



The Ware Cup, Loughton. Saturday 11th December

Subject: The Ware Cup, Loughton. Saturday 11th December

Message from Billy Green December 7, 2021 11:38

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)

Apologies for the short notice but I have been granted an extension for entries to Thursday. I know in the past we have had good entry numbers for this competition and done well.

\*\*The Ware Cup - Cross Country.

Loughton

11th December\*\*

11am

U11/U13 - minimum age 9, up to and including school year 8 c. 1.5km round playing fields  
11.15ish main start combined

U15/U17 - school years 9-12 c. 5k - to be run with the adults but directed back over the bridge partway through the race by the marshals

U20/Seniors/V40+ - 8km/5m

Free entry but entrants are invited to put a quid or two in the bucket to help us maintain / improve our Club House

Regards

Billy

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