

Long Distance Walkers Association

ESSEX & HERTS GROUP



NEWSLETTER No. 134 **February 2020**

www.ldwa.org.uk/essexandherts



Essex & Herts LDWA Group Committee

Chair	Deb Garfield	essexandherts.chair@ldwa.org.uk
Secretary	Jackie Burnett	01279 442167 essexandherts@ldwa.org.uk
Treasurer	Elaine Oddie	07850 193625 essexandherts.finance@ldwa.org.uk
Walks Secretary	Rita Williams	07434 276719 williams.rita.pam13@gmail.com

Committee Members

Membership Secretary	Ginny Powell	01245 223589 vmcpow@hotmail.com
Minutes Secretary	Brian Martin	01371 856664 walkingbrian47@gmail.com
Webmaster & Strider Input	Peter Hogg	01992 446189 peter.hogg@btinternet.com
Health & Safety	Peter Tremain	01245 442117 peter.tremain@live.co.uk
Equipment	Richard Haynes	01462 670914 richardhaynes@ntlworld.com

Newsletter Editor	Jackie Burnett	01279 442167 jackieburnett92@btinternet.com
Facebook	Deb Garfield	https://www.facebook.com/groups/ldwaessexherts/
Twitter	Jackie Burnett	@EssexHertsLDWA
Merchandise	Linda Fordham	01702 202853 linfordham@googlemail.com
Honorary Members	Pat & Brenda Ryan	

Photo credits: Richard Rose, Gill Struthers, Jean Bowers, Jackie Burnett

Next Newsletter: June 2020. All contributions to Jackie Burnett by 7th June

Chair's Report

I want to start my report, by reflecting on the huge amount of 'behind the scenes' effort that goes on in keeping the group up and running.

When attending the walks and events as a participant, the smooth running of both belies the true work that is required. Even the shortest of walks has been painstakingly planned and walked out (often several times); pubs and cafes consulted and factors like terrain taken into account. I had no idea until this year, how much time, thought and work is involved in the running of the events. They're seamless when you're taking part, but the planning of route, checkpoints, volunteers, food, certificates, ICT etc is a huge task that sits behind the calm of the day. In addition, the dedicated committee are attending regular meetings and discussing ways of keeping the group fully functional, and the events in place in order to create a real variety for the members. So I would like to start by saying a huge thank you to everyone has helped out (even if it's only in the tiniest way) to ensure that we have a full and varied programme of social walks, challenges and social events. Without these people, our lives would certainly be the poorer!

As many of you know I picked up the reins as Chair mid-year in order to fill the shoes of a very special lady indeed. I like to think I am keeping these shoes warm for her during this period. It is a role that I have enjoyed as it is a pleasure working with the dedicated committee members, and particularly Jackie who I feel is sheltering me from much of the work involved!

During this period I have learned about the running of the challenge events in particular. I am always proud that at any of our Events, the feedback is always so positive. We feed people, we look after people and we provide a number of differing challenges for all abilities. If you look at many other groups, they cannot compare to us. As a participant at many of these, including the Shotley 50 this year, it is heartening to receive such a fabulous welcome from such generous people. This effect was trebled when meeting the E&H group at the Checkpoint in the Hundred where we were treated like royalty and served at our table – I even received a shoulder-rub!

It's been another busy year with a full programme of social walks (including Richard's 'to be continued' Herts Way) and the annual weekend away. Events have run smoothly on the whole and have gathered much praise from all. Our Christmas social programme meant we were kept well fed throughout, even if we nearly drowned a few walkers on the Winter Solstice Walk (Sorry!).



A 'path' on the Winter Solstice Walk

We have had a large number of new members join us on our walks, many of whom have now been to several socials and are starting to embark on the challenge events. Facebook and Twitter, in addition to the website, are making group information more accessible to all via the different platforms. Seeing the photos from the walks is always a pleasure and a lovely way to record our time together as a group.

Which brings me to my final thought. That's friendship. I have only been with this group a few years, but I have made some wonderful friends from the group. It has led to additional activities like theatre trips, walks (often when planning a social walk route), Christmas cheer and a regular catch up over a pint in the pub on a Sunday afternoon. As much as many of us do not have endless time to put into this group, the rewards that we reap speak for themselves. What a lovely way to spend a Sunday – walking with friends in the beautiful countryside. A testament to the strength of feeling felt towards each other is the very kind donation that Keith Noble left for the group in his will last year.

So... thank you everyone, and I look forward to another year of walking with you.

Deb

Club Merchandise

It's just become a whole lot easier to order Essex and Herts merchandise online. And not only that, we have also added a whole range of new items – for example hats, hoodies, windbreaker and a buff.

Just follow the link below to see all the merchandise on offer, then click on the items you are interested in to order them.

Your choices will then be despatched directly to you.

As everything is made to order, clothing cannot be exchanged if it doesn't fit, so do check the sizing before ordering.

<https://customsportskit.co.uk/walking-groups/essex-and-herts-lدوا-group/>

The screenshot shows a grid of merchandise items:

- COOL T**: A dark green t-shirt with a small yellow logo patch on the chest. Rating: ★★★★☆, Price: £15.00.
- FLEECE**: A dark green zip-up fleece jacket with a small yellow logo patch on the chest. Rating: ★★★★☆, Price: £28.49.
- WIND BREAKER**: A dark green windbreaker jacket with a small yellow logo patch on the chest. Rating: ★★★★☆, Price: £28.49.
- MULTI FUNCTION HEADWEAR**: A dark green headband with a small yellow logo patch on the chest. Rating: ★★★★☆, Price: £14.40.
- POLO**: A dark green polo shirt with a small yellow logo patch on the chest. Rating: ★★★★☆.
- HOODIE**: A dark green hoodie with a small yellow logo patch on the chest. Rating: ★★★★☆.
- SWEATSHIRT**: A dark green sweatshirt with a small yellow logo patch on the chest. Rating: ★★★★☆.
- BEANIE**: A dark green beanie hat with a small yellow logo patch on the chest. Rating: ★★★★☆.

Essex and Herts visit the Secret Hills of Shropshire.



In early November 2019, the Group took to the Shropshire Hills for their annual away weekend. Based at Longmynd House high above the market town of Church Stretton, the three days of walks were carefully chosen to showcase the best of the local countryside. The hills around Church Stretton are often referred to as "The Secret Hills" by locals and strangers alike as not only do few know they exist, but also they are hardly visible at all from nearby road networks until you are almost upon them.

During the week prior to the trip, the weather forecast didn't exactly look promising. We could expect a lot of rain, high winds and the odd bright spell if we were lucky. Fortunately for us the forecast improved dramatically by the Friday morning and looking back, the only dank drizzly time was a brief spell early on the Saturday morning exactly coinciding with the similarly gloomy result in the Rugby World Cup Final that some stayed behind to watch!

The Friday afternoon walk started directly from the hotel. We descended steeply to the pretty town centre and onwards to the station carpark to meet our walk leaders Nick and Judith, who had arrived by train from Shrewsbury to guide us on a 10 mile loop up and around the hills to the east of Church Stretton. There were some steep climbs, and even steeper descents, with a few of us inadvertently taking the latter on our backsides as the heavy rain earlier in the week had left some tricky conditions underfoot. However, the views across to the high points of Shropshire were stunning and as the sun began to descend, so we also descended back into Church Stretton along the northern flank of Hazler Hill.

Back at our hotel, we soon fell into the routine of depositing boots and gaiters in the boot room, ordering our dinners and packed lunches for the following day and taking a well earned hot shower before gathering in the bar for a pre-dinner drink.

At dinner time it became evident that no-one goes hungry on an HF holiday. Portions were generous, choices plentiful and the quality surprisingly good for an establishment catering for so many people. After dinner there was the choice of a quiz with the other guests, relaxing over coffee and mints or an early night!

Our second day saw us meet up for a walk led by the local LDWA Marches Group. The custom of asking our local LDWA hosts to lead a walk for us is now long established and did not disappoint.

Neil Fulwood arrived at the hotel early to lead us in a car convoy over the notorious Burway Road which afforded stunning views over the valley way below, if you were brave enough to take your eyes off the tarmac.

We started from Bridges, where we were met by our walk leader Geoff Sproson and two other Marches members, Dave and Tim. Geoff is an original Shropshire lad and it soon became evident that his knowledge of the area is second to none. Our destination was the notorious Stiperstones Ridge and the walk took us out on a slowly ascending arc towards these quartzite hills, much of it along The Shropshire Way. At the Stiperstones carpark, shortly before our final ascent, we were joined by those who had mistakenly stayed behind to watch the rugby!

Ascending, we passed the great quartzite tors of Nipstone, Cranberry and Manstone rocks and the unforgettable Devils Chair. At the highest point of the ridge, we paused to gaze out towards Snowdonia and the Brecon Beacons to one side, and The Wrekin to the other. We stopped at Blakemoor Gate to view restored cottages and eat lunch under the cover of a barn before returning to Bridges via the Darnford Valley having completed some 15 miles in total. The pub proved convivial and there was time for a couple of drinks before driving back to our hotel.



On Sunday morning we awoke to low-lying mist but with the promise a fine day ahead. Nick and Judith returned to Church Stretton to lead us on our final day of walking. Setting off at 9.30, we took a series of steep ascents and descents along Townbrook Valley up to the top of the Long Mynd. By the time we crossed open moorland to the viewpoint at Pole Bank, there wasn't a cloud in the sky as we gazed across to Stiperstones where we had walked the previous day. Taking a less used path, we descended the west side of the Long Mynd passing through rural pastures to the village of Wentnor. We had lunch at the Crown Inn before tackling the trek back to Church Stretton.

A gentle restart across fields soon led us to the long steep side of the Mynd up towards the Gliding Club where both gliders and hang-gliders could be seen taking advantage of the fine day. Heading south west along the flank of Minton Hill, we descended first to the village of Minton and then to Little Stretton. Here a decision had to be made. A gentle stroll along the road to the hotel or the challenging climb up the steep side of Ragleth Hill. The majority opted for the challenge and we arrived at the summit (some on hands and knees!) just as the sun started to descend casting orange glows over the villages below us. It was dusky dark by the time we finished the slippery descent through woods for a well earned pint in the Stretton Ale House.

Essex & Herts were joined on their away weekend by friends from London, Kent, BBN and Norfolk & Suffolk Groups - the trip made all the more enjoyable by their company. Many thanks to Brian Martin and Rob and Gill Struthers for co-ordinating the booking and overseeing the weekend - but thanks most of all to our wonderful walk leaders Judith Griffiths, Nick Marshall, Geoff Sproson and Neil Fulwood for sharing with us the delights of the Shropshire Hills.

Would you like to attend the next Essex & Herts away weekend or even join us there for a day walk? From Friday 30th October to Monday 2nd November 2020, the group heads to the HF hotel at Abingworth, West Sussex.



Road Walking

This article was originally published a few years ago, but there have been a few occasions recently where our road discipline has been a bit lax!

In the interests of safety can I please point out that we are trying to tighten up our walk discipline - especially when walking on roads I know that we are all responsible adults with regards to our personal safety, but I also know how easy it is, especially on minor roads, to lose concentration and stray all over the road while we are all rabbiting away.

Walk leaders have already been reminded that it should be part of their role to see if the group are taking notice of the following extracts from The Highway Code but our leaders do not have eyes in the back of their heads. So please read the extract and support the walk leader by doing your best to follow these instructions. Also please can I ask that at 'catch-up' stops we do not gather in a mass blocking footpaths, pavements and entrances. Nor stand in the middle of the road. On several occasions I have seen people having to walk in the road to get past us - not good for our reputation.

- If there is no pavement, keep to the right-hand side of the road so that you can see oncoming traffic. You should take extra care and be prepared to walk in single file, especially on narrow roads or in poor light.
- It may be safer to cross the road well before a sharp right-hand bend so that oncoming traffic has a better chance of seeing you. Cross back after the bend
- Help other road users to see you. Wear or carry something light coloured, bright or fluorescent in poor daylight conditions. When it is dark, use reflective materials (eg armbands, sashes, waistcoats, jackets, footwear), which can be seen by drivers using headlights. They can be seen up to three times as far away as non-reflective materials.
- Organised walks (eg charity walks). Large groups of people walking together should use a pavement if available. If one is not, they should keep to the left. Look-outs should be positioned at the front and the back of the group and they should wear fluorescent clothes in daylight and reflective clothes in the dark. At night the look-out in front should show a white light and the one at the back a red light. People on the outside of large groups should also carry lights and wear reflective clothing



Hi-Vis Rucksack covers

We have purchased a couple of hi-vis rucksack covers to ensure leaders and backmarkers can be more easily seen by traffic on a road. If you are leading a walk and would like to make use of these covers, please contact a member of the committee. If you would like to purchase your own, they are readily available from Halfords and internet retailers.

Walk Secretary's Report. October – December 2019

As we trundled up to Christmas, we had much to celebrate as our Walk Leaders once again came up with the goods for the last part of the year. During the months October to December, Essex & Herts LDWA put on 10 Social Walks (7 on Sundays, 3 on Wednesdays) again ranging over both counties and including another foray into London. We also managed to marshal at / or take part in the Blackwater Challenge and carried out the Stansted Stagger Marshals Walk, where we successfully trialled allowing participants to walk at their own pace as long as no-one walked alone. This enables people to enjoy the experience more and gives us a more accurate range for checkpoint opening/closing times.

Our Secret Santa celebration in December returned to 'The Shed'. An enjoyable morning walk was followed by a meal, Secret Santa, a quiz and lots of laughter. Many thanks to Mick and those who organised, cooked and helped out on the day.

Many thanks also to Peter Tremain who organised the mid-week festive Christmas Meal which was preceded by a morning walk.

A number of new members (and, dare I say, some younger members!) have joined us this last year and are becoming regular participants on our Social Walks. Welcome to all 'newbies', I hope you are enjoying the walks and once you've found your feet (literally in our winter mud) you might consider being a walk leader.

In November over 20 LDWA members attended the E&H Away Weekend in Church Stretton, Shropshire. We stayed at the Holiday Fellowship Country House where we were well looked after and we enjoyed 3 days of hillier than usual walking! Thanks to Brian Martin who organised the holiday, and to Gill & Rob and their friends in the locality who organised the walks for us. This year we are going to Abingworth in West Sussex, again with HF Holidays, and a location for 2021 is already being considered – watch this space.

We are well into the January to April Programme and have further walks planned for May to August. Our annual Walks Day is planned for July 26th and this year is based at Hatfield Heath. We hope to see many of you there, along with any family or friends you would like to bring along. Plenty of food, good company (of course) and a choice of walks over different distances. This year we are thinking of also having a shorter 'Stroll around the Village' for older members or guests or those not used to walking longer distances.

There will be no St Peter's Way in a Day this year as, after many successful and enjoyable events, Anita has decided to 'call it a day'. We are very grateful to Anita, John and Mick for all their efforts and maybe St Peter's will be resurrected in future years. We will however be continuing with The Hertfordshire Way, all outings organised by Richard. Last year we completed Part 1 and Part 2B. The Missing Link (Part 2A) and Parts 3 and 4 will be completed this year and to replace St Peter's Way we have a special 35 miles-ish Herts Way Loop on the Sunday of August Bank Holiday.

Now is the time to start thinking about autumn and winter! If you sometimes think that we never walk around your local area, then it's a chance for you to lead a Social Walk and show us the places that you love but which many of us will never have visited. Any member is most welcome to become a walk leader – just speak to Jackie or myself.

Yearly Summary 2019

Social Walks: 43

(51 if you include walks at the AGM, Christmas Meal, 4 on Walks Day and one in Suffolk organised by an Associate Member)

(Mostly Sundays, but also a few on Wednesdays – and even Friday and Saturday!)

Members have also taken part in Marshals' Walks for our own events (Stansted Stagger, Herts Hobble, Shotley, Blackwater) and then helped out on the actual events. Members have run checkpoints at the Winter Poppyline (N&S) and the LDWA Hadrian Hundred and many have participated in other groups' Challenge Events.

Notable Walks/Social Events held were E&H Walks Day in July, St Peters Way in a Day in August, the Away Weekend in November, the Christmas Meal and Secret Santa, both in December and the continuing onslaught on the Hertfordshire Way.

Leaders: 25

25 leaders have organised, reccecd and led our Social Walks – many of them on 2 or 3 occasions with one brave soul leading 4 walks! We have at least 2 new Walk Leaders for this coming year but would welcome more.

Details of future walks can be found in Strider, on our website and on Facebook. Photos of our walks are often posted on Facebook and you can see that we usually have direct access to the weather gods, resulting in fine weather walks (with one or two notable exceptions!).

Without our fantastic Walk Leaders we wouldn't be able to provide such an enjoyable and diverse programme. Many thanks to all of them.

Rita Williams (Walks Secretary)



There's been plenty of mud on recent social walks

120 Marathon Man Needs YOU!

You may have seen an article about the '120 Marathon Man' recently on our Facebook page and in our Monthly Update.

Graham Wilson – ex RAF and just retired from the North Yorkshire Police Service – has contacted all LDWA groups asking for help or company on his bid to complete 120 marathon distances in 120 days.

Starting in Harrogate on 21/03/20 Graham will travel throughout all the counties of England, Europe, Wales, the Channel Islands, Isle of Man, Scotland, Ireland and finish back in Harrogate on 18/07/20. His trip is entirely self-funded, so all donations will be going to a number of nominated charities. He plans to walk at 3.5-mile pace, dependent on terrain and weather conditions, hoping to finish each walk in about 8 hours.

Graham would like people to come and join him on his challenge, either walking for the whole day, joining in for just part of the route or even leading him round if you already know the day's route. Graham will be in our area at the end of March/early April:

Monday 30/03/20	Cambridge	The Fleam Dyke and Roman Road Walk
Tuesday 31/03/20	Norfolk	The Tas Valley Way
Wednesday 01/04/20	Suffolk	Suffolk Coast Path Partial – Lowestoft to Dunwich Forest
Thursday 02/04/20	Essex	The Camuplodunum
Friday 03/04/20	Hertfordshire	The Hertfordshire Way – Royston to Little Wymondley
Saturday 04/04/20	Greater London	Thames Path – Hampton Court to Tower Bridge
Sunday 05/04/20	City of London	Jubilee Green Way - Buckingham Palace to Greenwich Pier

I know some of you are doing The Capital Challenge on the 4th April, but we have no Sunday walk planned for the 5th, so why not join up with a few friends (or even go on your own) and take the opportunity to do an extra walk that week. I am sure Graham would appreciate your company. Also this could be the ideal training for those who are entered for the LDWA 100 – you could do 2, 3, 4 or more long walks on consecutive days building up your stamina!

Full details can be found on www.120marathonman.org

Graham also has a Facebook page: <https://www.facebook.com/120marathonman/> or can be contacted on 0777 3687177

Report for the 23rd Blackwater Marathon held on Saturday 26 October 2019



We would like to thank all the Marshals for their help on the Blackwater Marathon. There were many positive comments at the finish and on social media from participants who enjoyed the walk / run and the hospitality they received en route and at the finish. This is all down to the wonderful job done by the marshals in making the event such a success.

Event Marshals:-

Rosemary Abrey, Elaine Oddie, Heidi Miller, Rita Williams, Gill & Rob Struthers, Peter Tremain, Georgie & Peter Hogg, Carol Toze, Linda Fordham, Richard Haynes, John Mountain, Mick Dodge, Anita Stamp, Chris Parrott, Ginny Powell, Brian Martin, Lisa & Jared Walbridge, Bruce Davidson, Kim Howard, Eddy Short, Jean & Bill Bowers.

Marshals' Walk Sunday 29 September supported by Jean & Bill Bowers:

26 mile: Elaine Oddie, Richard Haynes, Gill & Rob Struthers, Rita Williams, Heidi Miller, Peter Tremain, Carol Toze, Ginny Powell

18 mile: Brian Martin

The route descriptions were also checked on two solo walks, the 26 mile by Ginny Powell and the 13 mile by Sue & Dave Wingrove

Special thanks to:- Caretaker Ray for his help at Heybridge School. Steve and Barbara for their help at Goldhanger Village Hall. Rusty Webb for her help with booking the Tollesbury Activity Centre. David Brewer for his help with booking our new Checkpoint 3 at Little Totham.

On this event the work load was spread with different people taking responsibility for the tasks involved in organising the event. The team was:-

Jean & Bill Bowers	Route Planning, Booking Checkpoints, Overseers on the day
Elaine Oddie	Taking Entries, PACER (the online event control system)
Jean Bowers	Event Coordinator, Risk Assessment, Equipment, Food
Bill Bowers	Route Descriptions and GPX files, Event Control Paperwork, Certificates
Carol Toze	Food at Finish
Richard Haynes	Equipment
Linda Fordham	Food CP 1
Peter Tremain	Emergency back-up vehicle and roving marshal

"The Blackwater Bakers" who provided the home cooked food for the checkpoints and finish :- Anita Stamp, Linda Fordham, Gill Struthers, Heidi Miller, Ginny Powell, John Mountain and Jean Bowers.

There were 176 entrants. 129 started the walk; 102 on the 26.7 mile route, 10 on the 17.8 mile route and 17 on the 13.1 mile route. 125 finished with 4 retirements 2 of which were planned. The results were added to the main LDWA website results list shortly after the final 26 milers finished at 4-34 pm. The weather forecast before the event had been for heavy rain on Saturday afternoon. This forecast, together with England playing in the Rugby Union World Cup semi-final, was probably responsible for the large number of non-starters. Fortunately the drizzle didn't start until the early afternoon and the heavy rain didn't arrive until after everybody had finished. All the checkpoints closed early. The last 26 mile walkers arrived at the finish with nearly one hour to spare, so we could start packing up early. We cleared up and left the school around 6.00 pm. Thanks once again to all the organising team and the marshals.

Jean and Bill Bowers



Smiles on the marshals' walk

19th Stansted Stagger Sunday 5 January 2019 - Organiser's Report



Well done 'Team Stagger'! The event ran smoothly thanks to you all. We had lots of positive comments on the day and more afterwards by email and on Social Media. Participants enjoyed the new route.

There were 188 entries, 10 withdrawals and 29 'no shows' with 149 taking part on the day. There were 4 retirements at the checkpoint. All the other 145 finished before the deadline of

17-00 so we were able to clean, pack up and leave the hall soon after 18-00. The results were published on the main LDWA website before 5pm. Look under Events, then Results. (https://www.ldwa.org.uk/results/full_results.php?event_id=233)

The following all contributed to the success of the event – Peter Tremain, Carol & Harold Toze, Gill & Rob Struthers, Richard Haynes, Elaine Oddie, Georgie and Peter Hogg, Colin Curriган, Rosemary Abrey, Heidi Miller, Rita Williams, Philippa Hull, Jackie Burnett, Ginny Powell, Deb Garfield, Brian Martin, Linda Fordham, Kim Howard, Terry Outridge, Mick Dodge, Eddie Short, Jean & Bill Bowers.

A lot of hard work goes on before the day of the event. Peter Tremain planned the route, produced the route description, did the risk assessments and booked the halls. Peter supported the Marshals' Walk together with Peter Hogg, Jean and Bill. The Marshals' walk was completed by Georgie, Carol, Deb, Ginny, Colin, Terry, Gill, Rob, Heidi, Philippa and Elaine. Jean coordinated all the start/finish and checkpoint activities. Elaine took the entries and configured the event on PACER. Bill produced the PACER bar-coded Tally cards, the event control paperwork and maps. Harold designed and had the certificates printed. Richard arranged for the necessary equipment to be available.

Food for the event was purchased by Jean, Carol, Rosemary, Heidi and Rita. In addition Linda, Carol, Ginny and Jean made cakes. Many comments were received about the excellent standard of food provided on the event.

The evening before the event Peter, Terry, Richard, Jean and Bill set up the hall. Peter and Richard also put up warning signs at busy road crossings and flagged a field crossing towards the end.

On the day the car parks were manned efficiently as usual by Mick, Eddie, Richard and Terry. Checking in on Pacer, with the manual backup paperwork, was carried out by Elaine, Colin, Heidi and Bill while Kim and Rita provided refreshments.

The cold drinks stop at 8 miles was manned by Peter, Colin and Mick.

Carol, Rosemary, Gill, Rob, Linda, Ginny and Brian were on duty at the checkpoint with Carol taking the lead. The checkpoint food was organised by Carol and Rosemary. There were many favourable comments on the spread of food available, especially the homemade cakes.

The sweepers from the checkpoint to the finish were Deb, Ginny and Gill who encouraged the last walker to finish within the time limit.



Meanwhile back at HQ Heidi, Jackie and Rita prepared the cooked food for the meal at the finish. The drinks and puddings were organised by Philippa, Georgie and Peter.

The checking in team was Elaine, Bill and Harold with support from Mick, Rob and Colin who handed in the tally cards and distributed

the certificates. This went very smoothly with most completed certificates being produced before people entered the hall after removing their muddy footwear - one of the advantages of using PACER.

Packing up after the event is usually the hardest job. We were fortunate on this occasion that a good number of people stayed to help.

As ever it is a privilege to work with such a large team of volunteers who give their time freely. I know we all do it because we enjoy the end result, an excellent event, but it is still hard work so thank you on behalf of the Essex and Herts LDWA.

Peter and Jean – Event Coordinators.



Questions and Answers with Gabriel Newfield



Can you remember how you found at about Essex Herts LDWA, and do you remember your first walk?

It was about 1997. Already aged 67, I had been walking regularly for some years with Ramblers, mostly in the 10-13 mile range. On a Ramblers walk someone mentioned the LDWA, which I had never heard of, and said that LDWA was laying on a special walk near Hertford, only about 15 miles, for possible new members.

I did it. It was led, admirably of course, by Keith Noble, and I enjoyed it enormously. I was hooked, joined at once, and walked regularly with LDWA for many years, almost abandoning Ramblers. I have also done over 100 marathon distance challenge walks, but have now dropped down to only one a year. As I now approach the absurd age of 90 the pendulum has swung back and I'm now again walking more with Ramblers, mostly in the 10-13 mile range.

Have you got any amusing memories that you can share?

No: but I am becoming more adept at forgetting than at remembering. In any case the joy of walking for me lies in its offering us the opportunity to delight in the variety, the beauty, the grandeur, the surprise and the challenge of the world we live in, and the agreeable company of our fellow walkers.

Have you got any stand out walking memories?

I'll never forget doing the Langtang in Tibet when I was 70, without any problems and with great enjoyment. I learned three different ways of saying "namaste", discovered that yaks are much friendlier than cows, and mooli is still one of my favourite vegetables.

Have you got a favourite walk or walking area?

My favourite changes over time, and is generally a new walk that I'm developing or a new area I've recently discovered or been introduced to. My favourite countries for walking in are England, Morocco and Italy.

How would you sum up the LDWA in one sentence?

I need three. If you enjoy long walks, join the LDWA and you'll never regret it. It's an invaluable organisation. How did we ever manage before it was created?

How, in a sentence, do you feel about your walking life?

Hugely lucky, to have been able to walk as I have, at home and abroad, and to still be alive and able to carry on.



Lunch stop on Maggie's Lea Valley Meander



..... and Eddie & Elaine's Belfairs to Southend walk

Essex & Herts LDWA Walks programme October - April

Please check our monthly update, website, Facebook or Twitter for any late changes to walks or extra pop-up walks

No Dogs except Registered Assistance Dogs unless otherwise stated

Date & Time	Name & Distance	Start & information	Grid ref	Leader
Sun 23rd Feb 9am	Benfleet/Hadleigh/Leigh 17 miles Includes 1000 feet of ascent	School Lane car park, Benfleet (£3), off Essex Way, SS7 1HS	Exp 175 TQ 779 860	Kim Howard 07484759897
Sunday 1 st March 8.30am	Hertfordshire Way Part 3 St Albans to Ashridge The walk will be covering the St Albans to Markyate & Markyate to near Tring Station (Legs 5 & 6 of The Hertfordshire Way guide) totalling about 22miles. For this to work as a linear walk we will meet at the Bridgewater Monument to organise a car share to the Verulamium car park, St Albans. Meet: 8.30am, Bridgewater Monument, Ashridge Estate, Monument Drive, off B4506, HP4 1LT. Grid ref: SP 976 129. Free car park on left of drive Car share to St Albans, Verulamium Museum car park, St Michael's, St Albans AL3 4SW (Grid ref: TL 136 073) (nb charge for parking) We will aim to start walking close to 9am with a lunch stop in Markyate. We will also fit in mid-morning & mid-afternoon breaks where convenient. Leader: Richard Haynes 01462 670914 / 07951 133323			The walk will be covering the St Albans to Markyate & Markyate to near Tring Station (Legs 5 & 6 of The Hertfordshire Way guide) totalling about 22miles. For this to work as a linear walk we will meet at the Bridgewater Monument to organise a car share to the Verulamium car park, St Albans. Meet: 8.30am, Bridgewater Monument, Ashridge Estate, Monument Drive, off B4506, HP4 1LT. Grid ref: SP 976 129. Free car park on left of drive Car share to St Albans, Verulamium Museum car park, St Michael's, St Albans AL3 4SW (Grid ref: TL 136 073) (nb charge for parking) We will aim to start walking close to 9am with a lunch stop in Markyate. We will also fit in mid-morning & mid-afternoon breaks where convenient. Leader: Richard Haynes 01462 670914 / 07951 133323
Sunday 8 th March	Essex Walker Marshals' walk For marshals on the event only Organiser: Peter Tremain 07806 220422			
Sunday 15 th March 9am	Walden Ways 19 miles	Swan Meadow car park, Park Lane, Saffron Walden, CB10 1DA	LR 154 TL533 385	Jackie Burnett/Philippa Hull 01279 442167
Sunday 22 nd March 9am	Further down the Colne 19 miles Dog owners please contact leader before walk	Shenley Park Overflow c.p. (not cafe c.p.) Radlett Lane, Shenley WD7 9DW	Exp 182 TL182 006	Dennis Jacobs 07549 184183

Friday 10 th April. 9am	Good Friday Surprise c 18miles	Victoria Road car park Rayleigh SS6 8EL	LR 178 TQ 813 913	Linda Fordham 01702 202853 07773122276
Sunday 19 th April	Essex Walker Challenge Walk 28.6 or 17.5miles Writtle University College, Lordship Road, Writtle, Chelmsford, CM1 3RR SI Entries: https://www.sientries.co.uk/event.php?elid=Y&event_id=6092			
Sunday 26 th April	Hertfordshire Way Part 4 Ashridge to Shenley Further details will appear in monthly updates, on Facebook and the Essex Herts web site			
Sunday 17 th May	The Missing Link Hertfordshire Way Part 2A Further details will appear in monthly updates, on Facebook and the Essex Herts web site			
Saturday 23 rd – Sunday 24 th May	Y 100 Sir Fynwy Essex and Herts Checkpoint: Usk Centenary Hall, Usk NP15 1AD (27.4 miles) Offers to marshal to Jackie at essexandherts@ldwa.org			
Sunday 7 th June	Herts Hobble Marshals' Walk Organisers: Georgie & Peter Hogg 01992 446189/ 07815 779201			
Sunday 14 th June 9am	One in the eye for Harold 22 miles	Central Park cp (entrance in Petersfield Avenue) Harold Hill. RM3 9PB	LR 177 TQ 545 919	Terry Outridge 01708 372583 07731 895942
Wednesday 24 th June 9am	An Easy Slog to Cog 17 miles	Albert Moss Recreation Field Car Park, Off Church Road, Rivenhall. CM8 3PQ	Exp 183 TL 829 176	Garry Parmenter 01375 376384 07513 597003
Sunday 28 th June	Herts Hobble Challenge Event 26.5 or 16.7miles Bramfield Village Hall, Bury Lane, Bramfield, SG14 2QL SI Entries: https://www.sientries.co.uk/event.php?elid=Y&event_id=6115			

Sunday 5 th July 9am	Another Woodland Wander 18 miles Dog owners please contact Leader prior to walk	Broxbourne Wood East cp. Pembridge Lane (between Brickendon and Hoddesdon), Nearest Postcode: EN10 7QP	LR 166 TL 328 069	Dennis Jacobs 07549 184183
Sun 12 th July 9am	Back to the Beginning 18 miles	Galleywood Common car park (off B1007) CM2 8JU	LR 167 TL 704022	Gill & Rob Struthers 01245 250473 07946 539972
Sunday 19 th July 9am	Ginny's Walk from Danbury 18 miles	National Trust Car Park, Danbury Common, Bicknacre Road. CM3 4JJ	LR 167 TL 781 043	Ginny Powell 01245 223589 07736 946955
Sunday 26 th July	Essex and Herts Walks Day 2x6 mile 2x10 mile Full details in next Newsletter	Hatfield Heath Village Hall, CM22 7EA		Rita Williams 07434 276719 Jackie Burnett 01279 442167
Saturday 8 th August	Three Forests Way Marshals' walk For marshals on the event only			
Sunday 16 th August	Hertfordshire Way Part 5 Full details in next Newsletter			
Sunday 23rd August 9am	Monk Street Meander (Plan B) 19 miles Figure of 8 walk (11 & 8 mile loops)	Monk Street (nr Thaxted) Park in road near the Farmhouse Inn. CM6 2NR (NOT in pub car park)	Exp 195 TL 613 289	Garry Parmenter 01375 376384 07513 597003
Sunday 30 th August	Hertfordshire Way Extra Loop 35 miles approx., but with options to shorten the walk by returning by train from Cuffley or Broxbourne Full details in next Newsletter			
Saturday 5 th – Sunday 6 th September	Three Forests Way Challenge event 54 miles Lambourne End Centre, Manor Road, Lambourne End RM4 1NB SI entries open on 1 st April Offers to marshal to Jackie at essexandherts@ldwa.org			