



Vets T & F league 22/5

Subject: Vets T & F league 22/5

Message from Billy Green May 9, 2023 16:15

All Club e-mail messages can now be viewed via the Ilford AC web site link at ilfordathleticclub.co.uk/messages

First match on Monday 22nd at Lee Valley. Event timetable attached.

No reason that with our huge army of veteran / masters members we cannot fill all the events (especially all the 10 male and female 1500m races).
And if we have someone in all events we can win the match.

Please contact Team Manager, Henry Ricketts. Henrix7@yahoo.co.uk

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



[Herts-2023.docx](#)