



## Loughton Relays Tuesday 25th June

Subject: Loughton Relays Tuesday 25th June

Message from Billy Green June 20, 2024 08:36

All Club e-mail messages can now be viewed via the Ilford AC web site link at [ilfordathleticclub.co.uk/messages](http://ilfordathleticclub.co.uk/messages)

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Just a reminder about the Loughton Relays next Tuesday.

I have had zero interest from any Senior runners (although England's last group match might be a reason for that!).

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Hello all,

As previously trailed we are holding our Mid Summer relays Tuesday 25th June.

There will be races for seniors and juniors.

### Timetable

7pm

U11/U13 - minimum age 9, up to and including school year 8 - teams of 3 running c. 1.6km round playing fields

7.30ish pm main race

U15/U17 - school years 9-12 - teams of 4 c. 2.75km on the club house side of the river

U20/Seniors/V40+ - teams of 4 c. 2.75km on the club house side of the river

The courses will be slightly different to previous years following the relocation of a playground to near the clubhouse. A map will be available.

I recognise that it is not easy to get teams fully sorted ahead of time. We will be using the electronic results tool that was successfully introduced last year. Please submit a decent guess of your teams by evening of Sunday 23th June. After that any changes can be made on the night / afterwards. If you can give us most of your likely runners that will save on typing time on the night and we can just move people around the teams! I have made a separate sheet this time for the U11 / U13 race.

Generally junior teams should be by age and gender aligned but where not possible then mix things up. Where you are unable to field a complete senior team then it would be ok for



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someone to run an extra leg in the same team provided they can swap their number in time. The aim is to make sure everyone who wants a run gets a run and people have an enjoyable evening.

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.

Entries are £8 per senior team and juniors are £1 a runner. The weather conditions at our May Unto the Fields event did not lend to running the new / newish / still alright sale of running shoes and clothes but hopefully this will be available this time.

The Club House will be open for storage of kit / changing only.

The usual hot drinks and delicious cake on a donation basis - please bring your keep cups to cut down on waste.

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

Thanks

Alan

Regards

Billy

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