



## SENIORS REPORT

### The Essex Way

The Essex Way is a 10 stage relay race covering 81 miles through Essex from Epping to Harwich. The last leg finishing at the lighthouse in Harwich is traditionally well attended by Ilford AC members, many of whom have run previous legs, to cheer on the teams last runner.

This year with the actual race cancelled, several Ilford AC runners ran various legs of the race throughout September, culminating in 10 runners running leg 10 together on the last Sunday of the month.

Setting off at staggered intervals to comply with new racing regulations the team set off from Ramsey to the Harwich Lighthouse on a very blustery morning, so much so that only 400m into the run the athletes had to navigate a tree that had fallen across the narrow path. Full list of finishers for the 5.5m run were:-

Dennis Briggs 41:08, Jim Tilbrook 44:00, Alison Sale 44:52, Gaye Young 45:11, Hayden Newland 45:15, Mandy Reid 48:33, Julia Galea 50:30, Billy Green 50:32, Anna Crawley 54:20, Sharon Honey 54:21.

Previous legs covered during the month:-

Leg 1 7.6 miles Julia Galea 1:19

Leg 3 9.5 miles Tony Young 1:28, Alison Sale 1:29, Frieda Keane 1:35, Billy Green 1:39

Leg 4 9.5 miles Gaye Young 1:32, Dennis Briggs 1:32

Leg 8 8 miles Billy Green 1:03

Leg 9 6 miles Dennis Briggs 46:42, Alison Sale 55:19, Mandy Reid 58:22.

