



## Run Leader days and Virtual Road Relay Competition.

Subject: Run Leader days and Virtual Road Relay Competition.

Message from Billy Green December 18, 2020 15:10

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)

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Please click the link below for details of Run Leader Development days.

with most being able to be done from the comfort of your own home right now, I would highly recommend these.

Also attached are details of England Athletics Virtual Road Relay Competition. It would be great if we could get strong Ilford teams for these to compete. Let myself, Gary or Andy know if you are interested.

[cutt.ly/QhZ2YNg](http://cutt.ly/QhZ2YNg)

For those that haven't already heard, regrettably the Essex XC Champs in January have been cancelled.

Regards

Billy

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