

Road Relay Time Trials

These will take place on Thursday September 1st at 7pm and Sunday 4th September at 10.30am, both based at Hervines Park, Amersham.

The aim of these time trials is to give athletes some practice of running the race distance of the South of England Road Relay Championships, which will be held at Rushmoor Arena, Aldershot on Saturday 24th September.

The Under 13 girls will run 2.3k around the Bran Tub Relay circuit (approx 1.6 laps) and the Under 13 boys, Under 13 girls and Under 15 boys run 3k (approx 2.1 laps) also around the Bran Tub Relay route of Devonshire Avenue, Chesham Road and Hervines Road.

The start will be at intervals to get the athletes used to the idea of chasing.

The main aim of the trials is to provide road running practice but times will be taken and used by team managers as an aid to team selection for the Aldershot event – other factors will also be taken into account.

Anyone who is 11 by Sept 24th can run the race distance. Other strong year 6s may also do this (at Steve's discretion).

Strong Year 5 boys may run the 2.3k circuit.

Parents willing to help marshall or timekeep will be welcome.