



Chingford League 24/10/2020

Subject: Chingford League 24/10/2020

Message from satha Alaganandasundaram October 13, 2020 21:42

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

Hi All

We have 12 men & 6 women already entered and there names are as follows. We are allocated 12 men & 12 women. Please try and enter another 6 women before cob Friday.

Gary Coombes

Jim Tilbrook

Terry Knightley

Bradley Brown

John Crawley

Rob Sargent

Sam Rahman

Paul Holloway

Dennis Briggs

Stephen Cheal

Ray Sparra Everingham

Ernie Forsyth

24th October, Chingford Plain E4 7JQ. Senior Men 9am, Senior Women 10:15am, 5.2 miles 2-lap multi terrain course, as in the test event.

Please note we also need a volunteer to support the event. We must give the volunteer's name along with the runners name.

Regards

Satha

Mandy Reid

Alison Sale

Frieda Keane

Gaye Van Der Vyver

Julia Galea

Amy Louise Bird

If you need to respond to this email please do not reply but contact satha



Chingford League 24/10/2020

Alaganandasundaram separately