

Earthquake tremor felt at coastal town

An earthquake in the East Midlands was felt as far away as Sheringham last week.

The quake, measuring 3.8 on the Richter scale hit the village of Cottessmore in Rutland late last Wednesday.

But it was also felt in north Norfolk. Carol Carter from Sheringham said she felt the earthquake near Beach Road at 10.25pm.

"I was in bed and it didn't last long. I felt like I had vertigo lying down," she said.

Other people reported feeling the tremor at Syderstone near Fakenham and near the University of East Anglia.

Residents also took to Twitter to tell of their shock after realising an earthquake had struck.

Sally Smart wrote: "Earthquake wow that was a biggen!! Thought a truck was coming through the house #adrenalinepumping."

Others posted photographs of framed pictures hanging on the walls slightly askew to show the aftermath.

It is the second earthquake in two days in the UK, after one with a magnitude of 2.9 was recorded in Winchester.

The quake is believed to have hit the Hampshire town at about 6.30pm at a depth of three kilometres, according to the British Geological Survey website.

The BGS said it had received a report from a resident who said "the whole bed was visibly shaking" as well as one who said the earthquake sounded "like a bus" crashing "into the neighbours house at speed".

A man called Ben wrote: "How was there an earthquake in England? It's the end of the world."



FITNESS: North Norfolk Coastal Fitness founders Anita Lusher and Sally King stepping out on Kelling Heath with Nordic walking class members.

Picture: KAREN BETHELL

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Nordic keep fit at rural beauty spots

By **KAREN BETHELL**
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A pair of north Norfolk fitness fans are hoping to inspire others with their love of fresh air and exercise, with a string of Nordic walking sessions at some of the area's abundance of coast and countryside beauty spots.

Friends Sally King and Anita Lusher, who teamed up last year to form North Norfolk Coastal Fitness, claim keeping fit is an "ageing antidote".

"It really starts in your head," Ms King said. "People often think it is too late, but the oldest thing about

most people is their attitude."

The mum-of-two, 50, ran the Hunny Bell at Hunworth for 15 years, before retraining as a fitness instructor.

"I hated any form of exercise, I detested the thought of running, leaping or skipping, but it is frightening when you become aware of how your body is deteriorating without you noticing it and now I couldn't live a day without it," she said.

As well as hosting Nordic Walking sessions ranging from beginners level to advanced, Ms King and Ms Lusher, 51, run gentle, chair-based exercise classes, as well as power walking, freestyle fitness yoga and

pilates sessions at the Lighthouse Church, Sheringham.

Nordic walking class members meet at different locations each week - ranging from Blakeney and Kelling, to Hunworth and Sheringham - with Ms King also offering one-to-one personal training sessions.

"If people need help getting on the exercise path, then that's what we are here for," she said. "When you don't feel good about yourself, it is easy to just give up, but, even if you can't walk, you can improve your fitness levels."

■ To find out more about North Norfolk Coastal Fitness classes, visit www.northernorfolkcoastalfitness.co.uk or phone 07867 791034

NORDIC FACTFILE

Nordic walking was developed in the 1930s by cross-country skiers in Finland, who used their ski poles to train out of season, when there was no snow. It gained wider popularity in the 1980s, when non-athletes caught on to the idea that using poles when walking helped propel them along, also toning their upper

body muscles at the same time as exercising the lower body. Enthusiasts say it burns more than 40pc more calories than regular walking and uses 90pc of the body's muscles. It also improves posture, reduces impact on the joints and is suitable for all ages. Nordic walking poles, which can

cost more than £100 a pair, were developed in the late 1990s. The technique was introduced into the UK in the early 2000s, when accredited instructor courses began. Around 10m people across the world now use Nordic walking as a regular form of exercise.