



# HANLIENSIAN RAMBLING CLUB (HRC)

The HRC is a long established walking club for members from the North Midlands.

**Get fit and enjoy life. Come and join us on a walk in the countryside.**

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## Contact Us

Give the following officers a call:

Secretary:	Claire Roberts	<b>01782 258157</b>
Walks Coordinator:	Phil Burgess	<b>01782 634903</b>
Membership Secretary:	Sheila Hawley	<b>01785 811646</b>
	Ken Elkin	<b>Mobile 079 74 52 51 75</b>

See us on the web at: <http://www.hrcwalks.org.uk>

Email : Mike Everill [hanliensian@hotmail.com](mailto:hanliensian@hotmail.com)

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We have grades of walks to suit everyone.

G walks	Up to 3 miles at a gentle pace on some Thursdays & Sundays.
D walks	4 – 5 miles on Sunday mornings and some Thursdays.
D walks	Up to 4 miles on Wednesday evenings in summer.
C walks	7 to 9 miles at a leisurely pace on Sundays and Thursdays.
B walks	10 to 12 miles on Sundays and Thursdays.
A walks	12 to 15 miles on Sundays and Thursdays.
A+ walks	15 – 20 miles on Saturdays or Sundays.
S walks	over 20 miles or special circumstances on Saturdays or Sundays

Most people start with D or C walks and perhaps work their way up to the longer walks. Try a couple of walks with us before you join.

You can turn up at the Hanley or Newcastle meeting points shown on the Programme

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We hold many social events throughout the year, holidays and weekly badminton.