



## 7th August club 5k Handicap champs

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Message from Gary Floate June 29, 2022 20:21

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)

The club handicap 5k champs will take place on sunday 7th August starting 10am at Barking Park

We have changed the day to a sunday, so people wont miss their precious saturday morning fun run.

Medals to first three male and female finishers, plus cup for the winner (assuming Mandy Reid has not run away with it)

Please let me know by email if you want to run and I will work out the handicap, I dont really want to be taking entries on the day.

Post race celebrations to take place at the weatherspoons in Barking (Barking Dog I think)

Gary

If you need to respond to this email please do not reply but contact Gary Floate separately