



Last call 5k Handicap Saturday 1st August Barking Park 10am

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Message from Gary Floate July 25, 2020 16:02

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[ilfordathleticclub.co.uk/messages](http://ilfordathleticclub.co.uk/messages)

The president's budget has been spent today to get a trophy for next weeks winner (please note miffy is not part of winners prize) I slithered around the course this morning to ensure it's in good condition for you all. This is your last chance to enter, no entries on the day. Can whoever's has volunteered to Marshall get there say 9.15 so I can sort out marshalling points. No club vests or t shirts please to be worn. After the race please disburse into small groups. Thanks and see you next saturday. El Presidente

If you need to respond to this email please do not reply but contact Gary Floate separately

