



SCVAC match 3 - Message from team manager

Subject: SCVAC match 3 - Message from team manager

Message from Billy Green July 15, 2022 13:22

All Club e-mail messages can now be viewed via the Ilford AC web site link at ilfordathleticclub.co.uk/messages

A reminder that the next Vets match is next Monday 18th July at Lee Valley. Track is 100m 400m and 1500m plus medley relay.

Declaration sheet for competitors needs to be in Saturday so if you're available to compete please let me know by return.

Regards

Henry

07963 082790

Henrix7@yahoo.co.uk

Regards

Billy

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