



FITSTEPS HEALTHWALKS IN MALDON AND S.CHELMSFORD from 01.07.2010 to 30.09.2010

Date	Day	Time	Walk	m	Venue	Front	Back	Buddy	Reserve
01.07.10	Thu	10h00	Danbury 23/25	2-3	Mayes Lane CP, CM3 4NJ	Ali-J W	Janice W		Brian B Martin J
04.07.10	Sun	10h00	Historical Tour	2-3	See programme for details				
06.07.10	Tue	10h00	Heybridge 5/18	1-4	Daisy Meadow CP, CM9 4RP	Anne B	Toni B	Jacky H	Ali-J W Brian B Jean S
08.07.10	Thu	10h00	Maldon 6/16	1.8	Blackwater LC, CM9 5UR	Brian B	Martin J		Ali-J W Eric W
11.07.10	Sun	10h00	Mundon 29	2-3	White Horse PH, CM9 6PD	Ivan T			Ali-J W
13.07.10	Tue	10h00	SWF 1/2	3.6	Marsh Fm. (Riverside), CM3 7AU	Jacky H	Ali-J W	Brian B	
15.07.10	Thu	10h00	Tollesbury 3/4	2.6	Woodrolfe Green CP, CM9 8RY	Eric W	Toni B		Martin J Brian B
18.07.10	Sun	10h00	T'hunt D'Arcy 31	2.8	Village Hall, CM9 8UA	Ivan T			
20.07.10	Tue	10h00	Danbury 23/25	2-3	Mayes Lane CP, CM3 4NJ	Ali-J W	Brian B		
22.07.10	Thu	10h00	Heybridge 11	2.1	Tesco Store, CM9 4LE	Toni B	Martin J		Ali-J W Brian B
25.07.10	Sun	14h00	Social Event		See Newsletter for details				
27.07.10	Tue	10h00	Heybridge 5/18	1-4	Daisy Meadow CP, CM9 4RP	Jean S	Eric W	Jacky H	Ali-J W Brian B
29.07.10	Thu	10h00	SWF 1/2	3.6	Marsh Fm. (Riverside), CM3 7AU	Janice W	Ali-J W	Martin J	Brian B
01.08.10	Sun	10h00	Historical Tour	2-3	See programme for details				
03.08.10	Tue	10h00	Maldon 6/16	1.8	Blackwater LC, CM9 5UR	Jacky H	Jean S		Ali-J W Brian B
05.08.10	Thu	10h00	Danbury 23/25	2-3	Mayes Lane CP, CM3 4NJ	Ali-J W	Martin J		Brian B
08.08.10	Sun	10h00	T'hunt D'Arcy 31	2.8	Village Hall, CM9 8UA	Toni B	Ivan T		
10.08.10	Tue	10h00	Heybridge 11	2.1	Tesco Store, CM9 4LE	Jean S	Anne B		Ali-J W Brian B
12.08.10	Thu	10h00	Maldon 6/16	1.8	Blackwater LC, CM9 5UR	Martin J	Eric W		Ali-J W Brian B
15.08.10	Sun	10h00	Mundon 29	2-3	White Horse PH, CM9 6PD	Ivan T			Ali-J W
17.08.10	Tue	10h00	SWF 1/2	3.6	Marsh Fm. (Riverside), CM3 7AU	Ali-J W	Jacky H	Janice W	Brian B Eric W
19.08.10	Thu	10h00	Tollesbury 3/4	2.6	Woodrolfe Green CP, CM9 8RY	Anne B	Toni B		Eric W Martin J Brian B
22.08.10	Sun	10h00	Maldon 24/27	2-3	Morrison's Store, CM9 6GG	Ivan T			Ali-J W
24.08.10	Tue	10h00	Danbury 23/25	2-3	Mayes Lane CP, CM3 4NJ	Ali-J W	Brian B		
26.08.10	Thu	10h00	Heybridge 5/18	1-4	Daisy Meadow CP, CM9 4RP	Toni B	Martin J	Brian B	Ali-J W
29.08.10	Sun	10h00	Orienteering	1.0+	See Newsletter for details	Ivan T			
31.08.10	Tue	10h00	Heybridge 11	2.1	Tesco Store, CM9 4LE	Jacky H	Jean S		Ali-J W Brian B Toni B
02.09.10	Thu	10h00	SWF 1/2	3.6	Marsh Fm. (Riverside), CM3 7AU	Janice W	Martin J	Ali-J W	Eric W Brian B
05.09.10	Sun	10h00	Historical Tour	2-3	See programme for details				
07.09.10	Tue	10h00	Tollesbury 3/4	2.6	Woodrolfe Green CP, CM9 8RY	Eric W	Anne B		Toni B Jean S Ali-J W Brian B
09.09.10	Thu	10h00	Maldon 24/27	2-3	Morrison's Store, CM9 6GG	Brian B	Martin J		Ali-J W
12.09.10	Sun	10h00	T'hunt D'Arcy 31	2.8	Village Hall, CM9 8UA	Ivan T			
14.09.10	Tue	10h00	Heybridge 5/18	1-4	Daisy Meadow CP, CM9 4RP	Eric W	Toni B	Jacky H	Ali-J W
16.09.10	Thu	10h00	Danbury 23/25	2-3	Mayes Lane CP, CM3 4NJ	Ivan T	Janice W		
19.09.10	Sun	10h00	Longer Walk	2-3	See programme for details				
21.09.10	Tue	10h00	Mundon 29	2-3	White Horse PH, CM9 6PD	Ali-J W	Anne B		
23.09.10	Thu	10h00	SWF 1/2	3.6	Marsh Fm. (Riverside), CM3 7AU	Janice W	Ali-J W	Eric W	
26.09.10	Sun	10h00	Historical Tour	2-3	See programme for details				
28.09.10	Tue	10h00	Tollesbury 3/4	2.6	Woodrolfe Green CP, CM9 8RY	Eric W	Toni B		Ali-J W
30.09.10	Thu	10h00	Heybridge 11	2.1	Tesco Store, CM9 4LE	Ali-J W	Martin J		

The above Walks Diary lists our standard health walks for the current period. One volunteer can lead between 8 and 20 walkers, but two volunteers per walk is ideal. A third person may also be present, as a 'buddy', on the more difficult walks. Suitable footwear and waterproof clothing are recommended. If you are unsure about directions or may like to help with these walks, please contact the Walks Co-ordinator on 07960 168859/01621 854477/fitsteps@maldon.gov.uk.

FITSTEPS HEALTHWALKS IN THE DENGIE from 01.07.2010 to 30.09.2010

Date	Day	Time	Walk	m	Venue	Front	Back	Buddy	Reserve
01.07.10	Thu	10h00	Burnham 7/8	2-3	Foundry Lane Surgery,CM0 8TB	Barry J	Rupert K		Malcolm T
08.07.10	Thu	10h00	Tillingham 10/20	2-3	West Field/Church,CM0 7SQ	Rupert K	Barry J		Malcolm T
15.07.10	Thu	10h00	S'minster 13/14	2-3	High Street Surgery, CM0 7EX	Barry J	Rupert K		Malcolm T
22.07.10	Thu	10h00	Burnham 7/8	2-3	Foundry Lane Surgery,CM0 8TB	Rupert K	Barry J		Malcolm T
29.07.10	Thu	10h00	Tillingham 10/20	2-3	West Field/Church, CM0 7SQ	Barry J	Rupert K		Malcolm T
05.08.10	Thu	10h00	S'minster 13/14	2-3	High Street Surgery, CM0 7EX	Rupert K	Barry J		Malcolm T
12.08.10	Thu	10h00	Burnham 7/8	2-3	Foundry Lane Surgery,CM0 8TB	Barry J	Rupert K		Malcolm T
19.08.10	Thu	10h00	Tillingham 10/20	2-3	West Field/Church, CM0 7SQ	Rupert K	Barry J		Malcolm T
26.08.10	Thu	10h00	S'minster 13/14	2-3	High Street Surgery, CM0 7EX	Barry J	Rupert K		Malcolm T
02.09.10	Thu	10h00	Burnham 7/8	2-3	Foundry Lane Surgery,CM0 8TB	Rupert K	Barry J		Malcolm T
09.09.10	Thu	10h00	Tillingham 10/20	2-3	West Field/Church, CM0 7SQ	Barry J	Rupert K		Malcolm T
16.09.10	Thu	10h00	S'minster 13/14	2-3	High Street Surgery, CM0 7EX	Rupert K	Barry J		Malcolm T
23.09.10	Thu	10h00	Burnham 7/8	2-3	Foundry Lane Surgery,CM0 8TB	Barry J	Rupert K		Malcolm T
30.09.10	Thu	10h00	Tillingham 10/20	2-3	West Field/Church,CM0 7SQ	Rupert K	Barry J		Malcolm T

The above Walks Diary lists our standard health walks for the current period. One volunteer can lead between 8 and 20 walkers, but two volunteers per walk is ideal. A third person may also be present, as a 'buddy', on the more difficult walks. Suitable footwear and waterproof clothing are recommended. If you are unsure about directions or may like to help with these walks, please contact the Walks Co-ordinator on 07960 168859/01621 854477/fitsteps@maldon.gov.uk.

FITSTEPS BEGINNERS WALKS IN MALDON from 01.07.2010 to 30.09.2010

Date	Day	Time	Walk	m	Venue	Front	Back	Buddy	Reserve
02.07.10	Fri	10h00	Mundon 29	1.0	White Horse PH, CM9 6PD	Maureen	Ivan T		
09.07.10	Fri	10h00	Maldon 16a	1.0	Blackwater LC, CM9 5UR	Ivan T			Tony P
16.07.10	Fri	10h00	Maldon 16a	1.0	Blackwater LC, CM9 5UR	Ivan T			Tony P
23.07.10	Fri	10h00	Maldon 16a	1.0	Blackwater LC, CM9 5UR	Maureen			Tony P
30.07.10	Fri	10h00	Maldon 16a	1.0	Blackwater LC, CM9 5UR	Ivan T	Anne B		Tony P
06.08.10	Fri	10h00	Heybridge 5	1.0	Daisy Meadow CP, CM9 4RP	Maureen	Anne B		Tony P
13.08.10	Fri	10h00	Maldon 16a	1.0	Blackwater LC, CM9 5UR	Ivan T			Tony P
20.08.10	Fri	10h00	Maldon 16a	1.0	Blackwater LC, CM9 5UR	Ivan T			Tony P
27.08.10	Fri	10h00	Maldon 16a	1.0	Blackwater LC, CM9 5UR	Ivan T			Tony P
03.09.10	Fri	10h00	Tiptree 31	1.0	Tiptree Heath CP, CO5 PN	Maureen			Tony P
10.09.10	Fri	10h00	Maldon 16a	1.0	Blackwater LC, CM9 5UR	Maureen			Tony P
17.09.10	Fri	10h00	Maldon 16a	1.0	Blackwater LC, CM9 5UR	Ivan T			Tony P
24.09.10	Fri	10h00	Maldon 16a	1.0	Blackwater LC, CM9 5UR	Maureen			Tony P

This series of walks is intended for those FitSteps members who, for various reasons, are only able to participate in walks of up to 1.0 mile, on flat footpaths or pavements. The walks are led by a small team of dedicated, WHI trained Volunteers, whose aim is to help our members improve their fitness and move up to the next level of healthwalks. Suitable footwear and waterproof clothing are recommended. If you are unsure about directions or may like to help with these walks, please contact the Walks Co-ordinator on 07960 168859/01621 854477/fitsteps@maldon.gov.uk or Walk Leader Maureen Pomphrett on 01621 856392

FITSTEPS BEGINNERS WALKS IN THE DENGIE from 01.07.2010 to 30.09.2010

Date	Day	Time	Walk	m	Venue	Front	Back	Buddy	Reserve
Weekly	Tue	10h30	Burnham	1.0+	One Place, High Street, CM0 8HX				
TBA	TBA	TBA	S'minster	1.0+	One Place, High Street,				

For details, please contact the Walks Co-ordinator on 07960 168859/01621 854477/fitsteps@maldon.gov.uk or call Vikkie Massey directly on 01621 786376/07973 152594.

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