



## Southern League. Cambridge 18th June

Subject: Southern League. Cambridge 18th June

Message from Billy Green June 2, 2023 13:55

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)

A reminder that the 2nd Southern league is taking place on 18th June at Cambridge  
After the first match Ilford are in a very good position in the league and are looking to consolidate their good start

We really need help in this next match across our ladies and male athletes in the club to compete across various track and field events.

It's a fun day and there is no pressure to compete at a high level ,it's about helping the club and just getting bodies running, throwing or jumping

We have a coach leaving from Ilford for the day

Any interest in helping the club out please contact wayne([w.m.hick@btinternet.com](mailto:w.m.hick@btinternet.com))

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