



Chingford League 24/10/2020

Subject: Chingford League 24/10/2020

Message from satha Alaganandasundaram October 20, 2020 14:10

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Hi All

Latest message from Chingford League

Dear Chingford League Team Managers,

Your numbers are on their way to the address you gave. (Timi - they're going to John!) If you live near me, or helpful friends of mine, you may get them hand delivered. Otherwise they're in the first-class post today. If you haven't received them by Thursday's postal delivery, please phone 07982 508767.

The idea of getting them to TMs as early as possible in the week is so that, if at all possible, they can be distributed to runners well before the event. The Corporation of London, UKA, and Waltham Forest are insisting that the race is completely admin-free. If you have a couple of runners who still need to receive their numbers on the day, please ensure that it's sorted out of sight of the start/finish area. I know this sounds pettifogging!

- Venue: Chingford Plain - Post Code E4 7QJ
- Alternative car park to relieve pressure on the car park by the start: Off Rangers Rd, By Connaught Water, E4 7QH. You might consider getting your team to use this alternative and do the 1k jog to the start as their warm-up. Only do it as a team though, don't risk confusion.
- Times: men's start 9am; women's start 10.15am;
- No transfers, no spectators (other than the TM if he/she is not competing).
- Club colours must be worn.

Covid strictures are the same as in September's test race. Please emphasise that these are non-negotiable, stressing to your runners that we're not imposing them out of our own choice. The good name of Orion, and the League, plus the possibility of more races, all depend on everyone doing their bit, regardless of how irritating we find the rules. Here are the main points:

Before the race runners must:

- arrive race-ready, (it's multi-terrain so studs, or trails recommended, not spikes.)
- warm up well away from the start/finish area (they have the whole forest at their disposal!)
- enter the correct wave pen about 5 minutes before the start



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- stay at least 2 metres apart from other competitors, marshals, officials, and members of the public at all times.

During the race runners must:

- respectfully socially distance when overtaking other runners or other users of the forest
- stop and momentarily step off the course and into the forest if they need to spit. (Sorry to mention it, the issue was raised after the test race)
- make sure their number is clearly visible to recorders as they cross the line - there's no finishing funnel. If their number is partly obscured or hanging off, they won't go into the results.

After the race runners must:

- keep moving until they are well away from the finish area,
- continue to stay at least 2 metres apart from others, including team-mates, until they've completely left the venue.
- Team Managers: Please intervene to ensure that your runners disperse immediately after they have finished. In normal times everyone wants to gather round to discuss how the race went, how the team did etc. They can't! Please save the marshals from the embarrassment of having to say this.

There will be a small baggage drop area, as in the test race, principally to help those who've arrived by public transport, on foot or by bicycle.

Thanks for your support. One day we'll return to racing as we used to know it.

Adrian
CL Hon Sec.

Regards
Satha

If you need to respond to this email please do not reply but contact satha Alaganandasundaram separately