



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 one 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!