



## Midsummer relays Loughton AC – Tuesday 28th June

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Message from Billy Green June 20, 2022 12:35

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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Hello all,

Just a reminder to get your entries in by the end of Wednesday please.

We had some questions about make up of teams for adults – as far as possible we would expect Mens and Womens teams. We are happy if you have a partial team that someone runs an extra leg. We expect that junior numbers may mean some mixed teams. You can mix seniors and vets – first team home is what matters. If we can we will work out some vets results later.

I am told the Cricket club will be open for people wanting a beer afterwards – the tea and cake will be at the clubhouse as usual.

Anything else – give me a shout.

Cheers

Alan

Fixtures Secretary LAC

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