



Essex Champs Vets , U13 and U15 XC

Subject: Essex Champs Vets , U13 and U15 XC

Message from Billy Green November 16, 2021 11:03

All Club e-mail messages can now be viewed via the Ilford AC web site link at

ilfordathleticclub.co.uk/messages

This Friday I shall be entering the people below for the race above at Writtle on Saturday December 4th.

If you need to be added or removed from this list I need to know by Friday when I do the Bank Transfer payment. There can be no late entries or transfers.

You need to be

a) A first claimer for the club

and

b) Essex Qualified (Born in Essex or currently live in Essex for 9 months or longer).

If you are neither of these you cannot race.

Paul Grange

Julia Galea

Hannah Sheikh

Steve Philcox

Diarmuid MacDonnell

Alison Sale

Gary Coombes

Frieda Keane

Terry Knightley

Dianne Crisp

Neil Crisp

Launa Broadley

Tony Young

Danny Holeyman

Sharon Honey

Malcolm Muir

Gaye Young

Dennis Briggs

Steve Cheal



Essex Champs Vets , U13 and U15 XC

Mel Jones
Ernie Forsyth
Rob Sargeant
Fabrizio

U13 BOYS
Ryder Islam

U15 Boys
Joseph Grange
Samuel Crane

Regards

Billy

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