**Escape from Dagenham, Friday 20th October 2017**

11 walkers, 14 miles – leader Ron Williamson

It was a dull, dank, dismal, day in Dagenham as eleven members embarked on our latest escapade. Five and a half hours and fourteen miles later the escapees strode into the sun kissed suburban station of Upminster full of the joys of spring, and thankful that they had not gone back to sleep when they had woken earlier to the sound of rain being driven against the bedroom window. In between the objectives had been fully met, good refreshment stops discovered, and great company enjoyed.

Photographs by Bola Baruwa