



## Ilford AC XC Champs – Last shout-out for help

Subject: Ilford AC XC Champs – Last shout-out for help

Message from Billy Green February 7, 2022 08:57

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)

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We are still at least 3 Marshals short for Sunday.

At a bare minimum we need 8 Marshal points and although they are all covered, you can see below that 3 points are only covered by one person, including poor Mrs Green and Nicola – who will find two hours of not talking to someone agony!

Neil also needs to get away at 12:15 so we need someone to cover his position for the final 30 minutes or so of the race.

If both East London Runners and Dagenham 88 can provide more runners than us at OUR Championships, then I'm assuming we have a lot of injured runners who are free to help out on the day?

### CONFIRMED HELPERS

Computer

Martin

Times etc

Ernie

Andy

Colin

Billy

Marshals

1 Neil

2 Pauline / Sameena

3 Lovedip / Hannah

4 Sharon / Robin

5 Catherine

6 Tony/Jim

7 Manju / Morgan

8 Nicola



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Regards

Billy Green.

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