



## National Cross Country Relays 2021

Saturday 6<sup>th</sup> November at Berry Hill Park, Mansfield, NG18 4JR

- Teams are in **bold** and people who requested to run – a couple the actual Team is still TBC  
If you are no longer able to run due to injury or illness please contact the Team Manager as soon as possible. Other names are entered in case of illness or injury as potential reserves but would need to be contacted to check if available and willing to run. The organisers will require the team to be declared 45 mins before the race. As this event is run off track we compete as St Albans Striders and only names entered may compete, no substitutions allowed & athletes must run in their correct age groups.
- The first race starts at 10.45am, so if you wish to walk the actual course you will need to arrive well before this.  
**Please arrive 90mins before your race.**
- CLOTHING: All team runners MUST wear the same design of registered Club vest. Please can all Junior Teams wear a current design St Albans Athletics Club Vest and all Senior Teams wear matching current design Striders Vests and ensure they match before the race!
- TRANSPORT: The club will not be providing transport to this event, we suggest people try to car share or use public transport.

### ST ALBANS STRIDERS TEAMS

<b>10:45am</b>	<b>U20 Junior Women</b>	<b>3 x 2.5km</b>
TEAM TBC	Christina Durbin Keira Stern	
<i>Ad. Names Listed</i>	<b>NEED 1 FROM BELOW:</b> Emeline Brown? -ill Elizabeth Bentham Niamh Gallagher Scarlett Parkes Hannah Perry Beatrix Towers Jordan Walters	
<b>10:57am</b>	<b>U17 Women</b>	<b>3 x 2.5km</b>
TEAM TBC	Annabel Hedge Antonia Jubb Sarah McGrath Lily Tse	
<i>Ad. Names Listed</i>	Hannah Barker Cristina Evagorou Orla Foley Hannah Read Pippa Willis	
<b>11:26am</b>	<b>U13 Boys - No Team</b>	<b>3 x 2km</b>
<b>11:50am</b>	<b>U13 Girls - No Team</b>	<b>3 x 2km</b>
<b>12:15pm</b>	<b>U20 Men - No Team</b>	<b>3 x 3km</b>
<b>12:40pm</b>	<b>U17 Men</b>	<b>3 x 3km</b>
TEAM TBC	Alexander McDonald Zachary Segal	
<i>Ad. Names Listed</i>	<b>NEED 1 FROM BELOW:</b> Oscar Loveday? -inj Benjamin Gostick Benjamin Humphrey Oren Seneviratne Dillon Smith Benjamin Walker	
<b>1:06pm</b>	<b>U15 Girls</b>	<b>3 x 2km</b>
TEAM	Rebecca Cray Poppy Fisher Phoebe Gill	
<i>Ad. Names Listed</i>	Sophie Cray Martha Duncan Iris Foley Matilda Price Francesca Rollison Amy To	

<b>1:30pm</b>	<b>U15 Boys</b>	<b>3 x 2km</b>
2 TEAMS	Thomas Bailey George Metcalfe Samuel Muldoon Mylo Neale Matthew Nicholls Adam Smith	
<i>Ad. Names Listed</i>	Joshua Banfield James Beasley Rhys Bethell James Dobbin Cameron Jump Ryan Kennedy Ollie Locke Samuel Newcombe Theo Price Lucas Roberton Wesley Stow-Hazell Finn Thomas	
<b>1:50pm</b>	<b>Senior Women</b>	<b>3 x 3km</b>
Striders TEAM TBC	Hannah Burkhardt Anna Jones Lucy Jones Ellie Morris	
<i>Ad. Names Listed</i>	Megan Wilson Hannah Rayden Caitlin Eckley	
<b>2:40pm</b>	<b>Senior Men</b>	<b>4 x 5km</b>
AC TEAM	William Bowran Rowan Daly James McMurray George Withers	
Striders TEAM TBC	Adam Yorwerth Steve Bowran Jake Butterfield Tom Toyer Barnaby Walker	
<i>Ad. Names Listed</i>	Samuel Jones Thomas Halling Andrew Shaw Edward Anders Paul Durbin	