



**The Test Way Relay
2013**

Foreword

Hi folks

The Test Way Relay is a personal highlight of the Hampshire running calendar. It calls to mind the steeple chases of times past when runners raced between church spires across fields, through rivers and over walls. The organisation is pleasingly chaotic. There are no marshals, no route markers, no water stations, no spectators, no first aid and no guarantee that a team mate will be waiting to take over when you reach the end of your leg. And yet despite the unorthodox approach many Hampshire running clubs take the event very seriously.

It was first conceived in 1986. I'm not sure by whom, but suffice to say somebody decided it would be fun to race along the 44 mile distance between Inkpen and Totton by dividing the route into an 8 stage relay. The race hasn't changed a lot over the last 28 years (although I'm told it has been run in reverse at least once), but sadly it appears that many of the past results and records have been lost.

This discovery prompted me to collect all of the race history that we still have (currently scattered across various club websites) and present it as part of a complete "Guide to the Test Way Relay". The following pages are the result of my efforts and include;

- a guide to each leg (complete with map),
- the fastest runners for each stage between 2000 and 2012,
- the runners and stage times for the top placed teams in 2012 and;
- an overview of the top placed teams for 2000 to 2011.

This is very much a work in progress, so if you have any queries, comments, amusing anecdotes or any of those missing results, please do let me know and I will aim to include them in the 2014 edition.

In the meantime, I wish you the best of luck in this year's race. Don't get lost!

Richard Alderson

Totton Running Club



The start line at Combe Gibbet



Course Guide

Leg 1 - Inkpen to Linkenholt

Course Description

Leg 1 (also the shortest) sees the teams get off to a flying start, with a greater part of the first stage being downhill. After a short ascent past the ghoulish sight of the 17th century gibbet, runners will find themselves hurtling downhill for almost 5km. The descent continues through Combe Wood until the path reaches the bottom of Cleve Hill Down. Here lies the section's greatest challenge as participants now have to climb 150 feet (the height of Southampton's city centre clock tower) to the top of the Down. Once the submit has been conquered, there is a more gentle descent through Linkenholt towards the change over point.

Fact File

Distance: 7.1km
Start Elevation: 860ft
Finish Elevation: 573ft

Men's Course Record

Runner: Nigel Gemill
Club: Southampton City
Time: 00:25:04
Year: 1996

Ladies' Course Record

Runner: Lucy Elliot
Club: Winchester
Time: 00:28:07
Year: 2007

Combe Gibbet looms ominously over the start line, yet the original gibbet (erected in 1676) was used only once. This dubious honour is held by George Broomham and Dorothy Newman. The two were engaged in an illicit affair and were discovered on the downs by Broomham's wife and son. The two lovers promptly murdered their would be accusers by beating them repeatedly with a wooden stave. Unfortunately there was a third witness, the local village idiot, Mad Thomas. He managed to convey what he had seen to the authorities which was enough to see Broomham and Newman hanged. Their bodies were subsequently hung from the gibbet as a deterrent to other wrong doers.



Leg 1 Fastest Runners 2000 - 2012

Men

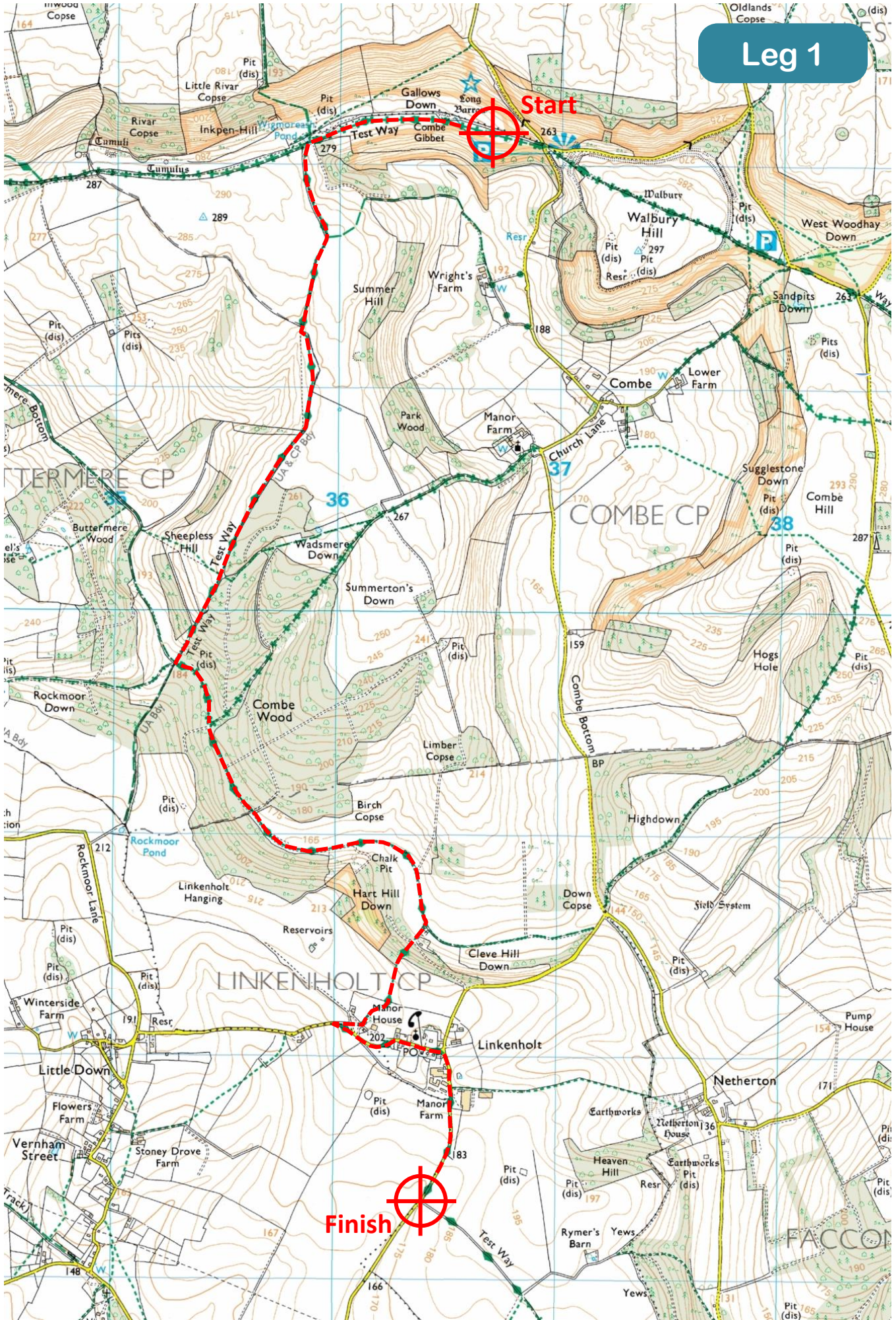
	Runner	Club	Time	Year
1	Andy Vernon	Stubbington	00:25:12	2001
2	Jeremy Braines	Winchester	00:25:55	2005
3	Zippy Grice	Stubbington	00:26:22	2006
4	Gordon Reid	Stubbington	00:26:26	2005
5	Graham Bungay	Southampton RC	00:26:38	2005
6	Marius Kwint	Winchester	00:26:45	2003
7	Steve Axon	Southampton RC	00:26:49	2002
8	Mark Nixon	Romsey	00:27:09	2002
9	Rob Bentley	Wessex	00:27:13	2011
10	Chris Hall	Stubbington	00:27:15	2009
11	Lee Tolhurst	Overton	00:27:15	2010
12	Conan Fryer	Winchester	00:27:32	2002
13	Franklin Young	Winchester	00:28:02	2009
14	Paul Buckley	Southampton RC	00:28:03	2004
15	Alex Wall-Clarke	Team Southampton	00:28:05	2006
16	William Beardsmore	Hardley	00:28:09	2000
17	Andy Kellaway	Hardley	00:28:11	2001
18	Jon Osman	Eastleigh	00:28:12	2011
19	Ian Smith	Stubbington	00:28:20	2004
20	Jim Wright	Romsey	00:28:32	2004

Ladies

	Runner	Club	Time	Year
1	Lucy Elliot	Winchester	00:28:20	2007
2	Georgia McNicol*	Winchester	00:28:25	2005
3	Nicci Blandford	Southampton RC	00:30:36	2008
4	Sally Rouse	Hardley	00:31:03	2005
5	Hayley Pointer	Team Southampton	00:31:11	2008
6	Sue Sleath	Hardley	00:31:23	2003
7	Janet Littlewood	Winchester	00:31:59	2010
8	Lynn Whittaker	Romsey	00:32:05	2006
9	Jo Jeffries	Winchester	00:32:10	2011
10	Sonia Rushby	Eastleigh	00:32:31	2010
11	Donna Mitchell	Stubbington	00:32:45	2012
12	Claire Dyer	Totton	00:32:55	2011
13	Gail Walters	New Forest	00:32:59	2003
14	Penny Forse	Stubbington	00:33:02	2000
15	Terry Paul	Totton	00:33:09	2001
16	Frances Arnott	Halterworth	00:33:12	2011
17	Fran Gaye	Winchester	00:33:14	2003
18	Siobhan Mitchell	Southampton RC	00:33:16	2004
19	Sue True	Winchester	00:33:30	2012
20	Angela Agate	Victory	00:33:49	2009

*Then Georgia Benson

Leg 1



Leg 2 – Linkenholt to Stoke Hill

Course Description

Leg 2 is essentially a case of down and then back up again, so runners are advised to save their enthusiasm for the back half of the route. As with many other stages, it starts promisingly enough with a fast descent towards the village of Hurstbourne Tarrant nestled in the bottom of the River Swift valley. On the other side of village lurks the unwelcome sight of Wallop Hill Down. A climb of 160ft in less than 300m, this is the steepest ascent of the entire race (there are at least a few steps for part of the climb!). Once you've reached the summit (where runners will be at a higher point than at the start of the leg), a far more gentle approach to the finish awaits.

Fact File

Distance: 8.8km
Start Elevation: 573ft
Finish Elevation: 542ft

Men's Course Record

Runner: Andy Morgan Lee
Club: Southampton RC
Time: 00:29:17
Year: 2007

Ladies' Course Record

Runner: Lucy Elliot
Club: Winchester
Time: 00:33:54
Year: 2005

Around 1km after the start, runners will cross the intriguingly titled Grim's Ditch. This is the name given to a collection of iron age earth works which can be found at a number of locations on the chalk downs in southern England. Their exact purpose is unknown, but the name is derived from the Saxon God of War, Grimr, perhaps better known by his Norse title, Odin (as played by Anthony Hopkins in the 2011 film *Thor*). This implies a military function, but the earthworks are too shallow for defence and are not in obvious strategic locations. In any event, they were built before the Saxons arrived and may simply indicate the boundary between different iron age territories.



Leg 2 Fastest Runners 2000 - 2012

Men

	Runner	Club	Time	Year
1	Andy Morgan Lee	Southampton RC	00:29:17	2007
2	Thorsten Warneke	Team Solent	00:31:37	2000
3	Julian Mann	Winchester	00:31:53	2006
4	Russ Coleman	Southampton RC	00:32:14	2005
5	Tom Muddiman	Southampton AC	00:32:25	2011
6	Zippy Grice	Stubbington	00:32:27	2004
7	Ian Crawford	Southampton RC	00:32:29	2003
8	Sean Holmes	Overton	00:32:31	2011
9	Mark Le Gassick	Stubbington	00:32:54	2003
10	Tim Spencer	Southampton AC	00:33:08	2010
11	Pete Davis	Southampton RC	00:33:09	2006
12	Rob Bentley	Wessex	00:33:22	2001
13	Owen Harries	Team Southampton	00:33:22	2007
14	James Dean	Totton	00:33:24	2011
15	Keith Dowson	Winchester	00:33:42	2002
16	Godfrey Rhimes	Eastleigh	00:33:45	2002
17	Jon Slade	Team Southampton	00:33:50	2007
18	Ken Payne	Stubbington	00:33:52	2000
19	Jimmy Hunt	Romsey	00:33:58	2010
20	Neil Thomas	Stubbington	00:34:13	2002

Ladies

	Runner	Club	Time	Year
1	Lucy Elliott	Winchester	00:33:54	2005
2	Emma Patel	Winchester	00:34:24	2006
3	Hannah Howard	Eastleigh	00:36:58	2011
4	India Lee	Winchester	00:37:52	2012
5	Janet Littlewood	Winchester	00:38:01	2007
6	Katherine Jones	Winchester	00:38:26	2003
7	Sara Rhimes	Eastleigh	00:38:44	2000
8	Kat Bonnam	Winchester	00:39:43	2011
9	Susan MacGregor	Stubbington	00:39:51	2011
10	Natalie Antkowiak	Hardley	00:40:10	2010
11	Karen Barton	Team Southampton	00:40:18	2009
12	Michaela McCallum	Winchester	00:40:21	2010
13	Lisa Livingstone	Hardley	00:40:35	2003
14	Sally Gilbert	Team Southampton	00:40:37	2006
15	Sally Diaper	Southampton RC	00:40:38	2007
16	Maria Stokes	Southampton RC	00:40:42	2006
17	Ros Marsh	Portsmouth Joggers	00:41:06	2002
18	Rose MacDonald	Portsmouth Joggers	00:41:30	2000
19	Angie Stuckey	Romsey	00:41:40	2007
20	Viv Drake	Hardley	00:41:49	2007

Leg 2

Start



Finish



Leg 3 – Stoke Hill to Middleton Farm

Course Description

Leg 3 is the 2nd longest stage being more or less 10km in length. Runners should not expect to reap a 10K PB by traversing this section of the race. The first mile, although a 260ft descent, is across rough fields and over stiles. The route then cuts through St. Mary Bourne before a long 130ft climb over the downs. From there, it is relatively straightforward. The second half of the route sticks to fairly well defined tracks and is largely downhill as you head towards the finish. However, the last mile through the eastern fringe of Harewood Forest is punctuated by two short sharp climbs before a well earned changeover at Middleton Farm.

Fact File

Distance: 10.0km
Start Elevation: 542ft
Finish Elevation: 279ft

Men's Course Record

Runner: Paul Phillips
Club: Southampton City
Time: 00:32:53
Year: 1997

Ladies' Course Record

Runner: Karen Hazlitt
Club: Winchester
Time: 00:39:14
Year: 2005

During the stage, runners will cross a somewhat unspectacular looking rural lane called Harroway. It's worth a quick glance east and west however, as this is purported to be the oldest road in Britain. Dating from the neolithic period, it runs from Farnham in Hampshire through to the villages of Halstock and Corscombe in Dorset. The name may be derived from a number of sources including; *herewag* – a military road, *har* – meaning ancient or *heargway* – meaning road to a shrine (possibly Stonehenge). Many sections of the route are just simple tracks, but parts have evolved into modern day roads illustrating how much of today's infrastructure was designed thousands of years ago.



Leg 3 Fastest Runners 2000 - 2012

Men

	Runner	Club	Time	Year
1	Jason Perry	Winchester	00:34:33	2003
2	Ian Hardcastle	Winchester	00:34:58	2005
3	David Currie	Southampton RC	00:35:03	2005
4	Rob Bentley	Wessex	00:35:26	2003
5	Mark Le Gassick	Stubbington	00:36:04	2008
6	Nick Buis	Totton	00:36:05	2010
7	Matt Missen	Southampton AC	00:36:10	2010
8	Pete Davis	Southampton RC	00:36:10	2002
9	Jeremy Braines	Winchester	00:36:40	2003
10	Sean Holmes	Overton	00:36:42	2012
11	Barry Hards	Stubbington	00:36:56	2000
12	Rob Ward	Portsmouth Joggers	00:37:06	2005
13	Tor Duffin	Stubbington	00:37:11	2003
14	Alex Wall-Clarke	Team Southampton	00:37:12	2008
15	Rob Thompson	Southampton RC	00:37:13	2000
16	Scott Augur	Southampton RC	00:37:24	2005
17	Julian Mann	Winchester	00:37:28	2002
18	Graham Bungay	Southampton RC	00:37:40	2008
19	Chris Neil	Andover	00:37:50	2012
20	Simon Ridley	Southampton RC	00:37:54	2007

Ladies

	Runner	Club	Time	Year
1	Karen Hazlitt	Winchester	00:39:14	2005
2	Jo Kelsey	Winchester	00:39:40	2006
3	Katherine Jones	Winchester	00:41:55	2007
4	Sarah Kingston	Southampton AC	00:42:56	2011
5	Sue Sleath	Hardley	00:43:17	2000
6	Lesley Leavesley	Southampton RC	00:43:26	2003
7	Jo Jefferies	Winchester	00:43:50	2007
8	Nala McRobert	Southampton RC	00:43:51	2004
9	Beverley Hards	Stubbington	00:43:58	2000
10	Mel Bailey	Havant	00:44:52	2000
11	Jane Harrop	Havant	00:44:52	2002
12	Sally Gilbert	Team Southampton	00:45:14	2005
13	Lisa Livingstone	Hardley	00:45:42	2001
14	Debbie Hallett	Southampton RC	00:45:43	2007
15	Sally Diaper	Southampton RC	00:46:00	2006
16	Lauren Renyard	Hardley	00:46:16	2003
17	Donna Tew	Eastleigh	00:47:13	2009
18	Rachel Byers	Winchester	00:47:14	2006
19	Chris McLean	Victory	00:47:23	2000
20	Emma Coombe	Lordshill	00:47:47	2003

Leg 3



Start

Finish

Leg 4 – Middleton Farm to Wherwell

Course Description

Leg 4 is the 3rd shortest stage though it still poses a few challenges, not least following the route itself. This section crosses and follows a number of roads as it passes through the village of Middleton so sharp eyes are needed to spot the way markers indicating when the route leaves the road. Care should be taken on the road bridge which crosses the A303 just outside Middleton as there is no footway. On the other side of the bridge, runners begin to skirt the southern fringe of Harewood Forest and will discover a fairly steady climb to the highest point of the stage (311ft) in Upping Copse. This is followed by a sharp descent to the change over.

Fact File

Distance: 7.8km
Start Elevation: 279ft
Finish Elevation: 216ft

Men's Course Record

Runner: Paul Buckley
Club: Southampton RC
Time: 00:27:10
Year: 2003

Ladies' Course Record

Runner: Lorna Russell
Club: Winchester
Time: 00:31:35
Year: 2007

Since 2000, the fastest completion of the 8 stage course by a men's team was by Southampton Running Club in 2003 in 4 hours, 19 minutes and 9 seconds. The team comprised; Steve Axon, Ian Crawford, Pete Davis, Paul Buckley, Iain Robertson, Andy Morgan Lee (pictured), Edmund Tee & David Currie.

The ladies record was achieved by Winchester in 2005 who completed the course in 4 hours, 52 minutes and 18 seconds. Their team comprised; Georgia Benson, Lucy Elliott, Karen Hazlitt, Sara Reid, Katherine Jones, Emma Patel, Michaela McCallum and Kath Bailey. They set 6 Leg records in the process.



Leg 4 Fastest Runners 2000 - 2012

Men

	Runner	Club	Time	Year
1	Paul Buckley	Southampton RC	00:27:10	2003
2	Jez Curtis	Southampton AC	00:27:32	2012
3	Alex Wall-Clarke	Team Solent	00:28:16	2003
4	Matt West	Southampton RC	00:28:20	2005
5	Jeremy Curtis	Southampton AC	00:28:26	2011
6	Darren Hitching	Stubbington	00:28:27	2002
7	Russ Coleman	Southampton RC	00:28:32	2006
8	Tor Duffin	Stubbington	00:28:42	2006
9	George Hide	Winchester	00:28:45	2003
10	Liam Richardson	Southampton RC	00:28:56	2008
11	Keith Taylor	Winchester	00:28:57	2002
12	Neil Hotson	Southampton RC	00:29:00	2000
13	David Currie	Southampton RC	00:29:37	2010
14	Steve Haggerty	Southampton RC	00:29:38	2003
15	Zippy Grice	Stubbington	00:29:38	2000
16	Mike Davies	Winchester	00:29:40	2005
17	Paul Stoodley	Winchester	00:29:44	2012
18	James Deren	Eastleigh	00:29:49	2006
19	John Norman	Hardley	00:30:01	2004
=	Rob Thompson	Southampton RC	00:30:01	2004

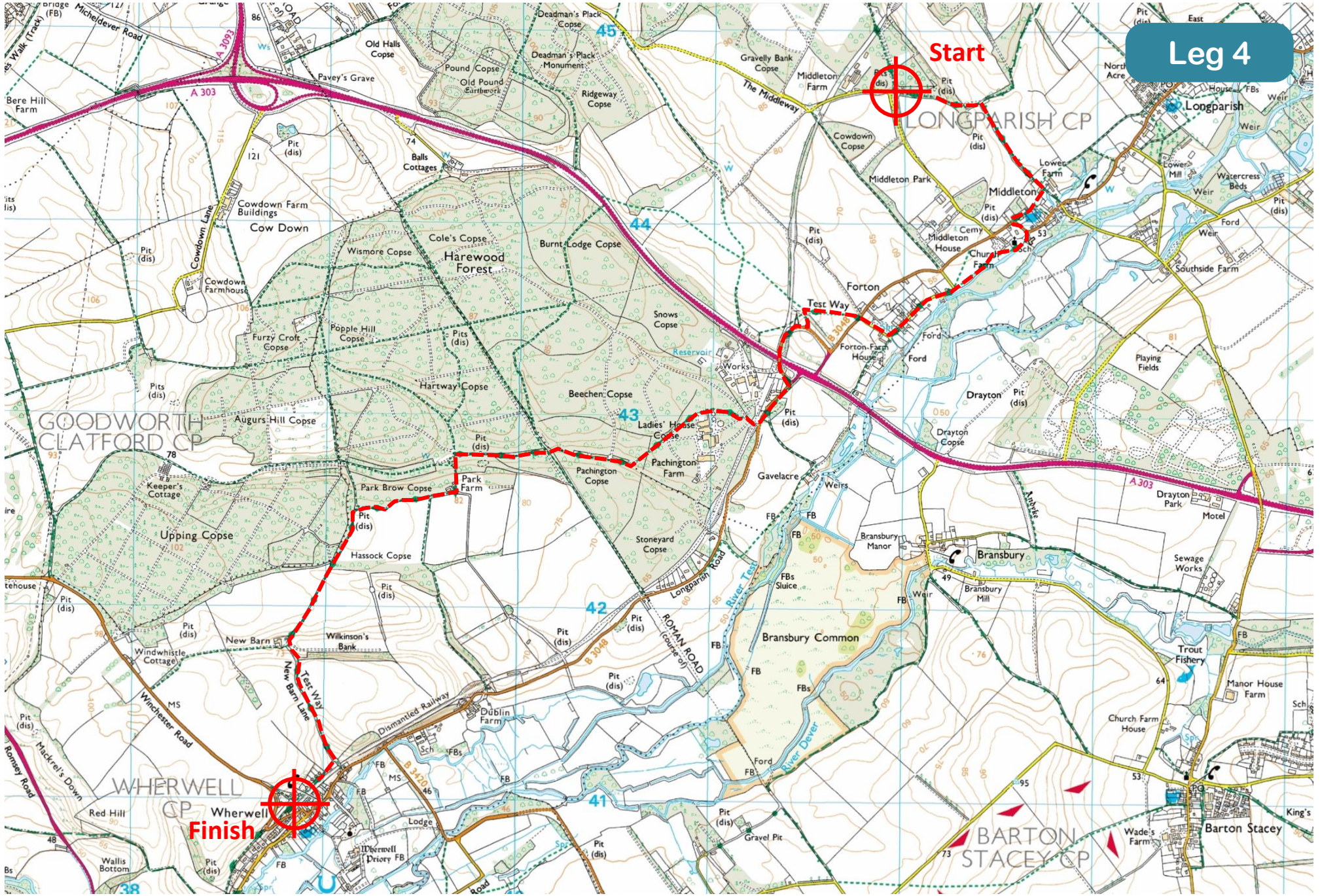
Ladies

	Runner	Club	Time	Year
1	Lorna Russell	Winchester	00:31:35	2009
2	Sarah Holiday	Winchester	00:31:46	2010
3	Charlotte Benning	Team Southampton	00:33:09	2007
4	Lauren Phippard	Totton	00:33:26	2008
5	Heidi Martin	Havant	00:33:57	2002
6	Sally Gilbert	Team Southampton	00:34:03	2008
7	Glynis Sheppard	Winchester	00:34:29	2007
8	Sue Orr	Southampton RC	00:34:44	2008
9	Carly Donaldson	Southampton RC	00:35:05	2004
10	Sara Reid	Winchester	00:35:14	2006
11	Sally Diaper	Southampton RC	00:35:34	2005
12	Sam Smith	Southampton RC	00:35:37	2006
13	Amanda Hull	Romsey	00:35:45	2009
14	Penny Forse	Stubbington	00:36:00	2010
15	Sally McGrath	Stubbington	00:36:07	2009
16	Jenny Davis	Team Southampton	00:36:08	2005
17	Carly Donaldson	Southampton RC	00:36:10	2007
18	Jennifer McLachlan	Winchester	00:36:21	2012
19	Caron Weeks	Team Solent	00:36:22	2003
20	Sioux Thirtle	Lordshill	00:36:30	2002

Leg 4

Start

Finish



Leg 5 – Wherwell to Stockbridge

Course Description

Leg 5 is the 2nd shortest stage and probably the easiest in terms of ascents. The route is largely a gentle descent towards Stockbridge, albeit with an 80ft high speed bump encountered 2km from the start outside the village of Chilbolton. After that it really couldn't be easier as the Test Way runs along a fairly well defined south west path flanked by the river and the A3057. The route is still fairly rugged in places, so runners are unlikely to achieve their fastest pace. Half a mile outside Stockbridge, the path merges with the road, so runners will need to take care as they approach the finish, particularly when crossing the High Street at a busy roundabout.

Fact File

Distance: 7.5km
Start Elevation: 216ft
Finish Elevation: 116ft

Men's Course Record

Runner: Edmund Tee
Club: Southampton RC
Time: 00:26:34
Year: 1998

Ladies' Course Record

Runner: India Lee
Club: Winchester
Time: 00:30:26
Year: 2007

Stockbridge is an attractive though fairly unremarkable market town. It was however, briefly the residence of late 19th Century celebrity Lillie Langtry. Pretty and charismatic, she was the subject of much media and public interest, particularly when she had an affair with the Prince of Wales and future monarch Edward VII. During their 3 year affair, they had many private retreats, one of which was in Stockbridge. The building is still standing and is currently occupied by Stokes Restaurant. Lillie was an expensive mistress and he once complained to her, "I've spent enough on you to build a battleship", whereupon she tartly replied, "And you've spent enough in me to float one".



Leg 5 Fastest Runners 2000 - 2012

Men

Runner	Club	Time	Year
1 Mike Noyce	Winchester	00:26:37	2002
2 Matt King	Winchester	00:26:42	2005
3 Iain Robertson	Southampton RC	00:27:10	2003
4 Zippy Grice	Stubbington	00:27:12	2002
5 Matt Hibberd	Southampton AC	00:27:15	2011
6 Pete Davis	Southampton RC	00:27:29	2001
7 Simon Ridley	Southampton RC	00:28:27	2006
8 Darren Jerome	Hardley	00:28:33	2000
9 David Currie	Southampton RC	00:28:52	2004
10 Stephen Marshall	Stubbington	00:28:53	2001
11 Andy Simpson	Stubbington	00:29:03	2007
12 Tor Duffin	Stubbington	00:29:06	2004
13 Rob Thompson	Southampton RC	00:29:19	2006
14 Alex Thompson	Southampton RC	00:29:25	2000
15 Mike Bliss	Overton	00:29:28	2010
16 Dave Griffiths	Stubbington	00:29:42	2003
17 Malcom Renyard	Hardley	00:29:37	2002
18 Jon Slade	Team Southampton	00:29:44	2009
19 Will Harding	Winchester	00:29:54	2012
20 Kieron Raval	Stubbington	00:29:58	2003

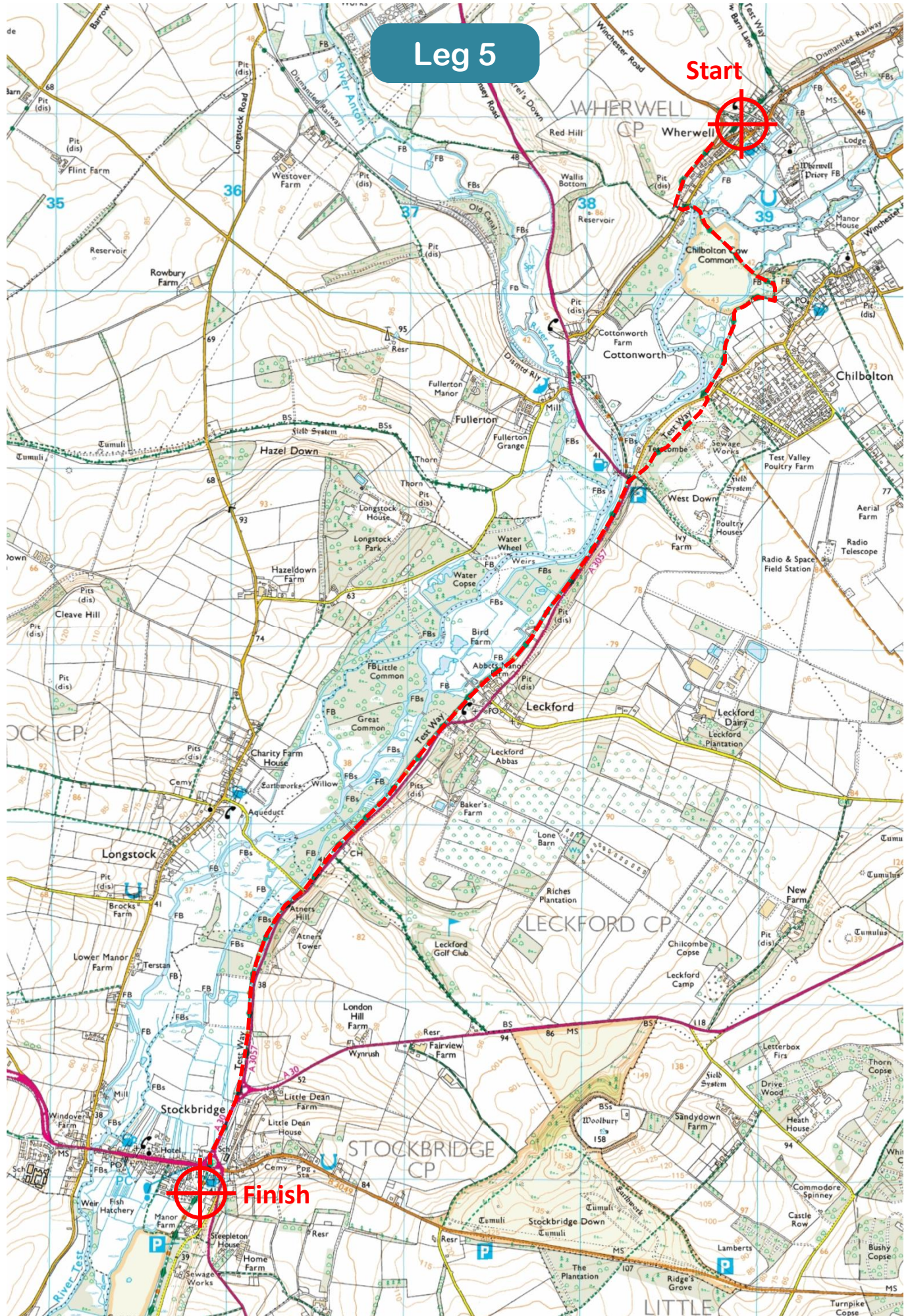
Ladies

Runner	Club	Time	Year
1 India Lee	Winchester	00:30:26	2007
2 Laura Brenton	Team Solent	00:32:09	2003
3 Jane Manthorpe	Winchester	00:32:32	2002
4 Cat Whitcombe	Team Southampton	00:33:38	2006
5 Nicci Blandford	Southampton RC	00:33:52	2005
6 Katherine Jones	Winchester	00:33:53	2005
7 Sally Gilbert	Southampton AC	00:34:01	2010
8 Charlotte Bates	Winchester	00:34:27	2008
9 N. Coles	Southampton RC	00:35:01	2003
10 Claire Knapton	Winchester	00:35:13	2009
11 Celia Findlay-Bada	Havant	00:35:40	2000
12 Fiona Hill	Eastleigh	00:35:56	2003
13 Joy Radford	Winchester	00:35:56	2003
14 Mel Bailey	Havant	00:36:20	2002
15 Hannah Coombs	Southampton RC	00:36:22	2007
16 L. Morgan	Winchester	00:36:23	2004
17 Sally Diaper	Southampton RC	00:36:23	2008
18 Terry Paul	Totton	00:36:23	2002
19 Fay Wyatt	Andover	00:36:24	2012
20 Gill Rose	Stubbington	00:36:28	2012

Leg 5

Start

Finish



Leg 6 – Stockbridge to Mottisfont

Course Description

Leg 6 is the only stage that finishes at pretty much the same height at which it starts. However, don't be fooled into thinking this is in any way "the flat section of the race"; the leg (also the 3rd longest) is characterised by a number of short sharp dips and climbs. Indeed, the stage reaches its lowest point (70ft) less than a km from the finish, leaving runners with one final climb before the change over point. Aside from these ups & downs, it is a relatively straightforward route with long sections of uninterrupted running. Unlike the other stages, it actually does run parallel to the Test, affording an occasional view of the river itself.

Fact File

Distance: 9.1km
Start Elevation: 116ft
Finish Elevation: 116ft

Men's Course Record

Runner: Andy Morgan Lee
Club: Southampton RC
Time: 00:28:56
Year: 2002

Ladies' Course Record

Runner: Lucy Elliott
Club: Winchester
Time: 00:32:23
Year: 2006

You may notice that all of the Ladies' Course Records are held by Winchester runners & THREE of those were set by Lucy Elliott. Her last Test Way appearance was 2009, but she is still running well and came 3rd in the Eastleigh 10K this year.



3.5km into Leg 6, runners will reach the point where the Test Way crosses the Clarendon Way. The path runs between Salisbury and Winchester for 24 miles over what might be described as undulating terrain and is of course used for the Clarendon Way marathon. The race this year takes place on Sunday 6th October.

www.clarendon-marathon.co.uk

Leg 6 Fastest Runners 2000 - 2012

Men

Runner	Club	Time	Year
1 Andy Morgan Lee	Southampton RC	00:28:56	2002
2 Andy Vernon	Stubbington	00:29:00	2006
3 Rob Bentley	Wessex	00:31:57	2000
4 Alasdair Ewing	Stubbington	00:32:04	2002
5 Mike Peters	Stubbington	00:32:14	2001
6 Pete Davis	Team Solent	00:32:20	2000
7 Christian Folliot	Team Southampton	00:32:24	2005
8 Mike Gregory	Winchester	00:32:33	2002
9 Mark Le Gassick	Stubbington	00:32:37	2010
10 Iain Robertson	Southampton RC	00:33:02	2004
11 Mark Gregory	Southampton RC	00:33:10	2005
12 Jason Perry	Winchester	00:33:20	2001
13 Zippy Grice	Stubbington	00:33:27	2007
14 Mike Twomey	Southampton RC	00:33:28	2007
15 Matt Revier	Southampton AC	00:33:35	2011
16 Tom Stevens	Eastleigh	00:33:48	2011
17 Martin Rosell	Halterworth	00:33:52	2004
18 Dave Blackman	Southampton RC	00:33:53	2006
19 Jamie Jones	Overton	00:33:55	2010
20 Martyn West	Southampton RC	00:34:00	2003

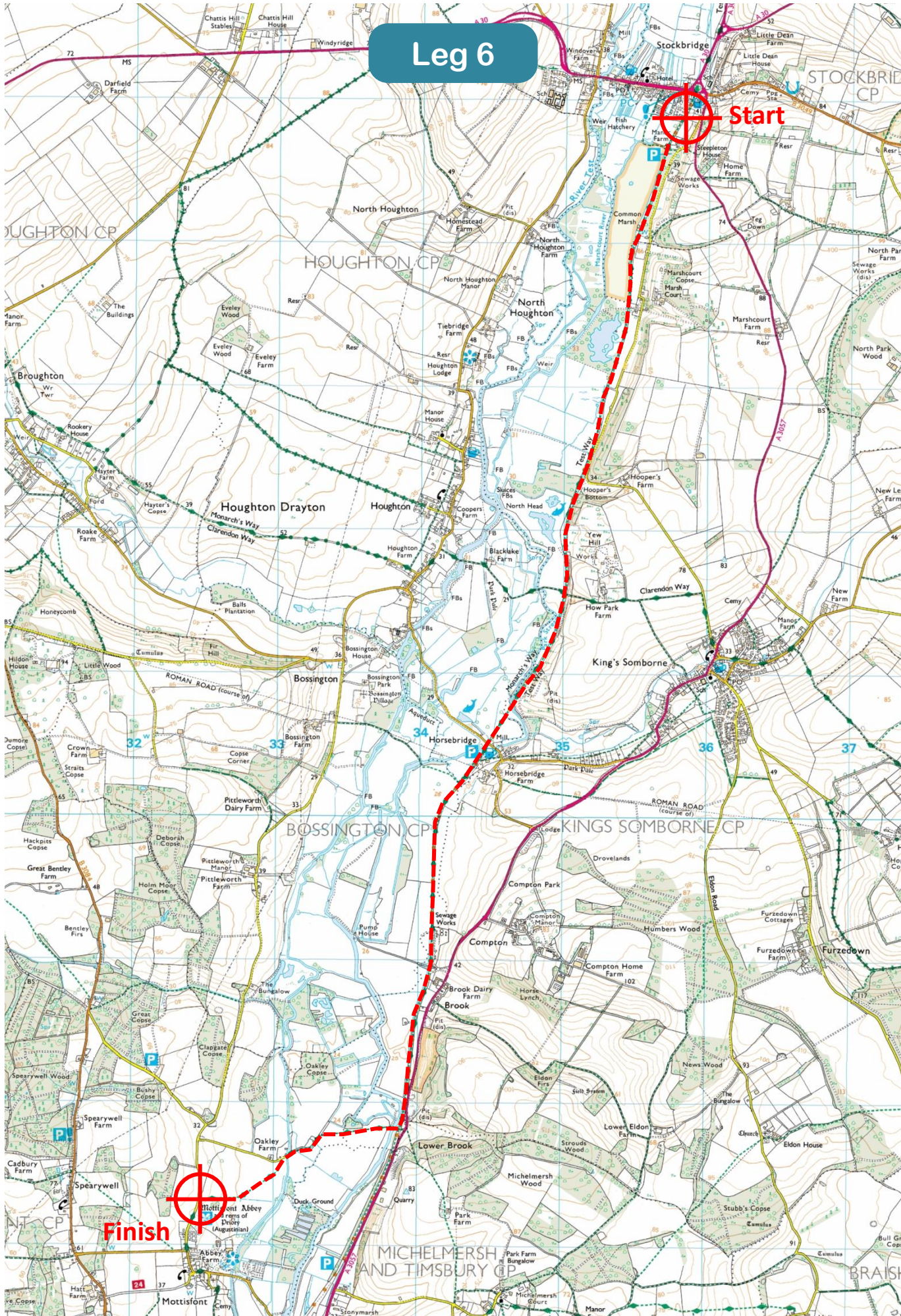
Ladies

Runner	Club	Time	Year
1 Lucy Elliot	Winchester	00:32:23	2006
2 Sarah Holiday	Winchester	00:35:56	2009
3 Emma Patel	Winchester	00:36:00	2005
4 Amanda Hull	Romsey	00:36:53	2012
5 Janice Jones	Overton	00:37:02	2012
6 Kaye Mansbridge	Winchester	00:37:21	2008
7 Bev Edwards	Winchester	00:37:52	2004
8 Karen Rushton	Southampton RC	00:37:54	2008
9 Michaela McCallum	Winchester	00:38:40	2009
10 Katherine Armitage	Stubbington	00:39:28	2001
11 Pamela Spurge	Portsmouth Joggers	00:39:29	2003
12 Fiona Cressy	Team Southampton	00:40:01	2004
13 Claire Dyer	Hardley	00:40:26	2009
14 Ruth Wedd	Totton	00:40:30	2005
15 Sandra Bowers	Winchester	00:40:33	2012
16 Tracey Lancaster	Fareham	00:40:40	2009
17 Lucy Buis	Totton	00:40:43	2010
18 Sue Ore	Southampton RC	00:40:52	2009
19 Lynne Whittaker	Romsey	00:40:55	2007
20 Marie Stokes	Southampton RC	00:41:11	2007

Leg 6

Start

Finish



Leg 7 – Mottisfont to Romsey

Course Description

Leg 7 times are noticeably slower than Leg 6, despite the two stages being of equal distance. The principal reason is the high number of stiles & gates found along the route. The exact figure varies (depending on whether gates are open), but it's usually between 25 & 30. This equates to some form of obstruction roughly every 350 metres making it difficult to maintain a decent pace on this section. The other key challenge is Squabb Wood, which even after a very dry spell is like trekking through the Borneo jungle. The path here can be very muddy with low hanging branches, raised roots and the odd fallen tree blocking the way. Needless to say, take care!

Fact File

Distance: 9.1km
Start Elevation: 116ft
Finish Elevation: 41ft

Men's Course Record

Runner: Tim Johnson
Club: Southampton RR
Time: 00:30:16
Year: 1990

Ladies' Course Record

Runner: Debbie Coslett
Club: Winchester
Time: 00:37:00
Year: 2006

The beginning of this stage passes behind Mottisfont Abbey, which has existed in some form or other since 1201. The name derives from moot (or meeting point) and font (or spring – one exists within the grounds and still produces water). The abbey served as a stopping off point for people travelling between Salisbury and Winchester with monks providing food & shelter. Travellers could also take a peak at the abbey's holy relic, said to be the forefinger of John the Baptist. The prosperous priory was ravaged by the Black Death in the mid 14th Century and never fully recovered. During the dissolution of monasteries, it was gifted by Henry VIII to Sir William Sandys who converted it into a country home.



Leg 7 Fastest Runners 2000 - 2012

Men

	Runner	Club	Time	Year
1	Ronnie Adams	Portsmouth Joggers	00:31:53	2002
2	Andy Morgan-Lee	Southampton RC	00:32:34	2009
3	Edmund Tee	Southampton RC	00:33:03	2002
4	Matt Hammerton	Romsey	00:34:44	2009
5	Andy Greenleaf	Winchester	00:34:50	2003
6	Paul Fotherby	Southampton RC	00:34:50	2006
7	Ian Hardcastle	Winchester	00:34:58	2005
8	David Currie	Southampton RC	00:35:03	2005
9	George Hide	Winchester	00:35:14	2002
10	Owen Harries	Team Southampton	00:35:29	2008
11	Zippy Grice	Stubbington	00:36:04	2001
12	Martyn West	Southampton RC	00:36:17	2007
13	Simon Hunt	Team Solent	00:36:24	2000
14	Simon Stevens	Winchester	00:36:27	2008
15	Rob Thompson	Southampton RC	00:36:36	2003
16	Mark Le Gassick	Stubbington	00:36:40	2004
17	Mike Bainbridge	Stubbington	00:36:48	2000
18	Graham Bungay	Totton	00:36:50	2010
19	Alex Wall-Clarke	Team Southampton	00:36:52	2009
20	Andy Simpson	Stubbington	00:36:53	2003

Ladies

	Runner	Club	Time	Year
1	Debbie Coslett	Winchester	00:37:00	2006
2	Michaela McCallum	Winchester	00:37:05	2005
3	Lucy Elliot	Winchester	00:37:23	2009
4	Sally Gilbert	Team Southampton	00:38:44	2007
5	Christine Currie	Southampton RC	00:39:04	2005
6	Heather Buckingham	Southampton RC	00:40:21	2007
7	Laurie King	Totton	00:40:57	2005
8	Alice Neal	Southampton RC	00:41:23	2004
9	Sue Sleath	Hardley	00:41:27	2009
10	Sue True	Winchester	00:41:36	2008
11	Tanya Bradley	Stubbington	00:41:42	2011
12	Rachel Byers	Lordshill	00:42:03	2003
13	Katie Carew-Robinson	Portsmouth Joggers	00:42:13	2004
14	Kath Bailey	Winchester	00:42:27	2002
15	Bev Lavery	Stubbington	00:42:40	2000
16	Harriet Hide	Winchester	00:42:48	2007
17	Susie MacGregor	Stubbington	00:43:00	2006
18	Jane Morgan	Hardley	00:43:03	2002
19	Kim Wilmhurst	Team Solent	00:43:12	2002
20	Dana Abraham	Southampton AC	00:43:37	2010

Leg 7



Leg 8 – Romsey to Totton

Course Description

The final leg maybe the longest but it is also the flattest. There's no slogging up hills for runners of this stage, just flat out running. The middle part of the route is probably the easiest in the entire race, with 4km of relatively flat farm track and road. Of course, it wouldn't be the Test Way without the odd obstacle or two. A narrow section of the path about 3km after the start is often overgrown with waist high nettles of the stinging variety. Care is also recommended on the boardwalk across the Lower Test Marshes near the finish. It can be very slippery in wet weather and a few boards are currently missing. Oh and a high tide may result in wet shoes!

Fact File

Distance: 11.3km
Start Elevation: 43ft
Finish Elevation: 26ft

Men's Course Record

Runner: Tony Allen
Club: Stubbington
Time: 00:37:56
Year: 2003

Ladies' Course Record

Runner: Kath Bailey
Club: Winchester
Time: 00:46:43
Year: 2005

The board walk encountered on the final section of the Test Way relay crosses the Lower Test nature reserve. Of course race participants are unlikely to stop and get the binoculars out, but any bird lovers will find it worth their while to return for a less hectic visit. Several species of wildfowl can be found here, including Wigeon and Teal while the Little Egret is a common sight in the summer. Ospreys are also regular visitors and can be seen perched on the dead trees eating their catch. If you're particularly lucky (and sharp eyed) you may well spot a Kingfisher darting across the landscape. Just to prove it's possible, the picture shown was taken at the reserve!



Leg 8 Fastest Runners 2000 - 2012

Men

Runner	Club	Time	Year
1 Tony Allen	Stubbington	00:37:56	2003
2 Nick Anderson	Winchester	00:38:27	2003
3 Mike Twomey	Southampton RC	00:39:14	2002
4 Russell Savage	Hardley	00:39:29	2000
5 David Branfoot	Southampton RC	00:40:27	2004
6 Andy Vernon	Stubbington	00:40:33	2005
7 Matt Bennett	Southampton AC	00:41:19	2011
8 Jason Perry	Winchester	00:42:01	2002
9 Rob Kendall	Hardley	00:42:06	2003
10 Jon Grainger	Wessex	00:42:34	2002
11 James Knight	Overton	00:42:42	2012
12 Julian Mann	Winchester	00:43:25	2004
13 Ian Cross	Romsey	00:43:54	2005
14 David Currie	Southampton RC	00:44:09	2003
15 Paul Sidaway	Winchester	00:44:12	2002
16 Wayne Ewens	Stubbington	00:44:23	2011
17 Roger Merritt	Southampton RC	00:44:27	2001
18 Ray Gunner	Stubbington	00:44:31	2005
19 Robert Tanner	Lordshill	00:44:53	2000
20 John James	Southampton RC	00:45:11	2000

Ladies

Runner	Club	Time	Year
1 Kath Bailey	Winchester	00:46:43	2005
2 Stephanie Robson	Southampton RC	00:47:00	2002
3 Bethan Harris	Southampton RC	00:47:14	2005
4 Kaye Harwood	Lordshill	00:47:34	2002
5 Tanya Brady	Stubbington	00:49:08	2012
6 Rachel Byers	Totton	00:49:08	2002
7 Sue Sleath	Hardley	00:49:21	2004
8 Helen Wallington	Totton	00:49:26	2011
9 Sally Rouse	Hardley	00:49:58	2003
10 Christine Currie	Southampton RC	00:51:40	2003
11 Sonia Rushby	Eastleigh	00:52:56	2012
12 Donna Tew	Eastleigh	00:53:09	2011
13 Emily Foram	Stubbington	00:53:14	2011
14 Tania Prendergast	Hardley	00:53:18	2000
15 Dawn Errington	Team Solent	00:53:54	2002
16 Hilary Keogh	Victory	00:53:59	2004
17 Joan Evans	Portsmouth Joggers	00:54:28	2000
18 Sandra Bowers	Winchester	00:54:42	2011
19 Jane Field	Romsey	00:54:50	2004
20 Caron Weeks	Team Southampton	00:55:18	2004

Leg 8

Start

Finish





Results History

Results 2012

Men's Teams

1st Southampton



1	Steve Underwood	00:29:02
2	Dave Blackman	00:36:16
3	Matt Missen	00:36:40
4	Jez Curtis	00:27:32
5	Matt Hibberd	00:27:15
6	Matt Revier	00:33:35
7	Tom Johnson	00:38:54
8	Matt Bennett	00:42:43
Total Time		04:31:57

Ladies' Teams

1st Stubbington



Donna Mitchell	00:32:45	
Susan McGregor	00:40:25	
Lucy May	00:50:31	
Rachel Openshaw	00:47:29	
Gill Rose	00:36:28	
Hannah Littlecott	00:43:54	
Sally McGrath	00:46:11	
Tanya Brady	00:49:08	
Total Time		05:46:51

Mixed Teams

1st Winchester



Jo Jeffries	00:33:00	
Madeline Vosser	00:46:00	
Steve Goodwin	00:47:16	
Simon Hazlitt	00:36:14	
India Lee	00:33:33	
Sandra Bowers	00:40:33	
Martin West	00:42:02	
Paul Brittenden	00:49:44	
Total Time		05:28:22

2nd Overton



1	Lee Tolhurst	00:27:35
2	Robin Oakley	00:36:03
3	Sean Holmes	00:36:42
4	Neil Glendon	00:31:10
5	Martin Grounsell	00:30:30
6	Richard Clifford	00:35:56
7	Neil Martin	00:37:12
8	James Knight	00:42:42
Total Time		04:37:50

2nd Winchester



Sue True	00:33:30	
India Lee	00:37:52	
Karen Hazlitt	00:44:27	
Jennifer McLachlan	00:36:21	
Jackie Ducker	00:42:22	
Emily Stoodley	00:41:35	
Tori Green ¹	01:13:08	
Kath Bailey	00:48:47	
Total Time		05:58:02

2nd Overton



Lucy Pearson	00:38:42	
Kerri Barton	00:44:30	
Stuart Searle	00:43:58	
Liz Sandall-Ball	00:41:10	
Monique V. Neuton	00:41:10	
Janice Jones	00:37:02	
Mike Bliss	00:38:43	
Piers Puntan	00:51:35	
Total Time		05:36:50

3rd Stubbington



1	Phil Martin	00:32:03
2	Mark Eaton	00:35:46
3	James Sawyer	00:38:17
4	Ray Gunner	00:33:14
5	Andy Stockwell	00:33:02
6	Dave Jeffrey	00:36:42
7	Graham Bell	00:40:53
8	Lewis Banner	00:47:46
Total Time		05:58:02

3rd Romsey



Heidi Godfrey	00:37:30	
Hannah White	00:50:40	
Tam Ryan	00:48:33	
Lynda Brown	00:39:17	
Annie Tomlinson	00:37:54	
Amanda Hull	00:36:53	
Amanda Hull ²	00:59:13	
Wendy George	01:07:00	
Total Time		06:17:00

3rd Lordshill



Megan Draper	00:36:47	
Diane Mattingley	00:46:21	
Laure V.D. Broeck	00:49:22	
Ellie Coulthard	00:37:30	
Lawrence Chen	00:35:02	
Rodolpho Gonzalez	00:37:02	
David Johnson	00:47:44	
Stuart Smith	00:51:46	
Total Time		05:47:30

1 - Competitor took an incorrect route and incurred a 15 minute time penalty

2 - Competitor ran two legs and incurred a 15 minute time penalty

Past Results 2007 – 2011

Men's Teams

Ladies' Teams

Mixed Teams

2011

1st Overton
04:46:34



1st Stubbington
05:37:24



1st Totton
05:00:01



2nd Southampton AC
04:46:49



2nd Winchester
05:39:42



2nd Overton
05:53:00



3rd Stubbington
04:47:19



3rd Eastleigh
05:53:39



3rd Romsey
05:54:09



2010*

1st Southampton AC
04:45:11



1st Winchester
05:28:33



1st Totton
05:24:22



2nd Winchester
04:52:04



2nd Hardley
06:22:35



2nd Stubbington
05:36:20



3rd Overton
04:54:04



3rd Southampton AC
06:31:32



3rd Eastleigh
05:37:36



2009*

1st Southampton RC
04:41:04



1st Winchester
05:35:04



1st Totton
05:33:41



2nd Winchester
05:00:27



2nd Eastleigh
06:05:41



2nd Team Soton
05:38:50



3rd Stubbington
05:00:37



3rd Stubbington
06:13:10



3rd Winchester
05:39:15



2008*

1st Stubbington
04:44:16



1st Winchester
05:28:16



1st Team Soton
05:19:40



2nd Southampton RC
04:46:49



2nd Pompey Joggers
06:20:38



2nd Southampton RC
05:26:42



3rd Winchester
04:55:24



3rd Southampton RC
06:25:33



3rd Totton
05:36:51



2007*

1st Southampton RC
04:38:38



1st Winchester
05:22:00



1st Team Soton
05:22:01



2nd Stubbington
04:48:01



2nd Southampton RC
05:44:41



2nd Winchester
05:25:20



3rd Pompey Joggers
05:17:17



3rd Hardley
06:11:43



3rd Stubbington
05:41:20



*Between 2006 and 2010, the race was extended to Eling. Race times for these years were therefore affected.

Past Results 2002 – 2006

Men's Teams

Ladies' Teams

Mixed Teams

2006*

1st Stubbington
04:36:52



1st Winchester
05:22:42



1st Winchester
05:06:49



2nd Southampton RC
04:38:44



2nd Southampton RC
06:04:59



2nd Team Soton
05:19:20



3rd Winchester
04:49:40



3rd Pompey Joggers
06:22:25



3rd Hardley
05:22:55



2005

1st Southampton RC
04:21:15



1st Winchester
04:52:18



1st Totton
05:25:23



2nd Stubbington
04:33:54



2nd Southampton RC
05:24:44



2nd Southampton RC
05:26:03



3rd Winchester
04:46:37



3rd Team Soton
05:42:48



3rd Romsey
05:44:30



2004

1st Southampton RC
04:31:12



1st Southampton RC
05:21:13



1st Totton
05:26:41



2nd Stubbington
04:36:50



2nd Hardley
05:42:59



2nd Lordshill
05:29:29



3rd Winchester
04:37:39



3rd Winchester
05:52:35



3rd Team Soton
05:36:18



2003

1st Southampton RC
04:19:09



1st Southampton RC
05:34:22



1st Winchester
04:56:08



2nd Winchester
04:24:11



2nd Hardley
05:38:24



2nd Team Soton
05:11:17



3rd Stubbington
04:24:38



3rd Pompey Joggers
05:37:05



3rd Totton
05:29:52



2002

1st Southampton RC
04:19:57



1st Southampton RC
05:34:22



1st Havant
05:04:17



2nd Stubbington
04:22:05



2nd Hardley
05:38:24



2nd Winchester
05:06:03



3rd Winchester
04:23:46



3rd Eastleigh
05:37:05



3rd Lordshill
05:13:30



*Between 2006 and 2010, the race was extended to Eling. Race times for these years were therefore affected.

Past Results 2000 – 2001

Men's Teams

Ladies' Teams

Mixed Teams

2001

1st Southampton RC 
04:32:32

1st Hardley 
06:03:08

1st Totton 
05:33:25

2nd Winchester 
04:47:13

2nd Stubbington 
06:12:15

2nd Southampton RC 
06:17:20

3rd Hardley 
04:49:38

3rd Victory 
06:40:48

3rd Lordshill 
06:34:23

2000

1st Team Solent 
04:45:05

1st Stubbington 
05:49:50

1st Havant 
05:13:50

2nd Stubbington 
04:53:28

2nd Pompey Joggers 
05:52:38

2nd Totton 
05:54:30

3rd Southampton RC 
04:53:35

3rd Hardley 
05:55:45

3rd Team Solent 
06:07:54

Medal Table 2008 – 2012













One of the reasons for putting this guide together was to provide a context for the annual race results. Were the winners regular champions or had an underdog pulled off a triumphant victory?

I've therefore devised a rolling 5 year medal table (shown right). It will be updated every year (i.e. next year will be 2009 – 2013) ensuring that no club is basking in past glories of bygone eras.

Winchester are currently leading courtesy of 3 straight victories in the ladies race and a win in the mixed team event.

Stubbington are close behind having made sure to win the ladies race when Winchester were having an off year, while their men were victorious in 2008.

Totton are 3rd thanks to a collection of victories in the mixed team event.

Running Club	Gold	Silver	Bronze
Winchester 	4	4	2
Stubbington 	3	1	4
Totton 	3	0	1
Southampton AC 	2	1	1
Overton 	1	3	1
Southampton RC 	1	2	1
Team Southampton 	1	1	0
Eastleigh 	0	1	2
Hardley 	0	1	0
Portsmouth Joggers 	0	1	0
Romsey 	0	0	2
Lordshill 	0	0	1