



Chingford League 21st January Epping Forest

Subject: Chingford League 21st January Epping Forest

Message from Billy Green January 10, 2023 07:32

All Club e-mail messages can now be viewed via the Ilford AC web site link at ilfordathleticclub.co.uk/messages

Details of the next CHINGFORD LEAGUE fixture below:-

Dear CL TMs and Reps

Key details for our upcoming race :

** Saturday: 21st January Epping Forest,

** Start is 200m north of Orion's clubhouse, Bury Rd E4 7QJ

** U11/13s (c2k) START 10.30 am

**Seniors (c8k)& U15/17s (c4.5k) START 11am

No parking at the clubhouse or on Bury Road.

Charges apply at Epping Forest carparks.

Trains to Chingford (Overground) operate a half-hour service on RMT strike days, but not on ASLEF strike days. ('Normal' service is every 15 minutes)

Buses to North Chingford from all over N&E London.

800m approx walk along Bury Road from Chingford Rail and Bus Stations.

Course: very similar to last year (Map to follow on FB). Expect serious mud and hills and spectacular views. Spikes or mudclaws!

Toilets, changing, hot showers, refreshments available at Orion's clubhouse.

Further details from Orion in due course.

First time runners and lost number bibs, please indicate on the spreadsheet (to follow)

Deadline: noon Friday 20th Jan.

If your club can provide a marshal, their help would be welcomed by Orion. If so, please e-mail Orion's marshal coordinator Don Taylor directly, thanks.

taylordon@btconnect.com



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Thanks as always for your support.

Regards

Billy

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