



## Forthcoming relays

Subject: Forthcoming relays

Message from Gary Floate January 19, 2023 12:22

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[ilfordathleticclub.co.uk/messages](http://ilfordathleticclub.co.uk/messages)

Hi All

I hope you have had a good Christmas and New Year and are planning your spring races ( even though it does not feel like spring these last few days)

There are some relays which are going to be coming up in the next few months and it would be good if we could get a good turnout in these events.

Saturday 11th March

Chingford League 4x 3000 at Wanstead Flats, Further details will be sent when known

Sunday 2nd April

Southern men's 12 stage and Women's 6 stage Relays

The 12 stage is one of the big relays of the year and incorporates 6 legs of around 5 miles and 6 legs of around 5km

It's been a few years since we have competed in this and would be great to get a team out again and get a women's team for the first time

Last year it took place at Milton Keynes, this year's venue not yet known

Sunday 16th April

Essex Road Relays at Northern Gateway Sports Park, Cuckoo Farm Way, Colchester CO4 5YX

U15 boys 10.45am 3x 1.6miles

Women's Categories

Open

V40



## Forthcoming relays

V50

V60

at 11.30am 3x 3mile

Veteran Men

V40

V50

V60

at 1.15pm 3x 3mile

Open Men

at 3pm 4x 3 mile

There are other youngsters age categories, but I have listed where I believe we have a team

If you are interested in doing all or just one of the above relays, please email me ([gary.floate@ntlworld.com](mailto:gary.floate@ntlworld.com)) directly, can you also confirm your age category

If you do not email me we will assume you do not want to run

Gary

If you need to respond to this email please do not reply but contact Gary Floate separately