



Southern League

Subject: Southern League

Message from Billy Green April 8, 2024 09:02

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Southern League athletics

It's that time of the year where we enter Summer and the Track season is upon us. Ilford did an amazing job last year to get promoted in the Southern league to Division 2 but the downside of that is that we be competing against better teams We really need support from all athletes to help the club during the 4 Matches this year We need people to help with judging at the events as well as competing We really struggle with getting ladies to compete so it would be great if any ladies in the club will come along to do a throw, jump or jog round a 1500 or 3k in the matches and dates below

Sat 18th May Dartford

Sat 15th June Peterborough

Sun 14th July Cambridge

Sat 17th August Woodford

Coaches are provided for Peterborough and Cambridge

Any questions please contact Wayne Hick at w.m.hick@btinternet.com

Regards

Billy

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