



Essex Cross Country League – One Tree Hill – Sat 15th October

Subject: Essex Cross Country League – One Tree Hill – Sat 15th October

Message from Billy Green September 26, 2022 16:30

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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Attached are details from Thurrock Harriers AC for the first fixture of the season.

Regards

Billy

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



[Essex-XC-League-R1-15th-Oct-2022-Instructions-1.docx](#)