**Rochford to Southend, Saturday 6th December 2014**

19 walkers, 19 miles – leader Lonica Vanclay

Lonica's muddy walk from Rochford to Southend on Sea via Hadleigh Castle – “planks” for the memory! (planks were one way to cross the stream by the ponies). Constable's painting of a stormy Hadleigh Castle is more dramatic but great sunset, and a fine sunset to finish with. 15 of us enjoyed a fine fish and chip supper at the end speedily served which compensated for the slowness of lunch. A group of 19 enjoyed the 30km / 19mi walk in 8 hours – thanks Lonica