



U13/U15 and Vets XC Champs. Times and Entry List

Subject: U13/U15 and Vets XC Champs. Times and Entry List

Message from Billy Green December 1, 2021 08:11

All Club e-mail messages can now be viewed via the Ilford AC web site link at ilfordathleticclub.co.uk/messages

Below are all times and entries for Saturday.

Please arrive in plenty of time to receive your number.

Race 1 = 10.00am U13 Boys - 3k

Ryder Islam

Race 2 = 10.15am U13 Girls - 3k -

Race 3 = 10.30am U15 Boys - 4k -

Samuel Crane

Race 4 = 10.50am U15 Girls - 4k -

Race 5 = 11.15am M50+ & W40+ -

Julia Galea

Hannah Sheikh

Alison Sale

Frieda Keane

Dianne Crisp

Launa Broadley

Sharon Honey

Mel Jones

Steve Philcox

Terry Knightley

Neil Crisp

Tony Young

Steve Cheal

Ernie Forsyth

Rob Sargeant

Race 6 = 12.00pm M40 - 8k -

Paul Grange



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Diarmuid MacDonnell

Danny Holeyman

Malcolm Muir

Gary Coombes

Fabrizio Stefanoni

Regards

Billy Green.

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