

SLOW Team Events 2024 Summary

JK Relays, Stanton Moor, Peak District:

Best team: MW210+ 4th (Pete, Mike M, Don).

Junior alliance with Guildford.

W120+ 9th (Vesela, Diane, SJ).

British Relays, Whitby:

Junior alliance with HH/DFOK. Best team M18- 5th (with Timofey).

British Sprint Relays, Birmingham:

Silver for Ultra Veterans (Alan, Diane, Don).

Compass Sport Cup:

Regional round, Esher:

Probably the toughest regional round in the country. First out of 5.

Final, Holcombe Ranges, Lancashire:

An overnight trip. 7th out of 9. Will need more runners if we get to another remote final.

Counters at both: Dorte, Don, Kezia, Pete, Heather F, Vesela (6).

All the last 4: Dorte.

Coming up in 2025:

23/2 Compass Sport Cup regional.

21/4 JK Relays, Middleton Park, Leeds.

11/5 British Relays, Bigland, Lake District.

29/6 Harvester Relays, King's Wood, Kent.

30/8 British Sprint Relays, RAF Honington, East Anglia.