



Festive Fixtures – Deadlines for pre-entries

Subject: Festive Fixtures – Deadlines for pre-entries

Message from Billy Green November 21, 2022 14:35

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

ilfordathleticclub.co.uk/messages

Plenty of races coming up over the festive season, so please find below a roundup up of dates, venues and fixtures that you have to pre-enter.

Please note if you have not pre-entered, you cannot run under any circumstances.

There has also been a date change for the WARE CUP in Loughton from December to January 28th

Saturday 26th November

Essex League Round 3 (No entry fee or pre-entry)

Writtle University College

9.45am U11G and U11B (1k approx.)

10.30am U13G and U13B (3k)

11.00am U15G and U15B (4k)

11.30am U17/U20W (5k)

12.00pm U17M/SW (6k)

12.45 SM (inc U20M) (8k)

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Saturday 26th November

Chingford League (Priority for fixture clash is ESSEX LEAGUE, so for info only if there is any reason you cannot get to Writtle)

Trent Park EN4 0PS

Senior Race 2:30pm 7.7k course

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Saturday 3rd December

Essex Vets XC

You MUST pre-enter this race by Friday 25th November

essexaa.activetrainingworld.com/tc-events/essex-cross-country-vets/

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Saturday 10th December

South of England Masters XC Champs

Horspath, Oxford OX4 2RR



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You MUST pre-enter this race by Friday 25th November

www.seaa.org.uk/onlineregs5/teammeeting57.php?MeetID=156

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Saturday 17th December

Essex League Round 4 (No entry fee or pre-entry)

Hockley.

More details to follow, but expect timings to be as above

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Monday 26th December

Ilford AC Annual Boxing Day Handicap

Hainault Forest 10:30am

No entry fee, but please contact Gary Floate in advance to enter

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Tuesday 27th December

Ilford AC XC Championships

Hainault Forest 10:30am

Entries available on the day, but if you want to guarantee yourself a T-shirt size you must enter before Wednesday 23rd November on the link below

www.entrycentral.com/IlfordAC-10milesXC

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Saturday 7th January

Essex XC Champs. Seniors and Young Athletes

Basildon

You MUST PRE-ENTER THIS RACE BEFORE Sunday 18th December

Team scores are 4 to count in each age group except senior men which is 6 to score.

Race timetable, course maps and entries are via this link:

essexaa.activetrainingworld.com/tc-events/essex-cross-country-championships/

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DATE CHANGE – Loughton AC Ware Cup – moved from December to January

NOW Saturday 28th January

Regards



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Billy

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