



Southern Athletics League

Subject: Southern Athletics League

Message from Billy Green March 19, 2025 13:18

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

The Southern Athletics League Dates and venues for 2025 are below

Sat 17th May – Stevenage

Sun 22nd June – Woodford

Sun 13th July – Cambridge

Sat 30th August – Ware

For those new to the club this is the track and field league that Ilford AC compete in yearly. It is for senior and u20 athletes (veterans can compete as a seniors). U17 Athletes can compete and will be invited by their coaches and team manager based on their performance.

The website for the league with more information and timetables is www.southernathletics.org.uk/

I am the manager for the team this year. Wayne and Gary will support me so hopefully we can retain the same team spirit that they have built over previous seasons and have another positive year.

I am seeking commitments from people to compete so if you are available or have any questions please let me know. If you cant make certain dates it is also helpful to know that. Please email me on shnapc@hotmail.com or message 07506984101.

You must be a paid member of Ilford AC to compete, with subs paid for 2025/26.

Coaches will be available to all fixtures apart from Woodford. They will be a cost for the coach which I will communicate, the club pays a large amount of the total cost. Club Coaches and Volunteers on the day are exempt.

Many thanks

Steve Crane



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