



Next Handicap 5k Saturday

Subject: Next Handicap 5k Saturday

Message from gary floate August 16, 2020 19:03

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

Just a reminder the next handicap 5k is only 3 weeks away, 10am at Barking Park. Only got 11 entries so far and one helper, probably need a few more than that. Please enter beforehand as it makes the handicapping so much easier.

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