

Essex Area Update

WWW.RAMBLERS.ORG.UK

Volume 2 issue 2

June 2004

Important

- Please include details of the **Autumn Walk** and the **St Peter's Way in a Day** in your next programmes
- Lets us know if you wish others to receive the EAU
- Please let us have an e-mail contact for your Group
- Send material for inclusion in EAU by 15th of each month

Working with Essex County Council

About a year ago we started asking for volunteers to assist with the re-launch of the **St Peter's Way**.

At that stage Area Officers had been in quite complex and lengthy negotiations with the Rights Of Way Team of the ECC and Ridley's Brewery.

The Area had been successful in persuading Ridleys to offer £2000 in sponsorship for the scheme some three years ago. Separate talks with the RoW team had secured an agreement whereby we would survey the route, and they would arrange for a new booklet to be produced. In addition the RoW Team would organise working parties, equipment, materials (including a newly designed waymarker) and we would contribute the labour.

The re-launch was scheduled for March of this year (following several delays).

The survey was completed, the funds were available but the RoW Team underwent a change of officers and earlier this year it was discovered that none of the work had been progressed.

Ridleys withdrew their sponsorship.

We have every reason to believe that the new Team Leader, Maragaret Bradley, is keen to rebuild our working relationship but this sorry episode which has dissipated a considerable amount of energy and lost a large amount of financial support should make us more cautious in the future.

We should certainly make arrangements to be taken rather more seriously by the County Council. At one of the infrequent meetings we had with the Highways & Transportation Department an extensive agenda was time limited to one hour.

Our strategy for future meetings in general and a new attempt to get the St Peter's Way project back on the agenda are now being urgently considered.

THE 16th. CHELMER HIKE, CHELMER AND BLACKWATER

. SUNDAY 13th. JUNE 20

ENTRY FEE £3.50.

The choice of a 16 or 25 mile route (both starting from Pleshey Village Hall). Further details and entry form (which must be returned by 7th June) from:

Kevin Ascott, Purleigh Law, Walton Hall Lane, Purleigh, Chelmsford, Essex CM3 6TR
Telephone : 01621 828 682

Essex Area Recruitment Challenge

The 'Official' challenge draws to a close at the end of May and we will try to get some indication of any success we may have had in time for the July issue of **EAU**.

Suffice to say we don't want Groups to give up their recruitment efforts. We really do think that it is feasible for most ramblers to recruit at least one new member during the course of 2004. If we are successful it will make our President very happy as he wants to overtake Surrey.



Adrian's Update

Details are enclosed on a separate sheet which describe two important Area Events: the annual Autumn Walk and the St Peter's in a Day Challenge.

The Autumn Walk which fills the time slot previously occupied by the Essex 100 is a comfortable 72 mile walk over 8 days which, for the arithmeticians, gives an average of 9 miles per day from Southend Pier to Saffron Walden.

The St Peter's Way in a Day caters for walkers of all abilities from those who want a quiet

stroll of 5 miles to those who want the double challenge of not only getting up to start walking from Ongar at 4.30 but then going on to walk the full 45 miles to Bradwell.

I would be extremely grateful if you would copy these details into your next programme.

General Council

I will be giving my report of this year's General Council to the Executive Committee meeting which will be held at the Friends Meeting House on 25 May. A summary of this report will appear in the July **EAU**

Dates

13 June Chelmer Hike
 19 to 25 June Footpaths Week
 31 July– 8 Aug FEAST 2004
 15 Aug—Southend-on-Sea Challenge Walk
 28 Aug St Peter's in a Day
 29 Aug-5 Sept Autumn Walk
 18-26 Sept Welcome to Walking Week
 22 Sept European Car Free Day
 26 Dec-1 Jan 05 Festival of Winter walks

Web News:

Maldon & Dengie Hundred have recently launched a web site of an impressive standard. You can see it for yourself on:

www.maldondengieramblers.org.uk

Don't forget that, thanks to the Colchester Group, you can view this **EAU** in its original format on

www.colchester-ramblers.com.co.uk/

Communication

It took John Dowding to point out that the practice of simply pasting the EAU onto Word meant that the unformatted version was often difficult to read because of the original colour scheme. Thanks John, from now on the email version will be in simple black and white.

If you know of someone who would like to receive EAU, please get them to send Len Banister an email on talkingwalking@aol.com

Walking Facts & Figures

part 3 **Frequent moderate exercise is the best way to tackle inactivity.**

- Routine and regular moderate activity may actually be more beneficial than short bursts of intense activity (Westerterp 2001)
- A brisk one-mile walk in 20 minutes burns around 100 calories—as much as swimming for 10 mins, playing football for 12 or doing aerobics for 16.
- Gym membership has increased every year since the early 1980's but obesity and other problems related to lack of physical activity have continues to rise (Guardian 28 Oct 2003).
- Most people find regular, moderate exercise is easier to build into a busy life style in a sustainable way, requiring much less motivation and commitment than more demanding activities
- Exercising for 10 mins 3 times a day is as beneficial as exercising for 30 mins once a day (Murphy and Hardman 1998)

*Secretaries—
please send in
information
which would be
of interest to
other groups*

RECRUITMENT LEAFLETS

Phone or e-mail Len Banister if you would like a supply of the new recruitment leaflets (which include the reduced individual and family categories).

020 8527 8158

talkingwalking@aol.com