



We - Craig, Harry, Adam, Dave, Jason & Daniel;
begin our 43 mile run for Scott tomorrow morning, leaving
Merville Barracks in Colchester for Old Cooperians RFC at 4:00am.

This is our route

<https://connect.garmin.com/modern/course/83923783>

To follow our progress on the day

https://www.instagram.com/scotts_ultra_run/ or

<https://twitter.com/ocrfcpodcast>

These are our eta's for the last 15 miles.

The Harvard Inn, High Street, Stock - 10am/10:30am - 15 miles to go
Wash Road/Rayleigh Road, Hutton - 11am/11:30am - 10 miles to go
King George's Park/A128/Brentwood RFC - 12pm/12:30pm - 10k to go
Upminster RFC/Hall Lane, Upminster - 1:30pm - Last mile!

If you haven't already donated but would like to, here's the link

https://www.justgiving.com/crowdfunding/scottsultra?utm_term=kWY3yP8Bn

Your support is much appreciated.

LasB

Scotts Ultra Team



Old Cooperians RFC



ROCK RECOVERY