

Subject: Ilford AC – Easter Handicaps Message from Billy Green March 8, 2021 20:34 All Club e-mail messages can now be viewed via the Ilford AC web site link at ilfordathleticclub.co.uk/messages

With the partial lifting of restrictions the club are able to go ahead and organise another 5k Handicap at Barking Park on Saturday April 3rd at 10am.

Please contact Gary Floate on gary.floate@ntlworld.com to register your interest and give him a predicted time..he will know if you are trying to pull a 'fast' one (see what I did there?).

Importantly this is for club members only, so please keep off of Social Media

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