



## Endurance Training Session and Essex 5 mile championship

Subject: Endurance Training Session and Essex 5 mile championship

Message from Billy Green March 11, 2022 14:40

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)

Please find attached a leaflet about an Endurance Training Session which is taking place on Sunday 20th March at Chelmsford AC. The session will focus on RAMP warm up, effective pacing/pace judgement and planning.

If anyone at you club wishes to attend can they please email Hayley Pegg at [hayleypegg@hotmail.com](mailto:hayleypegg@hotmail.com) to let her know.

Also entries have just opened for Essex affiliated runners who wish to enter the 5 mile championship event which is taking place at Pleshey on Friday 24th June – start time 7.30. Further details below:-

Chip Timed 2 lap course on quiet country lanes around the Essex Village of Pleshey, near Chelmsford.

No medal, but race number can be swapped for a burger at the post race BBQ.

Essex Medal Presentations for all Essex Category winners.

Bar and cake stall as well as BBQ. Free Parking

Organised and marshalled by runners.

Max 300 Runners

Affiliated Runner Fee – £12.50

Unaffiliated Runner Fee – £14.50

Online entry via: Friday Night Five – Springfield Striders Running Club

[springfieldstriders.org.uk/friday-night-five/](http://springfieldstriders.org.uk/friday-night-five/)

Details will also be available on the facebook page: Springfield Striders Friday Night 5



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



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