



Essex 6/12-stage virtual relays – Follow up

Subject: Essex 6/12-stage virtual relays – Follow up

Message from Billy Green June 9, 2020 09:54

All Club e-mail messages can now be viewed via the Ilford AC web site link at ilfordathleticclub.co.uk/messages

Further to yesterdays email, Gary Floate has kindly offered to collate the teams, with the help of Wayne.

So can we in the first instance register our interest with Gary who can then work out the best combination for a team (s)

Absolutely no fees to enter. All info on the link below.

Come on ILFORD – We never go short on medals in the big races, so confident we can put good teams out for this

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/

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