



The Ware Cup. Loughton – Saturday 11th December

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

Message from Billy Green December 9, 2021 08:02

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

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Details below for this Saturdays Ware Cup match at Loughton.

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Hello all,

Happy to confirm arrangements for the return of the Ware Cup after the covid hiatus – first race 11am 11th December.

Location Loughton Athletic Club (www.loughtonac.org.uk/Loughton_AC/Venue.html)

Please note there is limited parking on nearby streets (Oakwood Hill, Roding Road South, River Way) so do try and come via Public Transport if you can. Loughton Tube station is ten minutes from the Club House.

As previously trailed we are pleased to be able to offer races for junior categories.

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.

Additional runners can be added on the day but we would ask you to try and avoid this to keep things manageable. If you are able to provide a marshal that would be appreciated – do let me know.

Teams of 4 will be scored with Women's and Men's competitions (we will have a think about



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the youth categories) . We hope to announce the team results on the day - please can cup holders from last time ensure they are returned (Orion Men and Eton Manor Women we believe should have them).

The Club House will be open for storage of kit / changing but please remind people no showers will be available - we had some folk ignore the request last time - they are not safe to use.

Hot drinks and cake on a donation basis after please bring keep cups to cut down on waste.

Do send through any questions and look forward to seeing people again

Thanks

Alan

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