Chingford League - Saturday 25th November 2023

Dear Team Managers

Please find attached the course map and the timetable (programme)

As always, seniors use their numbers from previous races. If you allocate new numbers from your spares or if you need me to allocate some numbers let me know details in Excel format by the earlier deadline of 5pm on Thursday 23rd. Thanks!

Juniors: please tell them to keep their Chingford League number bib safe for January's race. Junior coaches can obtain on-the-day numbers from Brian Fowler at the Barnet gazebo.

Venue: Trent Park, 331 Cockfosters Rd, EN4 OJY.

Arrive early if travelling by car, there is some parking, but it will be busy! Piccadilly Line to Cockfosters is your best public transport option.

See you there!

Adrian

Ware Cup 9 Dec 2023 at Loughton SC

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 (<https://buy.stripe.com/6oE3eO1p70ES99u5kp>)  or your team can pay for everyone 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.

[Find Us | Loughton AC](https://www.loughtonac.org.uk/find-us)

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](https://www.loughtonac.org.uk/find-us).)

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 along as we are collecting for Jog On <https://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](mailto:beckirees@hotmail.com))