



## South Weald Run on Sunday

Subject: South Weald Run on Sunday

Message from Billy Green October 19, 2020 16:18

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)

Message from Sharon Honey re Sunday run.....

Hi Everyone we are gathering for our very own 'Essex Way' run at Weald Country Park this Sunday, 25th, 12.30 start by the Visitor Centre Car Park.

Address is

South Weald Country Park

Brentwood

CM14 5QS

5km, 5 miles or 10km routes, take your own times as this is just for fun.

Run will be guided by a cyclist and route markings will show the way. I will also be posting maps and route directions soon.

Great little café with food and hot drinks with picnic tables outside for afterwards. Rule of 6 guidelines must be followed.

Let me know if you're interested email

[sharonlhoney@hotmail.com](mailto:sharonlhoney@hotmail.com)

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