



Volunteer's for Valentines parkrun (Ilford AC Take over and fill the entire volunteer roles & Carol Muir's 500th parkrun achievement) on Saturday 2nd July 2022

Subject: Volunteer's for Valentines parkrun (Ilford AC Take over and fill the entire volunteer roles & Carol Muir's 500th parkrun achievement) on Saturday 2nd July 2022

Message from Satha Alaganandasundaram June 17, 2022 12:11

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)

Hi All

Few of you all already know that Ilford AC is running the show at Valentines parkrun on Saturday 2nd July. This is also a day of milestone for our own Carol Muir completing her 500th parkrun. Ilford AC must provide the full volunteers on the day so that we can do our promotion as well recruit more members.

Reason for my email is to get support from our members to put their name forward for volunteer roster. We already have 50% of the roster is filled. Still need 4 marshals, first timers briefing - 1, setting up the course - 1 or 2 and Token support - 2 or 3. If you can you help, please email me or Dennis Briggs ([dennisbriggs@hotmail.co.uk](mailto:dennisbriggs@hotmail.co.uk), or WhatsApp on 07976619006).

Because its Carol's 500th parkrun, we are expecting lots in numbers to run or helping on the day please. Carol is bringing cakes etc to celebrate her achievement.

As you all know that Ilford AC's Hilly 5 is on 6th July Wednesday. Billy is still looking for few volunteers. If you want to help, please contact Billy on his email or mobile via WhatsApp.

Once again I take this opportunity to thank you all for your support for these two events on 2nd July Saturday & 6th July Wednesday.

NB

I am still around but currently injured.

Kind Regards

Satha

If you need to respond to this email please do not reply but contact Satha Alaganandasundaram separately