



One Mile Handicap goes virtual

Subject: One Mile Handicap goes virtual

Message from Billy Green November 2, 2020 10:33

All Club e-mail messages can now be viewed via the Ilford AC web site link at

ilfordathleticclub.co.uk/messages

With current restrictions meaning we can't go ahead with the physical One mile Handicap, we have decided to go virtual.

Run / Walk a mile anytime over the weekend, send me the results and I will collate them and do a write-up.

If you let me know you are taking part I can use Gary's magic formula to come up with actual and Handicap results.

For fairness, although I wont be checking up, please don't run down a steep hill, run 4 x 400m on a track with rests in between or submit a mile that was in the middle of a longer run!

If you need to respond to this email please do not reply but contact Billy Green separately