



Southern Cross Country Relay Championships

Saturday 23rd October 2021

at Linford Christie Stadium, London W12 0DF

- Teams are in **bold** and people who requested to run. 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 11am, so if you wish to walk any of the 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 teams wear a current design St Albans Athletics Club Vest and ensure they match.
- 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

U17 Women Team	11:00 am	3km each
	Team	Sarah McGrath
		Annabel Hedge
		Lily Tse
	Other Names Listed	Cristina Evagorou
		Pippa Willis
		Antonia Jubb

U17 Men Team	11:30 am	3km each
	Team	Oscar Loveday
		Alex McDonald
		NEED ONE OF BELOW!
	Other Names Listed	Zac Segal
		Ben Gostick
		Dillon Smith
		Oren Seneviratne

U13 Girls	12:10 pm	2km each
	Team	Eve Digne
		Lily Kennedy
		Georgia Tongue
	Other Names Listed	Gabriela Bailey
		Grace Dobbin
		Natalie Worsley

U13 Boys	12:40pm	2km each
	Team	Peter Bansaghi
		Pranav Boodhumeah
		Joshua Hirst
	Other Names Listed	Sam McNaught
		Will Pope
		Gabriel Fernandez L

U15 Girls	1:10 pm	2km each
	Team	Phoebe Gill
		Beckie Cray
		Poppy Fisher
	Other Names Listed	Martha Duncan
		Matilda Price
		Raissa Vickery

U15 Boys	1:35 pm	2km each
	Team 1	Matthew Nicholls
		George Metcalfe
		Adam Smith
	Team 2	James Dobbin
		Tom Bailey
		Sam Muldoon

U15 Boys	1:35 pm	2km each
	Team 3	Mylo Neale
		NEED TWO OF BELOW!
		NEED TWO OF BELOW!
	Other Names Listed	Rhys Bethell
		Ryan Kennedy
		Theo Price
		Eddie Wade
		Sam Newcombe
		James Beasley
		Joshua Banfield
		Oliver Belsom
		Eoin Broderick
		Lucas Robertson
		Cameron Jump

Senior Women	2pm	3km each
	AC Entered Team	Lauren Eckley
		Anna Jones
		Lucy Jones
	Striders Entered	Nicky Laitner
		Caroline Bailes
		Fleur Harvey-Keenan
		Carrie Frazer
		Helen Cartlidge
		Hannah Burkhardt
	Other Names Listed	Catherine O'Connor