



Ilford AC Press Report.15th February 2022

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Message from Billy Green February 15, 2022 10:29

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

ilfordathleticclub.co.uk/messages

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Sunday saw most of the club coming together for the Historic Ilford AC 10M Cross Country Championships.

A strong wind (that destroyed our gazebo) and the terrain that is Hainault Forest made for a proper Cross Country race and our runners responded with some excellent performances whilst being encouraged by clubmates at every turn.

Talking of Excellent performances our track team did the club proud at The Essex Indoor Champs bringing back plenty of medals and some great performances..

Meanwhile in Chessington Evergreen Terry Knightly earned himself an England Vest whilst our touring team backed him up admirably

Full Report at the link below -

ilfordathleticclub.co.uk/2022/02/14/press-report-13th-february-2022/

Regards

Billy

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