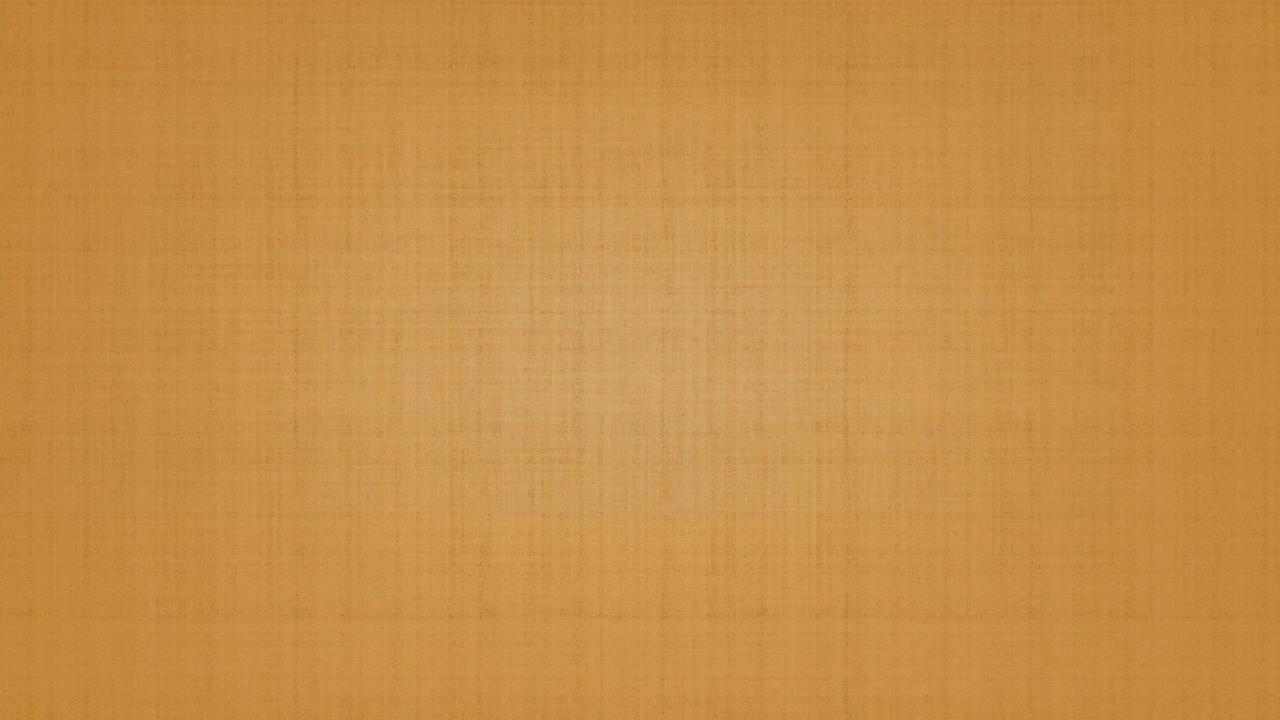




2.74 miles

 \times 365 = days

























































































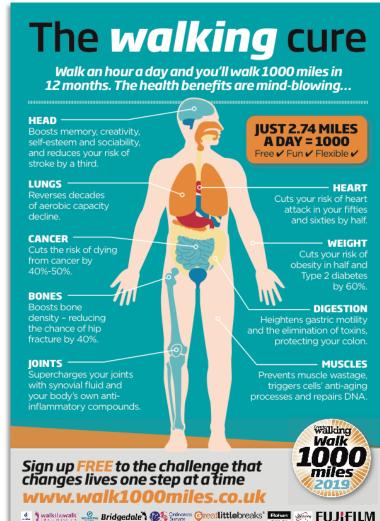




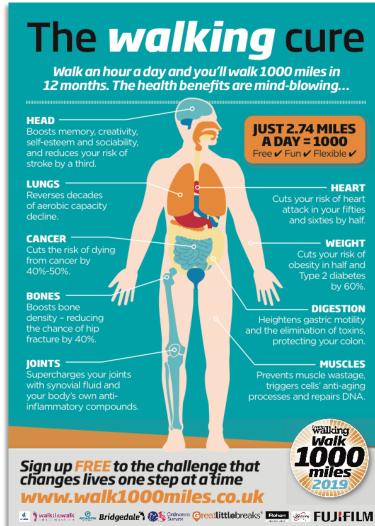
















HAPPINESS HEALTH

FAMILIES WEIGHTLOSS SEARCH SHOP

LIVE BIGGER

ADVENTURE

NATURE GROUPS

CHARITY

FUN

FOR HEALTH

Walk about hour an hour a day and you'll be staggered by the health benefits it can bring your body. Find out more and hear from previous participants.



It doesn't care what you look like, it knows how to help - and it tells your worries to go to hell. Read more about why a walk a day makes a heck of a best friend.



FOR NATURE

Walking every day sets fire to your sense of wonder in the world around you - and removing even a few petrol. powered miles from your week is a big kindness to the climate. Let's gol



FOR GROUPS

Melt those barriers at work, energise your team, meet up with like minds or compete against colleagues - it's better together) Grab your group progress chart and read all about how



FOR WEIGHT-LOSS

Walking has a funny way of knowing the weight you want to be - and getting you there quickly. Read recipes and true life stories



FOR ADVENTURE

You don't HAVE to do your miles in amazing places - but the challenge has a funny way of leading you to them.



FOR CHARITY

FOR FUN It takes all sorts to make a world, and on even more ways to cover your



FOR FAMILIES

There's no greater investment in the health and happiness of your family than going on this quest together Charts + more ideas are here!



lighter beautif takes less than an hour a day's walking to hit 1000 miles in 12 months? Try the fun, free & of participants recommend to a friend: it's just 2.74 miles a day. You don't need to



#walk1000miles >

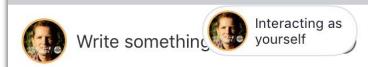
CLOSED GROUP · 31.5K MEMBERS



Chats

Announcements

Photos





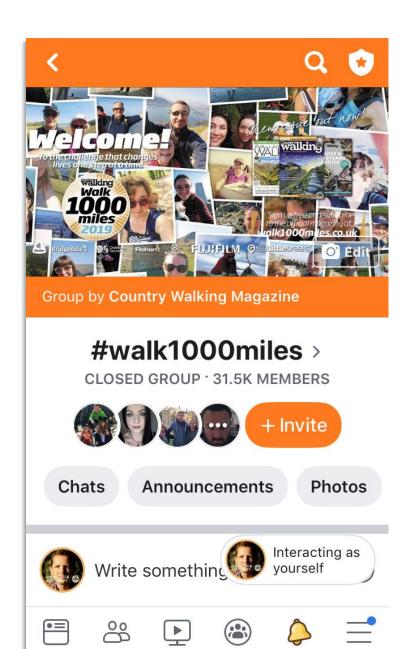
















EW, ALAN HERCUS, ALAN HOOD, AL	AN JACKSON, ALAN JANES, ALAN	JOHN FRANCIS, ALAN LEE, ALAN MA	ITLAND, ALAN SMIT	H. ALAN TAYLOR, ALAN WEL	RNIE, ALAN CLAPP, ALAN COSGROVE, AL
EC NOBLE, ALETA BRIDGE, ALETA HI	DLROYD, ALETHEA BLACKMAN, AL		ALI ABDELKADER	ALI KADER, ALI KYLE, ALI NI	CHOLAS, ALI TRUSSLER, ALISON ALCRO
SON BUNCE, ALISON CHERRY, ALISO	ON CHESNEY, ALISON GREEN, ALIS	ON GUNN, ALIEGN HAY, ALIEGN HOC	KETT, ALBON KYLE		LER ALISON HOORS, ALISON PILKINGTO
SON SELBY, ALISON TRIGELL, ALISO ANDA BOLTON, AMANDA CANN, AM	NATERS, ALISON WHITAKER, A	LISON WOODWARD, ALLAN WILCOX	ALLISON GILL, ALL		TRA, ALYSON SHINNE, ARANDA BISHE
ANDA MILLARD, AMANDA ORRILLY.	AMANDA POLLEY, AMANDA SMITH	AMANDA WALLS AND INCOME	TE AMY DONOH		TAHER ANY LIPPMANN ANY MARSHA
Y RUSSELL, ANDREA BARCLAY, AND	REA BROWN, ANDREA WARD, AND	REW BORNY, ANDREW BATES, ANDRE	W JOHNSON, ANDR		R. ANDREW SHONE, ANDREW WETHERE
DREW WILLET, ANDRIA SIMPSON, A	NOY BROADLEY, ANDY COLEY, AN	DY FULLER, ANDY HUDSON, ANDY M.	ICDONALD, ANDY N	MATERIC, ANDY MCDONALD, A	NOV NOCK, ANDY PURPLE, ANGELA BE
GELA COUPE ANGELA GILHAN, AN	GELA HAMPTON, ANGELA HARVEY	ANGELA JOHNSTON, ANGELA MAD	N. ANGELIKA DAVIII		NGUS HAMPTON, ANGIE FRANCIS, AND
MAN, ANGIE GORDON, ANGIE MARIE TS OUDEGA, ANN BENBOW, ANN BO	E ANGIE SANDERS, ANGIE WALSHA	IN, ANITA CAMDEN, ANITA CARROLL, ANN CLAIRE JONES, AND GRUNDY	ANITA GALLAGHER		OUDEGA, ANITA OVALLE DE GARCIA, ANI CLONEY, ANN MASSEY, ANN PALMER, AI
ERMAN, ANN TAYLOR, ANN TOOKE-	DRITY AND WHEELER ANNA FOX A	NINA MARIE MARSHALL ANNA MARSH	ALL, ANNABEL CUI		ANNE BEST, ANNE COLERY, ANNE CURR
NE DEERY, ANNE DOYLE, ANNE DUFF	FY, AT NE ELEANOR WOODS, ANNE	FOX, ANNE GARAGE, ANNE GREEN, A	WE HILL ANNEHOL		S. ANNE LINSELL. ANNE MARIE MARSHA
NE MURPHY, ANNE POMEROY, ANNE	E PRINCLE NIXON, ANNE ROBINSO	IN, ANNE ROUND, ANNE STEWART,	ANNE TEESDALE, A		WERS, ANNE-MARIE MCKENNA, ANNET
DILL, ANNETTE SUTTERBY, ANNIE FO	ALAY, ANNUE GODDARD, ANNUE NAN	INE SPOT PINLAY, ANNIE ROBINSON,	INNIEA ROSENGRE	Y, ANN-MARIE HOLDER, ANN-	MARIE HORRIS, ANTHONY KEAR SMITH, A
NIA DAKEY, ANTONY RHODES, ANT	ONY WYIAH, ARIYA WOODALL, AI		BUTHERLAND, ASHL		AUSTIN MORAN, AUSTIN MORAN, AUST
SON, BALVINDER SANDHU, BARBAR	IA HOWCROFT, BARBARA MAWBEY		LD BARRIE KENT, BI		BARRY LEE JENNER, BARRY PLANT, BAR STAKER, BEN HALLS, BEN WRIGHT, BERN
E. BERYL ALLISON, BETH COSTIN, BI	ETHAN PHILLIPS, BETTY MACDOUG		OWEN, BEV PRINCE		Y. BEVERLEY WILLIAMS, BILL BOOGAA
L JONES, BILL NOBLE, BILLY NOCTOR	R. BOB BRUNT BOB EVANS, BOBBIE		N SMITH, BRENDA		DA ROE, BRETT WILSON, BRIAN HENDE
N, BRIAN HOLMAN, BRIAN MARTIN, B	BRIAN MEBRIDE, BRIAN MEAKIN, BRI		ERY, BRIAN TROT	T, BRIAN WINDLE, BRITT PRES	ATORE, BRITTE NOLLE, BRUCE BURR-LC
N, BRUCE N MCLELLAN, BRUNO FIC.	ALHO, BRYONY CRUMP, BUKOLA O		MAD, CAREY GER	CARIN JANE, CARL BRETT, C	ARL WOODS, CARLA COLWELL, CARMEN
ER ANGLIN, CAROL ALEXANDER-PI	RICE, CAROL ALLISON, CAROL ANN		BAR, CAROL BARTI		DONOHUE, CAROL DUNCAN, CAROL ELS
ROL LEWIS, CARGE MALONE, CARGE ROLE SMAIL, CARGLE SHEE, CARGE	E PENTONY, CAROL PICKERING, CA E THOMPSON, CAROLINE BAILLIE, I		HAM, CAROLINE DA		CAROLE ROBERTSON, CAROLE SKINGSL YOMPORT, CAROLINE DIANE EVANS, CAR
FACEY, CAROLINE JERKINS, CAROL	LINE KIRBY, CAROLINE KNIGHT, CAL		CAROLINE PICKERII		THE TAYLOR CAROLINE TOWLER, CAROL
IDERS, CAROLYN ROGERS, CARY G	BB. CAT MANGHAM, CATHERINE A		ATHERINE CARTER		INE DOBSON, CATHERINE HILL, CATHERI
CATHERINE MACDONALD, CATHE	RINE SCOTT-DAVIES, CATHERINE SI		HERINE TARGET		THERINE WILSON, CATHERYN GAWTHOR
HRYN JAMES, CATHRYN HANK, CAT	THY HAM, CATHY HOPKINSON, CAT		CAYMANMIKEY, CA		CERS LAMBERT, CERS PITCHES, CHARLOT
HEL, CHARLOTTE CLARKE, CHARLO	TE FILDES, CHARLOTTE HARDING	CHARLOTTE HAYES, CHARLOTTE CLI CHLOE WAKE, CHRIS AND IAN, CHRI	RKE, CHERYL BOSH	HER, CHERYL BROOKS, CHERY	L HI TON, CHERTL MINDER EVANS, CHER
RIS GOODERHAM, CHRIS LEEMING, I	CHRIS LIGHTWOOD, CHRIS MACE, O	CHRIS NICHOLSON, CHRIS NORGATE, TABEL BALL, CHRISTIAN BARRETT, CO INDO (I'M CHRISTINE LUCAS ON FB) I'ME MCDONALD, CHRISTINE MENZIF CHRISTINE WOODS, CHRISTOPH	CHRIS PHILLIPS, CH IRISTIAN MCKETTIA	RIS PHOENIX, CHRIS SELWYN	L CHRIS STANLEY, CHRIS SWANSON, CHI NE ABBOTT, CHRISTINE ADAMS, CHRISTI ACM, CHRISTINE GREGORY, CHRISTI N, CHRISTINE RAMSAY, CHR MASKELL CLAIRE CA
CK, CLAIRE DONOVAN, CLAIRE DUNE		TH. CLAIRE HARRISON, CLAIRE HOW			CUST HOLLEAN CLAIRE MARIE TARRA
URE MCCLEAN, CLAIRE MCT. CLAIRE		RE SIEVEWRIGHT, CLAIRE WILLS, CL			N. CLARE JAMES CLARE LINDFIELD, CLA
ELOCK, CLARENCE CAVY, CLAUDE I	NORFOLK, CLIVE BARKER, CLIVE M	RCER, COCO RILEY-JORDAN, COLIN		LACEY, COLIN ROWE, COLIN	SAXBY, COLIN THORNTON, COLIN TURNI
IN WALLACE, CORALIN HARRISON,		WN, DAMON ASPINWALL DAN KNO			TY, DANIELA LEUNVERIER, DANIELLE DRE
HELLE MASTERS, DANIELLE MASTE L'E BRADSHAW, DAVE BURN, DAVE C		TON, DAVE GOWLETT, DAVE NEEDS		MES, DARREN SUPPLER, DAR ESTATON, DAVE THOMAS, DA	YE COOK, DAVE ANDREWS, DAVE BARTO
, DAVID BIRD, DAVID CARL GREGAT		LD, DAVID COLE, DAVID CUTTOTTH		DAVID GARDNER, DAVID GOL	DISMITH DAVID SOWLETT DAVID GRUN
D HANLON, DAVID HARRISON		VID JAGGS, DAVID JAHISON, DAVID		DELE DAVID PASCOE, DAVID	PAUL SMITH, DAVID REED, DAVID RUSSE
ID SOUTHWARD, DAVID THOMPSON		S. DAVID WINT, DAWN ASSITT, DAWN		EAN, DAWN MIDDLETON, DAY	WN OGG-DAZ ROUNDING, DEAN HANDL
N HOUSE DEANNE WILSON DELLE		BBIE BACON, DEBBIE BOMBARO, DE		IE HOCKEY, DEBBIE HOLHES.	DEBBIE JONES, DEBBIE ROOME, DEBORA
ORAH ADAMS, DEBORAH DOYLE, D		DEBORAH HARRISON, DEBORAH HO	MES, DEBORAH KN	IGHT, DEBORAH TAYLOR, DEE	IS GRIFFITHS, DECK SMITH, DEE AVRIL, D
S, DEE ELGIE, DEE HUMPHRIS, DEE H		E ANN WISEMAN, DEREDRE CAMPBE		DENIS MEEK, DENISE CROSS, I	DENISE HARRIS, DENISE PONT, DENISE SU
RVILLE, DEREK HUNTER, DEREK PHI NE HERON, DIANE HUDSON, DIANE		EL, DIANA EHMER, DIANA MORGAN, DIANE PORTLOCK, DIANE SCHOFIE		DIANA WALKER, DIANE BOY	WLER, DIANE CHAPMAN, DIANE FLETCH
ES BROOKS, DON PETERS, DONNA		INIE, DONNA HARDCASTLE, DONNA		DONNA TRETHEWEY, DONN	A WRASO, DOROTHY EDWARDS, DOROT
SUS, DOROTHY GRADDEN, DOROTH		UG HOLMES, DOUGIE DINGWALL, DO		SLAS WARREN, DR THOMAS Y	VILKINGON, EDDIE MATEER, EDDIE WILSO
VINA HUCKLE, EDYTA TA, EILEEN C.	ARR, EILEEN COOK, EILEEN JOHNS	TONE, EILIDH SCAMMELL, ELAINE BU		OVE. ELAINE GREEN, ELAINE	GREENER, ELAINE JARVIS, ELAINE MAHO
INE ORCHARD, ELAINE RICHOMME.		CABETH BRADSHAW, ELIZABETH CO.		EV. ELIZABETH JAY, ELIZABET	H MACDONALD, ELIZABETH MACDOUGA
ABETH QUINN, ELIZABETH SELLER		E ELLIE BOO. ELLIE WOODALL ELLE		CELLY COPE, ELSPETH SCOTT	EMILLIE CHAMPION, EMILY CARTER, EM
TON, EMMA ALLEN-TAYLOR, EMMA		KSON, EHMA HOUGH, EMMA JANE NO			EMMA MARPOLE EMMA MAUNDER, EM
MER, EMMA SELVEY, EMMA SHIPLEY, EUGENE TIMONEY, EV ROBERTS, E		FEE DUTTON, FELICITY COLMAN, FI			FIGNA BROWN, FIONA BURKE, FIG
LEY, FIONA HEANWELL, FIONA HU		FIDNA ROBERTSON, FIONA POTHS			ICE HILL FRAN HER HEE, FRAN ROBINSO
N RODD, FRANCESCA O'BRIEN, FR		EDERIC MAUFAY, PREYA DAVIDSON.			EY GARRY PARISER, GARRY WILLIS, GA
REW WALKER, GARY ATKINSON, G		DIFFIN, GARY SANDERS, GARY WALL			NOR CARTER, GAYNOR DAVIES, GED SHI
D, GEM COSSY, GEMMA REEVE, GER	OFF MAYNE, GEOFF NEWMAN, GEO	FF ROBINSON, GEOFFREY AMBLER,	GEOFFREY NEWHA	N. GEOFFREY WILSON, GEOR	GINA BURNS, GERRI HICKTON, GILL BAT
ES, GLENDA WATERHOUSE, GLENIS BALD, GRAEME STRIKE, GRAHAM EA INA CHARLOTTA INGA-LILL, HANNA THER DRUMM, HEATHER GOODWIN	S FIRTH, GLENYS BLACK, GLENYS F AST, GRAHAM NIX, GRAHAM PRICE, A SORQUIST, HANNAH CLEWER, HA I, HEATHER LAGUSZ, HEATHER LAW	GRAHAM TAGG, GRAHAM WM BEAUN NNAH LOWES, HANNAH TWORT, HAN SON, HEATHER MCLAUGH, AN SLOAI	IN, GLYNIS SIMMON IONT, GRANT ROBBI INES JORDAAN, HAY	S, GLYNN HEYWOOD, GLYNN NS, GREG DENYER, GUY BRIN YON BAKER JONES, HAZEL PA EATHER RETERS, HEATHER SA	WLER, GILLY PUSEY, GINA COCKERAM, GI HORAN, GORDON BRANDER, GRAEME J DLE, GWEN COLMAN LESTER, HAMISH M ISHBY, HEATHER BOWERS, HEATHER BO LPEED, HEATHER SLOAM, MEATHER SWO
THER THOMSON, HEIDT KIRLEY, HEL VIDERHAM, HELEN GENT, HELEN GE	EN ASHWORTH, HELEN BANKS, HE	LEN BLACKETT-THORP, HELEN BOO, I		BURNS, HELEN CAIN, HELEN	CAMPBELL HELEN COOPER, HELEN EMI
ON, HELEN MCDERMOTT, HELEN M	JENKINS, HELEN NICHOLSON	HELEN PADWICK, HELEN PALMER, H		ELEN SIMMONDS, HELEN STE	PHEND, HELEN TAYLOR, HELEN THORNL
N WERNHAM, HELEN WILLIAMS, H	ELEN YOUNG, HELENA HEXSPOOR.	HENRY COOPER, HERMIONE WALKER	HILARY HARDWICK	HILARY KIRKUP, HILARY MO	LART, HILARY RILEY, HILARY RILEY, HILA
S, HILARY WARREN, HOLLY CLIFFO	ORD, HOLLY WILSON-WALKER, HOW	VARD HOORE, IAIN PALHER, IAN AND		AN BRIEGOOS, IAN CROHIE	IAN GELSHORPE IAN HAMPTON, IAN HA
IAN HIGGINS, IAN JACK, IAN JONE	IS, IAN H HORGAN, IAN MYERS, IAN	NORRIDGE, IAN PERSON, IAN PHILL	PS, IAN STEPHENS,	IAN TAYLOR, IAN WALKER, IO	NA MCHAUGHTON, IRENE DIXON, IRIS LA
P. JACKE LOMAS, JACKIE HOORE.	IONA GABRYS, IWONA NORDOWSK	A, JA FIN, JAC ROUTELY, JACINE CLAR JACKIE TANNER, JACKIE TUXWORTH	K, JACK KULAS, JAC	KIE BALLINGER, JACKIE COOL ACQUELINE MS ALDERSON.	PER, JACKIE HIRST, JACKIE JEFFERY, JAC JACQUELINE WHITE, JACQUI COLLUMBI
DI TIMBRELL, JACQUI WILMOT, JA	JACKIE O'KEEFFE, JACKIE SMITH, COUIE BRAY, JACQUIE VARLEY, JAI	JACKIE TANNER, JACKIE TUXWORTH DE SCOTT, JAMES CLAPTON, JAMES S	THACKEN BROWN	JAMES TENNANT, JAMES WO	ODALL JAME HAWKING JAN BAKER J
OKES, JAN HARDING, JAN HARPER	TANK ANGSTON, JAN MCGUL, JAN	SINGH, JAN SPIERS, JAN STONE, JAN		KARZYNSKI, JANE CLELSAND	JAHE CURRIN JANE DIXON, JANE DUFF
JONES, JANE LITTLE, JANE MASOI		JANE PIM, JANE REED, JANE POAKE,	ANE SEWELL JANE	STEWART, JANE TITLEY, JANE	WATERMAN, JANE WILKINSON, JANET
ARD, JANET BATES, JANET BRADL	EY, JANET BURTON, JANET COPPIN	CER, JANET GREALEY, JANET HARDI	NO, JANET JONES, J	ANET HELLY, JANET MILLER,	ANET RUSHOALE, JANET RUSHTON, JAN
T. JANET WARNER JANET WOOD	JETTS, JANEY SIMPSON, JANICE JA	CKLIN, JANICE MOORCROFT, JANICE	SKELTON, JANIE RE	NEHALL JANINA WILES JAN	INA WILES JANONE SARGENT, JANINE W
HAM, JANIS DUNN, JASHIN HOLTO		QUEST, JAYNE BEADLE, JAYNE COU		ENS, JAZ BAXTER JAZ HOLD	EN, JEAN CLOHERTY, JEAN HARVIE, JE
PER, JEAN PERRY, JEAN WARWICK HEN, JENI MCLOUGHLIN, JENNI WI		ADAMS, JEFF SPARKES, JEFFERY HAI BILAY, JENNIE PURNELL, JENNIFER B	COOMAN WINE	H. JEN CAWTHORNE, JEN CUI HOWES, JENNIFER PURVIS.	SUFFE, JEN DAVIES, JEN MCI, OUGHLIN, J JENNIFER WARD, JENNIFER YOUNG, JEN
	DEAN WHITE PROBLEM STATES HER	IT, JENNY ELVIS MARSHALL, JENNY	WANT BUILD HAD	CHOWES, JENNY HODGE, JENNY	MARSHALL JENNY O'GRADY-WEST, JEN
PART HENRY BAKER WAYN DAVI	JENNY SPATHSON, JENNY SPATH, J	INNY VAN DER WESTHUIZEN, JENNY	WHIN SEREMY BADE	VERARD	L CHURCH, JESS BAINES-HOLMES, JESS
RARD, JENNY BAKER, JENNY DAVE	ACKWOOD, JILL GARBUTT, JILL HO	WELL JEL KENDALL JILL KLINE, JIL	MORGAN, JILL FOT	TTER, JIM ARDEN, JIM BARRIE	JIM CREBER, JIM NEAL, JIM REDDIHOU
SINGTON, JENNY SHAW-BROWNE, ER, JESSICA NADIN TOZER, JILL BL		DEDE, JO CLARK, JO GIBSON, JO JO	WEIGHT ID CAMP	SELL JO OLIVER, JO PAGE, J.	D PHILLIPS, JO RUBY LEES, JO STOREY,
SINGTON, JENNY SHAW-BROWNE, ER, JESSICA NADIN TOZER, JILL BL Y WHITE, JJ WILSON-LEE, JO ASA	UR. JO ANNE JO ANNE VANDE VO			COWIE, JOANNE ALESANDR.	
SINGTON, JENNY SHAW-BROWNE, ER, JESSICA NADIN TOZER, JILL BL Y WHITE, JJ WILSON-LEE, JO AGA INGE, JO WARBURTON, JD WINSH	IR. JO ANNE JO ANNE VANDE VOI IR JOAN PERCIVAL JOAN WADON	ISTON NAISH, JO-ANN VAN DER WE	THURZEN, JOANNA		
SINGTON, JENNY SHAW-BROWNE, LER, JESSICA NADIN TOZER, JILL BE JY WHITE, JJ WILSON-LEL JO ASSA ANGE, JO WARBURTON, JO WINSH NNE ELIOTI, JOANNE LAXTON, JC	JOAN PERCIVAL JOAN WADO	ISTON NAISH, JO-ANN VAN DER WEI IL JOANNE WELLMAN, JOELLE THERE	THURZEN, JOANNA	HN BENNETT, JOHN BRADLE	
SINGTON, EMALY SHAW-BROWAL LER, JESSICA MADIN TOZER, JILL BL LY WHITE, JJ WILSON-LE, JO AGA ANGE, JO WARBURTON, JO WINSH NNE BLIGTT, JOANNE LAYTON, JO KKE, JOHN BURGESS, JOHN COOPE KKE, JOHN BURGESS, JOHN COOPE	JOAN PERSON AN WADD INE MORGAN, JOANNE MURTO JOHN COPE, JOHN DODGSON	ISTON NAISH, JO-ANN VAN DER WEI IL JOANNE WELLMAN, JOELLE THERI CHN MARSHALL, JOHN MON'SFIELD	THUZEN, JOANNA SA, JOHN AMES, JO JOHN OWENS, JOH	IN PALLOT, JOHN BRADLE	
ISINGTON, BENEY SHAW-BROWNE, LER, JESSICA MADIN TOZER, JIL, BI, WY WHITE, JJ WILSON-LEE, JO AGA ANGE, JO WARBURTON, JO WINSHINNE BLIOTT, JOANNE LASTON, JO KILE, JOHN BURGESS, JOHN COOPE, L, JOHN SUTTO INFE, JOHN UTLEY, JO	JOAN PE AN WADD JOAN PE AN WADD INE MORGAN, JOANNE MURT JOHN COPE, JOHN DODGSON WARWICK JOHN WEBBE, JO	ISTON NAISH, JD-ANN VAN DER WEI L JOANNE WELLMAN, JOELLE THERI OHN MARSHALL, JOHN MONSFIELD I WELSH, JOHN WHEELDON, JOHN W	THUZZEN, JOANNA SA, JOHN AMES, JO JOHN OWENS, JOH HETE, JOHN WILLIAM	IN PALLOT JOHN PEPPS JOH AS JOHN YOUNG, JON SOD JO	
RARD, IN A WAY AND A SINGE OF THE SINGE OF T	JO ANNE JO ANNE VANDE VO JOAN PERCIVAL AN WADO INE MORGAN, JOANNE MURTO JOHN COPE, JOHN DODGSON, WARWICK, JOHN WEBBE, JO LARK, JOYCE CLARK, JOYCE KE	ISTON NAISH, JO-ANN VAN CER WEI L JOANNE WELLMAN, JOELLE THER SHI MARSHALL, JOHN MOIOSFIELD WELSH, JOHN WHEELDON, OHN W JONGE RICHTER, JONGE SUTTON,	STHUZEN, JOANNA SA, JOHN AMES, JO JOHN OWENS, JOH HETE, JOHN WILLIAM JOYCE WEST, JUANI	HA BENNETT, JOHN BRABLE EN PALLOT, JOHN PEPPS, JOH 45, JOHN YOUNG, JON SOD, JO TA GLASS, JUCE BROMLEY, J	
SINGTON, THAY SHAW BROWN, LER, JESSICA NADIR TOZER JILL B. LY WHITE, JU WILSON-LEL JO AZA ANGE, O WARBURTON, JO WITEP NNE ELIOTI JOANNE LANTON, JO KLE, JOHN BURGESS, JOHN COOPE JOHN SUTCLIFIE, JOHN OTTLEY, JO W, JOY LUDO JOY WEAKIN JOYCE	JOAN PE AN WADD JOAN PE AN WADD INE MORGAN, JOANNE MURT JOHN COPE, JOHN DODGSON WARWICK JOHN WEBBE, JO	ISTON NAISH, JD-ANN VAN DER WEI L JOANNE WELLMAN, JOELLE THERI OHN MARSHALL, JOHN MONSFIELD I WELSH, JOHN WHEELDON, JOHN W	THUZEN, JOANNA SA, JOHN AMES, JO JOHN OWENS, JOH HTE, JOHN WILLIAM JOYCE WEST, JUAN JOTH WINGHT, JUST	IN PALLOT JOHN PEPPS JOH AS JOHN YOUNG, JON SOD JO	

www.walk1000miles.co.uk

LL THE NAMES here volunteered their mileage in the challenge Facebook group to indefatigable (though now retired!) record-keeper Susan Miller. And while they represent only a small proportion of total completers of the challenge over 55,000 undertook, even the fraction here amounts to over THREE MILLION miles walked. Well done to everyone who did the challenge, whether you smashed the target or fell short. The only other competitor in the race was the OLD you; and if you've walked more than them, you're feeling a shade better, your smile comes a little more readily, your sleeps are a little deeper, your memories are a little more colourful, your heartbeat's taking longer strides, or you're a shade more at peace with yourself or the world, you've WON AT #WALK1000MILES! Turn to the inside back cover for more on the 2019 challenge.

AYES, KAREN HEGARTY, K	AREN HOLHE, KAREN HOWE, KAREN .	JAMES, KAREN JANAS, KAREN J	ONES, KAREN LARMOUR, KARE	IN LINE, KAREN MCCHESNEY, HAREN MCLE	AN, KAREN MORGAN, KAREN
ORTER, KAREN RABY, KAR ALVERT, KARYN DAVIES, N	EN SHIPSON, KAREN TREWERN, KAREN	WALKER, KAREN WALLACE, KA WS, KATE GUMMETT, KATE HAW	REN WINDLE, KAREN WOOD, K KINS, KATE SCARBOROUGH, K		STONE KARL SLATER, KARLA
OSTER, KATH HAZELL, KA	AT ENSOR, KAT SAVAGE, KATE ANDRE	O KATHERINE BURGESS, KATHE	RINE GRIFFITHS, KATHERINE T		HOSKINS, KATHLEEN FINLAY,
ATHRYN BLUST, KATHRYN F		KATHRYN WEARHOUTH, KATHR	YN WHETTLE HATHY ARNOLD I		ATHY MILLER KATHY NORTH-
UTT. KATHY TAYLOR, KATH		TE KING, KATIE SCLOHONS, KATI	E TAHL KATRINA BURGESS, KA		RINA SCOTT, KATRON DOODY,
ATRON DOWDEN, KATY OF		S. KAYLEIGH BORKETT, KEITH BIS	HELL KEITH HASSALL KEITHE		H NEILD, KEITH RICHARD HAT-
ELD, KEITH RYDER, KEITH	THAKE, KELLY ALEXANDER, KELVIN BOY	WING, KEN KELLY, KEN LATHAM,	KEN PROCTER, KEN SMITH, KEN	INV BLENKIN, KENNY PEARCEY, KERRY ARM	STRONG, KERRY HENDERSON,
ERRY PALHER, KEVIN GOD	DYEAR, KEVIN HEATHCOTE, KEVIN O'G	RADY, KEVIN PIM, KEVIN UPRON, I	KIERAN STEVENS, KIERON WILL	LIAMS, KIM DOMINGUEZ, KIM HARVIE, KIM R	DESELL KIMBERLEY BENNETT,
RAH LOUISE HACKETT, KUR	IKE KRISK, KIRKY KIRKY, KIRSTIE BARTI	OH, KIRSTY BAULCH, KIRSTY BREI	AKS, KURSTY BREAKS-HOLDSWI	ORTH, KIRSTY ROBB, KIRSTY SALTER, KIRST	Y SCOTT, KIRSTY SMITH, KIZZY
INC. I'RIS CLEUREN, LANC	E JAMES, LAURA BIRCH, LAURA HAYES	LAURA JACKSON, LAURA MILLW	IARD, LAURA SAPSED, LAURA W	VILLIAMS, LAUREEN SMITH, LAUREN ROOM	Y, LEA HORNBY, LEANNE MAL-
DUNSON, LEANINE WOOD	ALL LECKY THYNE, LEE HALL, LEE HA	IES, LEE JONES, LEESA PARRITT.	LEIGH FERRIS, LEIGH RICHETT	S, LEILA REDFEARN, LEON JAMES THORPS	ON LEONA SKELTON, LEONA
JORPE, LEONE LEAH, LEO	NI HADASSA BOOKATZ, LESLEE JAYNE	TOMSETT, LESLEY ANDERSON, LE	ESLEY CHAPMAN, LESLEY GIDD	HNS, LESLEY HAYNES, LESLEY JOY, LESLEY	MARIE TANNEY, LESLEY MCIN-
SK, LESLEY PARIS, LESLE LISTREET LINDA BAKER I	Y FROWSE, LESLEY RICHARDSON, LES	LEY SMITH, LESLEY STAPLEY, LES	LEY SUSAN PEARCEY, LESLEY	TOMSETT, LESLEY TURNER, LI YANG, LIAM	HAWKINS, LIBBY HOLELLAND,
NDA JENKINSON, LINDA I	INDA BELL, LINDA BLACKWELL LINDA	BRIDGE, LINDA DALTON, LINDA I	DAVIES, LINDA DENNIS, LINDA H	HARDY LINDA HARRISON HARTLEY, LINDA PRICE LINDA RAMSHAW DONNELLY LINDA	IOPKINSON, LINDA HOWARTH,
NDA JENKINSON, LINDA L NDA ULLAYHORNE, LINDA	ODER, LINDA MILES-CARTWRIGHT, LIN VAN ROO, LINDA WAS RIGHY MOSS, LI	DA MOSS, UNDA NICHOLSON, LI NDA WEIRS, LINDA WILLIAMS, LI	NDSAY ARNELL LINDSAY CRAY	VEDED LINDSAY BULLEY LINDSEY-JAYNE I	RUSHTON, UNDA TILBROOK,
MOR LISA REPALEY LISA	DAWKINS WITTRIDGE LISA HARRISON.	LISA HOYLAND, LISA JAYNE LISA	KINAHAN LISA CIRK LISA LOL	HISE WERSTER LISA HACDONALD-SHITH L	ISA MARIE ANNE STIFFET LISA
ARE: MARSHALL LISA MC	ATER LIFA RUSS, LIZ DAVIS, LIZ EDWAR	DS. LIZ FIELD, LIZ FOR HOR, LIZ S	THE RY LIZ R	R. LIZ REUVES, LIZ SUTHERLAND, LIZ THOR	ELIZ WYNN LIZA SALIM LIZZI
LPATRICK, LIZZIE BENNET	T, LIZZIE HUCKLE, LIZZIE HUGHES, LIZZ	Y GILHERT, LIZZY SEYMOUR, LOS	CHELL LOS FLUDE LOS HEY	WOOD, LOLL MASON, LORI ROCKWELL, LO	HE TROUGHTON, LORNA DUN-
ER LORNA KOSKELA, LOI	INA GUELCH, LORRAINE BÜCKE, LORRA	LINE COPPLAND BUICKE LORPAN	NE EADES LORRAINE FORMAN	LORRAINE LYE, LORRAINE PROUDLOCK, LI	DRRAINE TUCK, LORZ RUDKIN,
MILLIOND LOUISA NILES	LOUISE GOODWIN KNOWLES, LOUISE	HACKETT LOUISE KEHE LOUISE	MCPHAIL LOUISE NICHOLSO	N. LOUISE PRIDEAUX LOUISE ROBERTS, LI	DUISE SMITH, LOUISE STOREY,
OU LLOYD, LOUISA MILES, OUISE THOMPSON, LOUISE	TIRRES LOUISE TREWERN LOUISE VIC	KERS, LOUISE WALDEN, LOUISE	WHITE LOUISE WILLIAMS, LOU	USE WILSON LUCK HOW LUCK PUSSEL 11	CINDA HORGAN, LUCY KEMP
CY LOO, LUCY MARSHALL		CON, LYDIA GRAY, LYDIA KENDRE	CK, LYDIA VICKI GRAY, LYN BA		ER LYNDA WILSON, LYNDSEY
OLLOMAN, LYNETTE MARI		DH-CRAGGS, LYNN JEPPESEN TH	OMBOR, LYNN JONES, LYNN L		ON, LYNN SHITH, LYNN SMITH
ELDRUM CYNN WILLIAMS.		RS. LYNNE MCKEOWN, LYNNE NY	TE, LYNNE PHELAN, LYNNE PHO		LYNSEY HALL, M.LRICHARD-
IN, MADELYN KENNEDY, N		BOLTON, MAGGIE DE ROZARIO, II	KAGGIE GARLAND, MAGGIE HY		DAVIES, MAGE GLANAMMAN.
AGS RAVENSTONE, MAI-AL		LCOLM LAY, MALCOLM SHIRLEY.	MALCOLM VATES, MANDY JONE		ANDY PROUD, NANDY ROBIN-
IN. MANDY SLEIGHT, MAI	IDY THORPE, MARAGET MCLEOD, MAK	CIN DOBROWOLSKI, MARCUS II	ASTERLING, MARCUS HINES, N	MARCUS TAYLOR, MARGARET ALHEY, MAR	GARRY BURGESS, MARGARET
OOPER, MARGARET DYSOL	N, MARGARET GEORGE, MARGARET HU	IDSON, MARGARET MCLEOD, MAI	ROARET MESSENGER, MARGAR	IET POTCHELL, MARGARET SINCLAIR, MARC	UERITE PRIESEN, MARIA BAR-
CZKO, MARKA BLATCHLEY	MARIA CROCKER, MARIA HUTCHINGS,	MARIA HUTCHNGS, MARIA MCGE	RTY, MARIA HICK SHIELDS, MA		ELDS, MARIAN CLARKE, MARI-
ARION TAYLOR-RUSSELL, DUGHEED, MARK LUKER, I DAMS, MARQ ENGLISH, MA	MARJE MORGAN, MARK BAULCH, MARI	K BOWDEN, MARK BREEN, MARK PYRUS, MARK ROBINSON, MARI THE DE VINT. MARTIN FINN, MARTI	CARMODY, MARK COUTTS, MAR K ROBSON, MARK ROGERS, MA IN OGG, MARTIN PRICE, MARY	KARIE GRAYSON, MARIE MATHESON, MARILY RIK HUTCHEON, MARK JAMES POTTS, MARK ARK SHORT, MARK STOCKLEY, MASK WILD MAE: WILSON, MARY COPPING, MARY DOD	JENNINGS, MARK LEES, MARK MARLENE OLDHAM, MARNIE MARY DONALDSON, MARY
ODSON, MARY MCCARTIN		ANNIE SLATER, MARY-RITA MC	ELROY WILLIAMSON, MARY-RIT		AN HATT YOUNG, MATTHEW
JCKLE, MAURA DONOGHU		MAURIEN MOYES, MAXINE DUN	ICAN, MAXINE GOW, MEG SALIN		AN INIAMME, MEL BRAIN, MEL
JRROWS, MEL CARPENTED		NON, MELANIII CRAGG, MELANIE	CUMBERLAND, HELANIE DEVI ELISSA WILLIAMSON, MERLE GI		OPER, HELANIE MACKINTOSH, I, MICHAEL COOPER, MICHAEL
ELANIE PERIONS, MELANIE INTON, PIICHAEL HARDMA		ACKENZIE, MELISSA SPARKES, ME	ATRICK SMALL, MICHAEL SINES		CHEAL JOHN MUNDY, MICHAEL
ANE, MICHELE SMITH, MICH		EY, MICHAEL MELLOY, MICHAEL P	ICHELLE HALE, MICHELLE HAR		S. MICHELLE LANE MICHELLE
ARTIN, HICHELLE RAE, HE	CHELLE SENAUD MICHELLE SAUNDER	CONTRACTOR OF THE PARTY OF THE	ER MICH THOMPSON MICKI HA	CARTNEY MICE DAMES MICE SHOWNING	MINE PERRIS MINE SLOSSOR
IKE HICKMAN, HIKE MAHO	NEY, MIKE BUILDING MIKE SHOREY, MIKE		BENSE MORRA SENTLEY MOLLY	MAPES MONICA CLUGSTON, MONICA PHIL	LIPE MONIQUE GREESON, MR
N WELSK HE LENTON, MU	RIEL HANLON MURIEL MCEWAN NADO		Y HERTER NANCY TYLER HAD	MI DE VRIES, NAOMI MARKHAM, NAT CLAR	SPENCER, NATALIE BENTLEY,
ATALIE BURTON, NATALIE	GRAHAM, NATALIE JANE THOMAS, NAT		DY NATHALIE PEARCEY NEIL B	CHARD, HELDALBY, NEIL LOCKETT, HET Y	DRIKE MIC VAILE NICK SPIERS.
CK SUTHER! AND MICK Y	ITES NICKI LATTIMER, NICKI TAMS NIC		NORRE NICKY SUE NICKY YOU	UNGER, NICO NEO, NICOLA ALLAM, NICOLA	ALLINGTON, NICOLA BORTH-
ICK, MICOLA CARTER, NIC	OLA GORDON-WILSON, NICOLA HAINS		A WHEELER, NICOLE DURBLET	TON, HICOLE WOOLLISCHOFT, NICOLETTE	OUISE, NIGEL BUGDEN, NIGEL
ALMSLEY, NOT SHITH, NOO	HAWKESWOOD, NIKKI A SMITH, NIKKI	WATSON, NICKI WHITE, NICKI WI	LSON, NINA BARNES, NINA SM	IRNOFF, NIVAH WOODAL, NORM CROSSE	Y, RAM ERICKSON, RAM MACE,
M HANNING, PAM STONE	PARMUIT DHUGGA, PAT AKERMAN, PA	FERUNSIOLL PAT GREENWELL P	PAT JACKSON, PAT TOURSON, P	ATRA FAIRCLOUGH, PATRICIA MARSH, PATR	NCK ELLIOTT PATTY S PARISH.
AL ADDIS, PAUL BELLINN	SER, PAUL BEVAND, PAUL BOARD, PAU		ARTER PAUL DARBYSHIRE PAI	UL DAVIS, PAUL GRAHAM, PAUL HARRISON,	PAUL HENNESSY, PAUL JOHN-
IN PAUL JONES PAUL 966	PRINCITE PAUL MILLER, PAUL THEE PAUL		WEET, PAUL THOMPSON, PAUL	THOMPSON, PAUL WAKEFIELD, BAUL WILL	LIAMS, PAULA HOSKIN, PAULA
MES. PAULINE ALBIGES,	PAULINE ARCHIBALD, PAULINE HALL,		PEGGY SKIDMORE MORRIS, PEN	I MILTON, PENNITA LA BONITA, PENNY COS	ERN LAPWORTH, PENNY HOL-
DYD, PENNY LIST, PENNY	M, PENNY MATTOEK, PENNY MEAD, PE	NAVY PRICE JONES, PERRY YARN	IELL , PETE ASHMORE, PETE BU	ROTT, PETE JAMES, PETER BAKER, PETER	DAVIES, PETER FILITH, PETER
EWITT, PETER JONES, PET	ER LANG, PETER HEARS, PETER NEW	TON, PETER OGDEN, PETER OW	ERTON, PETER RAYNER, PETER	RIGHY, PETER SANDERSON, PETER SARRI	VEE, PETER VENTHAM, PETER
EBBER, PHIL APPLEBY, PH	PL CHERRY, PHIL COATES, PHIL ESSAM,		ULLARKEY, PHIL O'NEILL, PHIL	SHIPLEY, PHIL WEAVER, PHILIP GREEN, PHI	LIP NOAKES, PHILIP LIMPLEBY,
ILIPPA, PHILIPPA BURRON	WS HUBER, PHILIPPA HUBER, PHILIPPA		LLIPPA MEADOWS, POLLY JON	ES, PURPLE CAROL PACHAEL BRENNAN A	NO EVE BRENNAN, RACHAEL
ELLIS, FIACHAEL SIMONS, I			MBER, RACHEL DYKES, RACHE		K, RACHEL LARM, RACHEL MC-
JBBIN, RACHEL PARKER, R		RACHEL SNOWLING TUCKER, R	ACHEL YOMLINSON, RACHELLE		RAY TURNER, PELLECCA BAV-
STOCK, REBECCA GABZE			DALL, RHEIAN WILSON, RHIAN		SIE, RICH HOBERTS, RICHARD
LONZO, RICHARD BALL, RI		RD CROOKS, RICHARD GRAHAM,	RICHARD HOVEY, RICHARD IN		MARD LANGER, RICHARD LEG-
OTT, RICHARD WALKER, RI			RT BRISK, ROBERT OREGORY, R		N ADAMS, ROBIN HOW, ROBIN
DW, RODA ANUNCIADO-B			AN O'CONNOR, ROWHIE BRISK.		URROWS, ROSE GALLAGHER,
IDDLETON, SALLY PARKINS	SABRINA MAGUIRE, SADIE GRIFFITHS,	SON, RUTH LONGHURST, RUTH LY SAL DAVIES, SALIMA GASMI, SAL ANN WINTER, SALLY-ANN WINTER	R, SAM DIVER, SAM HARRIS, SAM	SALLY DAVIDSON, SALLY DAVIES, SALLY FI MITCHELL, SAM RENWICK, SAM ROSAM SI RA COOPER, SANDRA HENE	KNIGHT, RUTH BEATTIE, RUTH TAYLOR, RUTH WHITE, SABINE RRFELL, SALLY MCNEIL, SALLY M WALKER SAMANTHA BASS, SA HURBELL, SANCIE A MYERS, IL BARG CLUFF, SAR D DENNIS,
ARA FUOCO, SARA UNSWO		STEAD SERAH BRADEORO SANS		AH CRAWFORD, SARAH CUMBERBATCH, SA	BAHCURRAN SABAHERAMP
IN SARAH FREEE SARAH		SARAH HOSKIN CLYHER SAR		BAH JONES SARAH KIRK, SARAH LEA SAR	AH HILLINGE SARAH PREECE.
ARAH ROWE, SARAH SAM		ALL SARAH SMITH, SARAH STAR		HOMSON, SARAH UNSWORTH, SARAH UR	Y SARAH WARD, SARA-JANE
AVIES, SEBASTIAN BROGA		ON, SHARON DAWSON, SHARON		ARON JENKINS, SHARON JONES, SHARON I	HILLIPS, SHARON ROBINSON,
SARON TAYLOR, SHARON		N DARLINGTON, SHARRON HANS		FBOY DINGSDALE, SHEILA WALSH, SHELAD	NEWTON, SHELLEY MACKAY,
WELLEY PETERS, SHELLY A		SHOCKLEY GRAY, SHERIDAN BRI		RLEY HARRALL, SHIRLEY JONES, SHIRLEY I	CACHENZIE, SHIRLEY WILSON,
IONA PANTON, SIAN HELL		MON BROWN, SIMON BULLOUGH	SIMON DEWS, SIMON HUNTER	E SHION WRIGHT, SIOBHAN ROCKS, SIOBH	AN ROCKS, SITA BALL SJ KING.
ONIA BAKER, SONIA JENKI	NS, SONIA PARROTT, SONIA PEIRSON, S	ONIA YEANDLE SOUTHE BRADES	GIO, SPENCER WINTLE, STACEY	BALLARD, STACEY CARRETT, STACEY MOR	RIS. STANLEY IPSON, STAUART
ARDINER, STEF COOKE, ST	EDAN BYKOV, STEPH ANIE, STEPH CON	DE, STEPH HOBBS, STEPH SWARS	BRICK STEPHANIE PAIRBROTHE	IR. STEPHANIE MARLOW, STEPHANIE PRATI	EV. STEPHANIE RICHARDSON.
TEPHANIE SYVRET, STEPHA	INTE TOFT JONES, STEPHEN BOON, STE	PHEN CHEESEMAN, STEPHEN COL	LES, STEPHEN COYLE, STEPHEN	DUNSTAN, STEPHEN EDWARDS, STEPHEN I	ART STEPHEN JACKSON, STE-
EN JOY, STEVE BARRY, ST	TEVE BEYNON, STEVE BROOKE, STEVE	FERGUSON, STEVE HAWKINS, S	STEVE HOLMES, STEVE HORNO	ASTLE, STEVE MILLIGAN, STEVE SHARR, ST	EVE SMITH, STEVEN HOLMES,
TEVIE WOOD, STEWART PA	AVER MILLS, STU WAINWRIGHT, STUAP	T FOX STUART GARDINER, STUA	ART PINCHBECK, SUE A JONES.	SUE AMDERTON, SUE BACK, SUE BAGNALI	SUE BRAY, SUE BROWN, SUE
LANCEY, SLIE DAVIES, SUE	EVANS, SUE HANNASFORD, SUE HERMA	W, SUE HODGSON, SUE JONES, SI	UE LEMAIRE, SUE LEMAIRE, SUE	LITTLEWOOD, SUE LOCKWOOD, SUE LUCY	D, SLIE LOCKWOOD, SUE M LIT-
EWOOD, SUE MEPHERSO		DV, SUE POLE, SUE KUDD, SUE SA		D LOUGHRAN, SUE SPENCER, SUE STEWAR	SUE SUNDERLAND, SUE SUT-
JIFFE, SUE SWALES, SUE S		WALKER, SUE WORRINGHAM, SL		SUSAN BOWEY, SUSAN BROWN, SUSAN CL	AYTON, SARAH FLOYD, SUSAN
OLDSMITH, SUSAN HODGS	ION, SUSAN IRVINE, SUSAN JEAN BELL	SUSAN LEE, SUSAN LLOYD, SUS	SAN HELLAR, SUSAN MILLER, S	JUSAN MUNRO, SUSAN NOAKES, SUSAN TA	YLOR BROWN, SUSAN TROTT,
JSAN WORRINGHAM, SUSA		CHI, SUSIE BROWN, SUZANNAH C		UZANNE COY, SUZANNE CREESE, SUZANNE	DAVIES, SUZANNE DAWN, SU-
ANNE DOYLE, SUZANNE G	IBRS, SUZANNE GIBBS, SUZANNE FOND	, SUZANNE NELSON, SUZANNE F		BOHHING, TAHIRA ASLAM, TANIHY BOTTER	ELL TANYA BRIONALL TANYA
JTT, TANYA KELLY, TAPPES		KADER, TASHA LEIGH-WILLETTS,		RREST, TERESA RATCHETT, TERESA RAE, TE	RESA WILLIAMS, TERRI GARD-
ER, TERRY DURES, TERRY O	HEEN, THRRY HUGHES, TERRY LAWTON	N, TERRY MALONEY, THELMA LAW	FON, THEMOTH ANDRE, THERE	ESA ARDLEY, THERESA BEVAN, THERESA BE	EUILLY, THERESA CLARK, THE-
SA STEVENSON, THOMAS	LILY GARWOOD, THOMAS WILKINSON	THORPE EMMA, TIM CARTER, TIM	N TRACEY CUNNINGHAM TRA	ERL TENA HASEBING, TINA KNIGHT, TINA MAS	SHALL TONY ASTBURY, TONY
EWITT, TONY PHILLIPS, TO PACEY STANSFIELD, TRACE			N. TRACEY CUNNINGHAM, TRA	CEY HELLIWELL, TRACEY HOY, TRACEY JA	NE WHITE TRACEY PARNELL,
		ICEY TO LAWS, TRACEY WHITE, I		NO SHITH, TRACY ANN MILLIGAN, TRACY OF	
RACY CUSWORTH, TRACY		E. TRACY SMITH, TRACY SWSC, T		LLIBAN RESR, TREVOR GALE, TREVOR VIN	CENT, TRICIA NEWBOROUGH, VAL PREST, VALERIE AGNEW,
RICIA S MIT H, TRISH DAVIDI M. ERIE ED SCORN RUDCCI				RWARD VAL FARMER, VAL JONES HUGHES BRAY VERCHICA MARINEZ QUALLE VICKE	
		LERIE WILSON, VANDA WILLIAM		ORAY, VERORICA MARINEZ OVALLE, VICKIE ORIA WALEWORTH, VIKKI CARTER VIKKIE	WELLER, VICKY FORD, VICKY
DULD, WICKY LIGHTWOOD OLETT CAROL, VIV. ATKIN		TORIA LENTON, VICTORIA MERRI FIT-CLAYTON, VIVIEN WARMINGT		INE PHOLAY, WALKER SEAN, WENDY BAR	DUNGHAM CARTER, VIKKI LEE, MISTER, WENDY CONSTABLE,
ENDY HODGSON, WENDY		AN, WENDY LOUISE, WILLI SMAIL		OHISGN, YASMIN BALDOZA, YALTE ETCE	LL, YVETTE THOMAS, YVONNE
EMUT PLUCISCUS, WENDY		ATT, WEREST LOUISE, WILLIAMALL	WILLIAM PARTIE FOR MARCHITE	MINISTER, TAOPER BALDOZA, TVETTE ETCE	LL THE TE THUMAS, YVONNE

16 COUNTRY WALKING JANUARY 2019 JANUARY 2019 COUNTRY WALKING 17



The View #Walk1000miles update



The gang that

How joining #walk 1000miles and posting in the challenge's Facebook group made life fuller, brighter and walkier for these seven 'Hardy' ladies.

Becky: We all live in Hampshire and Dorset and commented on each other's posts in the Facebook group. Jill: After a few months we started to organise a few meet ups. My first meet up was with Sally and Kate at Cranborne in Dorset. We all felt we already knew each other already which

was lovely. Janet: My first introduction to these lovely people was with Becky and Jill in the week following the unexpected and very sudden death of my husband. The support the Facebook group gave me, and our little gang in particular was we walked the Stour Valley Way photographs.

in stages and it felt as though I had known them much longer. They've plugged the gap left by my no.1 walking companion. Sally: Becky and I started, meeting up for our regular

'Thursday Walks', I'd read Kate was doing the Moonwalk and that she had beaten cancer a few times and I was so inspired by her cheerful attitude. Kate: I'd read about #walk1000miles by chance

in the first ever copy of CW I picked up in the supermarket. and I think I was one of the first people to join the group. When we met it felt like we had known each other forever. We had a great day and a very interesting walk with stinging nettles up to our necks, and took millions of

a tad shorter than everyone else lol! Always will remember that walk, it was a fantastic day.

Janet: At the end of the Stour Valley Way, Becky produced the Hardy Way guide - 220 miles! - and our new project was launched.

Becky: Our first walk together was a special one, We all enjoyed the company, the walk and the challenge Jill: We really can't wait for the next stage of our Hardy Way walks, love the planningorganising the transport. Really

Sally: Ha ha, yes some of us great fun, lots of laughs and cake! Sally: _and sloe gin!!

Catriona: The Hardy Way is a challenge we're all eager to complete. Finish one section. we're all hungry to do the next! Sally: It's became something we all really, really look

forward to. We chat about the then start to chat about the next one before... so we chat a lot! When I went for a new job I even asked if I could work Mon/Tues/ Weds so I'd have the same days off as Becky. They said yes!

Kate: Keeping in touch on Facebook meant it was never in any doubt we would continue to walk together.

Sally: I don't think any of us really realised how significant

66 Bigger than the Famous 5 (well there are 7 of us!), greater than the Secret 7 and adventures even Enid Blyton couldn't have thought possible!??

'The Hardy Walkers' group would become! Bigger than the Famous 5 (well there are 7 of us!), greater than the Secret 7 and adventures even Enid Blyton couldn't have thought possible!

Linda: It's been downhill ever since, and I mean it in the nicest possible way!

Becky: We all have a sense of humour – it's a must on some of our walks! We have some good again. Now I've made some very Sally: Becky's known for her '-ish' miles.

Kate: ... and falling over and making us laugh at her! Jill: and always having that large flask for hot drinks

at the end of the walks! Sally: Jill is very caring.

Janet: ...and good at organising those tricky transport arrangements.

Jill: Ahh! Hopefully not too bossy.

Sally: Catriona is the quiet one... dare I say sensible ever Jill: And makes great flapiacks!

Kate: It's always the quiet

Sally: Janet's the singer...

Jill: And maker of scrummy Lemon Drizzle cake!

Sally: Linda 'oh no, not more hills' Jill: And lovely sloe gin.

Kate: It's amazing! Chief booze maker!

Linda: Happy with that! Sally: Kate for flexibility, bendability, photo-ability!

And of course youth!! Jill: Don't forget those sausage rolls!

Kate: Sally's rucksack is enormous! If you've forgotten anything she's your lady! Oh and I have learned they can all keep secrets and are very devious!

Sally: Lolf How we managed to hide all the afternoon tea party stuff I don't know!

Becky: It has changed my life! I've made some very special friends, I can walk a lot further than I could when I started and I actually enjoy climbing hills now Jill: Me too - it's great having our monthly Hardy's Way

walk to look forward to. Sally: Changed my life, mpletely. In my 30s my best friend died of cancer and I've not really let anyone close very good friends again and feel I actually have my life back.

meeting some great people who love walking and don't moar about how far we have to go!

nda: Amazing walks in Linda: Amazing walks if good company makes for a much brighter life. Catriona: Being a single mum

having two children who still need my attention (and taxi!) and work commitments, I signed up for 500 miles last year but actually achieved 616 boots-on miles. Thanks to lovely long walks with these ladies, and a general confidence boost I challenged myself to at least 100 miles a month this year, and I'm doing it!

Becky: Kate has recently oved to Sweden, very exciting for her, but we will all miss her. We hope to do another leg of the Hardy Way when she visits the UK! We presented Kate with a photo book with pictures from our special walks on her last day with us - and a tea party for the end of our walk with some amazing cakes decorated with boots rucksack walking noles

camera, maps etc. We will all remember that walk! Sally: We may all surprise her one day with a knock at the door in Sweden, armed with

walking boots and rucksacks and a freshly-baked cake! Janet: It was always a treat to see the great photos Kate posted on Facebook at the end of a walk. We have many



along the coast Lulworth Cove. Hardy's Cottage in Higher Bockhampton. Relow left-Boots

above Highclere





Above right:

Kate's surprise farewell cakes before taking the group Right: At the ghost village population 7!



stages of the Hardy Way she walked with us. Her taunting of cows that she thought were safely on the other side of the fence is legendary. And who can forget her sausage rolls served as snow was falling or Kate appearing to slip away over the cliff edge to get that group shot. Kate: I will miss the girls and our walks dreadfully!

Becky: We've encouraged each other, celebrated together and done things we wouldn't have on our own. There's always someone willing friends and we share a passion!

it's been very special. Catriona: Here, here Beckyl

net: That sums it all up.

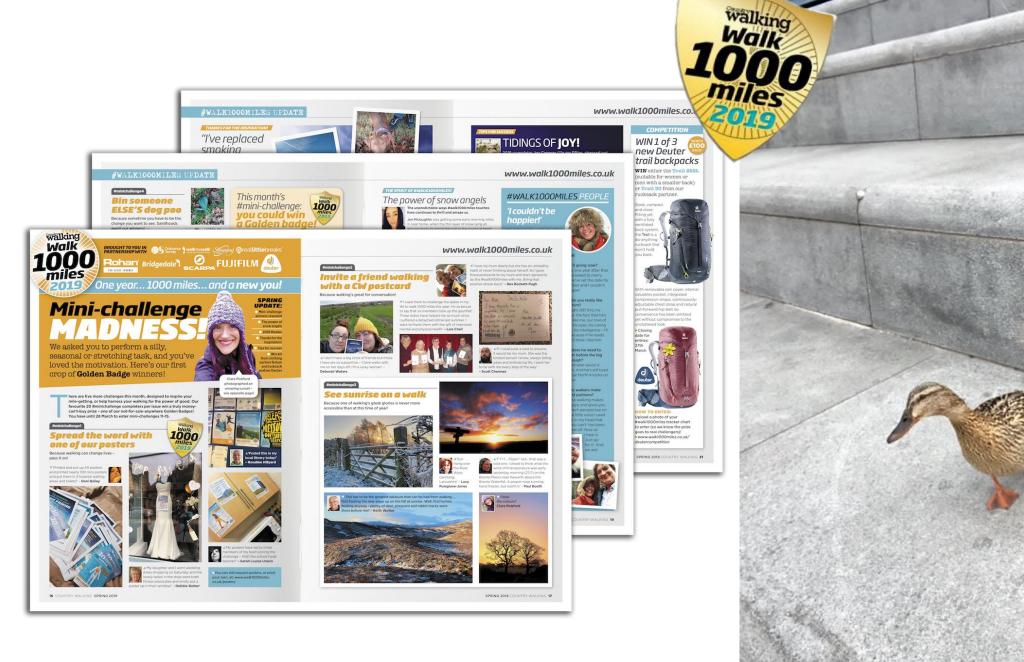
at facebook.com/groups/ walk1000miles or facebook. com/groups/walk500miles challenge/and make a post, browse the Events tab or create your own event. It's free, easy and there's

te: Ditto to Becky. inda: Totally agree. Want to meet up with other Join the Facebook group

AUGUST 2017 COUNTRY WALKING 17



16 COUNTRY WALKING AUGUST 2017



whoop!

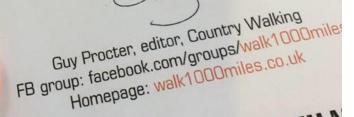
You're now the proud owner of a badge with mystical powers, a source of spontaneous admiration that injects jolts of energy into otherwise idle days; a reminder behind which you can march into battle against boredom or bad weather; a spontaneous admiration that injects jolts of energy into other wise idle days; a smeld behind which you can march into battle against boredom or bad weather; a Blu-tak. of the epic guest you are on; and an excellent skimmer when parked with Blu-tak. behind which you can march into battle against boredom or bad weatner, a tenuruel of the epic quest you are on; and an excellent skimmer when packed with Blu-tak.

Perfectly circular and deliciously convex, it will fade like a pair of favourite leans. of the epic quest you are on, and an excellent skimmer when packed with blocked series as pair of favourite jeans as perfectly circular and deliciously convex, it will fade like a pair of favourite jeans as the miles build. But (so they say) the more bleached the badge, the better the badger and the more radioactive with happy memories - of sunshine and breeze and surprises and laughter and cold noses and contentment - your battered button becomes. Finally, and not least, know that your badge has been packaged by Sara,

possessor of undoubted magical powers. Enjoy your badge and your challenge, do share your adventures and thanks for being awesome

NB: Your badge ALSO gives you 15% off at any Cotswold or Snow+Rock store, or online using the code AF-WALK1000-P5

























You're now the proud owner of a badge with mystical powers, a source of spontaneous admiration that injects jolts of energy into otherwise idle days; a reminder behind which you can march into battle against boredom or bad weather; a spontaneous admiration that injects joits of energy into otherwise idle days; a shield behind which you can march into battle against boredom or bad weather; a reminder of the epic quest you are on; and an excellent skimmer when narked with Blu-tak. behind which you can march into battle against boredom or bad weather, a tenime of the epic quest you are on; and an excellent skimmer when packed with Blu-tak.

Perfectly circular and deliciously convex, it will fade like a pair of taxourise leanes. of the epic quest you are on, and an excellent skimmer when packed with pure table.

Perfectly circular and deliciously convex, it will fade like a pair of favourite jeans as the miles build. But (so they say) the more bleached the badge, the better the badger. and the more radioactive with happy memories - of sunshine and breeze and and the more radioactive with happy memories - or sunstine and preeze and surprises and laughter and cold noses and contentment - your battered button becomes. Finally, and not least, know that your badge has been packaged by Sara, possessor of undoubted magical powers. Enjoy your badge and your challenge, do share your adventures and thanks for being awesome

NB: Your badge ALSO gives you 15% off at any Cotswold or Snow+Rock store, or online using the code AF-WALK1000-PS





Guy Procter, editor, Country Walking FB group: facebook.com/groups/walk1000miles Homepage: walk1000miles.co.uk













































FUJ!FILM











FOR EVERY JOURNEY











FOR EVERY JOURNEY















