



## The Essex Way 2024

Subject: The Essex Way 2024

Message from Billy Green July 12, 2024 16:29

All Club e-mail messages can now be viewed via the Ilford AC web site link at [ilfordathleticclub.co.uk/messages](http://ilfordathleticclub.co.uk/messages)

This years Essex Way relay event is now open for entry on the link below, and as always race entry is completely free:-

[ilfordathleticclub.co.uk/essex-way-2024/](http://ilfordathleticclub.co.uk/essex-way-2024/)

We got out a full team last year, lets see if we can do so again this year.  
Please fill up legs before 'doubling up'.

This year, with the Essex Way being one of Nicola Hopkinson's favourite running events, it will be nice to do the event in tribute to her.

Nicola would always do one of the later legs, normally stage 10, and would always join us for the traditional 'Fish and Chips' by the sea at the end.

I will try and get some 'team Nicola' badges done, like we did for Kevin Newell, for all Ilford participants.

Cheers

Billy

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