



Chingford League Race 2 – VELOPARK WEDS 12th October, Abercrombie Rd E20 3AB

Subject: Chingford League Race 2 – VELOPARK WEDS 12th October, Abercrombie Rd E20 3AB

Message from Billy Green October 6, 2022 09:03

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

ilfordathleticclub.co.uk/messages

RACE 2 VELOPARK WEDS 12th October, Abercrombie Rd E20 3AB

Please note there are NO on the day entries

Club Colours are compulsory.

Please check list attached. If you are not on it, you cannot enter any future Chingford League races this season, so let me know if you wish to participate later in the season.

Regardless or not if you are on the attached you MUST let me know by this weekend if you want to run Wednesday.

You will not be allowed to just turn up and run.

If you ran at Dagenham and have lost your number, let me know.

All juniors and senior women start 7.30

Senior men start 8pm.

Number packs will be with Kevin Long near the top of the stairs up from main reception from 6.15pm.

You also need to note that there is a “run through chase the moon” shindig going on that evening elsewhere in the Olympic Park, and to expect it to be busy and allow extra time.

The League are going to try and get these races off on the dot this year, so please get to the start line in good time.

In the case of the men's race at 8pm, you need to get to the start by walking along the side of the track, respecting the slower female runners who are still on the course.

Regards

Billy



Chingford League Race 2 - VELOPARK WEDS 12th October, Abercrombie Rd E20 3AB

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



[IL-22-23-VELOPARK.xlsx](#)

