



2009 BRIDGES RELAY
Incorporating London Business Houses Championships

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15th May 2008

Dear Team Secretary/Captain,

You are invited to enter teams in the annual Bridges Relay which will take place on **Thursday, 25th June**. The start time is 7 pm - on the stroke of Big Ben! 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. It will be a "**come-changed**" event with **no changing facilities**.

Entry fees are £3 per runner for LBH affiliated corporations and £3.50 for all others. (i.e. Open teams £12 for members and £14 for non-members, Ladies teams £9 for members and £10.50 for non-members). The deadline for completed entry forms with payment is **Friday 19th June**. Entries on the day will cost an extra £0.50 per runner. Race numbers will be distributed at the start of the race. Minor team changes will be allowed on the evening itself.

The race incorporates the **LBH Championships** and there are prizes and medals for LBH teams and individuals. The event is for company teams; other clubs are very welcome. Ladies competing in the Open event are eligible for Ladies individual prizes. If your organisation has not paid its 2009 LBH affiliation fee of £5, please include with your race entry fee for membership.

Please note that you may also enter on-line at www.runnersworld.co.uk

Results will be sent to all teams.

The start of the relay is on Albert Embankment, down the steps from Westminster Bridge (see map). Note that the course is subject to change if roadworks affect any of the pavements needed for the usual route.

We look forward to seeing you on the 25th!

Regards

Greg Stevens
Race Organiser



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2009 BRIDGES RELAY - ENTRY FORM

Company/Club:		Team Manager:
LBH affiliated (Y/N)		Address:
Number of Open Teams (@ £12/14 each):		
Number of Ladies Teams (@ £9/10.50 each):		
2009 LBH affiliation fee (£5) included in entry fee (Y/N)		Tel. no:
Cheque enclosed for total:		E-mail address:

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

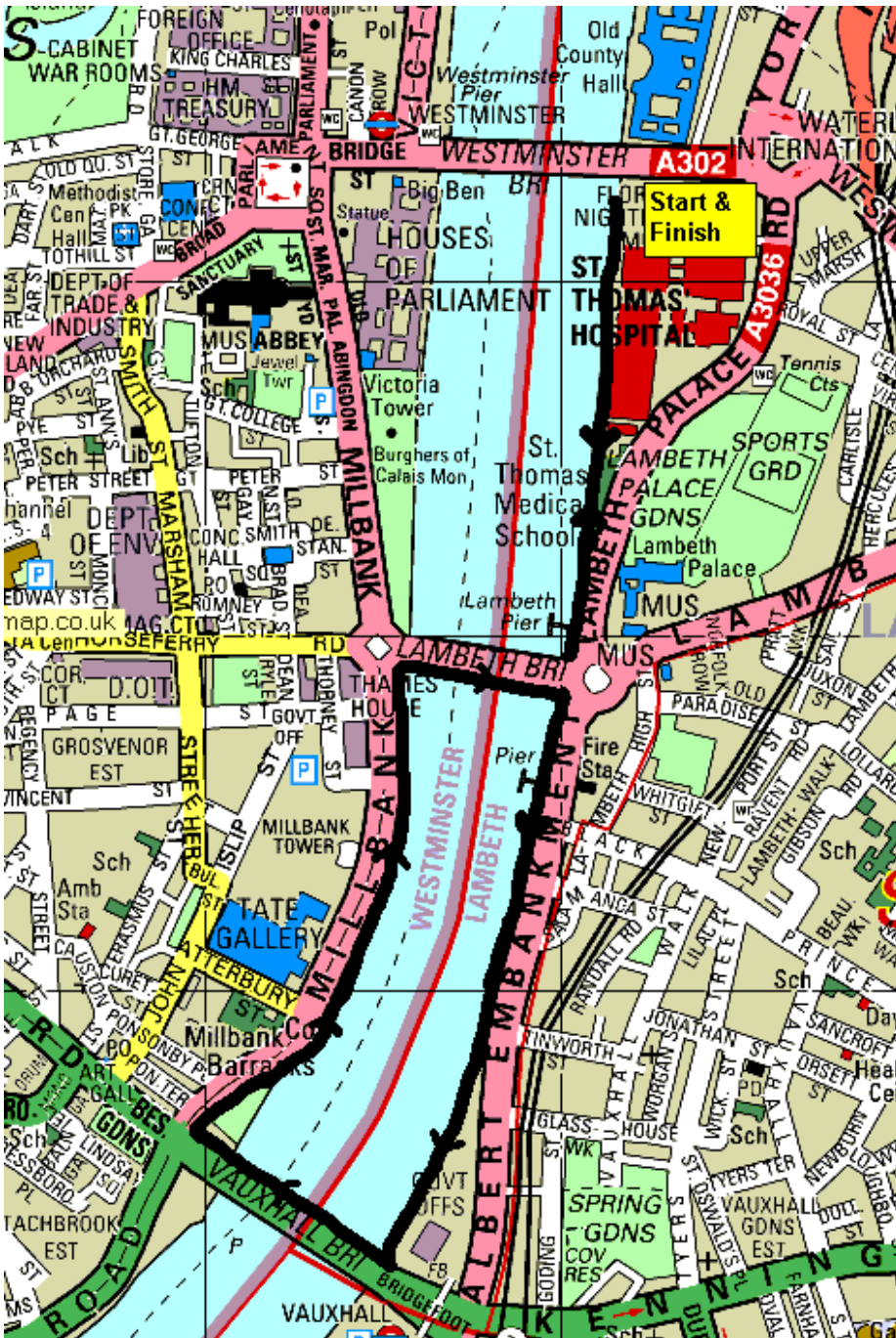
Please return form plus cheque made payable to "London Business Houses AAA" to Greg Stevens at the address above.



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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.