



## Ware Cup. Loughton. 19th May

Subject: Ware Cup. Loughton. 19th May

Message from Billy Green May 12, 2022 07:12

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)

.  
Last chance to enter – I have a dozen youngsters and just TWO adults entered.  
Come on – Let's not embarrass ourselves in terms of numbers in front of our East London rivals.

Names to me by tonight – pay on the day

.....

### 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](http://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.

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



Ware Cup. Loughton. 19th May

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

Regards

Billy

.

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