

Subject: Essex 6-12 Stage virtual relays Message from Billy Green June 8, 2020 16:17 All Club e-mail messages can now be viewed via the Ilford AC web site link at ilfordathleticclub.co.uk/messages

Hi all.

Andy Catton has asked that we try and give this a good push. A chance to prove ourselves amongst Essex' elite. Lots of Essex clubs are getting involved so lets see if we can get ourselves a good male and female squad together.

Long legs 5m, short legs 5k. Mens teams 6 long, 6 short. Female teams 2 long, 4 short

data.opentrack.run/en-gb/x/2020/GBR/essex/

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