



## Essex Cross Country League – Round 1

Subject: Essex Cross Country League – Round 1

Message from Billy Green September 14, 2021 13:36

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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Please find attached details of the first round of the Essex Cross Country League on September 25th.

As usual club pays for all entries, and you can just turn up and compete on the day but it really helps your coaches and managers if you can let them know in advance you are competing.

Lets see a good turnout and a good season ahead.

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



[Essex-Cross-Country-League-R1.docx](#)