



### Headline Figures

Number of Teams Walking, Running, Cycling and Riding: 52

Distance Travelled: 1185 miles

Distance Still To Travel: 14,880 miles

Money Raised for the Ahtutu Charity so far £629.34

A huge thank you to everyone for taking part in this virtual expedition. We never dreamed that it would grow to this size or that we would add a return journey. We are all going to smash those 16,000 miles.

You will all be doing the walk for your own reasons. For us the charity is important, but we are getting so much more out of it. In these dark times, heading out for some healthy fresh air is vital. Stepping away from the laptop is terrific and just so good for the soul. The extra miles walked are even helping Keith shed the calories taken in from his lockdown salmon and cream cheese bagels!

Whatever the reason you have for joining in, it is really appreciated. Now, more than ever, it is heartwarming to know that so many people want to do something good.



### **Focus on Wayne, Hayley and children**



The Hiking Howes (Wayne, Hayley, Charley and Lexi-Jane)

Locale: "Elveden, the beautiful village where both my husband and I grew up in and are now raising our children here. Many lovely places to walk and just clear your head."

About Us: "We are a family of four, who, like many, are currently juggling homeschooling whilst still attempting to work and keep on top of the house. The most important thing to us is our family and friends. It starts with our girls, making sure they are always happy and healthy and then we go from there and always try to do what we can for people to make their lives easier".

Why did we take up the challenge?: "We took this challenge initially to help the charity, but it's already become so much more. Spending time together outdoors has been great, not only for our mental and physical health with the lockdown, but actually getting decent conversations from the girls without technology involved. We have also decided to use it as Charley's PE lessons as unfortunately they can't do those online."

Best bits so far: "Spending some alone time with our children without the craziness of the world stepping in."

### **Focus on Nigel and Maureen Craddock**

Name: "Mumbles Hash"

Locale: Mumbles, on the edge of the Gower and west of Swansea, between West Cross and Norton

About us: We are Maureen and Nigel Craddock, Maureen is Mary's cousin. We retired to Mumbles in 2012 and love the place.

How did we learn of this?: Mary notified us so, as she is who must be obeyed :) we took up the challenge

What are the best bits so far?: Getting Maureen an Huawei fit bit so we can start in earnest Saturday 9th January. We have asked for a another leg as we will smash! Leg 55: Dolac Market, Zagreb to Dakova Cathedral (149 miles) in



### **Raising Money**

Your generosity has blown us away. Which has got us wondering if the expedition team can push fund-raising even further?

Could you raise individual sponsorship for the walk - either for Ahtutu or indeed a charity special to you?

Can we raise funds via expedition Sponsorship? If you know of any company/individual that would like to sponsor the expedition, then we would love to hear from them.

As Jayne pointed out on Facebook, a number of companies match charity donations. Does yours?

If you have any ideas let us know `You are all working hard on your travels, let's maximise the event as much as we can. Thank You.



## **About The Ahtutu Charity**

Ahtutu means 'together' in the Myanmar language. Ahtutu works together with and through a local Myanmar NGO (non-governmental organisation) called KMSS Pathein to support all young people in need in South West Myanmar, irrespective of religion or ethnicity.

Our Mission Statement is :to prevent or relieve financial hardship in South West Myanmar by providing or assisting in the provision of education, training, healthcare projects and all supports necessary to enable individuals to generate a sustainable income and become self-sufficient.

One of the main ways we do this is by teaching English, the language of commerce which will help young people improve their employment prospects, through dedicated active lessons over an intensive two-week period in Pathein, SW Myanmar, each January. We use native English speaking teachers supported by fluent, bilingual assistants of various nationalities. We also leave a range of resources to enhance the students learning



In addition to the educational activities the charity is involved in a number of local projects. Some of these you may wish to be more involved with yourselves.

Last year the charity distributed Days for Girls kits to female inmates at the Pathein Women's Prison. This involves providing sanitary kits to the inmates. As you can imagine the conditions in the prison are less than good. Take a look at the website <https://www.daysforgirls.org> for more details, or contact Mary, who would be delighted to explain the work some more and how you could be involved if you wished.

The charity also supports orphanages and schools, with various infrastructure and materials projects. We may reach out to you later in the year for any spare educational materials you may have. In 2019 we also supported a nutrition project. More details can be found at <https://www.ahtutucharity.org.uk> .



Keith will be joining us next time we travel to Myanmar, leading a drama project, designed to promote confidence and communication skills. If any of you with theatrical experience fancies joining the drama team then please reach out o Keith.

The charity is looking to take a team to Myanmar in/ early January 2022. This is of course Covid dependent on where we are with Covid., but we are hopeful and will continue our projects in another way if we can't go out. All of the monies raised go to the charity projects. All expenses by the travelling team are personally met by that team. If you fancy being a part of the team or supporting in any other way, then please get in contact



## Quiz Time

How much do you know about each of our travel leg starting or end points?

Which location...

- 1) Is the home of stadium Maksimir?
- 2) Has an annual festival to celebrate anguilliformes
- 3) Starred in El Cid and Man Of La Mancha
- 4) Is situated in the Zirko valley
- 5) Was formerly known as Bassein
- 6) Was founded in 762 as the capital of the 'Abbāsid dynasty of caliphs.
- 7) Is the home of d'Wiesn,
- 8) Is the ancestral home of a famous Elveden resident
- 9) Has the Çubuk Brook flowing through it.
- 10) Is really hated by Keith

Answers on an electronic postcard to [k.gallois@btinternet.com](mailto:k.gallois@btinternet.com)

### **Focus on We're Run, Walk, Toddle, Crawl also known as Alex, Jennie, Isaac and Lucas.**

We're from Chertsey, Surrey and you'll find Alex most weeks running around the local area exploring the Wey Navigation and when he gets the chance he'll head to Surrey hills in particular Leith Hill! We're lucky to live close to very nice parks, woodlands, commons and public gardens. With Alex often showing us his favourite discoveries at the weekend.

As soon as I told Alex about this event, he immediately said 'we'll have the longest leg' as he's started to take a real interest in ultra marathons and was due to run a casual 46miler on 9th Jan before lockdown 3.0

That's enough about Alex.

I'm a mum of boys, so outnumbered when Lucas arrived in May and who as the team name suggests is now crawling about after his big brother Isaac who turned 2 at the end of October.

We wanted to take part, as it gives my daily walks (except on 'lounging days' when I wear clothes I wouldn't leave the house in and make sure at least 2 films are consumed) and Alex's weekly catalogue of runs some purpose!

The best bit so far; I've realised how many miles I actually walk a week. And it's given me something else to do on my phone other than online shop, as instead of Dry January / Veganuary I'm doing No Spend January - avoiding buying anything other than necessities and gifts part of my wider bid to shop sustainably in 2021!





# AHTUTU အတူတူ - TOGETHER

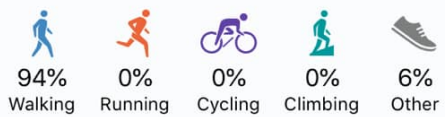


with KMSS Pathein

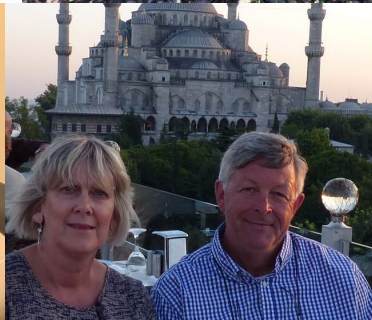


Total distance  
**32.99** mi

Daily average  
**4.71** mi



**The Bushy Tails**





### Staying Local

Just to cover our backs, can we remind everyone to stay within Covid rules as you clock up the miles. For heavens sake, don't go travelling to Derbyshire beauty spots with your Starbucks cup! But seriously, you know the drill. Stay within the rules and stay safe xxx.

### Where are you all from?

We are thrilled to have so many of you involved with the expedition. We have friends partaking from England, Wales and Scotland, as well as Vancouver Island and 2 groups in France. You are local friends, church friends, theatre and work friends and family. All of us united by a common quest.

### How much have You raised so far?

The official figure raised to date is £629.34. That doesn't tell the full story though. We still have participation donations flowing in, whilst some of you are also being sponsored by your own friends. Thank you All. Xxx



HAVE A GREAT WEEK EVERYONE.  
STAY SAFE