



Ingrebourne Park

Subject: Ingrebourne Park

Message from Billy Green December 13, 2024 11:18

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

ilfordathleticclub.co.uk/messages

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For anyone not doing the Vets on Saturday....

For anyone interested the inaugural Ingrebourne Hill parkrun takes place this Saturday, 14th December.

Parkrun uk are looking for 'local' runners only for the first event and are aiming to keep it 'low key' so please don't publish on social media.

Ingrebourne hill parkrun website will go live on the 15th December.

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