

Snapshot September 2023



Judy, Suzina and Francoise enjoying BBN's 40th anniversary river cruise along the Great Ouse in Bedford



Steve completed the South Coast 100KM Ultra Challenge

Garry enjoyed a hot walking holiday in Corsica





**Peter, Fiona, Mike, and Nigel enjoying the beauty of the Lake District whilst bagging a few Wainwrights**

**Congratulations to all Essex and Herts members who completed the tough 50 mile Sussex Stride. Rob and Helen enjoyed some Sussex hospitality at the half way point!**





**Richard Rose completed another section of the SWCP – some stunning coastal scenery between Crackington Haven and Tintagel .....**



**..... while Richard Haynes has been back on the Greenwich Meridian Trail in Cambridgeshire between Orwell and Stavesey**

**A potential new recruit joined us on the Blackwater Marathon Marshals' Walk**



**Many thanks to John Goody from Sussex for a few more pictures from this year's Shotley ([Essex & Herts LDWA](#) - [Shotley Peninsula 50](#) [12/08/2023](#))**