



These are the actual route markers used on the path, made from 80% recycled PVC.

If you complete the race it is yours to keep of course—you've earned it! But the idea is that if you are not once for medals, or if it will just end up in a drawer somewhere, or worst still in landfill, then you can give it back and we'll use it to replace an old or broken one on the route.

A small way to leave your own mark on the Essex Way!