



## Marathon Post Run drinks

Subject: Marathon Post Run drinks

Message from Billy Green October 2, 2022 16:56

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)

Well done to all the Ilford runners today who all had fantastic runs, and a big thanks also to all the volunteers who have had a long day out setting up, handing out and clearing up at Mile 9.

In lieu of this, Sharon has sent the following message ....

Hi everyone I realise we're all tired today from running or helping at the marathon so think it might be a good idea to postpone tonights meet-up for a couple of weeks.  
If anyone still wants to go you are of course welcome to meet up.

Regards

Billy

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