



Loughton AC - Unto the Fields 5 Mile XC Tuesday 16th May 2023

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Message from Billy Green May 3, 2023 10:03

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

ilfordathleticclub.co.uk/messages

If anyone is interested I have the 'entry forms'

Hello all,

I am writing to confirm the arrangements for our spring cross country event for seniors and juniors.

After a successful first outing last year we are pleased to once more offer "Unto the fields" some spring cross country on the fields of the Roding Valley.

Timetable

7.15ish pm

· U11/U13 - minimum age 9 (coaches can use discretion on this), up to and including school year 8 c. 1.5km round playing fields

7.30ish pm main start combined

· 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 Location Loughton Athletic Club (Find Us | Loughton AC)

Junior ages are based on winter age groups (so if they ran U13 in Chingford League you would remain U13 for this event). If any teams wish to let their year 8 runners have some practice on the longer distance they can be entered at that distance instead.

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 (you can spot D W Gillingham's (Author of the book "Unto the fields" that is all about the Roding at Loughton) Blue Plaque on the walk down on Roding Road).

Race entry is £3 for adults and £1 for juniors) - funds required with planning underway for some much needed repairs to our Club House.

Please ask your Team Managers to complete the attached entrants list so we can plan for numbers.

Please return by end of Saturday 13th May. If each club could provide a Marshall that would be appreciated.

Additional runners can be added on the day but we would ask you to try and avoid this to keep things manageable.

Teams of 4 will be scored with Women's and Men's competitions and vets (we will have a



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think about the youth categories).

Results will be circulated after.

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

Hot drinks and home made 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

Thanks

Alan

PS Our midsummer relays are set for 20th June this year - details to follow not too long after this event.

Regards

Billy

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