



## Essex Cross Country League R1 14th October - Instructions for tomorrow

Subject: Essex Cross Country League R1 14th October - Instructions for tomorrow

Message from Billy Green October 13, 2023 09:53

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)

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Please find attached instructions for tomorrows Cross Country fixture.

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-R1-14th-Oct-2023-Instructions.docx](#)