



## Ilford AC - Events update

Subject: Ilford AC - Events update

Message from Billy Green July 5, 2021 16:02

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)

.

From time to time the club get asked to promote services and events.

The link below lists all the current ones, along with a reminder about our own 5k Handicap at Barking Park organised by Gary Floate.

Anyone who has ever wanted to dress as a Penguin is advised to read on ...

[rb.gy/ovndxz](http://rb.gy/ovndxz)

Regards

Billy.

.

Regards

Billy

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