



Chingford League 24/10/2020

Subject: Chingford League 24/10/2020

Message from satha Alaganandasundaram October 19, 2020 13:54

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)

Hi All

Ernie will get the numbers in few days time. Please liaise with him to collect your number

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



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10 Frieda Keane  
11 Sharon Honey  
12 Launa Broadley

Volunteer

Robin Davies

Regards  
Satha

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