



Chingford League. Wednesday 20th October

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Message from Billy Green October 18, 2021 07:14

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 find below final instructions for Wednesdays Chingford League race, along with some helpful photos / maps etc.

At the end of the instructions I have put a list of all the names I will be entering for the race. PLEASE check the list to see you are on it if you have entered. With confirmations coming in via email/text/whatsapp/messenger/word of mouth I may have missed someone.

If you are not on the list and you have not raced in the league before now you will not get a number and undoubtedly blame me so give me a second chance before you do that !  
Entries needed by Tuesday lunchtime latest.

.....  
Dear TMs and Officials

I've attached some photos to help first-timers find their way around in case they're of any use...

Recap of stuff you've already had:

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)

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 enter via Event Entrance B and use it!

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



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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.

Due to the pressure on all our officials to get it all done within the 60 minutes, we're respectfully asking that, apart from handing out pre-arranged number packs, the event is admin-free on the day. Thanks for bearing with us.

#### ILFORD AC ENTRANTS -

Trevor Robinson  
Danny Holeyman  
Dennis Briggs  
Diarmuid MacDonnell  
Adam Coals  
Tony Young

Launa Broadley  
Amy Bird  
Sharon Honey  
Frieda Keane  
Alison Sale  
Pauline Tester  
Carlie Qirum  
Hannah Sheikh  
Anna Crawley  
Karen Kofur  
Gaye Young

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





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