



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

**sport**

**Athletics**

**Billy Green has received an award from the Essex County Athletics Association, who named him their 2020 Volunteer of the Year runner-up.**

Green serves Ilford Athletic Club as media and publicity officer, as well as being manager for both his club's men's and women's Road and Cross Country teams.

He lives in Midway Road, Romford, and is also a committed West Ham United fan.

Ilford Athletics Club is an inclusive, friendly club catering for runners and athletes of all standards and abilities across all disciplines – track and field, road and cross country as well as racewalking.

The club also have a “Harriers” section that is suitable for beginners.

They train at Cricklefield Stadium on Tuesday and Thursday nights from 6.30pm onwards and at Chigwell Row on the weekend in normal circumstances, of course.

At present they are taking part in many virtual races and competitions.

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**sport**

**Athletics**

**Ilford AC are mourning the passing of popular former race walker Bill Garrett, 86, who turned out for the Cricklefield-based club between the mid-70s and mid-90s.**

A good, solid back-up walker to be relied upon, Garrett twice closed home winning Ilford teams in Southern Area 10k Championships, both times at a bleak deserted Basildon Industrial estate.

On a more popular course at Battersea Park's Queen's Carriageway he was the club's third scorer of four) when they won a Southern Area 10 Mile Championship to claim the coveted Garnet Cup.

Awarded race walking's 10k-an-hour badge after an Essex County AA 10.600m championship at Horschurch Stadium, he twice race walked the London Marathon, raising money for The Marriage Guidance Council and Relate. He also appeared in triathlons.

A keen supporter of club social functions he suffered a bad back in his later years, put down to a daily commute on old Central Line rolling stock which gave a bumpy ride.

He worked in telecommunications and was presented with an engraved tankard in appreciation when retiring in the mid-80s.