



## CL XC Relays at Dagenham Central Park Sat 17th April

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Message from Billy Green April 7, 2021 21:30

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)

A great turnout from team Ilford on Monday - and of course the relays on Saturday week are another local venue!

As you've probably seen, if all goes well at the relays, IAC are in pole position to win the inaugural men and women's 2nd Div Championship shields and we're also doing well in the men's vets and with our strength in depth, we must be in with a shout of taking the "on-the-day" men's relay cup...

Ideally we would be looking to put our strongest A+B teams out as well as a strong Vets team but all runners welcome. Although teams can be changed on the day this is as a last resort so please get your names and D.O.B in to me sooner rather than later please so myself and Carlie can pick teams.

Robbo, Wayne, Gary and Ian - Your input on squad suggestions and encouraging your best runners to take part would be very much appreciated.

Let's get some silverware for the club in what has been a difficult 12-13 months.

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Sat 17th April 11am

Dagenham Central Park

Start is near the rugby pitches, nearest post code RM10 7FJ

Toilets are at the nearby Morrisons RM10 7RA

Entries: Deadline Thursday 15th 12 Noon. Only pre-entered runners can take part. No limit to number of runners. It's an "on the day cup". LC are defending men's relay champs and VPH are defending the women's trophy. And women's and men's A, men's B and men and women's vets team comps are all decided on the day so, you'll want to have people in your C team who you can slot into your A or B teams if someone lets you down at the last minute. You can make amendments on the day if you absolutely MUST, but only with runners from your pre-entered list. Reliable runners will be at a premium!



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No mixed teams,

Strictly one leg only per runner,

Everyone who wants to, can run a leg.

If you can, make sure at least 4 vets run (M AND F) but don't worry which team they're in.

Bob constructs notional vets teams afterwards from your best 4 vets' times.

Sadly no presentations, awards and we'll have to manage without ELR's wonderful charity cake sale etc hopefully for this year only!

No mixed teams and nobody runs twice.

the waves will go off at 1 minute intervals from 11am sharp.

First wave: the first leg runner of every senior male A team WHITE BIB ending in.....1

Second wave: the first leg runner of every senior female A team WHITE BIB ending in .....6

Third wave: the first leg runner of every senior male B team BLUE BIB ending in .....1

Fourth wave: the first leg runner of every senior female B team BLUE BIB ending in .....6

Fifth wave: the first leg runner of any other teams or incomplete teams. GREEN BIB ending in .....1 (m) or.....6 (f)

### Transition/Handover

This will happen as you'd expect, except that the hand over must be socially distanced. So there'll be a finish line and a separate starting pen. As a runner finishes, an official will send off that team's next leg runner from the starting pen a few metres away. So runners who are about to take over will need to be standing NEAR the starting pen at the correct time. The official will call them to the start line as the previous leg runner approaches the finish for an accurate send off.

NB If it seems complicated, it will become clear when you see it happening. and it WILL work, provided everyone does their bit and team managers keep a close eye on their teams!!

Thanks for your support

Adrian

CL Hon Sec

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