



## club Handicap 5k champs

Subject: club Handicap 5k champs

Message from Gary Floate August 1, 2021 19:14

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)

Still time to get your entry in for next weeks 5k, club handicap champs. There will be a trophy for the winner and first 3 male and females, will get medals( dont get that at park run !!!!)

11am start at Barking park, please let me know if interested

Gary

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