



All time park Run list

Subject: All time park Run list

Message from Gary Floate December 30, 2021 16:56

All Club e-mail messages can now be viewed via the Ilford AC web site link at

ilfordathleticclub.co.uk/messages

The best of all time best park runs ha been updated

ilfordathleticclub.co.uk/recordsbest/best-parkrun/

If you need to respond to this email please do not reply but contact Gary Floate separately