



## Upcoming races

Subject: Upcoming races

Message from Carlie Qirem February 21, 2024 16:49

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,

Please see below upcoming races to sign up to:

March 9th - Chingford League Relays, Wanstead. Please contact myself or Danny Holeyman if you want to join in.

March 17th - The Essex 20 mile champs

April 7th - Essex Road Relay champs, Colchester. Please contact myself or Danny Holeyman if you want to join in.

Any questions, please let me know.

Thanks

Carlie

If you need to respond to this email please do not reply but contact Carlie Qirem separately