



## Helpers urgently needed for County Champs this weekend

Subject: Helpers urgently needed for County Champs this weekend

Message from Billy Green May 9, 2023 15:59

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)

Desperately short of general helpers for county champs weekend - as message below says just need volunteers to rake sand pits, retrieve javelins etc, put up high jump bars and taking results and seeding sheets to and from officials.

Either Saturday or Sunday - not compulsory to do both days.

Long days 9.30 to around 5.00 but very rewarding and championships are in jeopardy without more helpers.

Thanks

Andy

Essex AA Chairman

----- Forwarded message -----

From: Essex AA Secretary <[essexathleticaasec@aol.com](mailto:essexathleticaasec@aol.com)>

Date: Tue, 9 May 2023 at 13:35

Subject: Essex Outdoor Track & Field Championships - Thurrock Saturday and Sunday 13/14 May

To:

To all club secretaries - please pass this message onto your membership

We are desperately short of volunteer help to support these championships. This is a call for HELP. We need people to cover a variety of roles - including - wielding a rake in the sand pit. Happy to collect and walk back implements, or prepared to run seeding sheets around the track.

If you can help please email Rick on [rickthompson452@hotmail.co.uk](mailto:rickthompson452@hotmail.co.uk)

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