

Rushcliffe Ramblers *Relay*



May 2021

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Hello....

It's great to be out walking in groups again and if you haven't had a chance yet to join one of our small group walks I urge you to do so. Details of when we will be expanding numbers and returning to more normal ways are still a bit patchy but the general picture from the Government regarding the easing of restrictions seems very positive so hopefully not too long now.

In this month's issue we focus on walking challenges, looking back at the East Leake Challenge that Dennis Fox devised and which we will be walking again soon, reporting on an ambitious challenge recently completed by some of our members, and checking what some individuals have set for themselves.

We also have a request for your help so read on and enjoy....

First, a few bits and bobs

- ⇒ For those who walk near East Leake you might be interested to know that the Lantern Lane BOAT (Byway Open to All Traffic) and footpath diagonally crossing the field will be temporarily closed from 22 March - 21 Sept as required by the housing development off Lantern Lane East Leake. This mostly affects ramblers resident in the village, but also others who walk in the area as the BOAT provides access from Costock, East Leake and Bunny Lane to a network of paths to Gotham, Bunny, Ruddington, West Leake hills etc. Part of the BOAT will become a road to service the new houses. At some point the Council plans to build a car park at the Costock end for the sports field opposite and potentially for school coaches for the East Leake Academy, and have consulted on creating a leisure space by the splash bridge and ford over the brook.
- ⇒ Unfortunately the Glen Coe holiday mentioned in the last Newsletter won't go ahead as insufficient numbers were interested.



We've started group walks again!



Dennis Fox Memorial Walks

You may remember that we had intended to do three walks last summer in memory of Dennis Fox who died in April 2019.

Dennis was a keen walker, a member of Rushcliffe Ramblers for many years, including being Membership Secretary from 2007 until 2014, and an East Leake Parish Councillor.

In 2000, Dennis devised a walk around East Leake for the Millennium celebrations which he called "The East Leake Challenge" and which he led for the first time on 18th June 2000. The original walk covered 17.75 miles following the ridges which encircle the East Leake area. The ridges are not particularly high (80—90m) but afford some spectacular views in all directions on a clear day.

Part of the route encompasses the Frank Kirk Way which was added to the footpath Definitive Map as a result of Dennis's initiative.

The three memorial walks have now been rearranged for this summer:

- ⇒ Sunday 27th June, starting at 10.30am in the car park in the centre of East Leake next to the play park.
 - Trevor Griffiths will lead the 8 mile northern section of the challenge walk.
- ⇒ Sunday 4th July, starting at 9am in the car park in the centre of East Leake next to the play park.
 - Chris Sweetman will lead the original challenge walk, now about 19 miles long due to current footpath diversions.
- ⇒ Sunday 5th September, starting at 10.00am in the car park in the centre of East Leake next to the play park.
 - Trevor Griffiths will lead the 10 mile southern section of the challenge walk

More details will be published on the Rushcliffe Ramblers website nearer the time.



Talking of walking challenges, here is Angela to tell us about her adventure with a few fellow walkers....

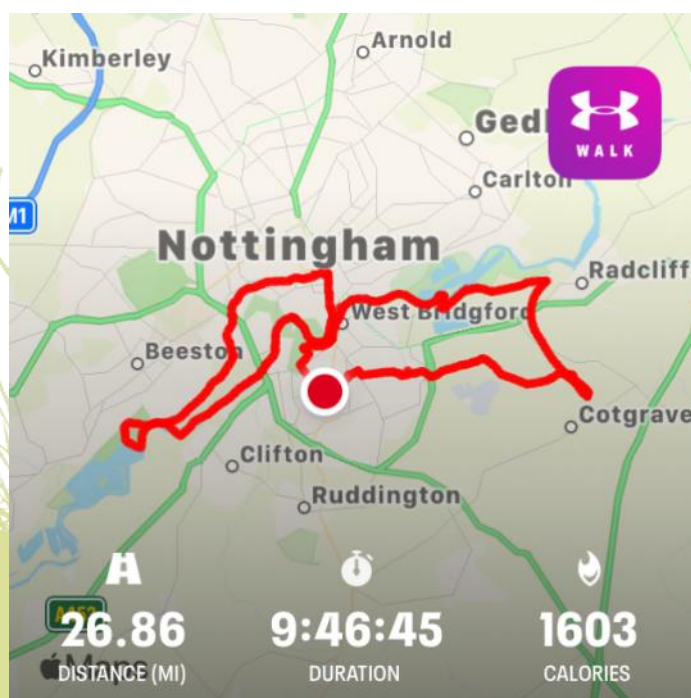
What do you do when you've walked all the local routes, several times? Well, for one adventurous group of Rushcliffe Ramblers, it was to walk a marathon (26.2 miles).

When the idea was first mooted it was met with silence and a few hums. Gradually, after the thought processes had worked through the idea, some decided it wasn't for them and others were willing to give it a go with the proviso that they would drop out when they had had enough. There were other conditions too: it had to be on flat terrain, it had to be a good weather day but not too hot and there had to be stops to refuel. Based on this, the route and the date was decided. The weather on the day turned out not to be perfect with cool winds and a few spits and spots of rain but with the bit between the teeth and the finish line a mere 5 miles away, the group forged on through the only real shower of the day.

For the statisticians: We anticipated an average of 22 minutes per mile with a slowing down towards the end, plus stops. Unbelievably, probably because of the cool winds and everyone focused on the task, our outbound speed was 18 minutes per mile and our return speed was 20 minutes per mile. Our overall average, including all the stops was 21.5 minutes per mile and, in our view, fantastic. The average age of the walkers was 67!

The route was from West Bridgford to Attenborough Nature Reserve, via the Nottingham/Beeston Canal, returning via the Trent in the morning, returning to West Bridgford for lunch and then out to Cotgrave Country Park. Our first stop, after 8 miles was at Attenborough Reserve where we were treated to homemade flapjack, brought by Jill. Our second stop at 13 miles was at the Toll (tram) Bridge where we took advantage of the cafe on the Bridge to refuel with bacon butties. Thanks again to Jill. From the Embankment we continued along the south bank of the Trent to Holme Pierrepont with a much needed stop at the public toilets. We then passed through Skylarks Nature Reserve to gain access to the old railway line into Cotgrave Country Park. As we walked towards the old railway line we were met by another R Rambler bearing ice creams. At 17 miles into the walk this was a very welcome ice cream stop. Thank you Christine.

The route:



We had carried plenty of food with us but so far most of us hadn't touched a thing so at 3pm and at 20 miles we stopped in Cotgrave Country Park for lunch. Refuelled again it was then a doddle to complete the last 6 miles.

Five of us set off at 7.30 in the morning being waved off by partners and five returned at 5pm having all completed the 26.2 miles. The aforementioned partners were again at the car park to welcome us back with glasses of Prosecco. Thank you Peter. We didn't get bored with the route or length of time, there was one blister between the five of us, we spotted wildlife with their babies and we talked and laughed. It wasn't as daunting as anticipated even though most of us set off with collywobbles.

It was a good challenge and would I do it again? YES, I would!

Although, it was suggested that if I had any more bright ideas I kept them to myself!

Intrepid adventurers: Lorraine, Jill, Morag, Angela and Karen.



Celebrating with a glass of Prosecco after 26.2 miles

And some challenges are more personal.....

I know several of you sign up to walk 1000 miles a year (including me this year) but well done to Chris Sweetman who completed 2000 miles / year in 2020 and keep up the good work Paul Johnson, who has completed 1000 miles since November and is on target to reach 2000 miles by November 6th this year. And perhaps not surprisingly, a couple of our marathon ladies, Karen and Angela, clocked up 1500 miles last year and are shooting for 2000 miles this year....

If any of you are setting yourselves a walking (or any other sort of) challenge this year and would like a shout out in the next newsletter, please let me know by emailing publicity@rushclifferamblers.org

Please support the petition to improve crossings for the A52

Nottinghamshire Footpaths Preservation Society have been working with Ramblers and other organisations to look at ways of improving the safety of the crossings of the A52 between Nottingham Knight roundabout and Gamston roundabout, on the outskirts of West Bridgford. There are 3 bridleways, 4 footpaths and the Grantham Canal towpath on this part of the A52. The initial focus is on the part between the Nottingham Knight roundabout (A60) and Wheatcroft roundabout (A606).

The West Bridgford Wire has published an article on the call for improvements <https://westbridgfordwire.com/local-active-travel-groups-call-for-improvements-to-a52-crossings-south-of-west-bridgford/>

If this is something you would like to support then please sign the petition to Highways England and the local Councils asking them to make these rights of way safe https://www.change.org/Make_A52_Crossings_Safe. The petition has nearly 1700 signatures so far.

Part of this improvement includes a call from the Nottinghamshire Ramblers for evidence that a route linking Landmere Lane with a bridleway has been used by the public for the last 20 years as an unregistered path. If you can support this please provide evidence by clicking [here](#).



Can you help us to help you?

Rushcliffe Ramblers have been functioning extremely well for over 30 years, but we now need your help in keeping up the good work.

The group's committee meet four times a year and two of our long-standing committee members, namely our Chairman Alan and Programme Secretary Lorraine, have said that they will not be continuing beyond 2022. In view of this we are seeking someone to take on the role of Vice Chairman and another to begin work with Lorraine on the compilation of the ongoing walk programme. This would be in anticipation of moving into the posts of Chairman and Programme Secretary in due course.

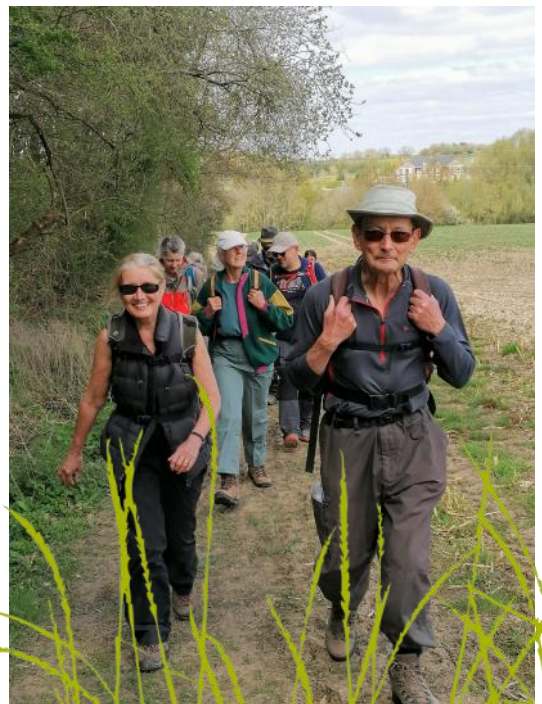
If you could help or perhaps have suggestions then please let Alan know by emailing chairman@rushclifferamblers.org

If these posts don't appeal to you but you would like to help there are presently vacancies for a Nottingham Area Rep and a Footpaths Secretary. Speak to Alan or any committee member for further information.

Walk Leaders Needed

Lorraine has done a great job of getting two or three walks a week organised since we restarted the small group walks, **but we would love to have more Walk Leaders!**

So if you have led walks before and would like to restart, or if you would like to consider being a Walk Leader for the first time, we would love to hear from you. There is lots of help and support available so please get in touch with any committee member.



Don't forget our website for up-to-date news including details of walks that we are planning:

www.rushclifferamblers.org