

From: [Deborah Steer](#)

Sent: Tuesday, November 15, 2011 1:13 PM

To:

Subject: Chiltern Cross country December 3rd

Marshals still needed for Chiltern League Cross Country

Verulamium Park St Albans Saturday 3rd December 2011

This year St Albans Striders and St Albans Athletics Club are co-hosting the third fixture of the Chiltern League Cross Country on 3rd December 2011.

We need volunteers for marshalling and for some other setup work on the day. Help will be needed from about 09:00 at the race HQ; marshalling from 11:00 with the first race at 11:30. Just like the County Cross Country there are multiple events for the different age groups, with the senior races starting at around 13:00.

As this is quite a long event we would look to have at least two shifts, so you should not all be needed for the whole thing. This also enables those wishing to race to volunteer for the early races as well.

If you, friends or family are able to help out could you please send your contact details; name, email and mobile, to me, Peter Blackaller at marshals@stalbansstriders.com.

Thanks in advance to all those who volunteer and enable us to put on safe and successful event. Don't forget volunteering for this will qualify for points to the Club Championship.

We are also planning to lay on teas, coffees and some light refreshments at the Sea Cadet Hut during and after the event. If you can help, please send offers of cake and sandwich donations to Tina Tremaine on catering@stalbansstriders.com so that we can plan accordingly. The plan would be either to drop off donations on the Saturday morning at the Sea Cadet or at Westminster Lodge the previous Tuesday or Thursday. Once again many thanks in advance.

We also have an additional incentive for marshalling for volunteering for other help.

Festive 5

We have been offered a number of places to enter the "Festive 5" organised by Garden City Runners the day after the Chiltern League Cross Country. Until now, entry has been prioritised to "Get Started" graduates as part of their programme, however we still have some places remaining that we will offer on a first come first served basis to marshals for the cross country on 3 December (including those already down to marshal who would like to enter). Entry is £4 and payable on the day (at which point you will also collect your number). You only need to register in advance via the Team Manager.

What do you need to do now? Firstly put your name down, if you haven't already, to marshal by emailing marshals@stalbansstriders.com. Then contact John Ockenden by emailing teammanager@stalbansstriders.com to register for the event.

EVENT: "Festive 5" on 4th December. The race is open to all abilities.

Race HQ: Stanborough Green, WGC. (Race numbers to be picked up on the day from entry desk on the green)

Parking : Stanborough Lakes Car Park " Half Mile Walk from race HQ/Start

Course : 2 lap fast/flat " 5 miles

Cost: £4 payable on the day when you collect your number

Thanks and best regards

Peter

marshals@stalbansstriders.com

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