



## Chingford League / Masters XC / Essex Road Relays

Subject: Chingford League / Masters XC / Essex Road Relays

Message from Billy Green March 1, 2022 18:02

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)

We could really do with some more entrants for this Saturday's Chingford League Relays. Both Men and Women sit 2nd bottom in their tables going into this last match in only our first season in the Top Division.

If you can add yourself to the list below let me know - I need to enter teams on Thursday.

Listed also below is my list for the Masters Cross Country on the 12th March. You need to enter yourself. If you have done so and are not on my list please let me know so that we can organize teams if we need to (it is possible to drop people down an age group if teams are short).

We are very light in the 35-44 age group. Can anyone add to the list below?

Now is the time to start thinking about the Essex Road Relay Championships on Sunday 10th April in Colchester. We need a strong team out for this as with a good team we have every chance of bringing back County medals. Teams will be picked after discussions with team managers and senior athletes, so if you are picked please make yourself available. If you are not chosen for an A or B team, please consider running and supporting your teammates and perhaps stepping up a team if injury/illness hits one of the runners.

Chingford League Relays - Saturday 5th March

Paul Grange  
Dennis Briggs  
Rhys Edwards  
Ronan Edwards

Trevor Robinson  
Jim Tilbrook

Gaye  
Hannah  
Amy  
Pauline



## Chingford League / Masters XC / Essex Road Relays

Masters XC - Saturday 12th March

Danny

Fabrizio

Gary Coombes

Terry

Mel Jones

Malcolm

Trevor

DMac

Steve Cheal

Robbo

Richard Woolerton

Andy

Ernie

Regards

Billy

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