



Chingford League / Essex League / Club 10M XC / London Marathon

Subject: Chingford League / Essex League / Club 10M XC / London Marathon

Message from Billy Green September 30, 2021 10:51

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Last call for Chingford League match at Dagenham on Saturday. If you don't have a number from Hog Hill you will NOT be able to just turn up and run. I need to know today.

Essex League Relays on Saturday - 6 Senior teams have been entered and paid for. If you have entered please arrive by 2pm so that teams can be organised, order of racing confirmed and team sheets handed in. Please let me know if you are not coming so we are not waiting around to hand team sheets in.

Essex League in Jan has been switched to the 22nd (from 15th) as clashed with Essex Schools xc champs. 22nd is also a Chingford League date so another Essex / Chingford League clash! We 'may' be hosting the Essex League event ourselves. We have applied for permission to use the forest if called upon.

February 13th has now been confirmed as the clubs 10M Cross country Champs at Hainault Forest. Get training - plenty of club medals up for grabs.

Anyone volunteering on Sunday for the London Marathon please remember to do your lateral flow tests on Saturday and have your confirmation text / email ready to show. There will be spot checks.

Masks are also advised - I think spacesuits are currently optional.

Regards

Billy

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