

Subject: Club 5k handicap champs 7th August. Message from Gary Floate June 27, 2021 19:10 All Club e-mail messages can now be viewed via the Ilford AC web site link at ilfordathleticclub.co.uk/messages

Does not seem a year ago that Kim Baxter romped to the the club Handicap 5k title in Barking Park. The second running of this event will take part on saturday 7th August 10am start in Barking Park. If interested in running let me know, dont need a predicted time this year as most people did a 5k last week. Gary

If you need to respond to this email please do not reply but contact Gary Floate separately