



ESSEX COUNTY CROSS COUNTRY CHAMPIONSHIPS – SAT 8th JANUARY 2022

Subject: ESSEX COUNTY CROSS COUNTRY CHAMPIONSHIPS – SAT 8th JANUARY 2022

Message from Billy Green December 2, 2021 17:15

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

ilfordathleticclub.co.uk/messages

It's the Seniors go at Cross Country on the 8th January.

As it is an Essex Champs I need your confirmed entries by 20th December – You will not be able to enter on the day

Please find below all details, times etc

U17 & U20 AND SENIOR MEN & WOMEN

ESSEX COUNTY CROSS COUNTRY CHAMPIONSHIPS – SAT 8th JANUARY 2022

VENUE = GLOUCESTER PARK, CRANES FARM ROAD, BASILDON, ESSEX SS14 3DE

HOST CLUB = BASILDON AC

*Age at 31st August 2021 Approx. distance

10.00am *Under 17 Men + Women 5k

10.30am *Under 20 Men + Women 8k

11.15am Senior Women 8k

12.15pm Senior Men 10k

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