



Ilford AC Press Report 5th July 2022

Subject: Ilford AC Press Report 5th July 2022

Message from Billy Green July 5, 2022 15:21

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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A slightly different Press Report this week.

Whilst we don't normally report on parkruns, I thought Carol Muir's achieving 500 runs and in doing so getting both Andy and Ernie to do their first deserved a mention.

Well done to the large team that went down to support her

ilfordathleticclub.co.uk/2022/07/05/press-report-5th-july-2022/

Regards

Billy

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