



## 100 Lap Relay – Sunday October 15th. Clarification

Subject: 100 Lap Relay – Sunday October 15th. Clarification

Message from Billy Green October 4, 2023 11:40

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)

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For Clarity, this is a 100 x 400m RELAY.

All athletes are only expected to do ONE lap of 400m. (although may do more if they wish)

There will be one athlete at a time involved in the relay

In conjunction with the event our young athletes will be having some competitions that we would appreciate some help with.

No one expects anyone to help out all day, but if you can help out for a little while then it will be appreciated.

Please make yourself available at 11am for a photoshoot that will appear in the local Press and our planned centenary book, and please remember to wear club kit (either race top or training top)

Thank you

Billy

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