

# Ekiden Relay - Sunday 16th July 2017- Start Time 10am - Leg 1

Woodbrdge School Postcode IP12 4JH times are approximate please be ready to run half an hour before start time

Leg start time	10:00 AM	10-30 am	10-50 am	11-30 am	11-50 pm	12-30pm
Team	Leg 1 (7.2km)	Leg 2 (5km)	Leg 3 (10km)	Leg 4 (5km)	Leg 5 (10km)	Leg 6 (5km)
Mixed	Tom Kingsnorth	Jess Gooderham	Kevin Murphy	Odette Robson	Joe Robson	John Lockwood
Super Vets	Stephenn Hatten	Ian Gooderham	Mark Watts	Mike Hankinson	Howard Beasley	Kevin Bird
Mens Vets	Peter Bird	Richard Grimsdell	Chris Mower	Dan Mead	Mike Rushton	Dave Beighton
Ladies Vets	Ruth Palmer	Eloise Bird	Claire Hoblyn	Dawn Marshall	Odette Robson	Sharon Perry
Mixed	Katie King	David Nichols	Phil Brown	Rita Rue	Jenny Bird	Stephen Williams
Mixed	Steve Palmer	Stephanie Nichols	Ieuan Aldiss	Naomi Edwards	Martin Avis	Ryan Edwards
Super Vets	Peter Jay	Stuart Shepherd	Chris Cook	Robert Price	Steven Rue	Kim Swan

Saint Edmund Pacer vests must be worn

Any problems please contact Ian Gooderham on 07342967037 01284 827058 or by email

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