



The Essex Way 2022

Subject: The Essex Way 2022

Message from Martin Clarke August 26, 2022 09:23

All Club e-mail messages can now be viewed via the Ilford AC web site link at

ilfordathleticclub.co.uk/messages

Hi all,

With just over one week to go to the Essex Way Relay we have only 6 runners signed up covering just 5 out of the 10 legs. There has been great support from clubs covering the whole county and even at more local level Havering 90 have 40 runners (4 teams) and East London Runners at least 30 runners (3 teams) registered for competition on the day.

Excluding our 6 stalwarts that have signed up thus far ,for a club that prides itself as being a major player in the County this is a pathetic effort on our part and we are quite frankly embarrassing ourselves by not even being able to field at least one full team. Moreover we are past winners of this prestigious and unique event which goes a long way to showcase both the strength and camaraderie between Clubs within the Essex running community. It is seen by most as the highlight of the bringing together of a competitive element with inclusion and socializing. It is also one of the few chances to participate in a pure trail event and is also a great day out and a chance to see the more picturesque side of the County. I know many of you that have run the event in the past have thoroughly enjoyed it so the reluctance to participate this year is doubly concerning. I won't pretend I am completely unaware of some of the reasons why this is happening but I would strongly urge you to get more in touch with your own enjoyment of running and individual agendas to get fully behind Billy in his admirable effort to get at least one full team together.

Looking forward to seeing you on the day

If you need to respond to this email please do not reply but contact Martin Clarke separately