

## **Bridges Race**

The free Bridges Handicap Race is held at 12:30 on the second Wednesday of each month. The course is 2.3 miles. The registration and start are by Westminster Bridge in front of St Thomas' Hospital on Albert Embankment. The start time is 12.30, the slowest first and fastest last. The course takes in both Vauxhall and Lambeth Bridges. It is excellent for working on your speed. There are no roads to cross so it is very safe.

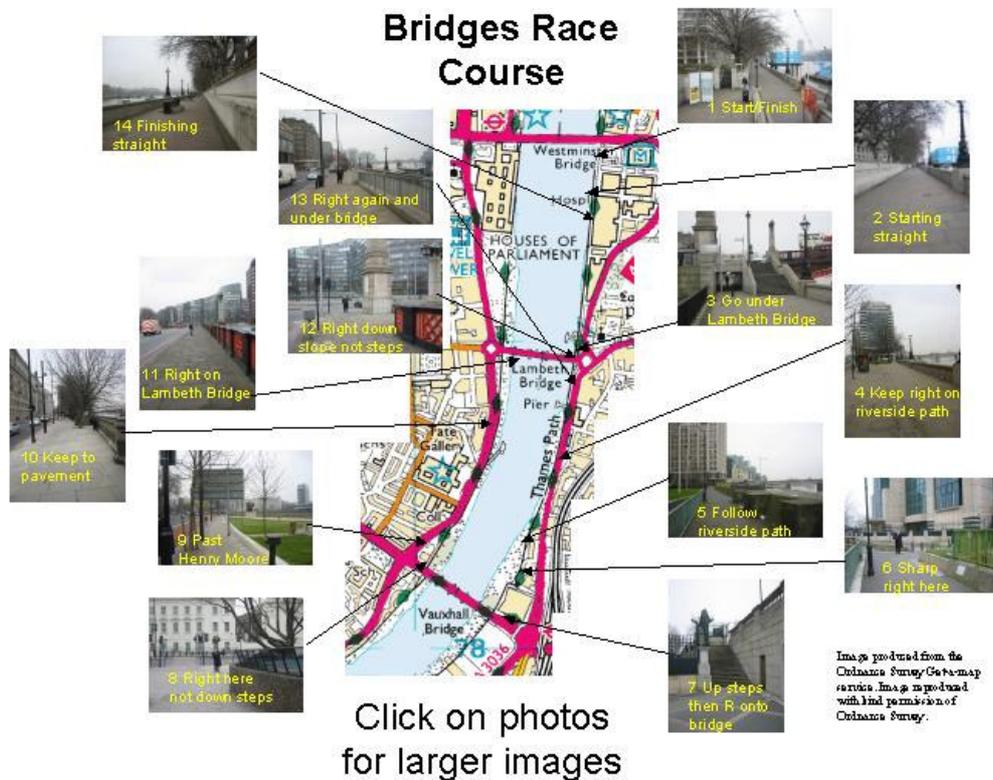
Your number lasts for life so please bring it with you. Your handicap is based on your time for the previous time you raced.

We welcome all runners from slow to fast. All we ask is that you are prepared to run for 2.3 miles. If the handicaps work right then everyone finishes together which makes it fun.

If you have not done the run before please contact us (email [bridges@optimisefitness.com](mailto:bridges@optimisefitness.com)) and tell us your name, date of birth and club (or unattached) and we'll get a number ready for you.

The race is organised by a group of volunteers. One month you are the assistant and the next you are in charge. The more volunteers we get the less often they have to marshal and the more they can race. So please volunteer.

## Bridges Race Course



1. Start and finish
2. Starting straight
3. Take the underpass underneath Lambeth Bridge and keep straight on
4. Keep to the right of the buildings and follow the pavement round
5. Keep to the riverside path
6. Turn right here to keep to the riverside path
7. Up the steps not through the tunnel then turn right onto Vauxhall Bridge
8. Turn right here not down the steps
9. Past this rather nice Henry Moore bronze and all the sunbathers in the Summer
10. Stick to the pavement as you run towards Lambeth Bridge. This means you are a few metres away from the river as you get near the bridge
11. Over Lambeth Bridge
12. Turn right down the slope – not down the steps
13. At the bottom of the slope turn sharp right and under Lambeth Bride
14. Then you are on the home straight