



## Chingford League Relays / BMAF Masters – Appeal for Runners

Subject: Chingford League Relays / BMAF Masters – Appeal for Runners

Message from Billy Green February 14, 2022 16:48

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

[ilfordathleticclub.co.uk/messages](http://ilfordathleticclub.co.uk/messages)

Next two races we should be targeting as a club / Team are the Chingford League relays and the BMAF Cross Country Masters

Chingford League Relay

Wanstead Flats

March 5th

3000m Legs

Due to fixture clashes and not being able to participate in a few of the races both the men's and ladies team are in real danger of relegation – But this can be avoided with a good turnout.

Please start registering your interest with me

BMAF Cross Country Champs

Somerhill School, Tudeley Road, Tonbridge, TN11 0NJ

Saturday 12th March 2022

This event is for masters' athletes (anyone over the age of 35) who wish to compete in the British Masters Cross Country Championships at.

There will be two events, one for women and Over-65 men over 6km, and one for men 35 to 64 over 8km, of scenic undulating country house parkland. Easy access from the A26 Tonbridge By-pass.

Events:

Race 1 12-00 6km All Women and Men 65+

Race 2 13-00 8km M35 to M60

You have 20 days left to enter on the following link – But can you please let me know if you intend to enter or have entered as we are allowed to move people down an age group if there are not enough people in that age group – But this has to be done in advance. We cannot do this on the day



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[data.opentrack.run/en-gb/x/2022/GBR/bmaf-xcc/](https://data.opentrack.run/en-gb/x/2022/GBR/bmaf-xcc/)

Thanks

Billy Green

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