



Run for Nicola

Subject: Run for Nicola

Message from Billy Green March 2, 2024 17:45

All Club e-mail messages can now be viewed via the Ilford AC web site link at ilfordathleticclub.co.uk/messages

Just a reminder that our run in Nicolas memory tomorrow is open to everyone, runners, joggers and walkers.

Anyone not familiar with the forest and who doesn't want to run/walk alone just let us know tomorrow and we'll give you someone of a similar ability to run with.

We start at 9:30am.

Can we aim to be at the clubhouse a few minutes earlier for a photo before, rather than after the run as people will be coming back at different times.

Cheers

Billy

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