



## SOUTHERN LEAGUE

Subject: SOUTHERN LEAGUE

Message from Billy Green March 15, 2021 14:18

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)

Guys and girls

Please if you can support the Southern league matches.

They are nice and local and we need as much help and support as possible .

We also need some officials.

If we don't have officials we lose lots of points every match.

Gary and Wayne cannot be relied on to help with the officiating and manage the team year on year

Just getting somebody out to throw a discuss or a Shot will help .Even better if the athlete has always wanted to attempt a 110 hurdles , 400 hurdle or a Pole vault then they are welcome. Wayne will even give them a free hurdle lesson

Any Questions please contact Wayne

First match for southern league track will now be at Hornchurch on Sunday June 20th

Second match will also now be Sunday 11th July at Woodford

Third match will be Saturday August 14th at Woodford

Fourth match will be Saturday 11th September at Thurrock

Regards

Billy

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