



## Ilford AC Press Report. Tuesday 4th August 2020

Subject: Ilford AC Press Report. Tuesday 4th August 2020

Message from Billy Green August 4, 2020 09:21

All Club e-mail messages can now be viewed via the Ilford AC web site link at

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

After 5 months in charge, our President Gary Floate finally got to do some Presidential duties at the weekend.

Fair play though in order to put on the Presidential medallion and give out the medals he had to invent a race, organise it and cajole people into giving up their Saturday morning in order to run and volunteer.

Everyone agreed though that the morning was a great success and really showed the spirit and togetherness of the club.

For most, if not all, of the runners it was at last a chance to test their speed in something close to normal racing conditions and I believe there was a couple of PB's achieved .....I'll check before the results are submitted to the POWEROF10 ☐

Race report here :-

[ilfordathleticclub.co.uk/2020/08/04/press-report-4th-august-2020/](http://ilfordathleticclub.co.uk/2020/08/04/press-report-4th-august-2020/)

And plenty of photos from the day here:-

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

Regards

Billy

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