



To all Ilford athletes

Subject: To all Ilford athletes

Message from Billy Green July 19, 2023 17:24

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To All Ilford athletes

This is a call out from the Clubs Track team manager.

Ilford AC, in its centenary year has done something they haven't done for many years by winning a Southern league Track competition.

The reason we have done well this year is down to the team spirit and the fact that everybody has put themselves forward to compete in various events for the team

As a result, we are currently placed 5th in the league and by my calculations if we can get in the top 2 in the last match we can potentially get promoted.

If we can achieve that then that would be a wonderful accomplishment in our centenary year  
The last match is at Ware on Saturday 19th August, and a coach will be taking all athletes to the venue

I know it's not a great time of the year as many people are on holiday but the club would really appreciate any of our female members who think they could do a throw, jump or potentially run

Normally it's the team who is able to provide athletes in all the events, who wins the match  
In the last match we had a young lady do the hurdles for the first time in the league and she was the only runner in the race and therefore we got full points, and she was one of the reasons we won the match

Please contact Wayne([w.m.hick@btinternet.com](mailto:w.m.hick@btinternet.com)) if you can help.

Regards

Wayne

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