



## Ilford AC – Race entries for Free

Subject: Ilford AC – Race entries for Free

Message from Billy Green August 24, 2022 13:37

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)

In this, the last year before the club turns 100 – We have decided to give away some freebies for our runners to encourage you to participate.

Below are details for this years ESSEX XC RELAY Championships on the 24th September.  
The club will pay all entry fees

The officials course I emailed about recently (link below) – The club will pay for anyone wanting to go on a course

[ilfordathleticclub.co.uk/2022/08/21/officials-courses-24-08-22-to-20-09-22/](http://ilfordathleticclub.co.uk/2022/08/21/officials-courses-24-08-22-to-20-09-22/)

The South of England Relays (unfortunately on the same day as the Essex Relays) – The club will pay all entry fees –

Link to original email below

[ilfordathleticclub.co.uk/2022/08/21/seaa-6-4-3-road-event-details-for-24th-september-2022/](http://ilfordathleticclub.co.uk/2022/08/21/seaa-6-4-3-road-event-details-for-24th-september-2022/)

The prestigious Essex Way event – We still have 5 legs uncovered.

Enter for FREE below

[ilfordathleticclub.co.uk/2022/07/12/the-essex-way-2022/](http://ilfordathleticclub.co.uk/2022/07/12/the-essex-way-2022/)

For the relays, please get together with your team Captains and Managers then email me a team and I shall take care of the entries.

For the Essex Way I have already negotiated free entry for our runners

### DETAILS OF THE ESSEX XC REALY CHAMPS –

The Essex XC Relays will take place on Saturday 24th September at Weald Park, Brentwood.

The event will again be hosted by Billericay Striders on behalf of Essex.

This year we are moving to an online entry system rather than the paper format we have used previously. Team managers can still enter all the teams, but athlete info will need to be



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provided at the time of entry and not left for the declaration sheet on the day – this is to enable us to get results out quickly and do medal presentations as soon after the races as possible.

The races will also be chip timed and chips will be attached to race numbers as opposed to chips on shoes.

We hope by introducing online entries and Chip timing we will be able to provide a better service in terms of speed of delivery of results etc.

There are full instructions on the website about completing the entries so please read through them before starting any entries and the entry system includes online payment as well.

Billericay Striders will also require assistance with marshalling so can teams please email Gerry Doherty directly with the names of their club volunteer – [gerrydoherty01@gmail.com](mailto:gerrydoherty01@gmail.com)

The online system is already live and can be found here:

[essexaa.activetrainingworld.com/tc-events/essex-cross-country-relays/](https://essexaa.activetrainingworld.com/tc-events/essex-cross-country-relays/)

Regards  
Allison Gillan  
Essex XC Secretary

Regards

Billy

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