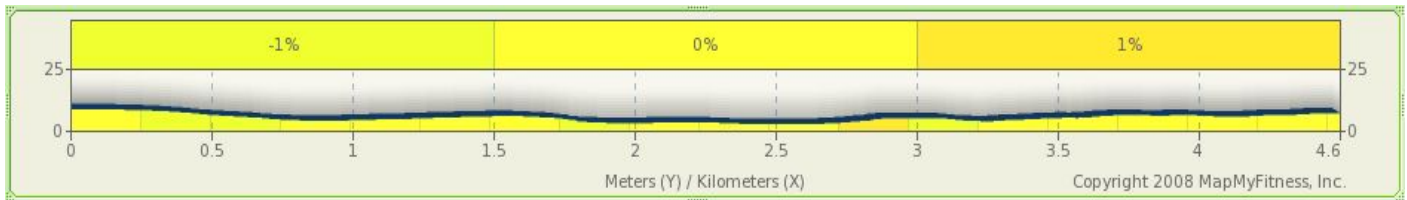
The runner for the next stage will be waiting on the diagonally opposite corner. Marshalls will indicate the end point of the stage & signal that the next runner can start. (see photos)

Stage record: 16:04 (Mark Deslandes, 2011)

Average: 17:01

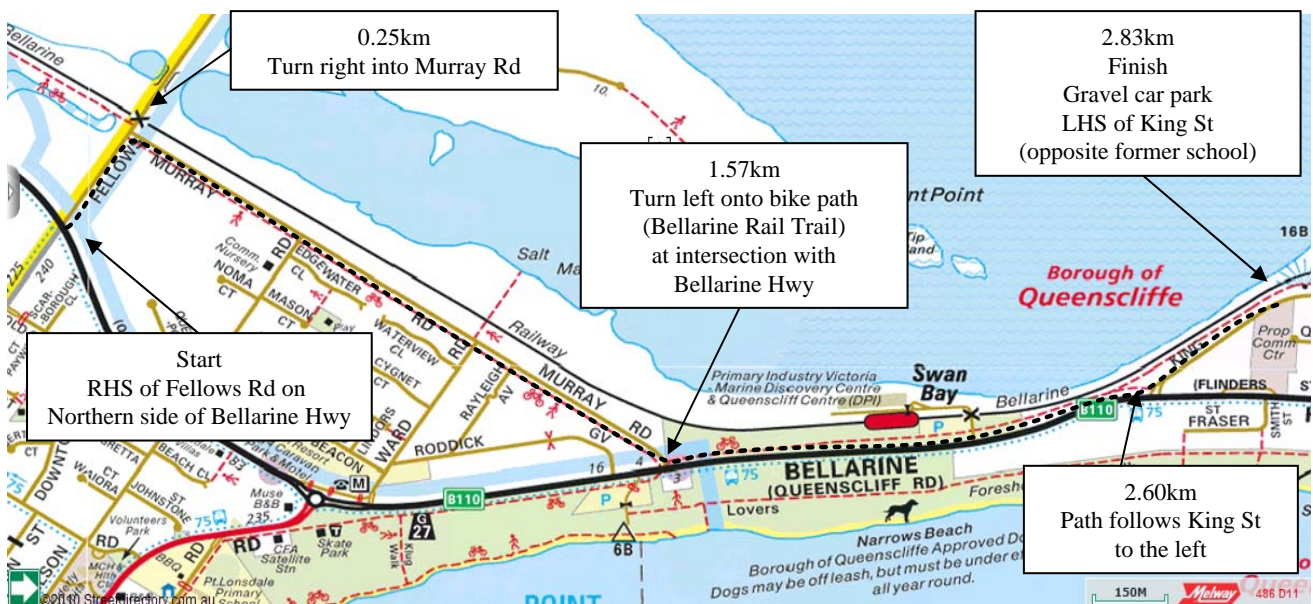
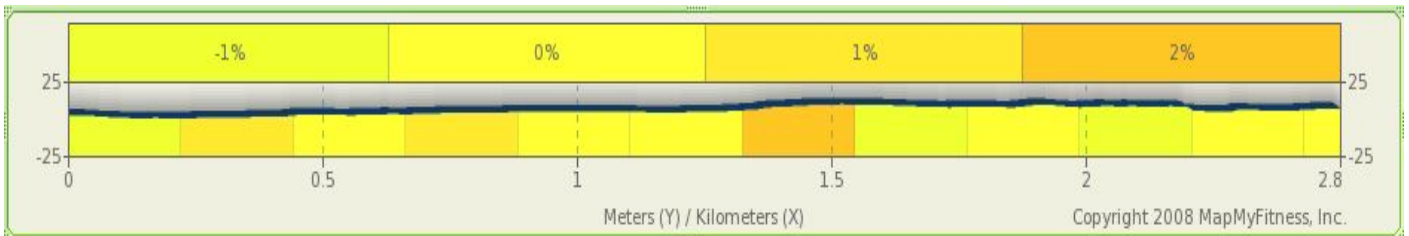
Old record: 11:55 (Andrew Bell, 2009)

(3.45km) This stage used to finish at the Point Lonsdale sign on Shell Rd but has been lengthened for safety reasons relating to crossing the Bellarine Hwy.



Stage 12 "Steam Powered"

Distance: 2.83km
 Surface: Bitumen & then bike path.
 Description: Start on RHS of Fellows Rd on the northern side of the Bellarine Hwy. Turn right into Murray Rd and then left onto the Bellarine Rail Trail at the Bellarine Hwy. Follow the trail to a gravel car park on the LHS of King St opposite the former school.
 Topography: Flat.
 Special note: The preceding stage runner will finish on the diagonally opposite corner. An official will signal when the stage 12 runner can start. (see photos)
 Cars: Go straight to handover once your runner is on the Bellarine Rail Trail.
 Stage record: 10:39 (Hugh Hunter, 2011) Average: 12:17
 Old record: 12:30 (Dave Venour, 2009)
 (3.90km) This stage used to start at the Point Lonsdale sign on Shell Rd but has been shortened for safety reasons to avoid crossing the Bellarine Hwy.



Stage 13 “Out & Back”

Distance: 4.75km

Surface: Bike path.

Description: Start at gravel car park on the LHS of King St opposite the former school. Follow the Bellarine Rail Trail to the turnaround at a short pole in the middle of the trail at the road crossing past the station. Run back over the same course past the starting point to finish on LHS of Bellarine Hwy where the trail crosses the road (i.e. Murray St intersection). Take care crossing the highway.

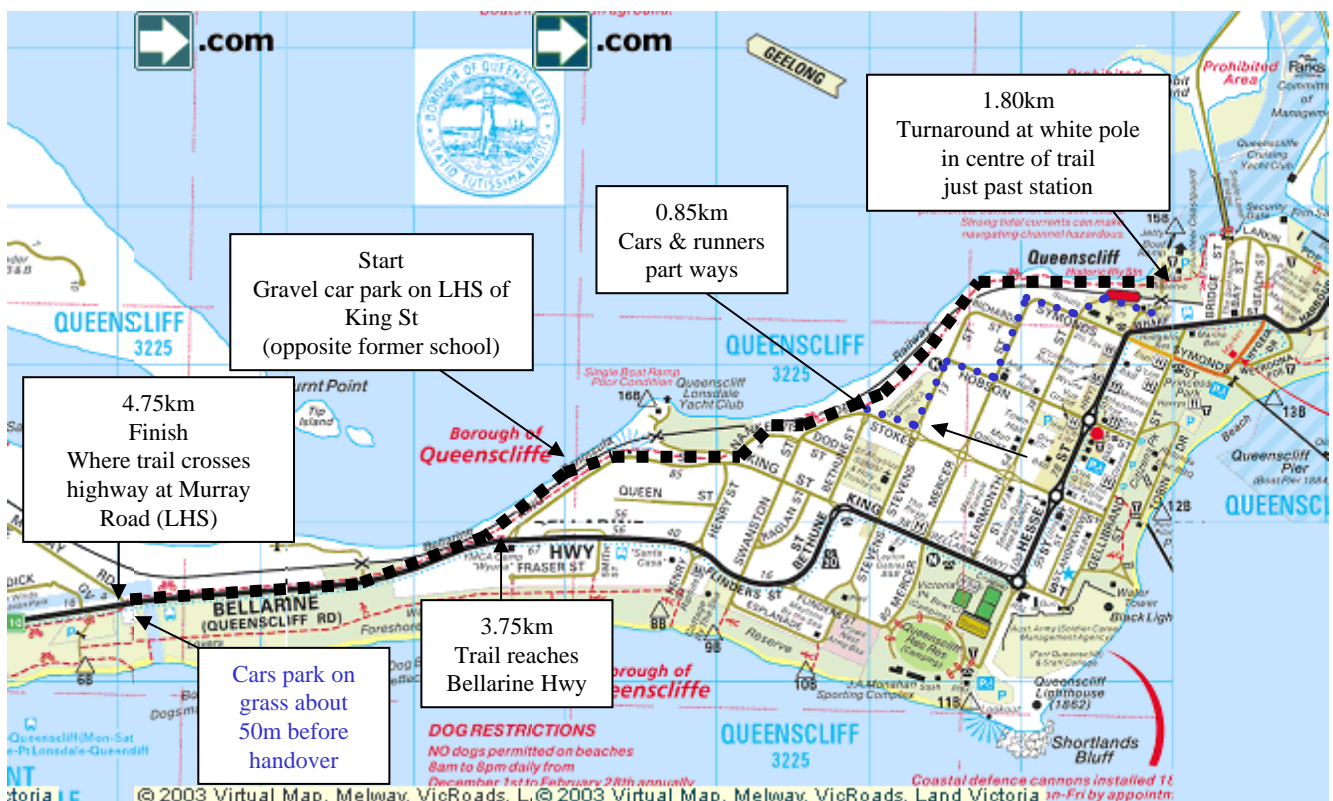
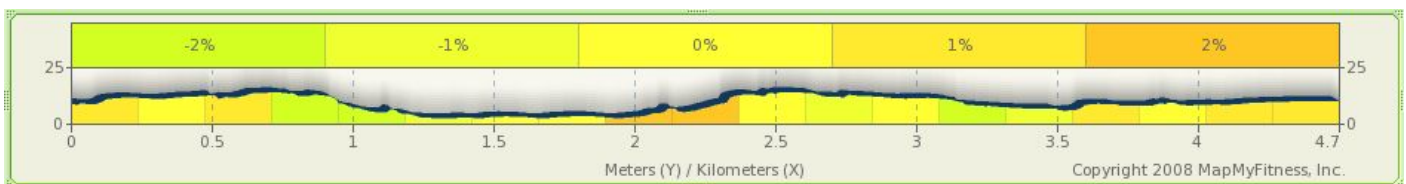
Topography: Gently undulating.

Special note: The Bellarine Rail Trail is clearly marked & while runners will be separated from the cars for part of this leg, there will be no problems with getting lost!

Cars: Park on the grass about 50m before finish.

Stage record: 14:50 (Dan Hornery, 2009)

Average: 16:42



Stage 14 “Nice View – Who’s Looking?”

Distance: 4.20km

Surface: Bike path & then bitumen.

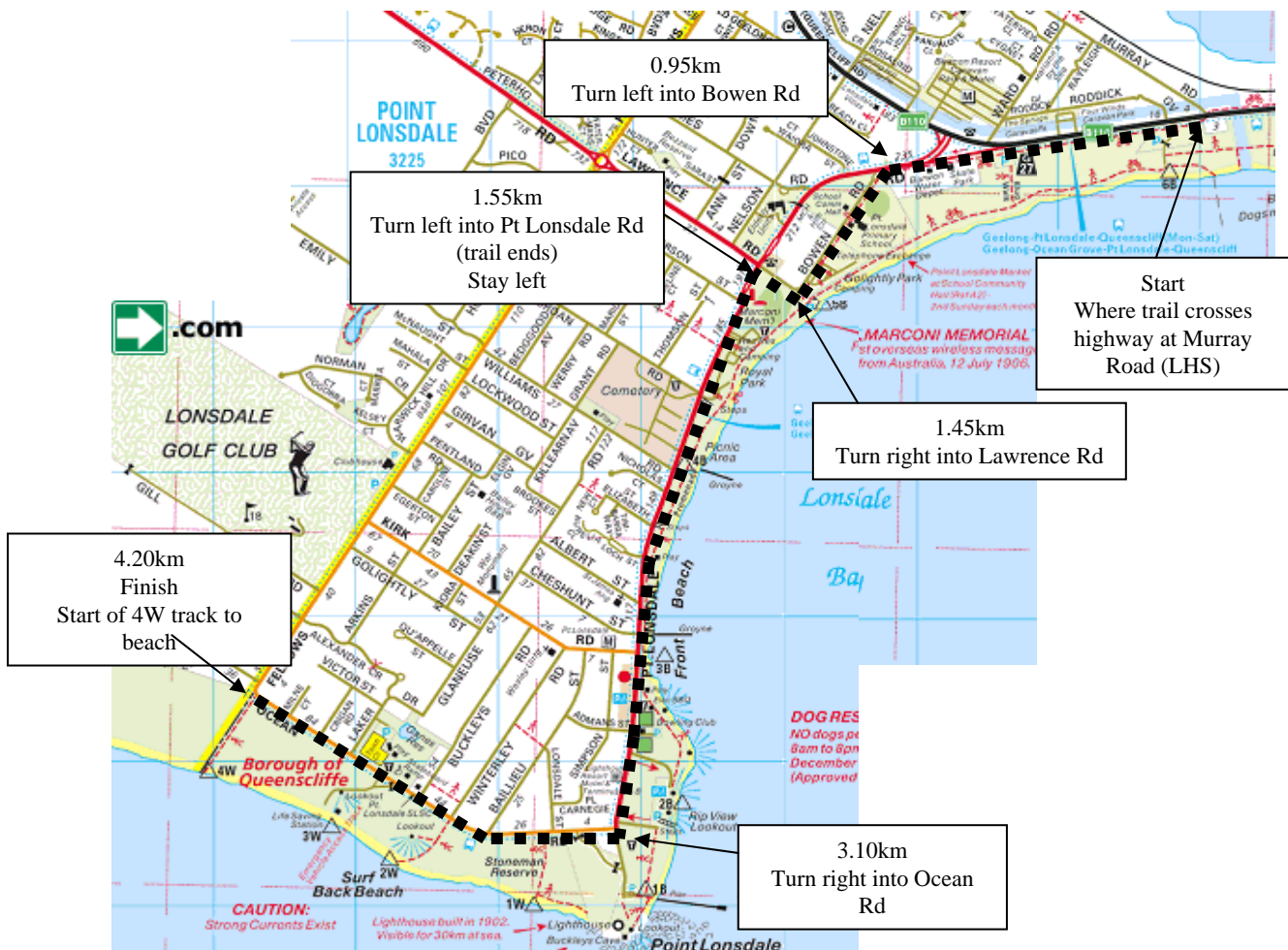
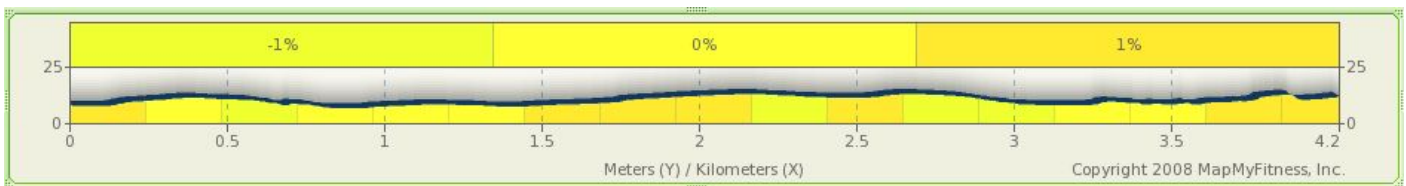
Description: Start on LHS of Bellarine Hwy where the Bellarine Rail Trail crosses the road. Follow trail as it turns left at Bowen Rd & then right at Lawrence Rd. Trail ends at oval – keep this to the left & turn left into Pt Lonsdale Rd. Stay left and run through the town before turning right into Ocean Rd. Finish at start of 4W track to beach.

Topography: Flat with slight climb through Pt Lonsdale township.

Cars: Park in Fellows Rd about 50m after finish. Do not park in Ocean Rd!

Stage record: 14:42 (Ray Hynes, 2009)

Average: 16:43



Stage 15 “Nowhere to Hide”

Distance: 4.80km

Surface: Sand.

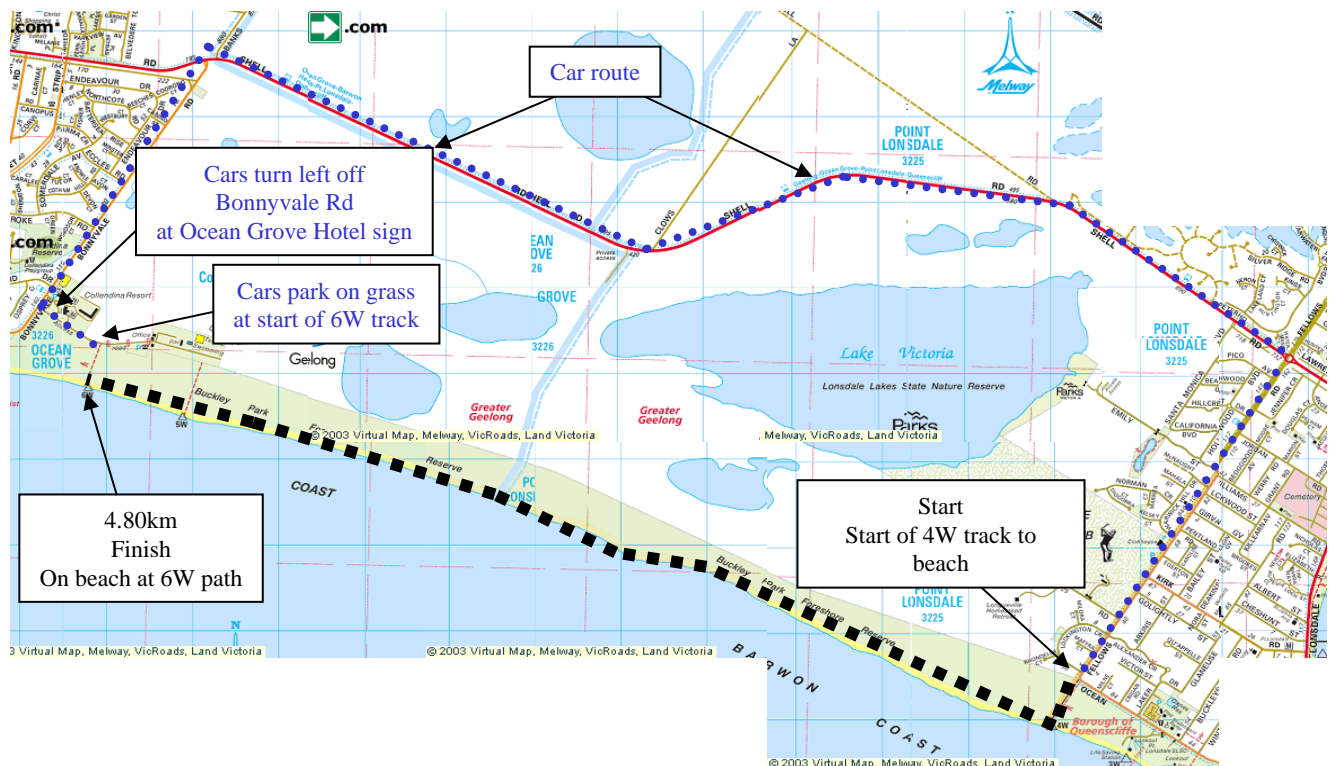
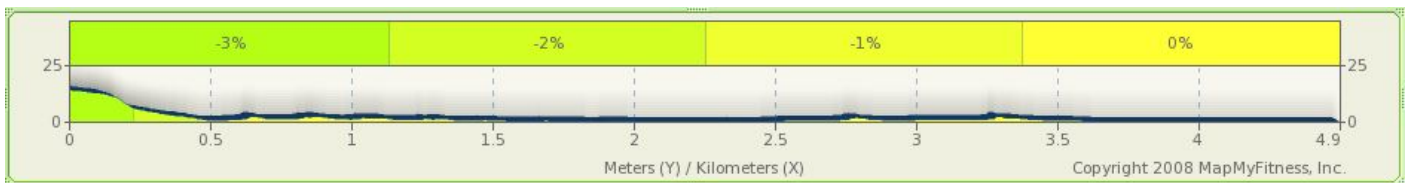
Description: Start at base of 4W track to beach. A steep climb and descent will then take you to Pt Lonsdale Beach where you turn right and head for Barwon Heads. The finish is on the beach just before Collendina at the 6W track.

Topography: Sharp climb & descent to get the heart going and then flat.

Cars: Follow the route marked below. Park on the grass at the start of the 6W track and meet your runner on the beach for the handover.

Stage record: 18:08 (Kate Seibold-Crosbie, 2003)

Average: 20:17



Stage 16 “The Bridge”

Distance: 5.60km

Surface: Sand.

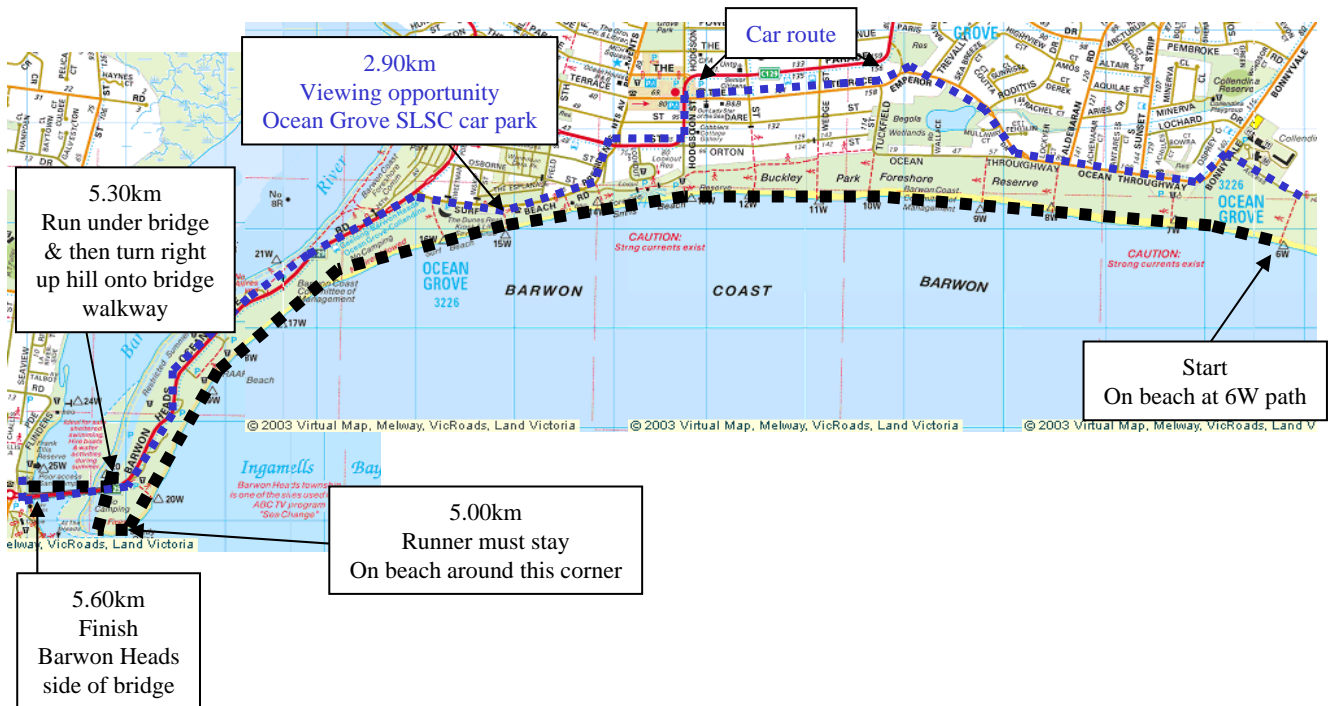
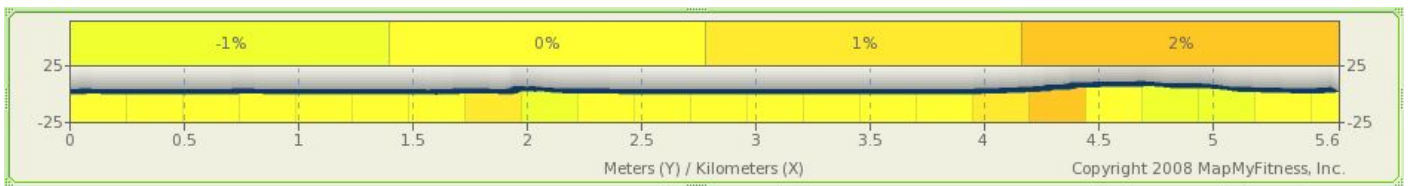
Description: The start is on the beach just before Collendina at the 6W track. Head towards Barwon Heads along the beach. When you reach the Barwon River you will turn right and see the bridge – you may cut as much of this corner as you wish but must stay on the beach. The more you cut, the softer it gets! Run under the bridge and turn right up a steep but short track to join the bridge’s pedestrian walkway. The finish is on the Barwon Heads side of the bridge.

Topography: Flat.

Cars: Follow the route marked below. Note the viewing opportunity at the Ocean Grove SLSC. Park back at Frank Ellis Reserve for the finish.

Stage record: 18:42 (Stephen Paine, 2011)

Average: 21:54



Photos and Maps

Stage 10-11 Changeover



Runners changeover on RHS of Shell Rd
opposite the pictured driveway

Finish of Stage 11

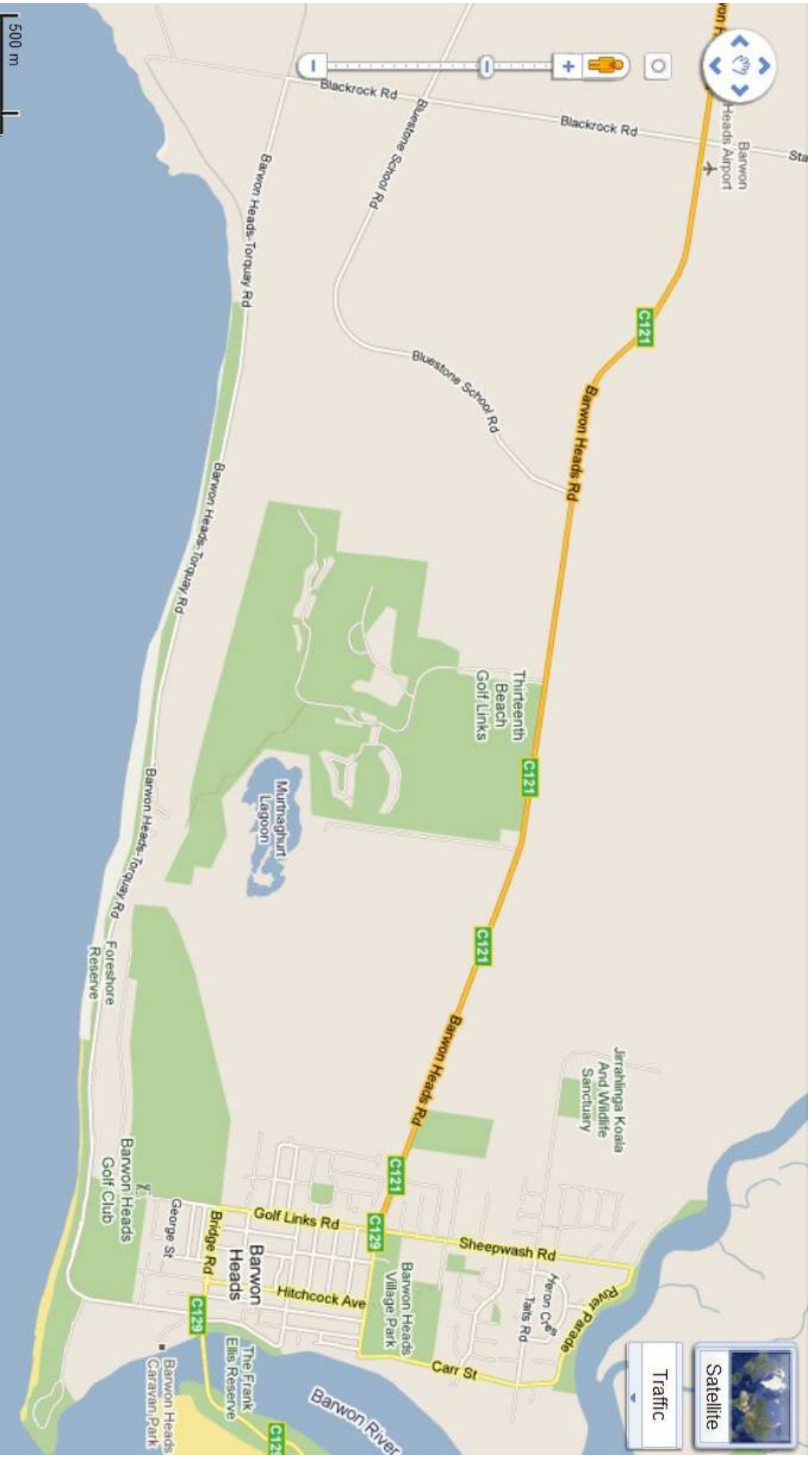


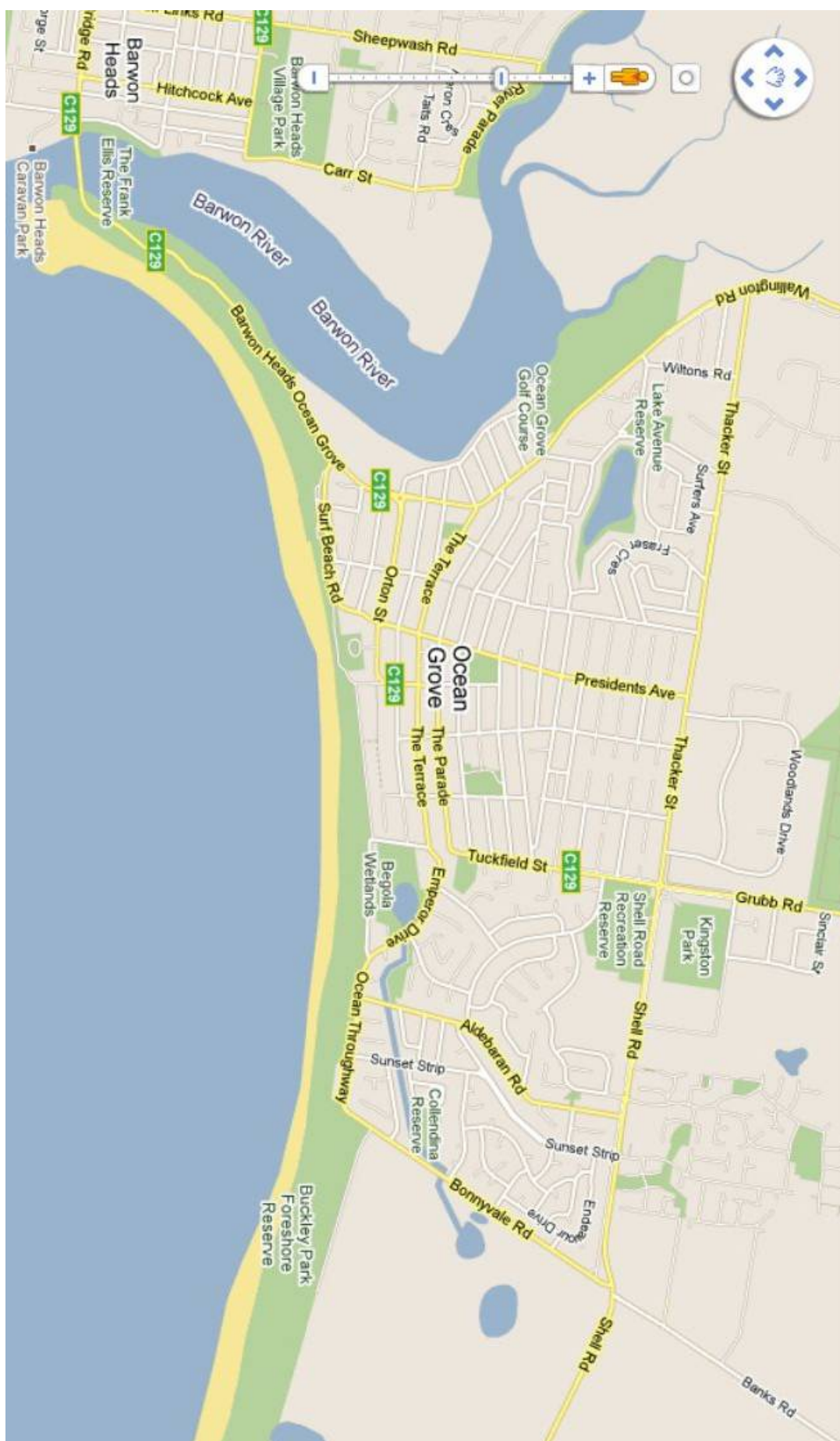
(looking south from the stage 12 start)

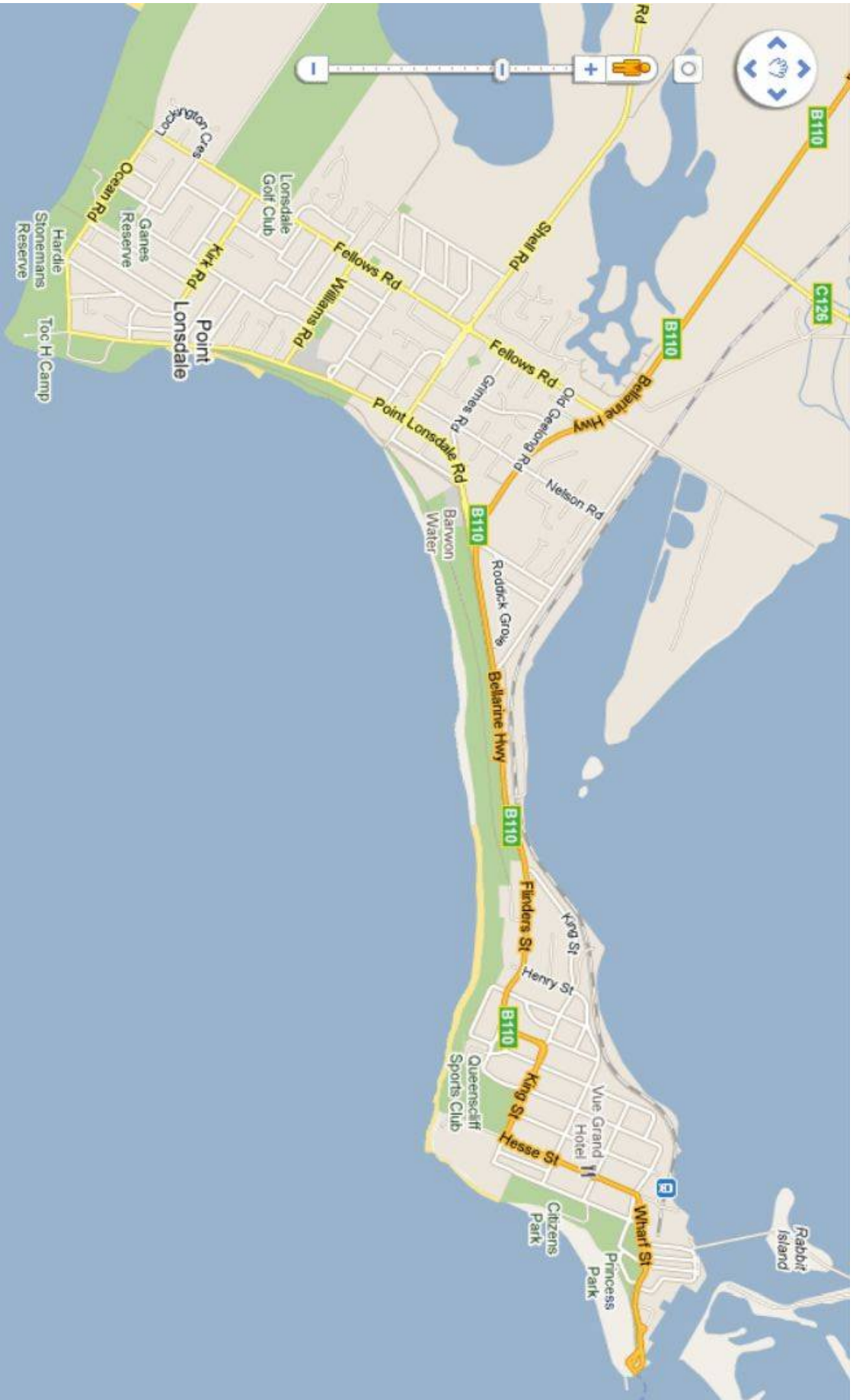
Start of Stage 12



(looking north from the stage 11 finish)







5Ms Relay – Barwon Heads

12th of Never

Team Name: Best to Date

Stage	Runner	Distance (km)	Start time	Finish time	Net time
1	Dan Hornery	2.30	0:00:00	0:06:52	0:06:52
2	Paul Martinico	2.30	0:06:52	0:13:47	0:06:55
3	Dan Hornery	2.30	0:13:47	0:20:44	0:06:57
4	Paul Martinico	2.30	0:20:44	0:27:44	0:07:00
5	Mark Deslandes	3.75	0:27:44	0:40:13	0:12:29
6	Richard Does	3.95	0:40:13	0:52:55	0:12:42
7	Max Howard	3.70	0:52:55	1:05:48	0:12:53
8	Dan Hornery	4.35	1:05:48	1:19:05	0:13:17
Morning Distance		24.95	Morning Time A		1:19:05
Stage	Runner	Distance (km)	Start time	Finish time	Net time
Gap to Leaders				0:00:00	
9	Paul Martinico	4.50	0:00:00	0:14:41	0:14:41
10	Anthony Lee	3.50	0:14:41	0:26:31	0:11:50
11	Andrew Bell	4.57	0:26:31	0:38:26	0:11:55
12	Dave Venour	2.83	0:38:26	0:50:56	0:12:30
13	Dan Hornery	4.75	0:50:56	1:05:46	0:14:50
14	Ray Hynes	4.20	1:05:46	1:20:28	0:14:42
15	Kate Siebold-Crosbie	4.80	1:20:28	1:38:36	0:18:08
16	Stephen Paine	5.60	1:38:36	1:57:18	0:18:42
Afternoon Distance		34.75	Afternoon Time B		1:57:18
Morning Distance		24.95	A		1:19:05
Total distance		59.70	Total Race Time A + B		3:16:23

The numbers in **BLUE** are the numbers you will be reading from the team's official watch & entering on the time sheet.

The numbers in **BLACK** will need to be calculated to determine runners' stage times.

The numbers in **RED** will be entered by the officials.

5Ms Relay – Barwon Heads

17 March 2013

Team Name: _____

Stage	Runner	Distance (km)	Start time	Finish time	Net time
1		2.30	0:00:00		
2		2.30			
3		2.30			
4		2.30			
5		3.75			
6		3.95			
7		3.70			
8		4.35			
Morning Distance		24.95	Morning Time		A
Stage	Runner	Distance (km)	Start time	Finish time	Net time
Gap to Leaders					
9		4.50			
10		3.50			
11		4.57			
12		2.83			
13		4.75			
14		4.20			
15		4.80			
16		5.60			
Afternoon Distance		34.75	Afternoon Time		B
Morning Distance		24.95			A
Total distance		59.70	Total Race Time		A + B