



## Ilford AC Press Report 16th January 2024

Subject: Ilford AC Press Report 16th January 2024

Message from Billy Green January 16, 2024 08:47

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)

A few hardy souls took to the muddy hills of Epping Forest at the weekend to pit themselves against 10 miles of mud and hills.

Proper Cross Country!

Read all about it here:-

[ilfordathleticclub.co.uk/2024/01/15/press-report-16th-january-2024/](http://ilfordathleticclub.co.uk/2024/01/15/press-report-16th-january-2024/)

Regards

Billy

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