



Ingatestone 5

Subject: Ingatestone 5

Message from Martin Clarke September 12, 2022 09:25

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ilfordathleticclub.co.uk/messages

Last day for online entries to the iconic Ingatestone 5. Great course, great prizes, great facilities, great Organisation by Ingatestone Boys Club and Ilford AC. In fact pretty damn great all round. Sign up now and avoid the EOD surchargeyou know you want to.

www.entrycentral.com/Ingatestone5MileRoadRace

If you need to respond to this email please do not reply but contact Martin Clarke separately