



SEAC Bridges Relay – Wednesday 12th June 2024

Incorporating London Business Houses Championships



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Dear Team Secretary/Captain,

We are again 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 12th June 2024**. 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 on the [2024 Relay page](#) on the Stock Exchange website, stockexchangeac.org.

Team managers need to register their runners using an on-line form. 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 form.

Closing date for entries is Monday 10 June 2024.

Race T-Shirts will be awarded to category winners.

We look forward to seeing you on 12 June

Regards

Greg Stevens
Race Organiser



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Course Details

