



Newsletter June 2011

This year it will be 10 years since Alice died. In some ways it seems longer, in other ways not long at all. The Trust continues to thrive, and is, we hope, a fitting tribute to her.

A Rare Dragonfly

We are delighted to announce the 2010/11 AMT award winner is Alex Pickwell from the University of Lincoln. He will be undertaking a natural history project to investigate the influence of saline intrusion on the Norfolk Hawker (*Aeshna isosceles*).

The Norfolk Hawker is a species of dragonfly which flies from the end of May to mid-July. It is rare in the UK, categorised as endangered.

The grant will cover the expenses of field work in the Norfolk Broads. Various field measurements will be taken at several locations and aquatic plant samples will be collected to relate to the preferred habitat and water conditions of the Norfolk Hawker.

Historical data for the region will be analysed so that the current distribution of the Norfolk Hawker can be compared to its historical

distribution and the extent of the effect of water salinity on the distribution of the Norfolk Hawker can be determined.

The field work will also form a platform for a wider research project investigating the effect salinity has on the distribution of aquatic macroinvertebrates. The aim of the wider research project is to develop a novel macroinvertebrate management tool for the determination of salinity in aquatic habitats.



Norfolk Hawker

(Richard Lewington ©, with thanks)

2009/10 Report



The St Thomas More School, award winners in 2009/10, took a group of A-level Geography students to mid-Wales for a residential fieldtrip. They explored both environmental and coastal management techniques at Ynyslas Nature Reserve.

The [full report](#) can be found on The Alice McCosh website.

The Big Walk

On August 13th Sophie and Amy walked from London to north Norfolk a distance of 150 miles, to raise money for the Trust. They raised over £1,300. Here is a short version of their adventure from Sophie and Amy.

Day one was a comfortable 15+ miles, we set out from leafy Islington for the wilds of Cheshunt. Once we had crossed the M25, I felt as if I had left London. We followed the river Lea in sun and showers and after a few hours saw an otter - my first in the wild.

"...we set out from leafy Islington for the wilds of Cheshunt."

Day 2 was a challenging 21 miles. After porridge and pancakes, our feet were taped in preparation for the long day and after hours of pounding the pavements we ... eventually ...reached green fields and winding footpaths and the sun made a welcome appearance.

... **Day 4** ... we set out East along the Wimpole Way a tough 18+ miles. We stopped to eat our lunch in a glorious spot looking over fields and woods and a perfect blue sky and a sign which read: "Danger. Do not touch any military debris. It may explode and kill you". We survived lunch and moved on towards Cambridge.

Day 5 we headed north east to Ely up the River Cam. I fell down a badger sett, was nipped by ants, bullied by horned cows and I was losing a toe nail. We finally arrived in Ely muddy, wet and tired.

Day 6 was all about Rivers - after a peek at the

magnificent cathedral we walked east through the Fen country to Feltwell. We followed the River Lark in glorious sunshine, crossed the Little Ouse and in every field, tractors were busy at harvest time.

Day 7... went horribly wrong when the footpath came to an abrupt end at a river... and turned into an 11 hour slog.



And **Day 8** ... was a big struggle because we started out exhausted.

Day 9 was a punishing 18+ miles. We made it home ...at 6pm on Saturday 21 August to

an amazing welcoming party. Friends and children with banners and flags and a finishing line that we duly ran through. Chilled champagne was thrust into our hands - the reception was overwhelming. We raised our glasses to Alice who had died on this day nine years before and I couldn't help thinking that this was just the sort of adventure she would have loved. Perhaps in another time, in different circumstances or in a different life this might have been a walk we could have done together...

And Don't Forget.....

We have both **Gecko** cards and **Mouse** cards for sale, either with Happy Christmas printed on the inside, or as a blank card for your own message. They can be ordered on [The Alice McCosh](http://The Alice McCosh website) website.

