



SEAC Bridges Relay – Wednesday 14th June 2023

Incorporating London Business Houses Championships



Back on The Embankment!!

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

6 May 2023

Dear Team Secretary/Captain,

We are extremely pleased to be hosting this year's relay on its traditional course on the Albert Embankment opposite the Houses of Parliament.

Stock Exchange AC invites you to enter teams in the annual Bridges Relay which will take place on **Wednesday 14th June 2023**. 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**.

Event Details:

- The start will be at 7:30 pm
- The Start/Finish is the Albert Embankment by St Thomas' Hospital Garden, opposite Big Ben
- Starter: Big Ben's Half Hour Chime

Entry fees:

- Open teams (4 runners – Men's or Mixed) £20
- Ladies teams (3 runners) £15

You can enter by emailing bridgesrelay@gmail.com

Team managers need to register their runners using an on-line form or Android App which will be provided nearer the event. 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 web form

Closing date for entries is Monday 12 June 2023.

Race T-Shirts will be awarded to category winners.

We look forward to seeing you on 14 June

Regards

Greg Stevens
Race Organiser



SEAC Bridges Relay – Wednesday 14th June 2023

Incorporating London Business Houses Championships



Course Details

