



St Albans Athletic Club

English Road Running Association **YOUNG ATHLETE**
3 Stage Road Relay Championships 3 x 3.88km
Saturday 9th October 2021

U15 Boys Team	12.00PM	
	Team A	Matthew Nicholls George Metcalfe Adam Smith
	Team B	Rhys Bethell Tom Bailey Sam Muldoon
	1st Reserve Potential Reserves	Ryan Kennedy Cameron Jump Mylo Neale Theo Price
U15 Girls Team	12:05PM	
	Team	Phoebe Gill Beckie Cray Poppy Fisher
	Potential Reserves	Martha Duncan Amy To Sophie Cray Iris Foley Matilda Price
U17 Men Team	12:50PM	
	Team	Zac Segal Alex McDonald Ben Gostick
	1st Reserve	Dillon Smith
U17 Women Team	12:55pm	
	Team	Antonia Jubb Sarah McGrath Annabel Hedge
	1st Reserve	Lily Tse
TEAM MANAGER	James McDonald	07774 940727

- If you are no longer able to run due to injury, illness please contact the Team Manager as soon as possible. A few other alternative athletes have been listed as potential reserves but their availability has not been checked and the organisers will require the team to be declared BY 10AM at the latest on the day electronically.
- The first race starts at 11am, so if you wish to walk any of the actual course you will need to arrive well before this. Please arrive at least 90mins before your run time.
- As this event is run over roads our teams are entered under St Albans Striders Only a Clubs leading team will be eligible to win Championship medals. Medals will be awarded to the first 3 teams. This championship is for English clubs only. Presentation of awards will be U13 @ 12.10; U15 @ 12.55; U17 @13.50
- CLOTHING: All team runners MUST wear the same design of registered Club vest and colours, unless the Referee has given permission for a change to be made. Please can all teams wear a current design St Albans Athletics Club Vest and ensure they match before departure.
- TRANSPORT: The club will not be providing transport to this event, we suggest people try to car share or use public transport. If you text the Team Manager with your mobile number they will try to facilitate by sharing contact details.

HAPPY RUNNING
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