

Essex County Athletic Association

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ESSEX COUNTY CROSS COUNTRY RELAY CHAMPIONSHIPS

FOR SENIOR MEN & SENIOR WOMEN

HIGHAMS PARK ON SATURDAY 12th MARCH 2011

Host club WALTHAMSTOW AC in conjunction with the Chingford League

Location = Highams Park, Tamworth Ave, Highams Park, London E4

Grid ref = 51.608511, 0.011065 (enter in google map search)

Entries are invited for the above Championships.

These Championships will be run as one race at 1.00pm

SENIOR MEN 4 legs of 2 miles each

SENIOR WOMEN 4 legs of 2 miles each

Entry Fees

SENIOR MEN - £16 per team of 4 runners

SENIOR WOMEN - £16 per team of 4 runners

Clubs can enter as many teams as they wish - each at a cost of £16 per team

All runners MUST have Essex qualifications and MUST wear their club colours.

ENTRIES CLOSE : FRIDAY 25th FEBRUARY 2011 - NO LATE ENTRIES.

Completed entry form with cheque to be posted to Gerry O'Doherty at the above address.

Race numbers will be available on the day in the Park - start / finish area

Team Declaration Sheets must be handed in by 12.30pm on the day.

Refreshments, prize giving, toilets and very limited changing in the Mallinson Scout Hut opposite the entrance to Tamworth Av.

Do not park in Scout Hut car park.

Parking available in side streets (Charter Rd, Nesta Rd & Henry's Av).

No real parking restrictions, but wardens will clamp for parking on kerbs etc.

Please remember that this event is being held in conjunction with a Chingford League event , so not all teams competing will be from Essex.