



## Essex League at Hainault Forest 22nd Jan. Important info for all volunteers

Subject: Essex League at Hainault Forest 22nd Jan. Important info for all volunteers

Message from Billy Green January 5, 2022 11:59

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)

We shall be doing a final recce of the course on Sunday 16th January at 9:30am. It will be at a gentle pace to suit everyone that's there - Those that have long runs to do can do so afterwards as we only plan to recce the one lap. **PREPARE FOR MUD THOUGH.**

If you are planning to run the race it will be a good opportunity to familiarize yourself with the course but more importantly if you have volunteered to marshal, even if only for the first race, it will be much appreciated if you can come along and get an idea of where you will be on the day so as to minimize the time spent on the morning of the race putting marshals in to position.

Our older marshals or volunteers who aren't normally runners have no need to come along as you will be placed in the nearer positions on the day.

The long loop is not much further than a mile and a bit out, so no one is too far away

We will also require on the day 3-4 people to steward the way from the car park to the start.

Hoping to do this in 2 shifts from 9.30am - 11.00am and 11:00am -12:15pm (people should be able to find their own way back after the seniors races). If anyone particularly doesn't mind this job for 1 or both shifts please let me know.

Appreciate this is going to be a little longer than the normal race day marshalling so a huge thanks to everyone who is offering their help

Regards

Billy.

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