



InterClub Vets at Loughton 5th November 2022 11am start

Subject: InterClub Vets at Loughton 5th November 2022 11am start

Message from Billy Green October 12, 2022 07:49

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 the InterClub Vets race on the 5th November.
Pay on the day £3, but they need you to pre-enter.
Names to me by 1st November please.

11am start

Location Loughton Athletic Club (www.loughtonac.org.uk/)

Limited parking available 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.

The race distance will be ~8km/5m cross country. We are likely to see some changes to the course following the introduction of a number of gates on our previous route. We hope to confirm the course before the day.

Entry is £3 per runner as we seek to do something about the lack of showers – look for the bucket.

Team Managers to complete the attached entrants list so we can plan for numbers. Please return as soon as you are ready but at latest by end Tuesday 1st November. Additional runners can be added on the day but we would ask you to try and avoid this to keep things manageable. If you are able to provide a marshal that would be appreciated.

Teams of 4 will be scored with Women's and Men's veteran competitions. Any non veterans running cannot score. We hope to announce the team results on the day but it might be later that day so we get it right.

The Club House will be open for storage of kit / changing but showers not available / safe. Hot drinks and cake on a donation basis please bring keep cups to cut down on waste.

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

Cheers

Alan

PS

Diary reminder – Ware Cup 5m XC 17th December 11am

Regards



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Billy

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