**East London, Wednesday 11th August 2010**

22 walkers, 8 miles – leader Lonica Vanclay

With heavy rain the night before and the night after we were lucky to have a pleasant evening for the walk - and with 22 of us in total (the highest so far I am informed!) clearly others thought so too! I am sure it was the sights enroute rather than the weather that were the attraction though. Far from an urban experience the East End parks and canals meant it was just a few minutes of streets and houses at the start. The East End stadium where athletes train; the start point for the London 100 in 2012; and the pretty well developed stadiums of the Olympic site itself were the highlights - the old Big Breakfast house a poor second now it is all boarded up. Funnily enough it didn't seem to be a well known sight to many! And the beer and old East End atmosphere of the Palm Tree pub provided a great end for the walk.