



## Essex Cross Country League

Subject: Essex Cross Country League

Message from Billy Green October 15, 2023 20:15

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)

This is a list of athletes who competed yesterday and who are not yet registered on Roster. If you intend racing in future Essex League events can you please register in Roster athletics. Given the short time before Round 2 it is essential as many runners register in advance as possible to aid bib acquisition and distribution

Alex Richards  
Sebastian Parris  
Barney Perkins  
Aron Berhe  
Luke Thake  
James Thake  
Dylan Harrod  
Danny Holeyman  
Richard Woolterton  
Sean Costello  
Frieda Keane  
Raymond Dzikowski  
Andrew Catton

Thank you

Billy

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