



Chingford League 21st Jan / Ware Cup 28th Jan

Subject: Chingford League 21st Jan / Ware Cup 28th Jan

Message from Billy Green January 16, 2023 08:24

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

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Reminders about the next two weeks races.

Saturday 21st Jan. Chingford League.

If you intend to race and have not raced in the league this season (or lost your number) can you please let me know so I can organise a number for you.

Details of the race can be found on the link below:-

ilfordathleticclub.co.uk/2023/01/10/chingford-league-21st-january-epping-forest/

Saturday 28th January.

Details below for the Ware Cup in Loughton.

I have the team sheets, so can you let me know if you would like to enter.

Thanks

Hello all,

Thanks for bearing with us on the change of date. It turns out we would have had a snowy race if things had happened as originally scheduled - let's see what the weather brings on 28th January 2023 (for what will still be the 2022 Ware Cup!).

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

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.

We will be offering races for Juniors with the draft programme as follows

11am

U11/U13 - minimum age 9, up to and including school year 8 c. 1.5km round playing fields
11.15ish main start combined



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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

The course will be similar to previous years (and the Interclub Vets) with a lap on the playing fields and then two laps over the bridge on the nature reserve side followed by a quick return to finish back near the clubhouse. Conditions are likely to be muddy in places.

Entry is £3 per adult and £1 per as we work towards urgently needed improvement for the Club House. There will be a bucket or your team can pay for everyone together.

Please ask your Team Managers to complete the attached entrants list so we can plan for numbers (sheets for Juniors and Seniors). Please return by end of Saturday 21st (a week ahead).

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 - do let me know.

Teams of 4 will be scored with Women's and Men's competitions (youth categories will depend a bit on numbers but likely 3 to score for most). We hope to announce the team results on the day but bear with us to avoid issues. We will share full results later. Please can cup holders from last time ensure they are returned? VPH for the men and potentially also the women if Eton Manor passed it over last year.

The Club House will be open for storage of kit / changing but please remind people no showers will be available - they are not safe to use.

Hot drinks and cake on a donation basis after please bring keep cups to cut down on waste.

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

Thanks

Alan

Loughton AC - Fixtures Sec

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