



Loughton AC Mid Summer Relays Tuesday 24th June

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Message from Billy Green May 28, 2025 15:55

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

If any Seniors or vets want to make up a team of 4 let me know.
Juniors, I assume Ernie will organize

Hello all,

As previously trailed we are holding our Mid Summer relays Tuesday 24th June.

There will be races for seniors and juniors. Likely the same courses as 2024 (attached).

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

I recognise that it is not easy to get teams fully sorted ahead of time. We plan to use an electronic results tool that we have used previously with some success but you can really help by making a solid start on your likely teams ahead of time.

Please submit a decent guess of your teams by evening of Sunday 22nd 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 attach a separate sheet 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 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.



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Please remember that if you change the order of your runners they need to be wearing the right letter for their leg (A-D) or the recorders will have issues.

Entries are £8 per senior team and juniors are £1 a runner. The new / newish / still alright sale of running shoes and clothes will be in operation – payment by cash or stripe.

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



[Midsummer-Relay-Courses-2024.pdf](#)