

Subject: Last one out, please turn off the lights Message from Billy Green January 25, 2021 14:40 All Club e-mail messages can now be viewed via the Ilford AC web site link at ilfordathleticclub.co.uk/messages

Good afternoon teammates.

News thin on the ground as you can imagine right now, but a few bits and pieces to report on.

Firstly, we have featured in the Ilford Recorder in the last couple of weeks – articles attached Last week the Recorder reported on the sad passing of Bill Garrett who represented the club in race walking competition between the mid 70's and mid 90's.

A further tribute to Bill can be found on our club website here:ilfordathleticclub.co.uk/2021/01/20/bill-garrett-r-i-p/

The second article was about myself, which modesty prevented me from mentioning – but more details can be found here: – docs.google.com/document/d/1j5nHsXBM2tHltAX9ZNkWocwkxQSAJJkLAcJQCJJlbIA/edit?usp=s haring

Our own Tom Gardner recently posted an excellent article on Paul Grange and training as you get older. Well worth a read, the article can be found here :- speedsecrets.co.uk/how-to-run-faster-the-you-get-older/

WHO'S WHO.

We would like to do a feature on KEVIN NEWELL soon.

It will obviously follow a different format to the current one but if anyone who was around the club when Kevin was competing can share stories or little anecdotes, we can use I would really appreciate it. Also, any photos would be really appreciated.

Finally (and the reason for the email heading) – If anyone uses the Chigwell Row clubhouse can you please ensure that all lights are turned off when you leave. There have been a couple of instances when lights have been left on for long periods of time.

Regards



## Billy

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

Athletics		
Billy Green has received an award from the Essex County Athletics Association, who amed him their 2020 Volunteer of the Year runner-up. Green serves Biord Athletic Ghah an media and publicity offlore, as well as being manager for both his chird's mere's and wereme's Boad and Cross County teams.	He lives in Mildmay Road, Roenberd, and is also a committed West Ham United fan. Blierd Athletics Chris is an inclusive, friendly chub eathering far runners and athletics of all standards and abilities servos all discipilines – track and field, road and cross country as well as racesseliking. The club also have a	They train at Cricklefield Stadium on Tuesday and Thursday
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port		
Athletics		
	On a more popular	Guidance Council and