



## 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](http://ilfordathleticclub.co.uk/messages)

The best of all time best park runs ha been updated  
[ilfordathleticclub.co.uk/recordsbest/best-parkrun/](http://ilfordathleticclub.co.uk/recordsbest/best-parkrun/)

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