



## Chingford League – December 6th (Sunday afternoon) Hog Hill

Subject: Chingford League – December 6th (Sunday afternoon) Hog Hill

Message from satha Alaganandasundaram December 2, 2020 19:28

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[ilfordathleticclub.co.uk/messages](http://ilfordathleticclub.co.uk/messages)

Hi All

Just to confirm that the race will take place as planned on Sunday 6th December. Ernie will be getting the numbers tomorrow and will bring them to the tomorrow evening track session. Ernie will also be at the Cycle track on Sunday from 11am so you can collect your number. Race will start at 12noon.

We have 19 Men & 12 Women confirmed runners.

Please see the names below

### Men

- 1 Paul Grange
- 2 Alex Richards
- 3 Tom Gardner
- 4 Rys Edwards
- 5 Sam Rahman
- 6 Gary Coombes
- 7 Stephen Philcox
- 8 Danny Holeyman
- 9 Paul Holloway
- 10 John Crawley
- 11 Bradley Brown
- 12 Haydn Newland
- 13 Terry Knightley
- 14 Andy Catton
- 15 Anthony Young
- 16 Rob Sargent
- 17 Trevor Robinson
- 18 Stephen Cheal
- 19 Diarmuid Mac Donnell



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## Women

- 1 Sameena Ahmed
- 2 Jordan Hinds
- 3 Breege Nordin
- 4 Anna Crawley
- 5 Alison Sale
- 6 Gaye Van Der Vyver
- 7 Julia Galea
- 8 Pramila Monro
- 9 Sharon Honey
- 10 Frieda Keane
- 11 Carol Muir
- 12 Kim Baxter

Good luck and make Ilford AC proud.

Regards

Satha

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