



Ilford AC XC Champs / Essex Road Relays

Subject: Ilford AC XC Champs / Essex Road Relays

Message from Billy Green March 7, 2022 17:20

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

ilfordathleticclub.co.uk/messages

Put it in your diaries now -

Bank Holiday Tuesday, December 27th Ilford AC will be hosting our Annual Cross-Country Championships.

It will also be used as a springboard for our Centenary year with a lot of the advertising of the race, and event on the day, reflecting this milestone in our History.

We would love as many of you as possible to take part in the race (you will always be the last Ilford athletes to compete for the club before we turned 100) but if you can't take part, please put yourself forward as a volunteer so that we can hold a successful event - What we don't want is anyone racing elsewhere on the day.

Put the word out to friends in other running clubs and let's make this an event we can all be proud of.

With regards to the Essex Road Relays in Colchester on April 10th - There has been some confusion in that people think they need to be 'selected' to run.

This is not the case. We would like as many of you as possible to enter. It would be great to select multiple teams in all age groups, which would reflect well on the club in these prestigious Essex Championships.

We will be emailing certain individuals who we think give us the best chances of medals and 'selecting' them to enter but encourage everyone to enter. The club will pay all fees - You just need to let me know you are available.

Regards

Billy

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