



## Chingford League 24/10/2020

Subject: Chingford League 24/10/2020

Message from satha Alaganandasundaram October 19, 2020 13:31

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)

confirmed entries for Saturday

Names

Men

- 1 Sam Rahman
- 2 Gary Coombes
- 3 Paul Holloway
- 4 Danny Holeyman
- 5 John Crawley
- 6 Bradley Brown
- 7 Terry Knightley
- 8 Dennis Briggs
- 9 Jim Tilbrook
- 10 Stephen Cheal
- 11 Rob Sargent
- 12 Ray Sparra Everingham
- 13 Stephen Philcox

Women

- 1 Amy Louise Bird
- 2 Breege Nordin
- 3 Anna Crawley
- 4 Carlie Qirem
- 5 Alison Sale
- 6 Gaye Van Der Vyver
- 7 Mandy Reid
- 8 Julia Galea
- 9 Pramila Monro
- 10 Frieda Keane
- 11 Sharon Honey



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12 Launa Broadley

Volunteer

Robin Davies

NB

That people who are disappointed that they cant run the same course CAN virtually later in the weekend (later Saturday afternoon or Sunday before 6pm). If they submit a time from their garmin or whatever, Bob Jousiffe will include it in the individual categories.

Important point:- NO guests or spectators are allowed to attend.

Whilst 'personally' I think that with 300 runners racing, a few spectators are hardly going to be a problem PLEASE respect the integrity of our club and don't turn up unless you are in a team.

There will be Orion officials on the course and they will report back to clubs any violations. Orion have had to overcome a lot of hurdles to get a license for this race - don't spoil it for them or us.

Please refer last Friday Billys email for further information.

Regards

Satha

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