



## Chingford League – December 6th (Sunday afternoon) Hog Hill

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Message from satha Alaganandasundaram November 26, 2020 20:28

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)

Hi All

Please see email below from Chingford.

NB

The below mentioned runners please send your 5k estimated time by latest on Saturday 28th November. I will send the list to Chingford on Sunday 29th November.

Anthony Young  
Andy Catton  
Haydn Newland  
Rys Edwards  
Paul Grange  
John Crawley  
Alex Richards  
Tom Gardner

Sameena Ahmed  
Kim Baxter  
Jordan Hinds  
Carol Muir

Regards  
Satha

Chingford League Secretary's message below

Hi Satha (cc Andy Catton)

IAC are racing at 12 NOON. See below for the generic e-mail to Team Managers – Any probs let me know 07982 508767 Thanks Adrian

Dear TMs



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Subject to our UKA race permit changing from provisional to full, we're going ahead with the planned covid-secure Hog Hill races on the afternoon of Sunday December 6th.

(At October's race, I think we were as fair as we could be in sharing out the disappointment of not all being able to run. But, be that as it may, I'd like to be more systematic this time. By having 4 sub-races, with 120 runners in each, we have a total capacity of almost 500. This is double the normal senior total for Hog Hill. Still may not be enough though. We'll see!) So.....

30 entries per club (male and female all in together). ENTRY DEADLINE: Midnight Monday 30th November. That gives us Tuesday to sort waves and organise numbers. We can either get them in the post on Tuesday or start the process of delivering by hand. They'll go to last time's address unless you tell me otherwise.

If you have fewer than 30 – no worries, we'll re-allocate to clubs in your time slot who are oversubscribed.

If you have more than 30, please enter 30, but also send a reserve list at the same time as your entries. If there are spare places, on a pro rata basis, we'll work down the folks on your reserve list in the order you submit them, to allocate numbers to as many additional people as possible.

Please email entries (and your reserve list if applicable) in an Excel spreadsheet with columns in the following order:

A First Name, B Surname, C Dob, D Est 5k time.

**VOLUNTEERS:** Our usual timekeepers are in their 80s and are mostly shielding. The race can only happen if each club provides at least one volunteer. Please write their name(s) on your entry list. They can run the race, but volunteer to assist with an earlier or later race if that helps you persuade them.

**FIRST AID:** Do you have any qualified first aiders amongst your runners or volunteers who we could add to our list for the day? – even if they are taking part.

As previously stated, we're grouping clubs together, according to expected entries, to get as near as possible to 120 per race. Please emphasise to your runners that your club's allocated time (see above) is the **ONLY TIME** when they'll be able to run. We asked them to keep the afternoon free!



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As before, to ensure covid compliance:

- no on-the-day admin. (that's why we need to get your numbers out to you early in the week)
- no spectators, no late entries or transfers.
- no entry to the building (portaloos will be provided).
- wave start as per the letter written on the number bib.
- the warm-up, warm down and the actual races will be clockwise (the other direction to usual – marshals will remind runners of this)
- competitors should arrive in time for their race, but not TOO early. Runners from the previous race need time to vacate the venue first.
- after a quick warm down, runners should vacate the venue asap, to make space in the car park for those in the next race.

Thanks for your support as always

Adrian (on behalf of the Chingford League Executive)

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