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Subject: Ilford AC Press Report 6th December 2021 Message from Billy Green December 6, 2021 19:56 All Club e-mail messages can now be viewed via the Ilford AC web site link at ilfordathleticclub.co.uk/messages

Another good weekend of running by Ilford athletes across all the age groups. Whilst the vets and U13/U15's were competing in the Essex Champs we also had some great performances from youngsters all around the country and closer to home, many of whom are representing their Colleges and Universities at the moment.

Full report below – Any errors please let me know by midday tomorrow before this is submitted to the Press.

ilfordathleticclub.co.uk/2021/12/06/ilford-ac-press-report-6th-december-2021/

Well done everyone.

Regards

Billy

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