

It's cold out there!

The Skipper 12 has been put away for the winter, but it's still great to walk along Benfleet Creek with Georgie and Buddy.

On Boxing Day morning, we went for a walk along the creek at [Benfleet Yacht Club](#) with Luc, my sister, nephew and brother-in-law. The weather was pretty fresh but there was some competitive dinghy racing to watch to add to the usual excellent scenery.

In the afternoon, we took a long walk along Fenn Creek from [Eyott Sailing Club](#) to [South Woodham Ferrers Yacht Club](#) and back. It's obvious that in the longer term my sailing skills are better suited to Eyott Sailing Club where there is less competitive sailing and no expensive yachts moored just waiting for me to hit. Plus, they have an active kayaking section.

For now Benfleet will provide occasional social sailing and kayaking and lots of excellent walks.

Can't wait for the warmer weather!



Ned Pepper with Luc and I in the Skipper 12



Running Like The Wind

At the end of January, I am hoping to run from home to the top of Essex Way and back.

I had lots of public and private challenges on my running radar but the incline of Essex Way combined with the overall distance of this run will make this a proper challenge.

If all goes to plan then I'll be running the St. Luke's 10 mile race in Laindon at the end of February.

Focus On Tennis

Luc has started Saturday morning tennis lessons at the [Deanes School Sports Centre](#) in Rayleigh. It seems that at last he has found a sport that he enjoys where everyone has fun and the coaches are on the children's wavelength.

There's a gym on site, so this year I'm hoping to exercise whilst Luc is playing.

