

## AAA Tom Pink Relays Best Performances (updated March 2010)

### KEEPING UP WITH PAULA FOR BOYS AND GIRLS UNDER 11

This challenge consists of two continuous relays over 1000 metres for teams of 5 girls or 5 boys challenging them to keep up with the pace set by Paula Radcliffe when she set the Commonwealth 3000m record in Manchester.

Paula's time over each 1000 metres was **2 minutes 49.0 seconds**. Each team member has to run 4 times over distances averaging 50 metres.

#### Event Records

Girls Relay: North Cheshire ----- 2m 36.4s  
Boys Relay: North Cheshire ----- 2m 33.2s

A framed picture of Paula will be presented to the team with the best summated time for their girls and their boys team.

### OVER/UNDER 4 X ½ LAP RELAYS UNDER 11'S

#### Event Records

Girls: North Cheshire----- 1m 11.4s  
Boys: Birchfield ----- 1m 10.1s

### CHASING KELLY A 1500 METRE RELAY FOR UNDER 13 GIRLS

This is a challenge for teams of 5 girls in the under 13 age group running in a continuous relay to see if they can beat the times of Dame Kelly Holmes when setting the British Records at 800 metres and 1500 metres. Each team member is required to run 3 times over 100 metres.

Kelly's time ----- 3m 57.9s  
Rugby & Northampton ----- 3m 38.6s

### GIRLS 3 X 2½ LAP RELAY

Wolverhampton & Bilston ----- 4m 25.3s

### CHASING STEVE THE 1500 METRE CHASE FOR UNDER 13 BOYS

This is a challenge for teams of 5 boys in the under 13 age group running in a continuous relay to see if they can beat the British Record set by Steve Cram at the 1500 metres. Each team member is required to run 3 times over 100 metres.

Steve's time ----- 3m 29.67s  
Rugby & Northampton ----- 3m 25.5s

### BOYS 3 x 2½ LAP RELAY

Manchester Team----- 4m 09.4s

Paula Radcliffe, Kelly Holmes and Steve Cram have kindly provided a picture of themselves to award to the Winning Team.