



## boxing Day Handicap 2022

Subject: boxing Day Handicap 2022

Message from Gary Floate December 1, 2022 17:50

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)

The boxing day handicap will take place as usual this year. First runner going off at 10.30am. Starting on the plain just past the two brewers pub. there will be no marshalls, so please find out the course, if you have not done it before.

If interested in running please let me know asap

Gary

If you need to respond to this email please do not reply but contact Gary Floate separately