



## Ingatestone 5m Race -17th Sept 2023

Subject: Ingatestone 5m Race -17th Sept 2023

Message from martin Clarke August 17, 2023 10:01

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)

Hi everone,

Every year we help the Ingatestone boys club with the organisation of this race by providing the entry desk and results service. This is not only a great race for a brilliant charitable cause but also a legacy of the late and great Ilford and Essex legend Howard Williams who did so much for the sport and first organised this race 38 years ago. This year the race will serve as a test event for next year's Essex 5 mile championships 2024 which means we will be reversing the traditional course to accomodate safety reasons and giving a more manageable finish area at the school. Please support this race either by running (only 4 Ilford ladies entries so far compared to many from Barking, H90 and Dagenham) or if not we need as many volunteers to help out on the day. We dont need marshalls just recorders and people to run the entry desk.

So sign up to run here [www.entrycentral.com/Ingatestone5MileRoadRace](http://www.entrycentral.com/Ingatestone5MileRoadRace) if you are running or email me [martclarke@aol.com](mailto:martclarke@aol.com) if you can help on the day.

Many thanks

Martin

If you need to respond to this email please do not reply but contact martin Clarke separately