



## Chingford League, Hog Hill Monday April 5th – Details

Subject: Chingford League, Hog Hill Monday April 5th – Details

Message from Billy Green March 20, 2021 18:46

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)

Please note details below for the Chingford League race on Monday April 5th.

Gary / Wayne please note details re Under 17's if any interest.

Seniors / vets if you wish to enter please email me BEFORE midday on Tuesday 30th March – I won't be able to accept entries after this date.

Please mail me (not Satha) with CHINGFORD LEAGUE as the email title (makes it easier for me to keep relevant emails together) with the following details:-

Full name

Date of birth

Estimated 5k time

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Here are the details for the afternoon of Monday April 5th at Hog Hill 5k: The venue has accepted our booking, we've ordered the numbers and portaloos, and been granted the Runbritain permit. So, as far as we can reasonably foresee (and barring some sort of U-Turn on high) – we're going ahead!

(please also note the section below on U17s if it's of interest, we thought we ought to try to do SOMETHING for juniors, although we can't take younger than 15-year-olds on this occasion)

Ilford AC's start time for all their runners is: 12:10pm

**ENTRY DEADLINE:** midnight Tuesday 30th March. (NO LATE ENTRIES OR TRANSFERS)  
**NO LIMIT TO SENIOR ENTRIES:**

Number packs will be ready for socially distanced collection and distribution by TMs at the venue on the day

All the usual covid stuff:



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2m distancing before, during and after the race, no finish funnel.

wave start as per the wave letter on the competitor's named number bib,

spectators are discouraged,

no entry to the pavilion and please try not to let them congregate near the entrance.

Start and finish will be near the bottom of the big hill. 2 and a half big laps

One Volunteer/Helper per club (either for your club's race, or one of your runners can help at the race afterwards at 1pm)

Under 17s, if your club would like to enter some:

If it works for your club and your Junior TM/Coach, you can also enter, at the bottom of your main entry list, some U17s, provided someone from your club is in charge of them on the day. We'll include them in the same race as your club's seniors.

NB U17s for our purposes are registered athletes who've reached their 15th birthday by the start of the season (their school year). They won't count in the senior teams or categories – for the purposes of the Chingford League, seniors are runners who've reached their 17th birthday by the start of the season. But to encourage these U17s we'll count it as an "on-the-day" U17 team competition and have some medals struck for the winners in time for the presentations, whenever they happen – probably at the start of next season.

Any problems/questions 07982 508767

Best wishes

Adrian

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