
Tameside Ramblers - November 2022



Greetings fellow Ramblers,

Its been a busy summer for our Group with plenty of walks (including a number of new routes) and also on the social side.

This is reflected in our largest ever news letter.

As this is our last News letter for 2022, I'd like to wish all our readers a very Happy Christmas & New Year !

Thank you to all the contributors for their great input.

Alan

“Editor”

Email : alan@c-i-t.co.uk

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Group Chairman

We come to the end of another year, and what a year it has been. We have enjoyed some really good summer weather, which on a couple of occasions was a little too hot for comfortable walking. However, we have to be conscious that the reasons for this good weather is climate change which is not good news for our planet.

Nevertheless, we were able to take advantage of the dry weather for our walks, their numbers being boosted by the summer evening walks and the fall in the number of cases of Covid has enabled our walk arrangements to return to normal.

The weather was also good for the two weekends away, Haworth in the spring and Ironbridge in the autumn; fingers crossed for Conwy next year.

Rising inflation, political turmoil and the war in Ukraine have all conspired to provide a bleak outlook and whilst we cannot ignore them, our walks do provide some respite from the bad news.

Membership numbers are generally stable at about 220 to 230; we have lost a few members and gained a few and some of the new members are becoming regulars on our walks.

Our 10th Annual General Meeting was held in Haughton Green in November and a short report of it is given in this newsletter.

This will be the last newsletter of 2022, so I will take this opportunity to wish all our members a Happy Christmas and New Year and I look forward to seeing you on a walk soon.

Stewart Ramsden

Chairman

Coast Path Walk

This summer, join the [The Ramblers](#) coast path countdown as they work to connect all sections of the England Coast Path to create routes right around Great Britain.

[The Ramblers](#) are the only charity dedicated to removing barriers so everyone can enjoy walking in green spaces, and to improving Britain's most popular and least-known walking places.

When the 2,690-mile route is completed, it will be the world's longest, continuous coast path, with an instrumental role played by the Ramblers.

Players of People's Postcode Lottery have raised £15,962,278 for the Ramblers, with funds awarded via Postcode Active Trust.

<https://lnkd.in/ebYbH-y2>



Focus On : Alan P James



I was born in Droylsden (1959) in the house now occupied by fellow Ramblers Kath & Glyn Jones in Fairfield Square, Droylsden.

I went onto Audenshaw Grammar school and then joined Daresbury Laboratory (Warrington). There I studied for a Physics degree whilst working as a Scientist on two particle accelerators. I went on to become Chartered and a member of the Institute of Physicists and had a number of scientific papers published.

Missing Manchester, I moved to Hyde and joined Barcrest (in Ashton) as Technical Manager. There I studied for my MBA graduating in 1997.

After a number of further roles, and being made redundant twice, I decided to use my qualifications and experience to set up my own company offering “technical project management” thru CIT Ltd. I traded for 12 years before deciding to retire.

As not to become a couch potato I joined Tameside Ramblers in 2017.

On my first walk I expected to be in the Pub for about 1pm and so did not take any lunch or rucksack. I was very grateful to John Bewick for his offer a corn beef and onion sandwich and a kit kat !

A subsequent conversation with Stewart went something like ;

Stewart : What did you do before ?

Alan : “Computer stuff”

Stewart : Ah. We got locked out of web site months ago can you get it back

Alan : Of course—anything to help

Stewart : The site is quite old, could you write a new one ?

Alan : Of course—anything to help

Stewart : Could you set up proper Ramblers email addresses for us ?

Alan : Of course—anything to help

Stewart : Can we have a Facebook page as well ?

Alan : Of course—anything to help

Stewart : Could we have a News Letter ?

Alan : Of course—anything to help

The moral of the story is—beware of conversations with the Chairman !!

I thoroughly enjoy my time with you all, and have been on ramblers courses to become Walk Leader.

Alan P James

MBA, BSc (Hons), C. Phys, M.Instp

What to pack for a days Rambling



When dressing for your walk, wear weather-appropriate clothing (think moisture-wicking layers to ensure you stay dry and comfortable throughout the day). On your feet, you'll need comfortable hiking boots or trail shoes.

We also recommend wearing a watch, so you don't lose track of time, even if your smartphone dies.

Once you've got those essentials sorted, here's what to put in your pack. Of course, every walker is different, and you know your individual needs better than anybody, so use the following list as general guidance and tailor it accordingly.

Map and compass

These two items ought to be first on the list for any long walk. If your map is not weather-proof, carry it in a map case. Use your map in conjunction with a reliable baseplate compass.

Emergency contact card

Sometimes called an 'I.C.E' (In Case of Emergency) card, this should include the contact details of a relative or friend, so that emergency services can reach them in the event of an accident. Keep it in the lid or top pocket of your rucksack.

Also include relevant personal medical information, such as your blood type, any underlying health conditions, known allergies and details of any regular medication you take.

Personal items

Some ID, cash and a credit or debit card are good to have, not just in case of emergency, but also in case you stumble across an enticing pub or café!

First aid kit

Sterile dressings, bandages and plasters – especially blister plasters – are all useful items to keep in a first aid kit, as are antiseptic creams or wipes, paracetamol and ibuprofen. If you make up your own kit, place it in a zip-lock bag to ensure that the contents don't get wet. Take any regular medication that you may need.

Whistle

The easiest way to attract attention in an emergency. Many rucksacks now incorporate a safety whistle as part of the chest strap buckle.

Water bottle or hydration bladder

Take a large water bottle of at least 1 litre in capacity, or a hydration reservoir. These are plastic bladders with integrated drinking tubes. They work with most modern rucksack designs and make it much easier to stay hydrated on the go.

Food

Take a packed lunch as well as a mix of snacks such as fruit, nuts, biscuits and/or chocolate. Pack a little more food than you need in case of emergency. Don't underestimate the restorative power of a bag of sweets!

Small repair kit

A few small items such as safety pins, cable ties, duct tape and a spare boot lace or length of paracord can be useful for making emergency repairs to clothing, rucksacks and footwear.

Mobile phone

Although signal in remote areas can be patchy, it's still wise to carry a fully charged mobile phone. It's worth registering it with the emergency SMS service before you set out. This allows you to text 999, which often works even if there's not enough signal to make a call.

Continued ...

GPS device

An optional extra. Never rely solely on your GPS – take a map and compass too. Consider taking spare batteries or a portable charger, as below.

Portable charger

A portable charger or ‘power pack’ can re-charge a dead phone or GPS device. A charger rated at 2,500mAh will typically provide about one full smartphone charge. Make sure it is fully charged before you set out, and don’t forget to bring the right cable to plug in your device.

Waterproof jacket and trousers

Even if the forecast is good, it’s worth carrying rain gear just in case, especially if you’re going hillwalking in the UK. Waterproofs are also windproof, which is worth remembering on blustery days.

Waterproof pouch

It’s a good idea to keep your phone or car keys in a waterproof pouch, particularly if carrying them in a jacket pocket. Alternatively, stick them in a dry bag.

Sit mat

A nice extra rather than an essential, but no one likes a wet, muddy bum! Folding foam sit mats or packable waterproof fabric mats are available from all good outdoor shops.

Trekking poles

Not everyone uses them, but many find that a pair of poles can greatly reduce the impact of walking on your joints, alleviating soreness and stiffness. Most poles are either a telescopic or Z-folding design, so they can be collapsed and stowed away when not in use.

Spare socks

Nothing ruins a walk like wet feet – and changing into fresh socks can also help prevent blisters.

Hat and gloves

A warm woolly hat or beanie and a pair of gloves are always useful in the hills, even in summer, as windchill can still be a factor.

Gaiters

Although optional, gaiters keep your feet and lower legs dry, while also protecting your walking trousers from tears and snags. They’re especially useful for crossing boggy terrain and walking through long, dewy grass or gorse and heather.

Rubbish bag

Help to ensure the countryside is as clean as you found it – or even cleaner – by taking away your own rubbish and, if you’re a really good Rambler, pick up any litter that you find on the route too.

Have a means of communication

A phone is the obvious choice for most people, but make sure you have it charged. A phone is only useful if you can use it. In colder weather, your phone battery will drain quickly so a power bank is a handy thing to carry on a longer hike.

Coalport Weekend



On Friday 30th September, 16 ramblers (unfortunately, Cathryn caught covid and couldn't join us) descended on Coalport near Ironbridge in pouring rain. Fortunately, the rain cleared and the weekend saw us have brilliant, sunny, weather. Of the 16, 11 stayed at the Youth Hostel and had a hostel meal before enjoying some welcome drinks at the nearest pub, the Shakespeare.

Saturday morning saw the group set off on an 8 mile walk through woods, some of us ascending to the Rotunda overlooking Ironbridge and offering great views, eventually ending up on the Silkin Way and having lunch at an award winning pub, the All Nations, in nearby Madeley. I phoned the pub in advance so they had enough muffins to feed 16 hungry walkers; the beer from the pub's own brewery was well appreciated by most.

Saturday evening, Ruth had booked us into the nearby Woodbridge pub (there are about 8 pubs within a square mile of Coalport!). Head torches were required for the walk there and

back. A table sitting all 16 of us had been laid out and the food and drinks were enjoyed by all. After the meal, a few people went to the Boat for an evening of live music.

Sunday saw us walk through the 'museum' village of Jackfield, famous mainly for making tiles and other ceramics. A brief stop to look round Ironbridge was followed by a walk through woods and fields to Coalbrookdale, another town full of interesting museums and industrial history.

Once back in Ironbridge, the group split with a number walking back to Coalport and others staying to have a further look round Ironbridge.

All in all, with the weather, location, hospitality, etc, one of the most enjoyable of our weekends away.

Pete & Ruth

Coalport Weekend Cont ...



Park Bridge



Plans have been submitted to build an enormous viaduct bridge that would connect Tameside and Oldham - with beautiful valley views. The £5 million bridge would stand higher than six double-decker buses.

If approved, a 140 m long structure would be built across the Medlock Valley in Park Bridge, along the former viaduct route that ran along the boundary between the two boroughs.

Oldham Council hopes that the bridge - which will stand more than 30 metres above the ground at its highest point - would make travelling between Ashton-under-Lyne and Oldham easier for cyclists and pedestrians, cutting down on daily car journeys in the area too.

It will also provide an impressive access point to Northern Roots, the UK's largest urban farm and eco-park that's set to open in Oldham.

If plans go ahead, the council will seek funding from the Greater Manchester Mayor's Challenge Fund for Active Travel, and the proposed bridge could open within the next couple of years.

It's been designed with a steel girder structure that would weather with time, for an industrial look that fits the heritage of the area.



Walk Programmes

As soon as any of our Walk programmes become available, then it will be published on our Web Site;

<https://www.tamesideramblers.org.uk/>

Select the left hand option— Walk Programmes

The Walk Programme will open as a PDF so it can be easily read, downloaded & printed as required.

In 2023, we expect to move to the Ramblers nationwide system when you will be able to search for a walk by area & date to give you more local options to walk.



This option is still in development and we have been one of six selected groups to help with its testing.

As & when “Walk Manager” becomes available we’ll be working with our Walk Leaders to let them add / edit walks etc more easily.

How to care for your walking boots

If well looked after, a good pair of walking boots can keep you comfortable and safe on your feet for many years.

Scrub clean straight after your walk

Cleaning your boots straight after a walk may not be the most exciting way to end your walk, but you'll thank yourself later.

To clean your boots, rinse with warm water and use a semi-stiff brush to remove any stubborn mud and grit.

Be gentle with the delicate surfaces of the boot so you don't soften your leather uppers too much - this helps avoid shape loss.

Top tip: Avoid using detergents as these can damage technical fabrics.

Treat with a waterproof

Using a waterproofer will help to keep your feet dry on your walks.

Top tip: Treatments vary - check the type of proofer is the right one for your boots. You may find that some are not suitable for boots with a waterproof breathable lining.

Dry carefully (not by the fire or radiator)

Avoid the temptation to dry your boots by the fire or radiator. This can damage your boots and affect their performance. Much better to let them dry in a well-ventilated warm room or outdoors.

Top tip: Newspaper is perfect for absorbing moisture from wet walking boots. Replace it every couple of hours until the paper is dry. Or you can buy reusable moisture-absorbing balls.

Check for wear and tear

Keep an eye out for wear and tear, especially on the soles of your boots. If you notice signs of wear and you're losing grip, you may want to replace the sole. You may need a new pair of boots if the upper is also damaged.

A Spanish Ramble

In October, a few Tameside Ramblers enjoyed a walking and sightseeing tour of the Murcia region in Spain. Many of you may remember walking with Diane Woolnough (and her dog, Lenny) before she and her husband Gareth moved permanently to the village of Corvera in Murcia. Diane very kindly offered to arrange a week's walking and sightseeing for us and did a very fine job of it indeed. Here's what happened.

Saturday, 15th October

Leaving the rainy weather behind us in Manchester, we arrived at Murcia airport to beautiful sunny skies. Using Diane's car, and a hire car which she had arranged for us, it was a short 10 minute transfer to our home for the week in apartments at the Corvera Golf and Country Club where we settled in quickly, before hopping into the pool for the first of our afternoon swims.



Sunday 16th October

Diane is a member of a local walking group, WARM – Walkers Around the Region of Murcia and she arranged for two of her friends from that group, Carla and Douwe, to kindly lead us on a 5 mile circular walk in the mountains of the Vega Alta del Segura region. After a steady ascent we were treated to fabulous views of the villages nestled below in the Valle de Ricote.

The highest point reached on this walk was 455 metres (1500 feet in old money).



Arriving back at the cars, Diane and Gareth provided us all with cold beers and soft drinks which prompted a discussion as to whether such refreshments should be offered after all Tameside Ramblers walks. Perhaps this can be discussed at the next AGM.

Monday 17th October

Today we visited the city of Murcia. The old city centre retains a great deal of historic charm, with narrow alleys and wide boulevards punctuated by beautiful plazas.



Between us we managed to visit many of the attractions of the city, including the Cathedral Church of Saint Mary and the Casino which has a beautiful entrance hall in the style of a Moorish courtyard. Some of the group spent time in the Regional Craft Centre looking at the displays of traditional (and some not so traditional) pottery, sculptures and local crafts.

After leaving the city, we stopped for lunch for the first of the menu del dias of the trip.

The menu del dia is an affordable (7 to 15 euros) lunchtime special offered by all Spanish restaurants for tourists and workers alike. It isn't always advertised, so make sure that you ask for it when you are in Spain. The menu changes on a daily basis and offers a selection of three to four courses, accompanied by bread, a drink, and a dessert or coffee. The Venta de la Virgen was a great introduction to this traditional Spanish lunchtime menu where several of the group bravely sampled the dubious sounding starter of eggs, mushrooms and eels, and professed to enjoy it!



Tuesday 18th October

Hiking boots on again today, for one of Diane and Lenny's go-to walks, a short drive from the apartments.

A very pleasant six mile walk passing by the La Murta Observatory; its location testifying to the dark skies of this region. We then meandered along farm tracks through almond fields back to the village of La Murta.



Unfortunately, we arrived back too late for the famed local bakery but we did manage to clear the village shop of its stock of ice creams. Some of us then tried, in vain, to work off some of those calories in the village outdoor fitness park.



Wednesday 19th October

Another walking day, this time led by Gareth. Firstly, we visited the Sanctuary of the Virgen de la Fuensanta, the patron of the city of Murcia. The Sanctuary is situated in the foothills of the Carrascoy mountain range and has beautiful views over the city. After having a look around the church with its impressive altar, we drove a little further up the hill to start our walk.



Walking up through pine forests on quite rocky steep paths, we finally emerged on to firmer terrain and wider tracks. Being quite close to the city of Murcia, this a popular recreational area for locals and we came across other walkers and cyclists before descending on narrow paths down to the road again. The heat had made this walk slightly more gruelling than advertised, so we were glad to get back to the restaurant near to the church where ice cold beers and drinks were gratefully received.



Thursday 20th October

An interesting change of scenery today with a flat coastal walk of 8.5 miles. Diane had certainly put on a varied itinerary for us! This walk started at San Pedro del Pinater, which lies at the head of the Mar Menor, Europe's biggest salt water lagoon, separated from the Mediterranean Sea by La Manga, a strip of land which is 22km long. Despite being well known for the health giving benefits of its healing mud baths, none of our group decided to test that out and we walked along the causeway admiring the egrets, flamingos and other bird and marine life attracted to this area.



Friday 21st October

All too soon it was the last day of this trip and another change of scene with a city and boat tour in Cartagena's harbour. Cartagena is steeped in naval history and its natural harbour became a strategic location for fortifications. Diane arranged a guided tour for us by Ignacio, a native Cartagenian, who proved to be very knowledgeable about his city. The tour included a boat trip to the Christmas fort and the Navidad lighthouse.



After visiting the castle, we had our last menu del dia of the holiday at a small family run restaurant just off the main street in Cartagena. Another bargain!



Saturday 22nd October

Homeward bound sadly, but what a wonderful trip! Diane and Gareth were superb hosts and had arranged a varied and interesting itinerary around the Murcia region for us. Four walking days on a variety of terrains, two sightseeing days, and lots of good food and wine. Good weather too!



Gracias
&
Hasta la vista!

Castlefield Viaduct -The Park in the sky

The 330-metre-long Castlefield viaduct was built in 1892 as part of the expanding railway system but fell into disuse in 1969. For many years, local residents and community organisations campaigned to find a future for it, perhaps inspired by the development of the High Line in New York City, which is also a former elevated railway.

Eventually, the National Trust took up the challenge to develop the viaduct into free-to-access park in collaboration with Manchester City Council and several other organisations. The current project is initially for just one year, whilst the opinions of the public and others are sought on its long-term future.

The National Trust opened the Castlefield Viaduct to the public in July; tickets were free but had to be booked well in advance and tour numbers were limited. The Greater Manchester Area of Ramblers obtained agreement for local Ramblers groups to visit the Viaduct on private tours for up to 20 people and of course, we jumped at the chance.

In fact, 22 of us arrived at 10.00am on Wednesday 28th September. The day was fortunately dry and we were met by a group of very enthusiastic National Trust staff and volunteers who were eager to tell us about the history and construction of the viaduct, how it had been developed into a green oasis with over 2,00 plants being planted into containers and hessian sandbags. It is a truly remarkable achievement and we hope that the whole of the viaduct can be further developed into a permanent urban park in the sky.

Towards the end of our visit, we were directed to a potting bench where we were each given the opportunity to fill a plant-pot with compost (peat-free) and a selection of spring bulbs, which we could take home. We await the results with anticipation.

The tour finished at about 11.00am after which we set off on a 'heritage' walk, led by Stewart, initially passing through the Roman Fort then around Castlefield Marina. We continued along the Rochdale Canal and into the city centre. After crossing Albert Square (which remains a construction site for another year or so) we walked into Lincoln Square to look at the statue of Abraham Lincoln and also the Hiroshima Tree.

Finally, we moved on to the Ape and Apple on John Dalton Street for a pub lunch.



Thanks to Geoff Taylor and David Kirkham for the photographs, taken off our Facebook Page

Technology Corner

Latest Smart Phone Apps relevant to Rambling

Maps.me

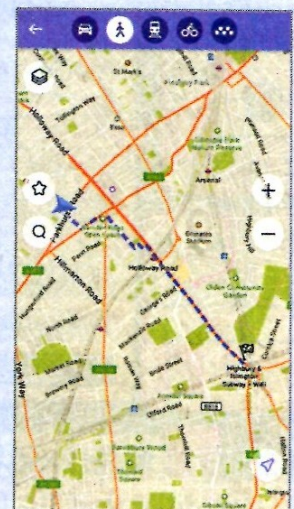
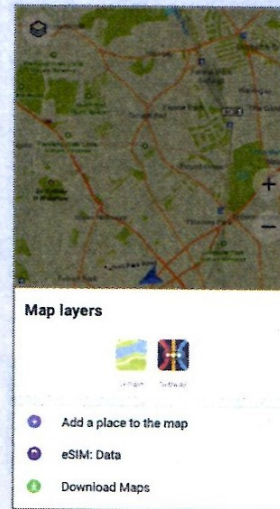
Free

Android www.snipca.com/40509

iOS www.snipca.com/40510

This fantastic mapping app works just as well offline as on a mobile network or Wi-Fi. You can plan driving, walking, cycling and public-transport routes, see estimated times and distances, and save a map for any location simply by searching for it and tapping the Download button.

Best For Getting directions when offline



Here WeGo

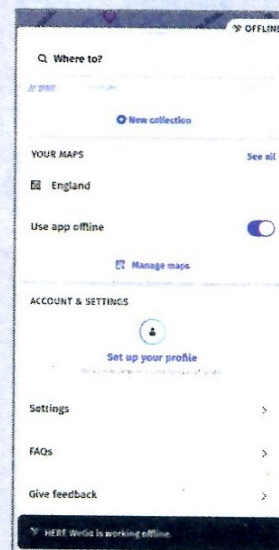
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Although a recent redesign has annoyed a few users, Here WeGo is still a brilliant app for offline navigation. We particularly like that you can download maps of whole countries – provided you have enough space on your phone. Just switch on the 'Use app offline' option on the home screen to browse without a connection.

Best For Downloading maps of countries



Google Maps

Free

Android www.snipca.com/40513

iOS www.snipca.com/40514

It may be an obvious recommendation, but not all Google Maps users know about its offline feature. Search for a place, then swipe up the information panel, tap the three-dot icon in the top-right corner and choose 'Download offline map'. Zoom in or out, and move the map around to focus on the precise area you want to save.

Best For Saving an area to explore offline



Annual General Meeting 2022

Our 10th AGM was held on Saturday 19th November in the Church Centre of St. Mary's Church, Haughton Green.

Before the meeting, Janet Coghlan led a 5 mile -walk in the local area in some lovely autumn weather. Most people that were on the walk attended the AGM. The meeting was attended by 20 members and 16 apologies were received. It would be great to have more members attending the AGM – this is the membership's opportunity ask questions of the committee and make suggestions for the running of the group. The group's Annual Report and Financial Statement had been emailed to members, two weeks previously, although no questions arising from it had been received in advance of the meeting; this was the first time that we had distributed the Annual Report prior to the meeting but we will continue to do this in the future.

Following opening remarks, and acknowledgment of apologies received, the minutes of the 2021 AGM were agreed as a true record, members of the committee gave a summary of their individual sections of the report and answered questions from the floor. Then followed the election of the committee; each year the committee members are required to stand down but may put themselves forward for re-election for a further twelve months.

This year, Lynda Chandler, one of our two Walks Coordinators, decided to retire. Putting together our walks programmes involves liaising with our walk leaders, agreeing dates for their walks, scheduling those and putting the walks' details into a format for access by our members. Chris Harrison was our original and initially sole Walks Coordinator but it wasn't long before we realised that it was too big a task for one person to achieve alone so Lynda volunteered to assist. Since then, they have worked as a team to provide us with our walks programmes. We thank Lynda for all her hard work over the years and we will miss her being on the committee.

The remainder of the committee were unanimously re-elected in their current roles for another 12 months and the vacancy left by Lynda was filled by Cathryn McDowell, who is also one of our regular walk leaders, and I am sure that she will do an excellent job.

A full list of the committee and their contact details is given later in this newsletter. Pamela Johnson was re-elected as the Independent Examiner of the Accounts.

Our long-standing vacancy of Footpaths Officer remains unfilled, as no-one had put themselves forward for this role. Greater Manchester and High Peak Area comprises thirteen Ramblers Groups, of which ten are geographic (Bolton, Bury, Manchester & Salford, New Mills & District, Oldham, Rochdale, Tameside, Trafford, Stockport, and Wigan). Out of those ten, only New Mill & District and Tameside are without footpaths officers. Some groups have more than one footpaths officer and have teams undertaking maintenance such as footpath clearance, repairs to stiles, etc. In the absence of a footpaths officer, Tameside Ramblers liaises with the Peak & Northern Footpaths Society to which our group is affiliated.

There was a request from a member for further instruction, perhaps in video form, on how to use What3Words, and another mentioned training in map reading, so we shall see what we can do or advise. It was also asked why our walks do not appear on the main Ramblers website; the reason is that we are waiting for the new Ramblers Walks Manager to be developed. There was also a suggestion that we should have a short night-time walk, using head-torches, and whilst that might not appeal to everyone, it was a good suggestion that will be pursued – keep eye open for this early next year.

The 2023 AGM will again be held in November although the actual date and venue have yet to be determined.

Social events for 2023

Afternoon tea at Plaza, Stockport Saturday 21st January

We have booked afternoon tea at the Plaza in Stockport. The cost of the Connaught tea is £12.50, payable to Tameside Ramblers in advance (please get bank details from Jo or Pete).



The tea is booked for 1:30pm and will be preceded by a walk from Debdale Park in Denton led by John Harrison (details will be included in January's walk programme).

Weekend away in Conwy 1st April 2023

Our weekend away next spring will be in Conwy on 1st April. Accommodation is available at the Youth Hostel which has plenty of vacant rooms, at the moment, on offer at reasonable costs.

To date, 24 members have booked on the weekend at the Youth Hostel. There are still a limited number of shared rooms available at the hostel, but these may in-

clude people from other groups.

Anyone wishing to book into the hostel, please let Pete or Ruth Summers know via the Social Secretary email address.

Breakfasts can also be booked, £9.95 for full English, £5.95 continental.

Payment must be made in advance to Tameside Ramblers (check with Pete or Jo for bank account details).

If members wish to stay in other accommodation, please can you let Pete and Ruth know so they can collate numbers.

Two walks will be arranged. On Saturday 1st, Pete Summers will lead a 7 mile walk from Helsby near Chester (halfway to Conwy).

On Sunday 2nd, Stewart will lead a walk, approximately 7 miles, from the Youth Hostel. Details of the walks will be included nearer the time.

Please keep looking at your inbox and on our social media groups for social events nearer to Christmas.

**Any queries please contact
Pete or Ruth**

social@tamesideramblers.org.uk.

Chairman : Stewart Ramsden

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Footpath Officer : Vacant

Walks Coordinator : Christine Harrison

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Walks Coordinator : Cathryn McDowell

Email : walks@tamesideramblers.org.uk

Committee Member : John Harrison

Social Secretaries : Ruth & Pete Summers

Email : social@tamesideramblers.org.uk

Web Master : Alan P James

Email : webmaster@tamesideramblers.org.uk

Any thoughts or proposed contributions for the
next news letter should be sent to Alan at ;

alan@c-i-t.co.uk

