



## Press Report 20th June 2023

Subject: Press Report 20th June 2023

Message from Billy Green June 20, 2023 08:52

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Coming to you from a Caravan in Winchelsea on the south coast is this weeks Press Report below.

[ilfordathleticclub.co.uk/2023/06/20/press-report-20th-june-2023/](http://ilfordathleticclub.co.uk/2023/06/20/press-report-20th-june-2023/)

With this weeks focus being the Essex 5000m Champs held at our own Cricklefields stadium, the SAL report shall be held back for a week.

This may knock my own race later in the week back, where the worst runners from all the counties in the South of England compete for the title 'Southern England's worst runner' title, a title I shall be defending after last years last place.

Regards

Billy

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