



SEAC Bridges Relay – Thurs 20th June 2019



Incorporating London Business Houses Championships

Greg Stevens
3 Highmore Road
London, SE3 7UA
bridgesrelay@gmail.com
0750 889 7699

6 May 2019

Dear Team Secretary/Captain,

Stock Exchange AC invite you to enter teams in the annual Bridges Relay which will take place on **Thursday 20th June 2019**. The race is 4 x 2.3 miles for Open teams (i.e. Mens or Mixed) and 3 x 2.3 miles for Ladies teams. As always, it is "**come-changed**" event with **no changing facilities**.

The race is organised by Stock Exchange AC and incorporates the **LBH Championships**. There are prizes and medals for bona-fide LBH teams and individuals, including vet categories (M40 and F35).

Event Details:

- The start will be at 7:30 pm – to allow pedestrians to board the boats near Lambeth Bridge.
- Entries will be limited to 680 runners and will close 1 week before the race, although the race usually sells out before then.

Entry fees:

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

Team managers need to enter their participants using the SEAC Manager smartphone app' (search for SEAC on Google Play). Race numbers will be distributed to team managers/captains on the evening of the race. Minor changes to teams can be made on the evening of the race via the app'.

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 the condition that runners do not use the toilets at St Thomas'. 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 (30p) with entrance from the main concourse at the Westminster end of the station.

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 20th June!

Regards

Greg Stevens
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:		Mobile Tel. no:	
Method of Payment (Delete as applicable): Cheque / Cash transfer / other:		E-mail address:	

Closing date for entries 12th June 2019. 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. Please note that we are unable to reserve places without an entry form and settled entry fee.

If you would prefer to transfer your entry fee directly and submit your entry form by e-mail and email Greg.

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

Date.....

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

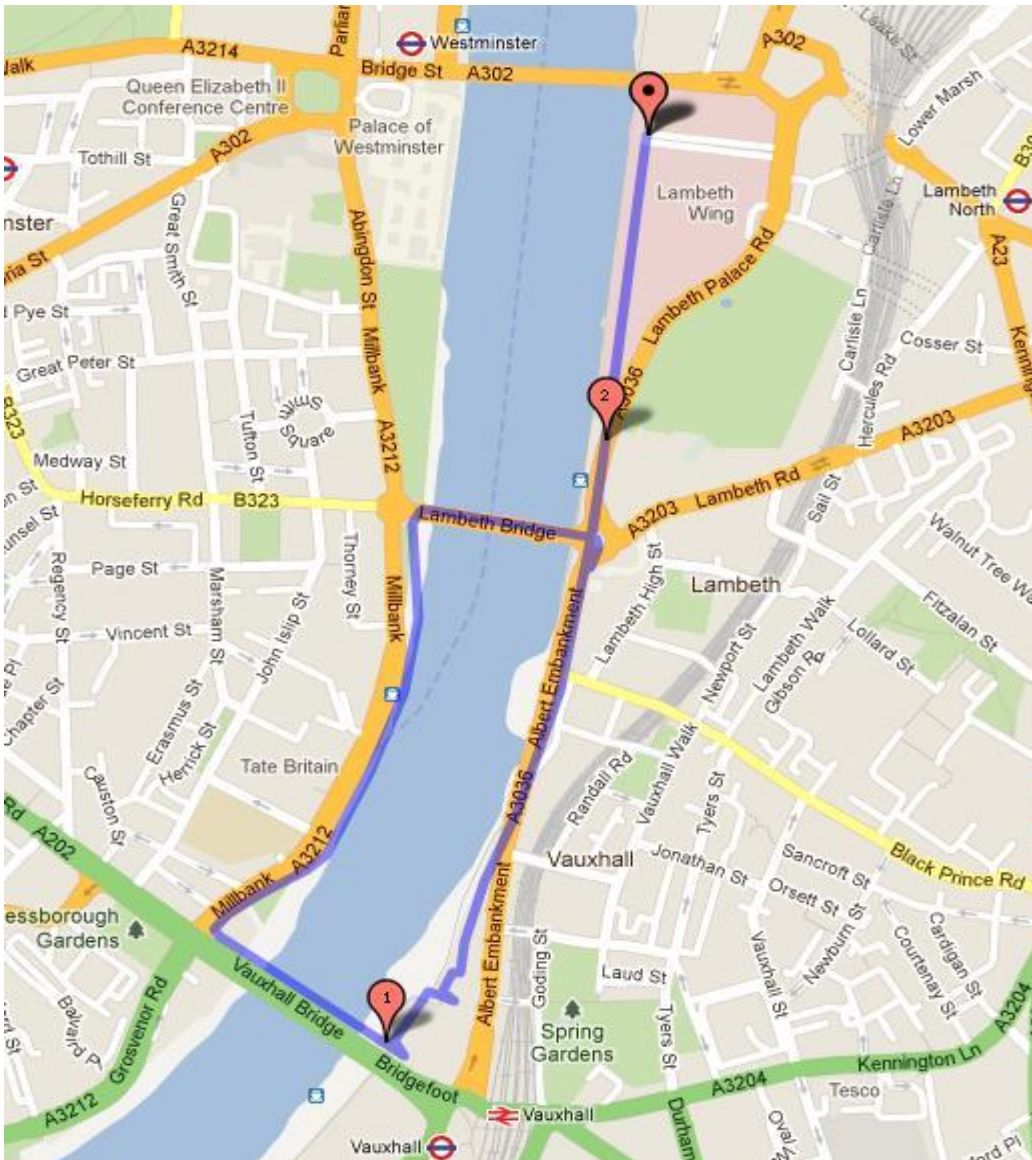


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Course Details



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.

Only wait in the start/finish area to start when your preceding team member is actually running their leg. Do not start until your team member has crossed the finish line. After finishing please stay in the finish funnel until your bib number has been recorded.