



Loughton Interclub vets Saturday 11th November

Subject: Loughton Interclub vets Saturday 11th November

Message from Billy Green November 9, 2023 16:13

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

I had posted the following on our 'Updates Whatsapp group' but it appears some people missed it – details for Saturday.

(Please also read this mornings email where I listed the runners who have registered) :-

From Loughton AC if there is any interest –

Hello all,

Apologies for slightly late circulation of these details.

Looking forward to welcoming your veteran runners to the first of our winter fixtures – the George Richardson Interclub Vets around the Roding Valley 11th November 2023.

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. Ongoing changes to paths and gates over the bridge will lead to a few tweaks as ever but the course will be largely that used for our other 5m events.

Entry is £3 per runner – look for the bucket or clubs can pay for entrants .

Please ask Team Managers to complete the attached entrants list so we can plan for numbers. V40 and up in ten year bands please. Please return entries by 6pm Thursday 9th November. I am not around Friday so your assistance in getting them in is much appreciated. We have added the opportunity for people to declare they do not want to be included in photos where we are able.



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Additional runners can be added on the morning. If you are able to provide a marshal that would be great (briefing around 10.30am for marshalls).

Teams of 4 will be scored with Women's and Men's 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 in the traditional 9th December 11am slot with races for all ages.

Regards

Billy

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