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## Subject: The Essex Way 2022 Message from Billy Green July 12, 2022 08:30 All Club e-mail messages can now be viewed via the Ilford AC web site link at ilfordathleticclub.co.uk/messages

It's the time of year you've all been waiting for – Entries are now open for THE ESSEX WAY 2022 on Sunday 4th September.

Let's get a full team out this year – Enter on the following link, with the password being towie (all lower case)

ilfordathleticclub.co.uk/essex-way-2022/

See you all at the seafront for Fish and Chips at the end

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