



## Essex Way Relay 2013

Ilford AC fielded 3 teams in the Essex Way Relay held over the 82 miles of footpath that runs from Epping Station to Harwich Lighthouse over 10 stages. The A squad pushed winners Springfield Striders all the way but eventually had to be content with the runners up spot. The B team finished a creditable 27th with the vets team just behind in 29th and 4th in their category. A record 59 teams contested the event

The Ilford Runners' leg results were as follows:-

Leg	A	B	Vet
1 Epping to Chipping Ongar	Sam Rahman 13th	Peter Spelman 44th	Martin Clarke 23rd
2 Chipping Ongar to Good Easter	Steve Philcox 3rd	Rachel Allen 49th	John Mackenzie 36th
3 Good Easter to Little Leighs	Kevin Wotton 4th	Satha Alaga 38th	Declan Cullen 29th
4 Little Leighs to Cressing	Kevin Newell 4th	Carol Muir 51st	Ray Rawlinson 52nd
5 Cressing to Great Tey	Malcolm Muir 1st	Kevin Newell 20th	Rohan Alexander 9th
6 Graet Tey to West Bergholt	Peter Clinch 6th	Iain Knight 15th	Steve Cheal 35th
7 West Bergholt to Dedham	Spencer Hempsted 1st	Zoe Woodward 16th	Paul Cates 14th
8 Deham to Bradfield	Neil Crisp 6th	Malcolm Muir 7th	Dianne Crisp 26th
9 Bradfield to Ramsey	Matt Woodman 1st	Neil Crisp 19th	Robin Davis 54th
10 Ramsey to Harwich	Ronnie O'Sullivan 13th	Pam Jones 54th	Sharon Honey 48th

Pictures of the event can be viewed at

[https://www.facebook.com/KellysRunningPhotos/photos\\_stream](https://www.facebook.com/KellysRunningPhotos/photos_stream)

Full Results are here [Essex\\_Way\\_2013\\_Results](#)