



Chingford League – Saturday October 1st XC at Eastbrookend Country Park,
Dagenham:

Subject: Chingford League – Saturday October 1st XC at Eastbrookend Country Park,
Dagenham:

Message from Billy Green September 23, 2022 16:35

All Club e-mail messages can now be viewed via the Ilford AC web site link at
ilfordathleticclub.co.uk/messages

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Please find below an email with details of the first Chingford League fixture of the Season.
If you wish to enter then please let me know in advance of Friday 30th September

If you wish to run anytime in the season and your name is not on the attached list, again
please let me know by Friday 30th September.

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Here we go again!

Saturday October 1st XC at Eastbrookend Country Park, Dagenham:

U11/13s (c2k)at 11am;

U15/17s (c5k)plus all seniors (c8k) 11:30am

*****Please note NEW course, starting by the north side of Dagenham Road

*Car parking, toilets and refreshments are on the south side of Dagenham Rd at the May and Baker sports and social club, RM7 OQX. Thanks to Dagenham 88 for arranging this.

*The nearest postcode to the actual start on the north side is RM10 7BL.

*Nearest Underground is Dagenham East (c1mile warm up jog) but bus 174 runs between Dagenham Heathway and Romford stations and stops by the race start.

*Number pack collection will be by the start of the race.

Pre-entry by noon on Friday 30th September. Please find attached an Excel list of all last year's runners with their dates of birth.

Please add names and Dobs of newcomers who you think may want to run during the season, and then just tick who will need numbers at Dagenham and send back to me. Thanks



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Note to Ernie. For juniors, please use a separate list, starting again, or re-using last year's, as you prefer. Please note that juniors' age categories are counted as of 31st August (I'm sure you know this)

Thanks as always for your support.

Adrian

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Regards

Billy

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



[IL-22-23-Chingford-League.xlsx](#)