



## South Weald run on Sunday

Subject: South Weald run on Sunday

Message from Billy Green October 23, 2020 20:49

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)

Hi.

A message below from Sharon Honey regarding Sundays run.

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Hi Everyone just a word about our group run on Sunday.

Address is South Weald Country Park, Brentwood, CM14 5QS. Starting at 12.30 so please try to arrive by 12.20.

We will go off in groups of up to six (I anticipate up to 3 groups) one minute apart with slower runners going first.

We have a cyclist leading and I will mark out the course beforehand. Course instructions and map below / attached.

Please stay in small groups afterwards and follow Covid rules.

Please don't wear Club T-shirts.

Cafe is open for sandwiches, cakes, snacks and drinks and hopefully there will also be hot dogs and soup but I'll check that tomorrow.

Seating outside on picnic tables.

Any queries let me know. [sharonlhoney@hotmail.com](mailto:sharonlhoney@hotmail.com) Mob 07972 824419.

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



[south-weald-map-10K.docx](#)



[10km-route.docx](#)