

Subject: Road Time 2022 Message from Gary Floate December 3, 2022 18:00 All Club e-mail messages can now be viewed via the Ilford AC web site link at ilfordathleticclub.co.uk/messages attached road times for 2022, please let me know if any missing

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

Road-2022.xlsx