



5k Club champs Saturday 1st August

Subject: 5k Club champs Saturday 1st August

Message from gary floate July 9, 2020 10:15

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ilfordathleticclub.co.uk/messages

After the success of the virtual relay, we will be holding a club 5k road champs on saturday 1st August at 10am at Barking Park. The race will be handicapped so will maintain social distancing. If interested in competing, please email me and I will add you to the list, please dont just turn up on the day as it messes up the handicap. I already have 4 marshalls, so hopefully nobody will get lost this time. I am still in need of a few helpers as the finish. As its a club champs, medals will be awarded to first three male and female finishers and fastest male and female. Gary

If you need to respond to this email please do not reply but contact gary floate separately