



## Chingford League – Your club needs you

Subject: Chingford League – Your club needs you

Message from Billy Green September 7, 2020 08:46

All Club e-mail messages can now be viewed via the Ilford AC web site link at [ilfordathleticclub.co.uk/messages](http://ilfordathleticclub.co.uk/messages)

Orion Harriers are organising a test event next Saturday morning to see if it is feasible to have a cross country league this year.

4 runners needed of any ability – all you need to do is report back objectively.

All permissions and licenses are in place, and if successful this could herald a start to a cross country season.

If we wait for a return to the old normal we may be waiting a long time, so need to accept things will be different for a while and if we want to compete in races we need to support these events or it may be next winter until we are racing again.

All other Chingford league clubs are supporting the event.

Details below – but you need to let Andy Catton or myself know TODAY.

Apologies for late notice.

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On September 12th at 10am, one of our clubs, Orion Harriers of Chingford, are intending to organise a 5 mile (approx) multi terrain run in Epping Forest, starting in pre-arranged socially distanced waves (fastest go off first, to reduce overtaking) from Chingford Plain E4 7QJ. I've been working with them closely on this and they've generously asked me, as C/L Secretary, to invite the team managers of all other Chingford League clubs to come and take part and bring with them three club colleagues, probably, but not necessarily, fellow club committee members.

Please come and take part if you can, or if you really can't be there, send 4 other club colleagues who you can rely on to report back to you objectively.

We have a permit from Runbritain.

There'll be up to 100 of us in total, and we'll basically trial it and see if a "covid compliant" event works well enough for us to possibly go on to stage one or more Chingford League competition races in a similar format before the end of the year.



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So, I need you Team Managers to e-mail me by 8pm on Monday 7th September to:  
pre-enter 4 senior runners giving

Name, Dob and approximate recent 5k time for each, to help me “handicap” participants into waves.

Let me have your address, so I can deliver or post first class to TMs: the race numbers, plus details of who’s in which wave, and other details on the Monday before the race.

If you need to respond to this email please do not reply but contact Billy Green separately