

2

2011 Queensland Running Rockett Relays

21 May 2011 - Pine Rivers Park, Strathpine

Two Hour Relay - Team Tally Sheet



Team Name: Mayne B

Team Runners: 1. 2.

(Maximum of 4) 3. 4.

2K LAPS			
Lap	Runner's Name	Lap Time (Optional)	Elapsed Time H : M : S
1	A SOUTHWELL	7-05	: : :
2	C. PENDLEBURY	7-33	: 14 : 38
3	J. YOUNG	7-31	: 22 : 09
4	A. ISELIN	8-09	: 30 : 18
5	D. SOUTHWELL	7-29	: 37 : 47
6	C. PENDLEBURY	7-33	: 45 : 20
7	J. YOUNG	8-00	: 53 : 20
8	A. ISELIN	8-23	1 : 01 : 43
9	A. SOUTHWELL	7-26	1 : 09 : 09
10	C. PENDLEBURY	7-30	1 : 16 : 39
11	J. YOUNG	7-57	1 : 24 : 36
12	A. HENDRISEIN	8-09	1 : 32 : 45
13	A. SOUTHWELL	9-23	1 : 48 : 12
14	M. Young		: : :
15	C. Pendlebury		: : :
16	A. Iselin	4-10	1 : 52 : 22
17	A. Iselin	3-50	1 : 56 : 12
18	A. Southwell	3-48	1 : 59 : 55
19	C. Pendlebury		2 : 00 : 00
20			: : :

Gender

Male

Female

Age Group

Open

Masters (40+ years)

Total Distance Covered

Completed 2K laps x 2 2.6.000m

+ completed 1K laps3.000m

+ distance on last flag passed30m

TOTAL 29.030m

End of Relay Instructions

31030

1 minute to go

gun fires once

End of race

gun fires twice

The current runner is to stop and wait for the team recorder to reach them. Team recorders are to move to where the athlete has stopped and record the distance on the last flag passed.

Flags

Green BLUE 25 metres
 Orange GREEN 50 metres
 Blue GRAY 75 metres
 Red/white 100 metres

Distance is calculated to the last flag passed.

1K LAPS			
Lap	Runner's Name	Lap Time (Optional)	Elapsed Time H : M : S
1	J Young	4-10	1 : 52 : 22
2	A Iselin	3-50	1 : 56 : 12
3	A Southwell	3-48	1 : 59 : 55
4	C Pendlebury		2 : 00 : 00
5			: : :
6			: : :

Office Use Only

Gender: MALE

Position:

Age Group: OPEN

Distance Covered: 29.030