



Headline Figures

Number of Teams Walking, Running, Cycling and Riding: 56

Distance Travelled this week: 2078 miles

Cumulative Distance Travelled: 6984 miles

Distance Still To Travel: 9081 miles

Money Raised for the Ahtutu Charity so far £1509.34

MM&Co
WhatAFlot
JAWSPAWS
TheMarchingDuffys
Arewethereyet
TheOddCouple
HolidayReminder
LighthouseLassies
TheGardners
Mumbles
MuppetstoMyanmar
TeamJellyDellyLegs
TheHikingHowes
TheHargreaves
Bettserella
CauterWanderers
AreYouSureIt'sThisWay
TheRoslinRambles
DickFrickleFanClub
WaitUpGuysIThinkI'veGotSomethingInMyShoe
TheWhirlingDervishes
AbsolutelyMarpelous
TheMollyMixtures
ConnonClan
Bunch
TheD'Silvas
TheHarpers
TheHargreaves
Bettserella
CauterWanderers
AreYouSureIt'sThisWay
TheRoslinRambles
DickFrickleFanClub
WaitUpGuysIThinkI'veGotSomethingInMyShoe
TheWhirlingDervishes
AbsolutelyMarpelous
TheBushyTails
HickeysHoneys
VivaDivas
TeamYogi
TheChinerys
RWC
Hopalong
NotAnotherBloodyWalk
Meg'sMates
OneLadyAndHerDog

MYANMAR - a magical place.

Some things you may not know.

Mingalabar - Hello, greetings, welcome!

Je Su Tin Ba Deh - Thank you very much.

Ne kaun ta la - Are you well?

Ne kaun deh - I'm well.



People in Myanmar have names unique to them - either two, three or four components. They do not share a name with the rest of their family. Some also have a Christian name.



There are 135 different tribes in Myanmar, the largest being the Burmans. Where we go in the south west of the country the predominant tribe is Karen (pronounced with the emphasis on the second syllable and sometimes spelt Kayen). These people are very proud of their heritage and their costumes are beautiful.

Women and children wear thanaka on their faces. It is made from ground bark, diluted with water and smeared onto the face as paste. It is a sunscreen, makes faces look paler (always what people in SE Asia strive for: all the poster models have Asian faces but pale skin) and looks beautiful. Thanaka is unique to Myanmar.



Where we go, the city of Patheingyi, is famous for its parasols. You can go to the factory to see them being made, decorated and waterproofed - fascinating! Then you can buy one. Martin tried and failed to get us to bring his huge new garden one back on the flight with us!

Some Of Our Past Photographs



Our companion dogs on this expedition (PAWS) are Archie and Mia – our rescue Irish Setters. They are number 6 and 7 Irish setters we have had. Andy fell in love with Irish setters when he worked as a kennel maid during his college holidays.

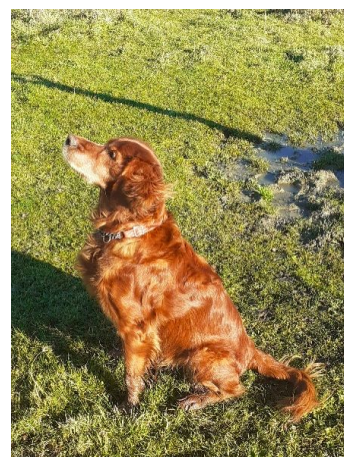
We usually go to the Red Setter rescue society. When we lost number 5 we looked again to rescue another setter. When I say rescue, they are mainly rehoming through home situations. We were very lucky, and Archie and his twin brother came on the books at only about 12 weeks old as his new owner had broken her arm and her husband had been made redundant, the week they took ownership. We met the pups in Chelmsford at the rescue kennels and took them for a walk. Andy has always wanted a Red setter called Ruairi, which is what Archie's brother was called, but Andy and Archie really hit it off on that first walk. With Xmas holiday and building work we were having done, we brought Archie home in January 2011. He was more used to dogs than humans and when we let him off for the first time on Ely riverbank, he preferred to follow a runner and her black lab than come back to us. The runner had her ear buds in, and I prefer to think she *could not* hear us shouting, screaming and whistling to Archie, as she headed towards a railway line and road. Andy gave chase, I spotted a lady across the field who managed to catch Archie and bring him back to me across the field – but Andy, not seeing this continued to give chase. I thought he was going to have a cardiac arrest. Archie has been a nearly perfect dog, (although he did bring us a hare once). He does not pull on a lead, usually comes back when called, ate at his own convenience and stole little, and hardly barked until 4 years later we got Mia.

Archie is entire so we had to wait for a neutered bitch. Mia is a wild colleen from Ireland. We don't know much about her past. She was 4 when we got her. We were warned she was a "counter surfer" and we have lost quite a few foods and she is completely food orientated. She is what is called a working setter – an Irish setter bred with something useful. I say she has the temper of a border collie, the appetite of a labrador and people say she might have spaniel – who knows. I think she might have worked, as when we let her off, she went right round the perimeter of the field(s) we were in. She would run for miles. We did think we were going to have to phone the Rescue society and tell them we had lost their dog. With age she has got better at checking where we are but not always coming back to us. I have put some small bells on her so most of the time we know more or less where she is. She has so many bad habits and unfortunately is passing some onto Archie; barking, digging into the neighbour's garden or just going walk-about and she thinks she should be in on any zoom meeting that is going on, to name a few.



Archie is excellent at sniffing out lost balls, even up trees. treat.

We love them deeply despite their preponderance for eating and rolling in poo, dead fish or other grot. They make sure we go out for our daily walk come rain or shine.



Mia waiting for a