



Ingatestone 5 - Call for Volunteers

Subject: Ingatestone 5 - Call for Volunteers

Message from Martin Clarke August 12, 2021 08:30

All Club e-mail messages can now be viewed via the Ilford AC web site link at

ilfordathleticclub.co.uk/messages

Ingatestone Boys' Own Club

INGATESTONE '5' MILE ROAD RACE

SUNDAY 12th SEPTEMBER 2021 11.00 A.M.

Hi Folks,

Its that time of year again when I'm looking for volunteers to man/woman the entry desk and help with timing and recording at the Ingatestone 5 on Sunday 12th September. As many of you know this is an iconic event founded by Ilford legend, the late Howard Williams, and for the past several years now the Club has been proud to keep this legacy going. We have pretty much got the operation running as smooth as clockwork now thanks mainly to those who have volunteered before.

If you are not running and can help please email me. All race details can be found here

www.entrycentral.com/Ingatestone5MileRoadRace.

All the best

Martin

If you need to respond to this email please do not reply but contact Martin Clarke separately