



# SEAC Bridges Relay – Wed 21<sup>st</sup> June 2017

Incorporating London Business Houses Championships



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Dear Team Secretary/Captain,

Stock Exchange AC invite you to enter teams in the annual Bridges Relay which takes place on **Wednesday 21<sup>st</sup> June 2017**. The race will be held on the traditional course following last year's temporary move to the Dome. As always, it is 4 x 2.3 miles for Open teams (i.e. Mens or Mixed) and 3 x 2.3 miles for Ladies teams. It is "**come-changed**" event with **no changing facilities**.

- The start will be at 7:30 pm – to allow pedestrians to board the boats near Lambeth Bridge
- Entries will be limited to 600 runners and at the discretion of the organisers
- Entries will close 2 weeks before the race on (7<sup>th</sup> June) but entries usually sell out before then
- We will use an on-line system for team declarations

Entry fees are as follows:

- Open teams (4 runners – Mens or Mixed)                      £16
- Ladies teams (3 runners)    £12
- On-line entries will be available at the same price at <http://www.entrycentral.com/>

Race numbers will be distributed to team managers/captains on the evening of the race. Only minor changes to teams will be allowed on the evening itself.

The race relies on the continued goodwill of St Thomas' Hospital to allow us access to their grounds for waiting runners and spectators. We have been granted access **on condition that runners do not use the toilets at St Thomas'**. This follows complaints in previous years from St Thomas' about the use of their toilets by our runners. We ask for your support in ensuring your runners know that they are not allowed to use St Thomas' facilities - we will have a marshal outside the hospital entrance to ensure compliance. The nearest toilets are:

- Between Westminster Bridge and the London Eye. These are downstairs in McDonalds and in County Hall (entrance to the right of the main entrance to the London Eye ticket area)
- All Bar One (our traditional post-race pub)
- There are also toilets in Waterloo station (near the entrance from the main concourse at the Westminster end of the station).

We will be making a charitable donation to St Thomas' <http://www.supportgstt.org.uk/>

Please note that headphones, i-pods et cetera may not be used by competitors while racing. This is to ensure the safety of all competitors as we share the course with the general public.

We look forward to seeing you on the 21<sup>st</sup> June!

Regards

Martin Wood  
Race Organiser



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**ENTRY FORM**

Company/Club:		Team Manager:	
Number of Open Teams (@ £16 each):		Address:	
Number of Ladies Teams (@ £12 each):			
Total amount due:		Tel. no:	
Method of Payment (Delete as applicable):  Cheque / Cash transfer / other:		E-mail address:	

Closing date for entries 7<sup>th</sup> June 2017. In recent years the race has sold out before this date so we recommend early entry to avoid disappointment. Team member declarations will be needed prior to the race but last minute substitutions are accepted.

If you would prefer to transfer your entry fee directly and submit your entry form by e-mail please contact the race organiser.

I understand that my team enter at their own risk and will not hold the organisers responsible for any injury, illness or accident, or damage to/loss of property, arising from their participation in the event

Signed .....

Please return form plus cheque made payable to "Stock Exchange Athletics Club" to Martin Wood at the address above.

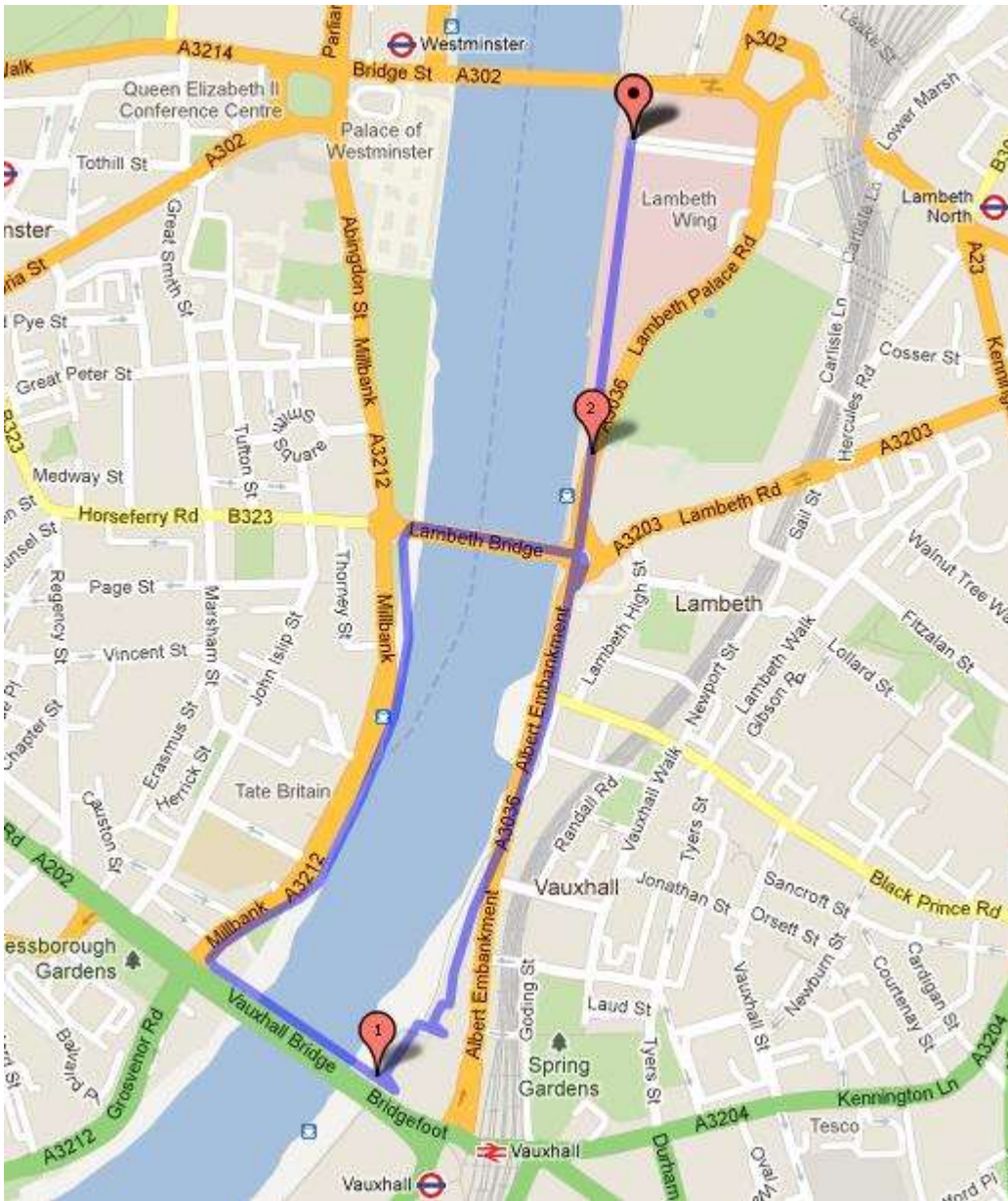


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## Course Details



**Always** stay on the pavement and keep turning right. **Do not cross any roads** and only climb one set of stairs. Please watch out for pedestrians!

### Directions

From the start follow the embankment South, through the small pedestrian tunnel at Lambeth Bridge. Stay on the footpath close to the Thames (don't follow the road) all the way to Vauxhall Bridge where you have to climb the stairs (by the MI6 building). At the top of the stairs turn right and cross to the North bank of the river. Keep right on the pavement which turns onto Millbank. Run North up Millbank past the Tate Gallery on your left.

At Lambeth Bridge, again turn right over the bridge and come back to the South bank. When you reach the South bank do **not** go down the stairs, but keep right on the pavement and take the longer route down the ramp. You then do a sharp 180 degree turn and then head North back along Albert Embankment to the start/finish area.