

Chingford League 25/11 and Ware Cup 9/12

Subject: Chingford League 25/11 and Ware Cup 9/12 Message from Billy Green November 21, 2023 09:00 All Club e-mail messages can now be viewed via the Ilford AC web site link at ilfordathleticclub.co.uk/messages

Please find attached details of a couple of upcoming races.

If anyone needs a number / new number for this Saturday please let Danny or Carlie know.

Anyone wishing to run in the Ware Cup at Loughton, please let me know.

Thank you

Billy

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

Chingford-League-and-Ware-Cup.docx



NWLL_Trent_Park_2023_Course_Maps.pdf



Fraternity Cup 2023 Start Area.pdf



Fraternity_Cup_2023_Programme.pdf



Fraternity_Cup_2023_Course_Map.pdf