



Enter the Essex Way 2023

Subject: Enter the Essex Way 2023

Message from Billy Green July 11, 2023 08:28

All Club e-mail messages can now be viewed via the Ilford AC web site link at ilfordathleticclub.co.uk/messages

Entries for this years Essex Way are now open.

For those of you that are fairly new to the club, The Essex Way is a very unique and fun event in many ways.

Firstly it is completely free.

Although it is a 'relay' all legs start at the same time, so you are rarely running alone unless you are exceptionally fast or slow (which applies to most races anyway)

There are no marshals, and you are encouraged to recce your route before running HOWEVER there are instructions to download, most of us have GPS on our watches and phones and there are lots of runners on each leg to follow (and beat when the end is obvious!)

Being a relay, you will finish whatever distance your leg is away from the start. We will have people floating between legs for lifts, but if you can arrange to have a partner / friend at the end to get you back to your car all the better.

Now the important part.

For the clubs centenary we have been trying to come up with a race/run to commemorate the event for our History books.

IF we can cover all 10 legs, we will cover 86 miles.

If, and only if, all legs are covered we will unofficially (we will not be inviting other clubs to join us) have early runners out covering the 14 miles from Cricklefields to Leg 1 to mark a 100 Mile relay in our centenary year.

Entry page on the link below - Password is towie (all lower case) PLEASE until all legs are covered, only enter a leg that isn't taken. After that we can have as many runners on a leg as we want

ilfordathleticclub.co.uk/essex-way-2023/



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Regards

Billy

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