**Seaford to Eastbourne, Sunday 27th September 2009**

14 walkers, 20 miles – leader Patrick Tso

Today's walk from Seaford to Eastbourne via the Seven Sisters and Beachy Head was great with initially 14 participants, but then two dropped out just after an hour at Exceat. The weather was beautiful, blue sky and clam seas. We have a brief stop when we descent the Seaford Head for members to take photos of the Seven Sisters Cliffs. The total distance was as predicted 19.8 miles, we did it in 5 hours and 30 minutes, and the overall walking speed was 3.6 mph. Not really bad for some newcomers who never walk with LDWA and for 20 miles, considering the ups and downs. We had a 45-minute lunch break at the Visitor Centre in Exceat and 20 minutes at Birling Gap for drinks after the Seven Sisters. All the participants enjoyed the walk. We had a small drink gathering with 8 participants at the Wetherspoon Pub in Victoria and one Russian girl actually brought with her Vodka to celebrate her finishing of the 20 miles as well as conquering the Seven Sisters and Beachy Head. As I will be posted back to Hong Kong on 17/10/2009, this was my last walk in London as well as leading it. I'd like to take this opportunity to thank LDWA London for giving me the chance to lead this walk and for me to meet so many nice and friendly people.