



## Eggstravaganza good Friday

Subject: Eggstravaganza good Friday

Message from Billy Green April 11, 2022 08:07

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)

Details follow for the Good Friday trail from the Bell, Panfield CM7 5AQ

Firstly may I echo Kevin Wright and ask that you support this and all trail venues by buying something in the venue, preferably for more than just the value of the voucher! I recently had an event turned down by a venue as the landlord said that the runners did not spend enough in the bar to warrant the effort in serving them. In an effort to get you to spend a bit more you will get a £3 voucher this year. (I know of at least a dozen venues that have closed since I started organising trails and we don't want to lose any more)

Routes on offer are 13.2, 6.8 or 4.5 miles, the 6.8 miles is race 2 in the quarter marathon series.

Prices for all routes are £5 for mid essex casuals, £6 for members of england athletic affiliated clubs or TRA members, and £8 for everyone else. No dogs.

Parking: NOT in the pub car park, ONLY around the edges of the sports field (to the right of the pub car park) and KEEP OFF the football pitch, the gate should be open from 10:15am. The Pub opens at noon.

Registration open from 10:30am in the sports pavilion, half marathons first please.

Toilets in the pavilion, inside and outside the pub.

There are NO refreshments on the route, water will be available at the finish, there is a shop at 8 miles on the half marathon.

The pub has snacks starting from £4 (cheese, ham, bacon, sausage sandwiches) and light meals.

All proceeds will go to Essex Air Ambulance.

Regards

Billy.

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