

Long Distance Walkers Association

ESSEX & HERTS GROUP



NEWSLETTER No. 140

March 2022

www.ldwa.org.uk/essexandherts

www.facebook.com/groups/ldwaessexherts/

[@EssexHertsLDWA](https://www.instagram.com/EssexHertsLDWA)



Essex & Herts LDWA Group Committee

Chair	Gill Struthers	07591 971797 essexandherts.chair@ldwa.org.uk
Secretary	Jackie Burnett	07845 969826 essexandherts@ldwa.org.uk
Treasurer	Elaine Oddie	07850 193625 essexandherts.finance@ldwa.org.uk
Walks Secretary	Lizzie Bridge	07939142016 essexandherts.walks@ldwa.org.uk

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
Equipment & Walks Database	Richard Haynes	01462 670914 essexandherts.database@ldwa.org.uk

Newsletter Editor	Jackie Burnett	07845 969826 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	



Welcome to our new Chair, Gill Struthers, and Walks Secretary Lizzie Bridge

A Little Note from A Little Chair

The Oxford English Dictionary tells me that the common definition of a chair is a little seat for one person, typically with a back and four legs. I've definitely got a back and I am quite small -but when I last looked I had only two legs and would imagine that I would probably be a bit squidgy to sit on! Perhaps this definition from my (now former) friend Phil Friede might better appeal to some of you? He suggests that it's a job that sounds important but is in fact just a token position where even idiots can't do any harm. Thanks Phil - now you know why we exported you to BBN!

Joking aside, like Lizzie our wonderful, enthusiastic new Walks Secretary I too was sidled up to by a couple of people and soon found myself on both a long and short list of one to become Chair of Essex & Herts LDWA. It took me a while to agree, not because I'm unfamiliar with the committee after serving as secretary in the past, but because I wanted to be sure that I could do the position justice. I knew I would be working with a great team, so when the short list of one never grew I had to say yes. Which brings me to a couple of questions. Why is it that with an ever growing membership currently in excess of 500 Primary members we find it hard to recruit just a few more people to the committee? Are we unusual in this respect and what can we do to make it more attractive to people? I've always advocated a fair number of people doing a little bit of work rather than a few doing a lot - so It would be good to hear your views and I'm happy to be contacted at essexandherts.chair@ldwa.org.uk. Be polite, be fair but don't shrink from being honest! Want to join the committee? We are waiting to hear from you too! All credit of course to the hordes of people who do work for us outside the auspices of the committee.

During lockdown times were difficult, especially in terms of face-to-face interaction - but with restrictions increasingly easing, we are bouncing back to some real time meetings in real places and with real coffee and cake. Anyone is welcome to come along and join us at a meeting to see what we do. We're going to be innovative and trial an idea from our secretary Jackie by experimenting with 'Walk & Talk' sessions as it's been pretty much proved that a good walk is the best place for thrashing out problems and generating new ideas.

Not every position we have to fill as a group has to sit on the committee. One job in particular is very much 'skill-set' defined. Our current loyal Webmaster who has served us for more years than I've been an LDWA member has decided to hang up his mouse and keyboard (but not his walking boots) and move on. Are you a Website Wizard? If so we really would like to hear from you as this very important job needs to be filled. Jackie sees the role as one where the committee and our members will advise on what we want put on the website while our webmaster will make it look smart and inviting and maintain it - and advise on what could make it work better. The website is after all the outward face of our group for both existing and potential new members. Finallyan idea plagiarised from Gill Bunker of BBNa couple of chair jokes!

*My husband decided to prank me by stealing my chair. Clearly I wasn't going to take that sitting down! *

* My chair has a weird condition- it constantly overheats and needs cooling down. Time to turn on the Chair Conditioning! *

 **Until next time - Happy Walking Gill** 

And from Lizzie

Good morning everyone, it is 3.35am and I'm awake, with thoughts of my new role as Walks Secretary for Essex + Herts, going through my head! It seems that my brain is ticking over, so here I am, writing a short message to you, as I know that there'll be no going back to sleep, until I have completed my promised piece, for the newsletter. I wonder how many other lights are on across Essex + Herts, with people reading and making lists in the early hours? Thinking about the day ahead, but I digress!

When Rita, sidled up to me, last autumn on a social walk, and asked if I'd like to be Walks Secretary, I was rather startled to say the least! As I hadn't given it a thought at all. I took a bit of persuading, I can tell you, but Rita agreed to help me out in the first year and not throw me in at the deep end!

I did also think, that there would be other people in the running, but there wasn't anyone else, so I was promptly voted in, at the AGM. Anyway, you'll be glad to hear, that the lovely Rita will still be working on the E+H's Walks Day in July and is still your first contact for our Bourton-on-the-Water away weekend, in November. Which I know, many of us are looking forward to, so a big thank you in advance, for your support this year Rita, and I'm sure you'll all agreed, she's done a great job as Walks Secretary, for E+H over the last few years. So where shall we go in 2023?

To help us get organised for the year ahead, I have used the BBN's brilliant 'Available Walk Dates' list idea (thank you Sara), and I have completed a similar one for us at E+H. This I will keep updated on our website to help our fabulous walk leaders, decide on a date when planning walks.

As the 'new kid on the block', in regard to walk planning, I have delved into the LDWA's website, and found the walks input page, looking for some information. Exciting! I'm glad to say, that it all seems very straightforward, well hopefully, but to make sure I get all of the necessary information on to the system, I have devised a quick planning 'New Walks' format (please see below). I know that our experienced walk leaders, know exactly what information is needed for a walk, it's more to help me, get the information transferred in super quick time. Well, I'd like to give it a go, I hope it's useful to both experienced and new walk leaders.

My LDWA email address is now up and running, so when planning a walk, you can send me your preferred date, from the 'Available Walk Dates' list (please see below). I'll work through the emails in arrival order, so get your dates and walk details in asap. Especially if you need a specific date in the year, for example when the spring flowers are making an appearance, when the roses are out in full bloom, the weather is warmer for a trip to the seaside or the leaves are turning in the autumn. If you are flexible about the date, it might be good to include a plan B date, just in case someone else has already nabbed it. To start with, I have based the 'Available Walk Dates' list, on weekend dates but I have already had a query about Wednesday walks, so I have now added in an extra column. As there isn't anything planned on a Wednesday so far, pick your date, let me know and I'll add it in.

You'll be glad to hear, that I think that's everything for now, apart from thanking all of our fabulous walk leaders in advance, for both your support and time in the planning of walks. Oh, one more thing, on my list of goals for this year, I would like to plan and lead a walk myself, but I think it would be great to have a mentor for this – any volunteers for that role?

Night night!

Lizzie Bridge E+H Walks Secretary essexandherts.walks@ldwa.org.uk



On the AGM walk

The Blackwater Marathon and the Essex Sea Wall and Saltings



The early Essex & Herts Blackwater Marathons all included long sections of the sea wall on the north side of the Blackwater Estuary. The first event in 1976 followed the sea wall for 17 miles from Heybridge to Tollesbury. The 1983 event included to 19¹/₂ miles of sea wall! Some find the sea wall and saltmarshes interesting and attractive places to visit but they are not to everyone's taste; they can be wet, cold and windy in late October. Jean and I took over as the main organisers for the Blackwater Marathon in 2011. To maintain the tradition, we have always included sections of the sea wall but made them much shorter.

The area around Tollesbury has large areas of coastal grazing marshes and saltings and their conservation importance has been given national and international recognition. There are four Nature Reserves nearby with a combined area of about 3,000 acres. (Most of this is within the Blackwater Estuary National Nature Reserve):-

1. Tollesbury Wick. An Essex Wildlife Trust (EWT) Reserve. An entrance to this is close to where the Blackwater Marathon route joins the sea wall at Tollesbury Marina.
2. Old Hall Marshes. A RSPB Reserve which is to your right across the channel (Tollesbury Fleet) on the Blackwater Marathon section of sea wall after Tollesbury.
3. & 4. Abbots Hall Farm (EWT reserve) and Copt Hall Marshes (NT Trust) which are on the north side of the creek (Salcott Channel) bounding the other side of Old Hall Marshes.

The first two are all designated S.S.S.I.'s (Sites of Special Scientific Interest) as are large parts of the others.

The main attraction of these reserves is the very large number of birds, particularly large numbers of overwintering migrant wildfowl and waders. e.g. Old Hall Marshes have reported that over 50 species of birds breed there and averagely 4,000 Brent Geese overwinter. The reserves also support scarce plants, small mammals and insects.

Essex has about 450KM (about 280 miles) of sea wall protecting low lying land on the coast, estuaries and islands. Sea levels are rising due to global warming and apparently south-east England is sinking slightly. One result of this is that the saltmarshes, which help to reduce erosion of the sea walls, are disappearing as saltmarsh plants die when regularly submerged in salt water. Due to the combination of these factors the Environment Agency decided that the cost of maintaining every sea wall in Essex was prohibitive. One of the solutions implemented was 'Managed Retreat' where parts of the sea wall are given up to new less costly and more easily maintained positions inland.

The sea wall section on the Blackwater Marathon after leaving Tollesbury was the first Managed Retreat in Essex. This was organised by English Nature in 1995. The old sea wall had a large loop which was replaced by a new much shorter sea wall. The old breached sea wall can be seen on the right when walking this section. As well as being far less costly to maintain, this has the advantage of creating a large area which helps to contain tidal surges and which is developing into a new saltmarsh. Fellowship Afloat, who are based in the red lightship moored at Tollesbury, manage the

conservation of the saltmarsh in this area



More recently a similar Managed Retreat scheme has been introduced on the Abbots Hall Farm EWT Reserve where the sea wall on the north side of Salcott Channel has been breached. Here the rising land on the Reserve meant that only two very short sections of sea

wall were required to replace two miles of the old sea wall.

Artists have long been attracted to the East Anglian coast by the light and cloud effects of the 'big skies'. Some early risers on the recent Anytime Blackwater Marathon walkers reported some spectacular sunrises. Parts of the sea wall have a remoteness not often found in the south-east of England.

There is not much time to take in the local sights when walking the Blackwater Marathon. For those interested, most of the features mentioned above can be seen on a more leisurely 10 mile walk starting at the car park next to recycling point on the road down to Tollesbury Marina. Grid Ref. TL 963 106.

Continue down the road for about 400 yards and where the road crosses the sea wall, turn left onto the sea wall. (There is a good view of the lightship along here). Continue

on the sea wall along the new 'Managed Retreat' section to some cottages which can be seen in the distance (About 2 miles from the car park). Just after the cottages leave the sea wall by steps down to the road/track and turn right on the track to the Old Hall Marshes Reserve RSPB information boards. From here you can walk for 6 miles round the perimeter of the Reserve. Continue along the track to the sea wall on the south side of Salcott Channel. Turn right on the sea wall to the point of the Old Hall Marshes Peninsula which is opposite West Mersea. Continue on the sea wall back to the cottages and then retrace the route back to Tollesbury. The best time to do this walk is on a fine winter's day.

Bill Bowers

2021 Any Time Blackwater Marathon

There were 45 S.I.Entries and 31 recorded their times taken on S.I.Entries.

We are aware of at least two other S.I. entrants who completed the route but did not record their times. Any S.I. entrant who completed the route but didn't record their time and wishes to be added to the results, please advise the date walked and your time taken. The results for the 31 can be found on the Essex & Herts web site.

All the recorded finishers were sent a certificate by e mail and offered a cloth Blackwater Marathon Badge by post. Most accepted this offer of a badge.

The route was based on that used for the 2019 Blackwater Marathon passing through Heybridge, Goldhanger, Tollesbury, Tolleshunt Darcy and Little Totham. The large Daisy Meadow free Car Park at Heybridge Basin was used as the start and finish. This had the advantage of being adjacent to the 2019 route and having Pubs and Cafes close by for refreshment if required. As there was no requirement to visit 2019 route Start/Finish and Checkpoints, we were able to remove some of the road walking from the route. To make up the distance lost, we included a section of the sea wall opposite Maldon round to the Heybridge Basin Lock Gates at the finish.

This new section gives good views of Maldon and Northey Island across estuary and has a lake on the landward side of the sea wall. It is a favourite walk for bird watchers as large numbers of ducks, geese and waders can be seen at various states of the tide. Unfortunately some of those walking after the clocks went back at the end of October may be in the dark about this.

We received some favourable comments about the event including this new section. Some early starters reported spectacular sunrises. Thank you for this feedback. Some excellent photographs taken by Peter Salenieks, including some at sunrise, are on the Essex & Herts web site.

Thanks to Gill & Rob Struthers and Ginny Powell who checked our Route Description and GPX file and thanks to everybody that entered in the event.

Jean and Bill Bowers

THE STANSTED STAGGER 9th January 2022

Here we were then, back at Stansted Mountfitchet on a cold, clear, January morning, in readiness for the 20th Stansted Stagger. The 'Stagger' reflects the fact that there is a staggered start, but I think it is a subtle indication of the state in which many of us return to the hall, having enjoyed the delights of Essex in winter . . .

Being my first challenge walk for exactly two years (since the corresponding event in 2020), it felt wonderful to greet old friends whilst preparing to set off.

From the spacious St John's Church Hall I left alone, just after 8 am, looking forward to exploring a new easterly route to Thaxted. (Just two bits had been used on previous Stagers: the first mile towards Alsa Wood and the bridleway across Elsenham Golf Course). After slithering under the railway line and the M11, the first serious mud was found on a narrow, enclosed bridleway. Flailing arms and legs, accompanied by screams of anguish, were both colourful and plentiful.

The navigation was straightforward through Daisy May's Community Farm and the hamlets of Pledgdon Green and Chickney (with its beautiful Grade I listed church). A couple of indistinct and sticky cross-field paths before and after Cherry Green slowed my progress, but they didn't compare with the seemingly never-ending footpath to the water tower at Cutlers Green – the mud clung tenaciously to my trainers, turning them into heavy moonboots. This was easily the most difficult part of the route. With great relief, I reached the far side. A lady just ahead of me said that she didn't think she could lift her feet up any more and continue. I cannot recall a more awkward field crossing - my thigh muscles agreed.



I soon slogged down into the Chelmer valley with the sharp spire of Thaxted church beckoning me on. Thaxted is an attractive and compact town. A pleasant meander led me to Checkpoint 1 in the Church Hall at 11.5 miles. Essex & Herts had arranged a safe one-way system and, with refreshments, I basked outside in the sunshine reflecting on a hard morning's effort.

Suitably refuelled, I set off through the streets, passing the superb ancient Guildhall, Dick Turpin's Cottage, the huge church and John Webb's Windmill. I had now joined Jill Green, Jim Catchpole and Helen Franklin as we followed field-edge paths beside the River Chelmer. We had been told at the start that the next section, from Folly Mill, was knee-deep in floodwater, so we followed the alternative route along parallel footpaths and quiet lanes.

Now with just Helen for company, we admired the church and remains of an abbey at the tiny hamlet of Tilty. The formal gardens, courtyards and ornate buildings surrounding the church at Little Easton were popular with Sunday strollers enjoying the afternoon sunshine. We passed the entrance to The Gardens of Easton Lodge and, with the underfoot conditions slightly easier, we soon arrived at Checkpoint 2 in Broxted Village Hall, 20.2 miles. This was

another encouraging and supportive stop. For the previous 19 Staggers, only one checkpoint was provided but, this year, the E&H crystal ball must have foreseen that the conditions would require a second one – I was very grateful for this.

With only 5.6 miles left to go, Helen and I more or less followed the flight-path to Stansted Airport and were amazed that aircraft were arriving every few minutes. As we neared the airport's perimeter, the planes were lower, closer and noisier. The details for the event claimed that, "You can't get lost, but you may need to duck." We eventually joined a wide and delightful permissive footpath through Stansted Hall Estate.



All too soon Helen and I were back at St John's Church Hall, having covered 25.8 miles. Oh, how we struggled to remove our trainers before entering. The steaming piles of sodden and mud-caked footwear summed up the day! Time now to relax and enjoy the much-welcomed hot meal. Jacket potato, quiche, beans and cheese hit the spot. Then we were offered special cakes to commemorate the 20th Stagger.

Fully replete, I chatted with a man from Ipswich, for whom this was his first Stagger. Upon learning about my 20, he gave me an incredulous look and said, "You mean you've come back for 20 years to go through all this?" I reassured him that, thankfully, not every year had been this extreme. It was, however, the toughest

Stagger I had done. For the record, from 160 entries there were 137 starters and 120 finishers. I was given a certificate and a badge. In addition, along with Dave Findel-Hawkins, I was also given a special certificate for finishing all 20 events - an unexpected bonus.

Finally, I would like to thank Essex & Herts for another excellent event. Slither on 2023!

Keith Warman

Stansted Stagger Report

We were lucky to have a gloriously clear day, but there had been a lot of rain in the previous weeks and the night before, so the conditions underfoot could not have been worse. The flood alternative had to be used on the paths and lanes above the Chelmer, which tipped the distance over 26 miles. Keith Warman and David Findel-Hawkins have completed all twenty Staggers - they were presented with a special 20th certificate and a cup cake - but also there many for whom this was their first, which may have been the toughest Stagger.

Despite the mud we have had lots of good comments, and many must have enjoyed the event, especially the welcome and attention received at the checkpoints and at the start and finish. I would like to thank all of the 20 marshals which includes the 3 from BBN, for providing a safe environment and carrying on the Essex and Herts tradition of putting on a 'M&S best of' event. I would like to thank Jackie for gathering and organising the marshals and all her help with the organisation of this event, Elaine for Pacer, and both again, as well as Richard, Gill, Heidi, Rita, and Georgie, for helping to get everything in place that was needed to hold a successful event.

Next year's Stagger will be on Sunday January 8th

Peter Tremain

Essex & Herts Away Weekend 2021



With the weather forecast for a stormy weekend ahead, Essex and Herts members set off to the Isle of Wight for their annual break with wet weather gear close at hand.

Fortunately despite threatened delays on M25 and to ferry crossings we arrived on Friday in time for a pleasant afternoon walk from our base at HF Bay Hotel Freshwater Bay heading north to the River Yar and to return via Golden Hill with southerly views of Freshwater.

After an excellent supper and breakfast the group set off the next day from Wroxhall to explore the heights of the Isle. Heading west passing Appuldurcombe House, learning that the lady of the house was renowned for having 27 lovers. We happened to be 27 walkers! On to the Worsley Monument an obelisk erected in 1774. Then followed a final view of the Fawley Power Station chimney in Southampton which was to be demolished 2 days later. Then to St Catherine's Down and the Hoy Memorial erected in 1814 to commemorate the visit of His Imperial Majesty Alexander the 1st Emperor of all the Russians. With views of St Catherine's Point, we turned east along the coast to Ventnor and the heights of St Boniface Down.

Our start on Sunday had a short delay due to rain and Force 9 winds, fortunately these abated marginally to allow an uphill climb into a strong head wind to the Tennyson Memorial where Jill, Helen and Gill treated us to a delightful recital of select verses of The Charge of the Light Brigade and The Lady of Shallot with mention of cobwebs apt, for the day was Halloween.

The walk continued to the dramatic view of the chalky Needles surrounded by big seas with white surf. Now with the wind behind us, next came the colourful sand cliffs of Alum Bay and The Marconi Monument which marks the location of his pioneering work with telegraphy without wires.

Continuing along the shore at Totland and on to one of the Islands many forts –the triangular Fort Victoria built in 1850s on the site of a fort commissioned by Henry V111 to guard the Solent. Then through Yarmouth back to Freshwater along the River Yar estuary and a disused rail track, we were being spurred on with the thought of Sunday’s tasty evening meal on our return and for some a locally brewed beer or distilled Mermaids Gin .

Supper was followed by a lovely cake to celebrate a special birthday for youthful Jill and a presentation to thank our leaders Mike and Jim.

In summary the Isle of Wight had a lot of historical interest with its saints, forts and pioneers, walking in pleasant countryside and coastal paths, favourable winds somewhere and luckily minimal use of the wet weather gear.

Fiona Gosling



Reciting Tennyson on Tennyson Down



The Capital Ring

Fancy a few days walking in January or February when, but for the real tough guys, mountains are not at their most appealing? For all those nodding, please read on.

Canal tow paths are always a good option. Flat, relatively low level not exposed and bursting with our country's history and heritage. Having previously enjoyed walking The Grand Union Canal, Lea Valley Walk and the Kennet and Avon Canal with good friends Jill Green and Jim Catchpole, it was decided my husband Phil would join us to make a foursome and we'd be a little bit different this year.

The Capital Ring is an excellent, way marked 78 mile circular walk around London; always between 5 and 10 miles of the city centre. Colin Saunders' book 'The Capital Ring' is an essential investment*. Public transport options are given for starting/finishing the walk at all 15 sections. Route marked 1:16,666 enlarged Explorer maps cover the whole 78 miles together with a wealth of information about special features of interest. If you fancy learning even more interesting, historical facts about what you see it may be a good idea to get Jim to tag along as always he was our walking history book.

On our previous winter wanders we had walked 'point to point' carrying all our requirements between our pre-booked overnight stays. The beauty of The Capital Ring was we had the option to 'walk light'. Kings Cross Travelodge lived up to expectations as a well centrally situated, good value place to stay.

Your second suggested purchase, a London Transport Oyster Card.



We decided to complete in 5 days, hoping to average about 16 miles a day, although our GPS credited us an average extra 2 daily miles. Meeting at 7.15am allowed for a hearty Wetherspoons breakfast, then travel and ensured we were walking by 9am each morning. Our schedule included coffee and lunch stops where our choice was of course vast and varied. Garden centres, London park cafes. Pubs, garage workers' burger bar and the customary packed lunch eaten overlooking the city skyline from different angles.

The places we visited and the people we met and talked to were varied, diverse and too

numerous to all be included. A select few:

Richmond Deer Park, which included King Henry's Mound. The small climb is rewarded by a view of St Paul's Cathedral 10 miles away. A good free telescope reveals the cathedral, appearing to stand alone, through a special gap in holly hedging and a maintained clear avenue in Sidmouth Wood. It is one of London's 13 protected vistas.

Abney Park Cemetery in Stoke Newington containing 300,000 graves. Most like Salvation Army founder William Booth, are 'friends of' or religious dissenters and the

ground remains unconsecrated. It is an official nature reserve and, whilst controlled, feels quite eerie and abandoned.

Harrow School, founded in 1572, whose former pupils include Winston Churchill and Lord Byron. We walked past many of its impressive buildings and across the vast playing fields, encountering possible sporting stars of the future.

Fryent Country Park, this was only one of several interesting London Parks en route which were previously unknown to me. We stopped for a few moments' quiet contemplation at the pond on Barns Hill. Here is a memorial bench to Dave Green, Jill's late husband, who sadly died whilst leading a 'Walk for London' through the park. These are my chosen 4 locations. Others may rate the 550 yard Woolwich foot tunnel, The Thames Barrier, Eltham Palace Park, Crystal Palace, Tooting or Wandsworth Common, The Wimbledon All England Tennis and Lawn Croquet Club, 3 miles of Thames Path crossing the river at the half tide Richmond lock and weir, the lesser known Paddington Basin Branch towpath of the Grand Union Canal, Brent Reservoir, Cissold Park, Walthamstow or Hackney Marshes, The Olympic Park and Stadium, 3 miles on The Greenway walking above the huge North Orbital Sewage pipes to Abbey Mills Pumping Station (The Temple of Sewage) or Albert Docks and London City Airport higher up their personal best list.



My third and final suggestion. Try to talk to as many Londoners as you can on your walk. Without exception we found everyone friendly, extremely interested in the walk (always wondered what those Big Ben posts were) and happy to reveal a little about their very different, diverse lives and neighbourhoods.

I hope this has persuaded some readers to discover The Capital Ring Walk in a manner that best suits you And once you are finished you may find like me, the 125 mile London Loop (London Outer Orbital Path) now beckons.

Dee Brockway



* [Capital Ring – Welcome to Footline Press! \(colinsaunders.org.uk\)](http://colinsaunders.org.uk)

Stepping out with Steve

Not the national three peaks

Whilst out in South London out on a hilly walk taking in Honor Oak Park, Horniman Gardens, I also came upon the aptly named "Brockley 3 Peaks ". From here there are fabulous views from South London looking at the iconic well known buildings on the northern side of the river Thames. There is even a trig point!



A pre-Christmas walk and a pint with Pete!

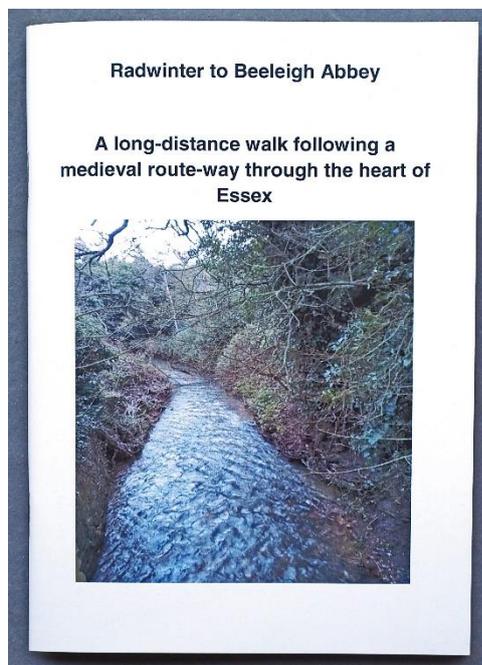
Pete devised a 24 mile route from South London starting at Brockwell Park aimed at visiting the many parks, commons and woods in the area, including Clapham, Norwood, Crystal Palace, Peckham Rye, Tooting Bec. Whilst on route we went through the areas of Brixton and Wandsworth famous for its prisons. Thankfully we were both on our best behaviour, so just passed by these places. The circular hike also took us through part of The Green Chain Walk and The Capital Ring, well used London paths which link many of the parks, woods, and commons together. To finish we visited a delightful Wetherspoons establishment at the top of Denmark Hill for a beer or two ".



Steve Wills

'boats came in time past...'

In 1587 William Harrison recorded in his book 'The Description of England' that In the Middle Ages corn was transported from the village of Radwinter to Beeleigh Abbey by water via the Rivers Pant and Blackwater (one and the same river). This information was taken from the introduction in Helen Walker's fascinating new booklet 'Radwinter to Beeleigh Abbey - A long-distance walk following a medieval route-way through the heart of Essex'.



The route is 40 miles long and the booklet gives you a route narrative, sketch maps and observations on what the medieval traveller may have encountered, and what can be seen in the present day. A short history of the villages and places along the route is also given, as well as the local geology.

I will be leading a walk on Sunday 6th March 2022 starting at 9.00am from Radwinter Recreation Ground free car park off Water Lane CB10 2TX GR TL 606373 Map Exp 195. We will be following the first section of Helen's route along the River Pant for 9 miles to Great Bardfield Watermill.

After leaving the route-way we head for Finchingfield for a lunch stop, then turn west and climb Hawkins Hill and stay above the Pant Valley, passing Hempstead, to Radwinter. 18 miles in total.

Be warned; I will have some of copies of Helen's booklet with me for you to purchase.

Peter Tremain 07427 857003 peter.tremain@live.co.uk



Congratulations to long-time Essex and Herts member Derek Keeble on receiving a Lifetime Achievement award from The Ramblers.

Derek is pictured here receiving his award following the Colchester Ramblers AGM.

Nigel's Unicorn

It's always happening on a walk with Nigel. One minute an abandoned helicopter, and then a Unicorn. They are obviously not extinct in Dorset!



OS Explorer 116, SY 416008
Monarchs' Way - northward.
On the west side of Pilsdon Barn.
Nigel says it appears to be a classic ROW diversion as he approached the garden fence, and had to turn left, and then right, along verdant green sward between garden wall on right and wire fence on left. Low and behold a unicorn!
Following this Nigel visited Pilsdon Pen, the second highest hill in Dorset at 277m. having been on top of

Lewesdon Hill earlier in the day which at 279m is Dorset's highest.

Essex and Herts

[Essex and herts LDWA club shop \(customsportskit.co.uk\)](http://customsportskit.co.uk)



Did you know you can order Essex and Herts clothing online from Custom Sports Kit? It's very easy to use their web site – just click on the item you are interested in for more details of sizes, prices and ordering details. Check the sizes carefully as all items are made to order and cannot be returned based on sizing.

We already have a range of fleeces, tee-shirts and hats, but if you are interested in other items, or if you have any other queries, just get in touch with Linda Fordham, our Merchandise Officer on 01702 202853 or linfordham@googlemail.com

The Reg Smith Memorial Trophy

The Reg Smith Trophy, named after the founder of the Hertfordshire Hobble, was for a number of years awarded to the youngest finisher on the short route of the Hobble.

Completely out of the blue, we recently received the following message

My son Tom won this trophy in 1999 as the youngest finisher of a walk starting and ending at Wheathampstead Memorial Hall. As his was the last name on it we were told that he could keep it. Over 20 years later and it is still sitting at home, not in his house in Manchester. I have just asked him if he'd like us to get it up to him, but he said 'No thanks. Since it records winners over a 15 year period I am wondering if you would like it for your trophy cabinet or archives.

Being a non - competitive group, we don't have a trophy cabinet, but as the current Essex and Herts Secretary I have the dubious honour of holding our boxes of archives, so the trophy duly landed with me! The Burnett family are also proudly recorded as holders of the trophy in 1992, although sadly the younger members of the family never did catch the long distance walking bug.



The other names recorded are the Holland family (five times between 1985 - 1990), Alan and Mike Powell Davies (Mike was an early member of Essex and Herts), the 'Tookey Boys' (three times), Daniel Patching, Caitlin Nicoll, Celia Knight and Tom Gough.

It would be lovely to know if any of them still have links with the LDWA after all these years.

Jackie Burnett

Essex and Herts Challenge Walks 2022

We have three more Challenge walks to look forward to this year:

The Essex Walker Sunday 10th April:

This is a 26.4 or 17.5-mile circular challenge walk from Galleywood Common over pasture and through woodland in Middle Essex with a full written route description and GPX files. There will be two checkpoints on the long route, and one on the short and a light meal at the finish.

Enter the Essex Walker here: [SiEntries - 10th Essex Walker](#)

The Hertfordshire Hobble Sunday 26th June

This is a 26.5 or 17 mile circular challenge walk from Buntingford through the undulating countryside of East Hertfordshire, with full route descriptions and GPX files. There will be three checkpoints on the long route and two on the short route and a light meal at the finish.

Entries open on 14th April: [SiEntries - Hertfordshire Hobble 2022](#)

Please let Georgie Hogg (georgiehogg@btinternet.com) know if you can help on the Hobble. There will be a Marshals' walk on Sunday 22 May.

The Essex and Herts Triple Challenge

Anyone who completes The Essex Walker, Herts Hobble and the Blackwater Marathon (including the Marshals' walks) in succession qualifies for an Essex and Herts Triple Challenge certificate. Last year's Anytime Blackwater can be included in the current sequence. The Recorder is Peter Hogg peter.hogg@btinternet.com

The Three Forests Way Saturday 18th - Sunday 19th September



Originally planned for 2020, then 2021, we will finally be running the Three Forests Way, our 50 mile flagship event linking the three ancient forests of Hainault, Hatfield and Epping. This will also be a qualifier for the 2023 Hundred.

Entries open in June

This is a 24 hour event, and we need lots of support before and during it. Please let Jackie Burnett know if you are able to help (essexandherts@ldwa.org.uk). A supported marshals' walk will be held on 22nd August.



Essex and Herts events

I Spy 50 for 50

As part of the LDWA 50th celebrations, we have devised a year-long challenge for all our walkers: the Essex & Herts [I Spy 50 for 50](#). This is a list of 50 things that you might hope to see while walking in Essex or Hertfordshire are listed - ready for you to tick off once you have spotted them. The only rule is that you must have seen them while walking on an Essex & Herts Social or Challenge Walk.

An Essex and Herts Figure of Eight walk Sunday 19th June

Taking place on the LDWA's Big Walk weekend, an Essex and Herts Figure of Eight walk to celebrate 50 years of the LDWA. One loop will be in Essex, the other in Hertfordshire.

Essex Way 50th Anniversary Relay weekend of 2-3 July 2022

[The Essex Way](#) long distance walk was initiated by the Council for the Protection of Rural Essex in 1972 and is celebrating its 50th anniversary this year. The ECC and The Ramblers are hoping to mark the occasion, and as part of our 50th anniversary celebrations, we are hoping to get as many of our members as we can out to walk at least one section of the Essex Way. The idea is to walk in a relay with a group starting at Epping carrying a banner and passing it on to the group walking the next leg, with the banner eventually arriving in Harwich. The walk is split into five legs as detailed below. We also hope many will join us at some point on the last leg and celebrate our achievements by the Lighthouse at Harwich on Sunday afternoon.

Epping to Good Easter

Good Easter to Little Leighs Church

Little Leighs Church to Coggeshall Church

Coggeshall Church to Dedham Cross

Dedham Cross to Harwich Lighthouse (with options to join at Mistly, Wrabness and Ramsey)



The Keith Noble 50k Memorial Walk Sunday 28th August

A 50K social walk on sections of the Hertfordshire Way to celebrate 50 years of the LDWA and in memory of long-time member Keith Noble

Three Forests Way – 50 mile challenge event: see notes in this newsletter

Help us to celebrate this special anniversary by joining us on these events. Look out for more details on our web site and in email updates.