



Chingford League. Wednesday 20th October

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Message from Billy Green October 9, 2021 15:35

All Club e-mail messages can now be viewed via the Ilford AC web site link at ilfordathleticclub.co.uk/messages

Please see details below for the next Chingford League race.

If you haven't run in the Essex League before this season and wish to run you have to let me know by Monday 18th, it's not enough for you to have told me that you will run a race at some point - If you do not tell me you are racing on the 20th you will not get a number.

If you have already raced you will use the same number, if you have lost it then let me know, again by Monday 18th.

If anyone can help marshal on the day it will be much appreciated

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Dear TMs and Officials

Heads up about the Velopark race:

All juniors and senior women start at 7.30pm

U11/13s (2k) start directly opposite the Velodrome building, 500m back from the main start, U15/17s start with senior women (5k) Plan of course to follow on fb later in the week.

Senior men start at 8pm

Please collect number packs upstairs in the Cafe. They are opening the cafe for us specially, so please encourage your troops to use it!

Toilets, showers, lockers also available. Parking is limited. Please ask everyone to come by public transport if possible.

Let's try to leave the available parking for clubs which don't have an easy rail connection to Stratford or Hackney. If you do come by car, there's a machine inside the Velodrome where you tap in your car's reg for free parking.



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Deadline for pre-entry is Monday 18th Oct at 10pm. As you know, they use their number bib from previous races.

If there's anyone at your club who's not running, but could help out at the finish or with marshalling point, please let me know - thanks!

Regards

Billy

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