



## Essex XC Champs - 7th January 2023

Subject: Essex XC Champs - 7th January 2023

Message from Billy Green December 9, 2022 14:13

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[ilfordathleticclub.co.uk/messages](http://ilfordathleticclub.co.uk/messages)

Hi All

Just a reminder that the closing date of 18th December is fast approaching for the Essex XC Champs . Which is on Saturday 7th Jan at Gloucester Park, Basildon, all age groups.

Entries are online via Active Training World.

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/](http://essexaa.activetrainingworld.com/tc-events/essex-cross-country-championships/)

Can you please let your coaches know if and when you have entered, so if needs be teams can be sorted out prior to the event starting

Regards

Billy

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