

Subject: Next Handicap Message from Gary Floate October 14, 2020 19:17 All Club e-mail messages can now be viewed via the Ilford AC web site link at ilfordathleticclub.co.uk/messages

Hi All

The next Handicap Race will be on Saturday 7th November 10am start at Barking Park, the distance this time will be 1 mile. So start sending your entries in.

Gary

If you need to respond to this email please do not reply but contact Gary Floate separately