



Last one out, please turn off the lights

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](http://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/](http://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/1j5nHsXBM2tHltAX9ZNkWocwkxQSAJjkLAcJQCJJlBlA/edit?usp=sharing](https://docs.google.com/document/d/1j5nHsXBM2tHltAX9ZNkWocwkxQSAJjkLAcJQCJJlBlA/edit?usp=sharing)

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/](http://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



Last one out, please turn off the lights

Billy

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

