

Subject: Marshals sought – National Cross Country Championships – Saturday, 26 February Message from Billy Green February 17, 2022 09:19 All Club e-mail messages can now be viewed via the Ilford AC web site link at ilfordathleticclub.co.uk/messages

Marshals sought - National Cross Country Championships - Saturday, 26 February

The English National Cross Country Championships are returning to London for the first time since 2018 and will be taking place on Hampstead Heath on Saturday, 26 February.

This will be by far the largest cross country competition taking place in the UK this season with close to 10,000 entrants across 10 races. It's always a terrific spectacle.

The National is a volunteer organised competition with course marshals coming from clubs throughout London and the wider area. Some 40 marshals are needed to cover the many footpaths that cross Hampstead Heath. Would members of your club like to get involved?

Marshals will need to be available between 9.45am and the end of the competition, which is expected to be at about 4.30pm (a lunch pack will be provided).

Marshals will get to see many of the UK's finest endurance runners in action across all the age groups, along with a host of club runners from across the country.

I very much hope that there with be plenty of volunteers who would like to get involved with this outstanding competition.

If any of your members would like to volunteer, please can they email Malcolm French on malcolmfrench1962@yahoo.com and he'll be able to provide them with further information.

I look forward to working alongside your colleagues and thank you for your support.

Malcolm French - malcolmfrench1962@yahoo.com

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