



## 5k Club champs Saturday 1st August

Subject: 5k Club champs Saturday 1st August

Message from gary floate July 29, 2020 19:29

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

Hi Guys, Only 3 days before the big event, still time for handicap bribes to arrive in my off shore account.(or left behind the tree in the forest, thanks Danny )

Weather report says its going to be a hot day Saturday, we wont be in a position to provide water during or after the race (although the pond was looking nice last weekend) Please remember to bring your own water. Unfortunately this also means we wont be able to fill the winners cup up with Tizer and pass it around as in previous years. Look forward to seeing you all Saturday. Gary

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