



Ilford AC Press Report 5th December 2023

Subject: Ilford AC Press Report 5th December 2023

Message from Billy Green December 5, 2023 10:28

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

ilfordathleticclub.co.uk/messages

Please click the link below for this weeks Press Report

ilfordathleticclub.co.uk/2023/12/04/press-report-5th-december-2023/

Also a reminder – I need your names by Thursday if you intend to run in the Ware Cup in Loughton on Saturday (details below).

Even if you think you have told me before, can you let me know again as I have just one name !!

Cheers

Billy

Hello all,

After the belated 2022 edition back in January please find arrangements for the 2023 Ware Cup proper back in the regular December slot.

We will be offering races for Juniors and Seniors 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

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 most likely 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 child. We are drawing up plans to try and make some improvements to our leaky Club House. There will be a bucket, we can accept £3 payments via stripe (buy.stripe.com/60E3e01p70ES99u5kp) or your team can pay for everyone



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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 Thursday 7th December. There is an additional column where people can signal if they wish to avoid being included in pictures. We cannot prevent pictures being taken but this allows for easier removal if requested.

Additional runners can be added at a squeak on the day but early sign ups appreciated. 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 Eton Manor men arrange to bring the Cup they won last year? Loughton will be defending the women's trophy.

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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 (Find Us | Loughton AC.)

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 (lots of) cake on a donation basis after so please bring keep cups to cut down on waste.

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

Thanks

Alan

PS We are continuing our efforts to keep good gear out of landfill (and send exhausted gear for proper recycling) that started at our recent Vets race.

If you have any trainers lying about that you are not sure what to do with, please bring them



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along as we are collecting for Jog On www.jogonagain.com/ An excellent organisation who are aiming to get 1m pairs of running shoes out of landfill and pass them to someone without access to shoes.

There will be a stall for any unwanted / barely used / outgrown kit that is suitable to be passed on. This will be offered for honesty donations for our clubhouse works fund.

Any questions on this please contact Rebecca Fricker (07941990350 or beckirees@hotmail.com)

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