



## Chingford Relays 11th March at Wanstead Flats 4x 3000m

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Message from Gary Floate March 1, 2023 19:43

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)

10 days to the Chingford Relays at Wanstead Flats, on saturday 11th. 4x 3000m

So far we have

Ronan Edwards Steve Crane Fabrizio Stefano Neil Crisp Andy Catton Jim tilbrook Danny Holeyman, plus 6 Under 15s on the mens side

on the Womens side

Jordan Hinds Zuzana Sinalova, Pauline Tester and Di Crisp

This is the third and final reminder, if you want to run contact me asap

If you dont contact me directly, you will not be added to any team

Gary

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