**Harrow to Wimbledon on the Capital Ring, Sunday 1st April 2012**

18 walkers, 20.5 miles – leader Godfrey O’Callaghan

18 walkers started out from Harrow at 09.20 on a truly perfect day for walking; clear air, wall to wall sunshine and a following cool breeze which only became apparent at lunch on the sun-drenched Thames-side terrace of the London Apprentice. Close to the start gasps of surprise were emitted as walkers came face to face with the north face of Harrow-on-the-Hill. But after that the path was, for the most part, downhill or level until lunch. Spring blossom and fresh green foliage bursting from the bud softened the landscape of dark, stark, winter weary trees as the walk progressed over Horsenden Hill, along the Grand Union Canal, Brent River and the Brentford Canal to Syon Park for lunch at Old Isleworth. 5 retired at Richmond -including 3 guests - the walk being agreeable to those not sure of their distances. Those remaining battled their way through crowds of sun-worshippers spilling over onto the Thames-side path before heading across the welcome open spaces of Richmond Park and Wimbledon Common. The walk came to an end at Wimbledon Station at 16.45.