



**Markham
Estate Park
Walk**
Every Saturday
Meet 8:30am

01. Recreational Club
10-12pm
8th & 22nd Apr

**02. The Chapel
Coggeshall**
2-4pm
Wednesdays
9th & 23rd Apr

03. White Hart Hotel
Braintree
2-3:30pm
Fridays
11th & 25th Apr

04. Fox & Herb
Halstead
9:30-11:30am
Mondays
14th & 28th Apr

05. Whispers Wine
Bar Halstead
7-9pm
Mondays
17th & 21st Apr

06. Fusion Leisure Centre Witham
10:30-12:30pm
& Esquires Sudbury
10-12pm
Wednesdays
2nd, 16th & 30th Apr

Online Teams
drop-in for those
nationwide.
Look out for the
posted link!

Carb Crawlers
Halstead Leisure Centre
9:15am-10:15am
Every Wednesday
(50p gym & swim sessions)
Witham Leisure Centre