



More Handicaps

Subject: More Handicaps

Message from gary floate August 4, 2020 20:28

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

Hi Guys

Thanks for all your replies re another handicap

How about a series y over different distances, say 5k again September, 2 miles in October and 1 mile in November.

I'll work out some complicated age related system and we can do the standings, tour de france style based on accumulated time (anyone got any yellow jerseys)

So Barking Park will be the venue, and 5k will on saturday 5th September. I will base September handicap on August times.

So the entries are open, mail me if you want to enter.

Not sure if we ask for Marshalls this time, anyone who does not know the course let me know and we can arrange someone to have a jog round it with you.

Gary

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