

## Midland Relays - Men's 12 Stage Relays

Saturday 20th March 2010

Venue: Sutton Park, Sutton Coldfield, Birmingham



Below is the Men's teams selected to represent Silson in the Midland Relays next Saturday. A few of you specifically asked for early or late legs so I've taken that into account in the running order.

Apart from the first stage time, the other stage start times are estimates and these will vary by a few minutes each way. Above all, please get there early to get your numbers and get warmed up in plenty of time to get to the starting pen. Graham will be there on the day to get numbers and organise things and we will have the tent on site so head for that when you get there. Please bring lots of safety pins as you will have numbers front and back and they don't give any out.

### Men's Team

Stages in blue are 5.4m in length. All others are 3m in length.

Runner		Approx start
Jeff Haynes	Stage 1	12:00
Chris Wood	Stage 2	12:32
Tom Phelps	Stage 3	12:50
Andy Pacey	Stage 4	13:08
Andy Kirk	Stage 5	13:40
Kevin Reboul	Stage 6	13:59
Nick Pacey	Stage 7	14:18
Stewart Shears	Stage 8	14:50
Alex O'Connor	Stage 9	15:10
Jim Darcy	Stage 10	15:30
Michael Spencer	Stage 11	15:50
Andy Hoare	Stage 12	15:50

\* Note that the last two short legs are often run together as soon as the last long leg runner has gone

We usually arrange car shares with those running at around the same time, so please start this off and let Simon Woodward or Graham Linnell know if you need help arranging this. If you have space available in your car, please let us know what time and from where you could take others. Once you have run your stage, please stay and support others if you can, although this is not compulsory if you have other things to do.

Graham will be there on the day to help with the organisation. Spectators and supporters are very welcome - please get in touch if you have space in your cars or need a lift. Sutton Park is a great place for a run, even if you aren't participating.

Race reports are very welcome and should be sent to John Fowler.