



Who's Who - FRIEDA KEANE

Subject: Who's Who - FRIEDA KEANE

Message from Billy Green May 1, 2021 16:48

All Club e-mail messages can now be viewed via the Ilford AC web site link at ilfordathleticclub.co.uk/messages

This weeks 'Who's Who' features Frieda Keane.

Frieda is a very popular member of our Road and Cross Country team.

She has a very demanding job with the NHS at Whipps Cross Hospital in East London, and on her days off she is often putting in another shift voluntary giving out vaccines, so would be more than excused for missing training and races for a good rest. However she is always the first name entered for any race and very rarely misses a training session

Enjoy the article below, and remember to send me some questions for the follow up article in a few weeks time

ilfordathleticclub.co.uk/2021/05/01/frieda-keane/

Regards

Billy Green.

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