



Loughton AC fixture – Unto the Fields 2025 – 20th May from 7ish

Subject: Loughton AC fixture – Unto the Fields 2025 – 20th May from 7ish

Message from Billy Green May 1, 2025 16:17

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

ilfordathleticclub.co.uk/messages

.

Message below from Loughton AC. If any Seniors want to race let me know, and Juniors let Ernie know :-

Hello all,

I am writing to confirm arrangements for our spring cross country event for seniors and juniors on the fields of the Roding Valley on the evening of 20th May.

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 walk down Roding Road to the LAC Club house.



Loughton AC fixture – Unto the Fields 2025 – 20th May from 7ish

Race entry is £3 for adults and £1 for juniors. Thanks for supporting our events with the good news being that we have used funds generated to get a new roof for the Club House. Bigger projects are afoot so do bring money for cake! Payment by Stripe available but no card reader.

Please ask your Team Managers to complete the attached entrants list so we can plan for numbers. U11/U13 we will use finishers tokens again – please find attached a recording sheet for your use. 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.

Please return by end of Saturday 17th May. NB U11/U13 runners we need an indication of likely numbers if you can but don't need names in advance – you will complete the names into your return sheets on the day.

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.

Results will be circulated after.

The Club House will be open for storage of kit / changing but showers are not safe to use.

Hot drinks and delicious home made cake on a donation basis – please bring keep cups to cut down on waste.

We will again be offering a stall for any unwanted / barely used / outgrown kit that is suitable to be passed on. Raising funds for works and keeping good stuff out of landfill.

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

Thanks

Alan – LAC Fixtures



Loughton AC fixture - Unto the Fields 2025 - 20th May from 7ish

PS Our midsummer relays are set for 24th June this year - details to follow not too long after this event.

..

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