



Who's Who – Sheila Sinclair

Subject: Who's Who – Sheila Sinclair

Message from Billy Green August 29, 2022 10:06

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ilfordathleticclub.co.uk/messages

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Today's Who's Who comes from one of our longstanding Harriers 'SHEILA SINCLAIR'

I can remember Sheila joining us after doing a few parkruns in Valentines and chatting to some of our other members.

Her sole aim then was to do a parkrun without walking, and we spent a particularly harsh winter, sometimes when just the 2 of us turned up, getting her there – Now she has done National XC Champs !!!

Read all about her on the link below, and remember those questions for the follow up article

ilfordathleticclub.co.uk/2022/08/29/sheila-sinclair/

Regards

Billy

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