

Subject: Road 2021 Message from Gary Floate July 25, 2021 18:12 All Club e-mail messages can now be viewed via the Ilford AC web site link at ilfordathleticclub.co.uk/messages Road list 2021, including the return of yesterdays fun runs, any missing please send full details to me

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

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