



Essex Cross Country League - Fixture 4 at Hainault Forest on Saturday 22nd January
2022

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Message from Billy Green January 7, 2022 09:49

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

Ilford AC are pleased to welcome all teams to Hainault Forest, Chigwell Row for the penultimate round of the Essex XC League on Saturday 22nd January.

Start & finish - off Lambourne Rd, Chigwell Row opposite Millers Lane.

PLEASE NOTE THERE IS NO PARKING AT THIS LOCATION FOR COMPETITORS. The limited parking at the start / finish is reserved for race organisers, officials and first aid only. Do not park at the Two Brewers Pub or in the local side roads.

PARKING - All competitors and spectators parking is in the Hainault Forest Country Park IG7 4QN. Off Romford Rd (A1112)

If the first car park is full use the second one.

Parking charge is only payable by using the Ringo App - £3.70 single fee irrespective of time.

From parking to start - It is approx 1,200m from the car parks to the start area, so please allow plenty of time.

Usual race schedule times

10.30 Under 13 boys & girls (2 short laps - approx 3k)

11.00 Under 15 boys & girls (1 long lap - approx 4k)

11.30 Under 17 & under 20 women (1 long lap - approx 4k)

12.00 Under 17 men & Senior Women (1 long lap and 1 short lap - approx 6k)

12.45 Under 20 men & Senior Men (2 long laps - approx 8k)



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Toilet facilities - Please note the only toilets are in the Country Park near the car parks there are none at the start / finish

Course maps are attached.

See you on 22nd January

Chris Akehurst

Hon. Sec. Essex XC League

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



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