



Southern league match at Peterborough

Subject: Southern league match at Peterborough

Message from Billy Green June 6, 2024 16:20

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

.

This is a last attempt to persuade Ilford AC members to help your club next weekend
We have our second southern league match at Peterborough on Saturday 15th June
In the first match Ilford performed well ,due to a few athletes who competed in multiple events(special mention to Dan Wheeler who did 9 events),and other members who came to the match and helped out (once again special mention to Lorna,who did all the throws and Pauline doing the 1500 and 3k and outsprinted a competitor in the last 30 Meters of the race to get more valuable points)
Currently we have limited numbers ,especially ladies so please contact wayne(w.m.hick@btinternet.com) to confirm you can come and help your club
Instead of doing a park run or a long run on your own come to Peterborough and participate in the league
Coach leaves from the track at 8.45 Saturday morning

Thank you

Wayne

....

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