



Unto the fields 5m XC and junior races - Loughton AC 19th May (THE WARE CUP)

Subject: Unto the fields 5m XC and junior races - Loughton AC 19th May (THE WARE CUP)

Message from Billy Green May 9, 2022 16:46

All Club e-mail messages can now be viewed via the Ilford AC web site link at

ilfordathleticclub.co.uk/messages

Please find below details of this years WARE CUP in Loughton.

We have been successful in this tournament in recent years so let's show our East London neighbours what we have to offer.

Entries to me by Thursday 12th.

You will need to pay your own entry (£3/£1) so either transfer to club or hand to me at a training night.

.....

"Unto the fields" is named for the book of the same title by local author D W Gillingham. Published in 1952 it covers the history and nature of Loughton including our base in the Roding Valley and the fields we will go unto for the races!

Timetable

7.15ish pm

U11/U13 - minimum age 9, up to and including school year 8 c. 1.5km round playing fields
7.30ish pm 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

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 (you can spot D W Gillingham's Blue Plaque on the walk down).

We invite a contribution of £3 per entry (juniors £1) but pay what you can - funds being raised to help us maintain / improve our Club House / pay the electric.

Please ask your Team Managers to complete the attached entrants list so we can plan for



Unto the fields 5m XC and junior races - Loughton AC 19th May (THE WARE CUP)

numbers. Please return by end of Thursday 12th (a week ahead). If each club could provide a marshall that would be appreciated.

Additional runners can be added on the day but we would ask you to try and avoid this to keep things manageable.

Teams of 4 will be scored with Women's and Men's competitions and vets (we will have a think about the youth categories). Results will be circulated after the event rather than on the day.

The Club House will be open for storage of kit / changing but please remind people no showers are available - still very much not safe to use.

Hot drinks and cake on a donation basis please bring keep cups to cut down on waste. The bar will hopefully be open at South Loughton Cricket Club near our Clubhouse for those wanting something to go with the cake.

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

Thanks

Alan

LAC Fixtures Sec

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

