



Chingford League Relays – Saturday 17th April 11am. Final Instructions.

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Message from Billy Green April 15, 2021 11:27

All Club e-mail messages can now be viewed via the Ilford AC web site link at

ilfordathleticclub.co.uk/messages

Full list of runners and riders for the Dagenham Handicap listed below.

Please check you are on the list if you think you have entered with me in case I haven't received your email or you casually told me at a training session and I forgot when I got home!

At present I can accommodate one more male and three more females – But I have to enter names and teams this evening, I can't accept any additional entries tomorrow.

Whilst runners may well drop out on the day, these can only be replaced with pre-registered runners.

2 Mile laps with all 'A' team runners going off first followed 1 minute later by all 'B' team first runners (then 'C' and 'D') Even if you are in an incomplete team, no one will be doing a lap on their own.

I understand life happens and sometimes unavoidable things crop up but for the sake of your team mates if you cannot come can you let me know as soon as you possibly can be email or text/call me on 07921 917801. Please don't just not turn up.

Nearest car-park is Central Park Pavilion Car-park, which isn't huge but there is street parking in the area.

(A Google search of "car parks near RM10 7FJ" gives you other options)

Start is 11am, so arrive in plenty of time for that, and for the sake of the club please be seen to be observing all current COVID guidelines because it will be me who gets the telling off if you don't!

Good luck team Ilford

Amy Bird

Frieda Keane

Alison Sale

Bree Nordin

Sharon Honey



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Pramila Monro
Gaye Young
Mandy Reid
Anna Crawley
Pauline Tester
Mel Jones
Nicola Hopkinson
Jordan Hinds
Danny Holeyman
Trevor Robinson
Steve Philcox
Edward Skinner
Gary Coombes
John Crawley
Dennis Briggs
Rob Sargent
Tony Young
Jack Wright
Bradley Deacon
Rhys Edwards
Diarmuid Mac Donnell
Adam Coals
Paul Grange

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