

# 1

## 2011 Queensland Running Rockett Relays

21 May 2011 - Pine Rivers Park, Strathpine

### One Hour Relay - Team Tally Sheet



Team Name: THE FAR LAPS 2

Team Runners: 1. INDIA WILLIAMS 2. MIA BLUNDELL  
(Maximum of 3) 3. LUCINDA CROUCH

| 1K LAPS |                |                     | Elapsed Time             |
|---------|----------------|---------------------|--------------------------|
| Lap     | Runner's Name  | Lap Time (Optional) | H : M : S                |
| 1       | INDIA WILLIAMS |                     | : 3 : 35                 |
| 2       | MIA BLUNDELL   | 3:52                | : 3 : 30 <sup>7:47</sup> |
| 3       | LUCINDA CROUCH | 3:45                | : 11 : 17                |
| 4       | INDIA          | 3:43                | : 14 : 57                |
| 5       | MIA            | 3:59                | : 18 : 59                |
| 6       | LUCINDA        | 3:48                | : 22 : 47                |
| 7       | INDIA          | 3:40                | : 26 : 29                |
| 8       | MIA            | 4:02                | : 30 : 31                |
| 9       | LUCINDA        | 4:04                | : 34 : 35                |
| 10      | INDIA          | 3:53                | : 38 : 28                |
| 11      | MIA            | 4:00                | : 42 : 28                |
| 12      | LUCINDA        | 4:16                | : 46 : 45                |
| 13      | INDIA          | 3:49                | : 50 : 34                |
| 14      | MIA            | 4:08                | : 54 : 33                |
| 15      | LUCINDA        | 3:52                | : 58 : 35                |
| 16      | INDIA          |                     | 1 : 00 : 00              |
| 17      |                |                     | : : :                    |
| 18      |                |                     | : : :                    |
| 19      |                |                     | : : :                    |
| 20      |                |                     | : : :                    |
| 21      |                |                     | : : :                    |
| 22      |                |                     | : : :                    |
| 23      |                |                     | : : :                    |
| 24      |                |                     | : : :                    |
| 25      |                |                     | : : :                    |
| 26      |                |                     | : : :                    |

Gender  Male  Female  
Age Group  10 & Under  14 & Under

#### Total Distance Covered

Completed 1K laps 15.000m  
+ distance on last flag passed 430m

**TOTAL** 15,430m

#### End of Relay Instructions

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 25 metres  
Orange 50 metres  
Blue 75 metres  
Red/white 100 metres

Distance is calculated to the last flag passed.

#### Office Use Only

Gender: F.

Position: 15:430

Age Group: 14 & U.

Distance Covered: 1st PLACE

1400