



## Tribute from Brian Meadows

“Big John, has always been a very special person for me. From our first meeting in 1971, through those special college days, Ilford AC sporting ‘hey days’, after training football matches, gym sessions and much much more! John has never been found wanting; one could not find or wish for a more true and loyal friend. Like so many others, I will miss those magic hands, special chats, mum’s cups of tea and a very dear friend. I’ll see you in the ‘after life’ for that big race we have always been preparing for! John will be sorely missed by all the members of the Meadows family, Brian, Lynne, James and Robbie.”