



## Midsummer relays Loughton AC – Tuesday 28th June

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Message from Billy Green June 13, 2022 18:35

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)

Please find details below.

Contact me if anyone wishes to enter a team

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Hello all,

As previously trailed we are holding an evening of relays at the end of June. Apologies for the slightly late nature of this details email.

The intention is to have races for seniors and juniors.

Timetable

7pm

U11/U13 – minimum age 9, up to and including school year 8 – teams of 3 running c. 1.6km round playing fields  
7.30ish pm main race

U15/U17 – school years 9-12 – teams of 4 c. 2.75km on the club house side of the river

U20/Seniors/V40+ – teams of 4 c. 2.75km on the club house side of the river

Generally junior teams should be by age and gender but where not possible then mix things up. Where you are unable to field a complete senior team then it would be ok for someone to run an extra leg in the same team provided they can swap their number in time. The aim is to make sure everyone who wants a run gets a run and people have an enjoyable evening.

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.



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Entries are on a pay as you are moved basis as we continue to work towards improving our Club House / paying the electric.

Please ask your Team Managers to complete the attached entrants list so we can plan for numbers. Please return by end of Wednesday 22th (a week ahead). Fewer marshalls are needed but we may call for volunteers closer to the mark or people are very welcome to offer. Where you have late changes to entries it may be simplest for you to bring a revised list on the night.

Additional teams could potentially be added on the day but we would ask you to try and avoid this if at all possible.

Results will be circulated after.

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

We plan to once again offer hot drinks and cake on a donation basis – please bring keep cups to cut down on waste.

We are looking into whether the bar at South Loughton Cricket Club near our Clubhouse will be open again for those wanting something stronger and will let you know.

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

Thanks

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