



Essex Vets XC Championships inc. U13 & U15. SATURDAY 4th DECEMBER

Subject: Essex Vets XC Championships inc. U13 & U15. SATURDAY 4th DECEMBER

Message from Billy Green October 11, 2021 08:34

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ilfordathleticclub.co.uk/messages

This year's championship race will be held at Writtle University, Lordship Road, Chelmsford, CM1 3RR on Saturday 4th December and will be hosted by Springfield Striders.

Entries will close on Friday 19th November.

Unlike Essex League matches you must pre-enter to race.

Please ensure you contact me with your date of birth by lunchtime on the 19th November

Please note this year in the veterans races there will be medals in 5 year age bands up to V60

(Mr Catton will be boycotting the event and wearing an '#AGE=QUAL' pair of underpants at the start line).

Race 1 = 10.00am U13 Boys - 3k - age on 31st August 2021

Race 2 = 10.15am U13 Girls - 3k - age on 31st August 2021

Race 3 = 10.30am U15 Boys - 4k - age on 31st August 2021

Race 4 = 10.50am U15 Girls - 4k - age on 31st August 2021

Race 5 = 11.15am M50+ & W40+ - 8k - age on 1st December 2021

Race 6 = 12.00pm M40 - 8k - age on 1st December 2021

Medals will be awarded in each junior age group and for seniors in 5 yr. age bands eg V40, V45, V50, V55, V60

Juniors teams - 4 to score - U13 Boys / U13 Girls / U15 Boys / U15 Girls

Vets teams - 4 to score - M40 / M50+ / W40+

Regards

Billy.

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