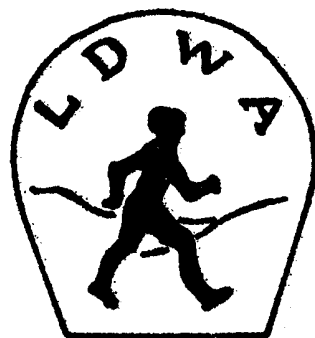


LONG
DISTANCE
WALKERS
ASSOCIATION

NUMBER THREE,

JULY 1972



NEWSLETTER

C A L E N D A R

This feature, covering twelve months, will be updated at each issue of the news letter. Events not in capital letters are either provisional or no data has been received yet. Fuller details for events up until next October are given on another page. Distances are approximate.

<u>Date</u>	<u>Event</u>	<u>Miles</u>	<u>Area</u>
SEP 30/OCT 1	KARFIMOR 2 DAY MOUNTAIN M'THON	40/35	SCOTTISH BORDER
OCT 8	MASTERS HIKE	45	WEST RIDING
OCT 7/8	LONG MYND HIKE	50	SHROPSHIRE
OCT 14	VECTIS MARATHON	30	ISLE OF WIGHT
OCT 28	BENS OF JURA (FELL RACE)	15	ISLE OF JURA
Nov	Three Peaks Trial	22	Breconshire
<u>1973</u>			
JAN 20	RESERVOIR ROUNDABOUT	20	W. CENTRAL WALES
FEB 23	TANNERS/HINDHEAD WALK	25	SURREY
Feb 23	Three Peaks Trial	22	Breconshire
Mar 10	Kennedy Memorial Walk	50	Lincolnshire
Apr 1	Manx Mountain Marathon	30	Isle of Man
Apr 8	Four Inns Walk	48	Yorks/Derbys
Apr 15	High Peak Marathon	40	Yorks
APR 22	MID WALES MARATHON	22	W. CENTRAL WALES
Apr 29	Six Shropshire Summits	35	Shropshire
May 6	Ridgeway Walk	40	Wilts/Berks
May 12	Chevy Chase	17	Northumberland
May 19	Fellsman Hike	50	Yorkshire
May 19/20	TEN TORS EXPEDITION	35/55	DEVONSHIRE
May 19	Parish Walk	85	Isle of Man
May	Across Dartmoor Walk	28	Devon
June 2	South Wales Marathon	47	South Wales
June 2	Downsman Hike	100	Hants/Sussex
June 2	Welsh 1,000 Metres	20	Caernarvonshire
June 2	Mourne Wall Walk	22	Northern Ireland
June 9	Peak Marathons	25/50	Derbyshire
June 17	La ke District 3,000's	45	Cumberland
June 26	International Four Days	Variable	Co. Mayo Eire
July 1	Mallerstang Marathon	25	Yorkshire
JULY 1	TANNERS MARATHON	30	SURREY
July 15	N. Yorks Moors Crosses	43	Yorkshire
July 15	Nymegan Marches	Variable	Holland
AUG 26	PURBECK PLOD	26	DORSETSHIRE
Sep 2	Across Wales Walk	45	Wales
Sep 9	Guildford Boundary Walk	22	Surrey
Sep 23	Chilterns Marathon	25	Buckinghamshire

Organisers of the above events are requested to confirm dates and are invited to submit details of any not mentioned for inclusion in the next edition.

EDITORIAL

It was at about this time last year that the idea of forming an association for long distance walkers was being thought as a practical proposition. With no market research facilities available we estimated the number of copies of the first newsletter, but as most members know, we soon ran out of these and had to run off a second batch. Even though we ran off enough copies of the second newsletter to satisfy members and further enquirers, this number also had to have a second edition. With the membership now standing at well over 300 the founders beliefs seem well justified. Regarding the first newsletter; there have been several requests for copies but we regret that they cannot be met, so it seems that those that do have a copy may well have a collectors item.

This third newsletter is a little later than we had hoped, due to holidays. Since the previous number we have finalised the personal insurance scheme and details of the policy appear later, but members whose numbers are over 300 will not be covered until January 1st because of the greater than expected membership. The washable, cloth badges have now been received and are available at 30p each. The two founder members are now augmented by a treasurer and a membership secretary, which will lighten the work taken on by the founders. It was planned to produce three newsletters this year but publication dates are being changed and we will now include another, to be sent out in December. Next year, however, there will be three magazines and details of publication dates will be given in the next issue. With this extra newsletter, membership renewal notices will be sent out except to those who joined after August 31st. Our statistically minded membership secretary had designed a new "members personal details form" to computerise us all and this will be circulated later. Most of you know we asked for suggestions for a name for the newsletter and a good selection was sent in. It has been decided that for the time being we will not adopt a name and the magazine cover will appear similar, except for colour rotation, as at present.

Next year we hope to arrange a few walks for members and the first two will probably be the Miles Walk, and the Easter youth-hostelling tour in Snowdonia. The latter is primarily for south-eastern members to enable a coach to be hired. If any members have proposals for organising other tours, unusual walks, or challenge walks, we will be pleased to include details in future newsletters. It has been suggested that we arrange at least one annual meeting for members on a regional rotation basis and this will be started next year.

Again the main content has been concerned with challenge walks except for the article by Keith Pennyfather, but if anyone wishes to contribute copy of a more general nature, then I shall be pleased to consider it for the next magazine. I had anticipated including a letters page, but with no letters this has not materialised. Later we may devise a questionnaire to discover what members would like to see in our publication.

I have heard that the LDWA has been referred to by some northerners as "that southern organisation", but despite the fact that over half of the members reside in the Home Counties, the association is in no way intended to be southern biased. We would like in time to form regional groups but this may take a while yet.

ALAN BLATCHFORD

2. WALKING SHORTS.

NEW CENTURION

Remembering walking club membership numbers should be easy for veteran walker Jim Williams of Godalming, Surrey. He is LDWA 50 and in July this year he became Centurion 500 when for the first time he completed 100 miles in under 24 hours. Walking in the colours of London Vidarians Walking Club, he completed the Leicester to Skegness road course in 23.02.54 to finish 32nd in the race. He thus joins the small band of LDWA members who are Centurions. The number of times that 24 hours has been beaten for a hundred miles walk (under A.A.A. Laws) now totals 505 in Britain. The first authentic Centurion qualified in 1877!

CAMBRIAN WAY AT EASTER

Spencer Lane is planning to walk a large length of this projected walking route over the Easter period. The whole route is about 280 miles long and includes many high level stretches such as in the Brecon Beacons, Cambrian Mts, Rhinogs, Snowdonia, etc. The way terminates at Cardiff and Conway. Spencer hopes to start the walk on April 26 and finish on May 5, but a one-week alternative may be considered.

COASTAL FOOTPATH, S.W.

Anyone contemplating walking the South West Coastal Footpath will find valuable information in a book published last year by David and Charles and written by Edward C. Pyatt. The 210 page hard back contains over 20 maps, 16 photos., and several special sections besides full details of the 500 miles-plus route. The appendices include notes on tides, birds, sea-shore life, flowers, and rocks and mines. A further two pages give the state of the path (1971) e.g. obscure, overgrown, clear. The price of the publication is £2.75.

PENNINE WAY ACCOMMODATION

A booklet has been prepared recently giving a list of all possible accommodation along the Pennine Way route. Some of the places are of course a little off the actual Way but still remain within a practical distance. Youth hostels, hotels, down to the cottage with a single bed available are included. The book, which has been prepared by the Pennine Way Council, is indispensable to all except the record breaker. Copies may be obtained from John Needham (LDWA 49) of

at a cost of 12½p inc.

post.

WELSH BAY to BAY WALK

Published recently in the "Climber and Rambler" was an exciting high-level walking route of about 110 miles. The author Showell Styles, started the walk at Point of Air, just west of the Dee estuary and traversed five ridges before finishing at Llwyngwrl south of Barmouth. The mountain ranges crossed were the Clwyds (Moel Famau 1820'), Llantysilio Mountain (Moel-y-Gamelin 1897'), Berwyns (Moel Sych 2713'), Arans (Aran Mawddwy 2970') and Cader Idris (Pen-y-Gadair 2970'). O/S maps numbers 108, 116 and 117 cover the route.

WORLDS LONGEST WALK

It was reported earlier this year that A.M. Kreit of Sittingbourne was to attempt to walk around the world alone. His proposed stages were to be: fly to America east coast and walk to west coast, fly to Asia east coast then walk via Peking and Moscow to England. He intended to keep to main roads the whole way where possible, which would save a few thousand maps no doubt. Has anybody heard of his progress?

WHAT IS A GEOID?

Having recently given the name of the Portsmouth Polytechnic Geography Dept Walking Club as G.E.O.I.D.S. thinking that it was the initial letters of Geography Dept or something similar, I have been given the true explanation of the word from O. Dixon (LDWA 53)

The "geoid" from which we take our name is an Earth shaped figure, not quite a sphere, nor even an oblate spheroid but a more complex figure whose form is incompletely known. We have just held our first Annual General Party in which the "geoid of the year" (an extremely tatty fell-boot mounted on a plinth) was awarded to Angela Ashworth who just got home to complete our Tanners Marathon team. Various club members have received titles - myself being chairman/captain/sec. known as the "Prime Meridian", the treasurer is called the "North Pole" (the tightest circle of them all) as he is so mean with other peoples money; and conversely the alternate treasurer is known as the "South Pole". John Harrison (another one) is called the "Antipodes" owing to the way he led our team around the Punchbowl Marathon course from behind. (Now that I know, I am not sure that I'd like to be called a geoid! - Ed).

ACROSS AMERICA WALK

In the past there have been several walks, runs and races across the American continent and many of the participants were British - remember Barbara Moore, and recently Olympic runner Bruce Tulloh? This year 27 years old walker John Lees completed the distance of nearly 3000 miles in 53 days, 12 hours and 15 minutes, to beat the times of those who had run the distance. Lees had trained for four years, sometimes walking 175 miles a week. Whilst crossing the country he walked an average of about 15 hours each day and his lowest daily effort was 21 miles and the greatest, 75 miles. Since returning to this country he finished second in the Leicester to Skegness 100 miles walk taking 18 hours 15 mins 34 secs. against the winners 17.58 49.

LATE ENTRY

Many organised walks have a closing date, which of course is helpful to the promoters in knowing how many to cater for. Some events, however, may be entered for "on the line" and the Tanners Marathon is no exception. A precedent was set (which is not being encouraged) when Joy Godsell (LDWA 10) completed the walk with a friend's dog but was unable to present an official checkcard as she had not yet entered for the event having just missed the on time start for her youth hostel's section. She then entered herself and "Beefy" some $9\frac{3}{4}$ hours after the start, and both were awarded certificates.

BADGES are now available from the treasurer at 30p each including post. The actual cost to the LDWA is 28p. As mentioned in the previous newsletter, they are about $2\frac{1}{2}$ " deep and similar in design to the figure on the cover. The border, lettering and figure are in orange, the sky in blue, and the lower part in dark green. They are suitable for sewing onto rucksacks and anoraks and are claimed to be washable.

4.

ONE HUNDRED MILES

CHALLENGE WALK 1973 - THE DOWNSMAN HIKE

There will be a meeting at Arundel youth hostel on Saturday 21st October to discuss the feasibility of organising the proposed one-hundred miles challenge walk along the South Downs Way next year. It is hoped that everyone who has an interest in such an event whether as a "competitor" or official will make an effort to be present. It is expected that at this informal meeting the general outline of the arrangements will be finalised, and details will be sorted out at subsequent meetings. The discussion will start at 7.45 on the Saturday and there will be walk along part of the Way on the Sunday. Accommodation is available at the hostel for YHA members (and also non-members we hope)

The following proposals have already been made but are of course subject to amendment by the meeting:-

1. The event to start at Winchester and finish at Beachy Head/ Eastbourne.
2. The date be the Spring Bank Holiday
3. No prizes awarded for first home but medals/plaques be awarded to those achieving a first class time of under 36 hours, and lesser plaques/medals be awarded to those achieving a standard time of under 48 hours but over 36 hours. Certificates to all finishers under 50 hours. Awards for teams of three (or four?) etc.

With the distance of a hundred miles having to be covered on foot appearing to be impossible to most people, except "supermen" (and "superladies") the event may well capture the attention of one or two sponsors to cover the financial side.

Members (and others) intending to be present at the meeting and requiring accommodation at the hostel should book there individually marking their envelope "HUNDRED MEETING". Anyone who is not able to attend the meeting but has any point to raise should send it to the Secretary before October 18th.

_____000_____

ASSOCIATION OFFICERS

The association is at present being guided by the following members:

Alan Blatchford (Secretary, Newsletter Editor)

Jeff Ellingham (Treasurer)

Spencer Lane (Memberships Sec., Statistician)

Chris Steer (Chairman)

POLICY DETAILSGENERAL ACCIDENT FIRE AND LIFE ASSURANCE CORPORATION LIMITED

Policy Number A 412918

"This policy only covers members of the Long Distance Walkers Association against accidental death or disablement (within the meaning of the policy) whilst taking part in any organised walks under the auspices of the said association (including training walks) always provided such members are:-

- 1) Not less than sixteen nor more than sixty-five years of age
- 2) In good health and free from existing physical defect or infirmity
- 3) Not taking part in charity walks, mountain or fell races or athletic races."

Compensations

Contingencies are defined below, and compensations are as follows

Contingency 1: £2000, Contingency 2: £1000, Contingency 3: £1000, Contingency 4: £1000, Contingency 5: £1000, Contingency 6: £15 per week, Contingency 7: nil, Contingency 8: £1000.

Contingencies

Bodily injury caused by violent, accidental, external and visible means resulting directly, solely and independently of other causes, in:

1. Death
2. Total and irrecoverable loss of all sight in both eyes rendering the Insured absolutely blind beyond remedy by surgical or other treatment.
3. Total loss by physical severance of both hands, or both feet.
4. Total and irrecoverable loss of all sight in one eye rendering the Insured absolutely blind in that eye beyond remedy by surgical or other treatment.
5. Total loss by physical severance of one hand or one foot.
6. Total disablement from engaging in or giving attention to profession or occupation commencing within 12 calendar months of bodily injury as aforesaid.
7. Partial disablement.....(then as Contingency 6).....
8. Permanent and total disablement (not provided for under 2 and 3) which on the expiration of 104 weeks from the date of such bodily injury shall permanently and totally disable the Insured from following or engaging in or giving attention to any kind of profession or occupation.
9. The Insurer will reimburse the Insured the cost of medical expenses necessarily incurred and expended up to but not exceeding fifteen per cent of the amount paid for any valid claim under Contingency 6 or 7.

6. FORTHCOMING EVENTS

LONG MYND HIKE (for reference only - entries closed on Sept. 20)

This is a hilly 50 miles walk covering most of the peaks climbed in the Shropshire Summits Walk plus a few more. There are sixteen checkpoints, mostly over 1000' and O/S maps numbers 118 and 129 are required for navigation. All entrants must carry the usual mountain and first aid kit, and a check is made before setting off. During the hours of darkness individuals are required to join forces and form groups of not less than three. The walk starts at Church Stretton at 3.00 p.m. on Saturday (Oct 7) and finishes there on the Sunday. Although not a race there are several awards for performance. Entry fee is £1.30 per person which includes ample refreshment during the event plus a meal at the end. Information from Longmynd Hike Committee

VECTIS MARATHON WALK October 14th (Entries to be in by 4th Oct.)

A 30 miles low-level walk through some of the best scenery in the Isle of Wight. There is very little road walking. Terrain ranges from chalk downs, cliff-tops, forests, fields and one section crosses a beach. Certificates are awarded to individuals and teams that complete the course within the time limit of ten hours. The start is at Colwell Bay (329875) and the finish at Sandown youth hostel not way-marked but route maps are issued. O/S 180 covers the area. Accommodation is available at Sandown youth hostel for early entrants. A bus will take walkers from Sandown Y.H. to the start at 6.45 a.m. It is essential therefore that all intending walkers should arrive on the island by Friday evening. Teams must have at least six members. Further details from Mrs. Sheila Lobley
(or from Editor)

BENS OF JURA FELL RACE 28th October (Entries close 14th Oct.)

The time limit for this high level event is six hours which will prove rather stiff for even the most fit walkers. Seven peaks have to be climbed giving an ascent of over 7500'. The event which, as its name suggests, is basically a race and there are several awards for the first home. Navigation is by O/S map 57 and more than a little skill will be required in map reading. The event starts and finishes at Craighouse on the Isle of Jura, Argyllshire. Entry fee is £1 per person and £4.50 for a team of four. Start time is 10.00 a.m. Further details of event and accommodation etc. from organiser George Broderick

RESERVOIR ROUNDABOUT 20th January, 1973

A high level winter walk in a remote part of Wales. The walking distance is about twenty miles but no time limit is set. Navigation is by O/S maps numbers 127 and 128. Usual safety equipment to be carried. The route is a circuit of the Elan and Claerwen Reservoirs in the bleak Elenith area. Start is at Claerwen Dam (871636) and finish at Submerged Dam (910638). Total ascent is about 2500', and there is about 2 miles of roadwalking. First promoted in 1967 and the greatest number of entrants in any walk is 50. The 30p entry fee includes some refreshment en route. Accommodation can be arranged at youth hostel. Further details from organiser Neville Tandy

HAD YOU HEARD THAT TALL PEOPLE WALK THE LONGEST?

LONG PATHS & ROUTES

7.

Most of the long distance walks described in the first two issues of this newsletter have been either organised events or open challenges. But there remains a category which offers virtually unlimited scope and attracts large numbers of enthusiasts all over the country - that of walking the long distance footpaths.

What is it about a long distance footpath that makes it so attractive? Some would say it is the fact that it can be walked at any time, even on the spur of the moment, and with the minimum of preparation. Others would say it is the freedom to set one's own pace, without bothering about breaking any records or attempting to reach the destination within a time limit so as to receive a certificate. There is also the freedom to stop and look at things of interest on the way, which is hardly possible on a challenge walk.

But this kind of walking could equally well take place along any footpath, or even along roads for that matter. It is, I suggest, the continuity of a long distance footpath which forms its main attraction, and the way it threads its way through the countryside, more often than not keeping a reasonably direct course towards its destination, and particularly the fact that for the most part towns and large villages are avoided and stretches along roads are kept to a minimum. This last point is a distinct advantage and makes a pleasant contrast to walks which link together ordinary footpaths, which often involve a fair amount of road walking between the end of one path and the beginning of the next. There is also the satisfaction to be gained, where a route has a distinct identity and an obvious challenge. Not all long distance footpaths have this identity of course and the starting and finishing points of some "official" routes are often quite arbitrary. (Why should the South Downs Way, for instance, finish at South Harting, when the logical termination should really be on the Wessex Downs many miles away to the west?)

The name too is important. If an attractive and significant title with local flavour can be given, so much the better. Compare, for instance, the crisp and straightforward "Cleveland Way" with the clumsy and dull sounding "Yorkshire Coast and North York Moors Path" by which this route was originally known.

Many of the well-known long distance footpaths have interesting historical associations and this too adds to their attraction. The name of a route very often gives a hint of its origin - e.g. Abbots' Way, Monks' Path, Pilgrims' Way, Priests' Way, Corpse Road, Thieves' Road, Preachers' Track and Mariners' Way. Several have their origins way back in the distant past, either as prehistoric trackways, drove roads for cattle, or packhorse or trade routes which were probably comparable in their time to the major traffic highways we have today. It is paradoxical that today there are large numbers of outdoor enthusiasts seeking out these same long-neglected and often overgrown tracks to escape from the pace and bustle of today's traffic! There is a curious sense of satisfaction in following one of these grassy tracks which has been used, in centuries past, as a major highway but is now overgrown. Often the original bridges and culverts will still be in place and if the road is a Roman one the metalling may still be intact.

There are several types of long distance footpath. Most people will know about the Pennine Way and the other "official" routes such as the Offa's Dyke Path, Cleveland Way, South Downs Way and Pembrokeshire Coast Path. These are "official" in the sense that they have been created and promoted with the support of local and central government, and money is provided from these sources for their maintenance, signposting, etc. Some of these paths are artificial in that sections of them have been created where there were none before in order to join up stretches of long established existing footpaths. The Pennine Way, for instance, contains stretches of Roman Road, droveroad, pack-horse trail, canal towpath, ancient trackway and part of the Roman Wall, all linked together by new stretches created in this way.

Eventually all these routes will be rights of way, they will be signposted or cairned, as appropriate, and waymarked in places with a distinctive "acorn" symbol. Guide books and leaflets will be produced, map boards erected at intervals and the routes will be marked by name on the 1:250,000 maps. To date five routes, totalling 758 miles, have been officially opened, and a further six routes covering 656 miles have been approved and are substantially complete (e.g. a few short stretches remain which are not yet rights of way). There are several others in the pipeline. Free leaflets available from the Countryside Commission give full details.

From the point of view of the long distance walker there is little need to distinguish between the "official" long distance paths and the remainder. For every official route like the Pennine Way there are well over a hundred others which give a similar sense of continuity and can be walked more or less in their entirety, even if minor deviations are necessary here and there. The last few years have also seen the development of another type, the "sponsored" long distance footpath. This may be a route linking existing paths or sometimes new stretches may even be created; in either case the route is promoted and publicised by a body such as the Ramblers' Association or a local walking group, is given a distinctive identity (perhaps by a name such as the Wolds Way, Cown Edge Way, North Bucks Way or Dales Way) and a guide or leaflet is usually produced.

Those walkers who want to get away from it all will probably want to avoid the better known routes of both these types where signposts and guide books are provided. Fortunately for such people there is plenty of scope. Although they are not documented in any one book, nor shown on any single map, it is not difficult to find out about them. Perhaps in time the L.D.W.A. will produce its own list. Meanwhile the following notes on some different types of long distance paths may be useful to those new to this game.

There are ancient trackways and ridgeways in any parts of the Country, but particularly on the chalk downlands of Southern England. Some of these are among the oldest tracks of all. Many, like the Icknield Way, can only be walked in sections as part of the original route are covered by modern roads. But long and continuous walks are possible along the Ox Drove, Lun Way, Harrow Way and Salisbury Way, (all in Wessex) as well as parts of The Ridgeway, or along Sewstern Lane in Lincolnshire. Perhaps the best preserved section of old redgeway is the stretch called Long Lane near Mere in Wiltshire.

The remains of dykes and ditches and similar earthworks can often be traced for many miles and give good walking. Among the best stretches are Offa's Dyke (near Clun), Fleam Dyke and Devil's Ditch (near Cambridge) and parts of Wansdyke (especially near the A316 road to Devizes).

9.

Where there are cliffs around the coast, long stretches of the old coastguards' paths can often be traced and much of the undeveloped coast of Britain could be walked in this way. Disused railways, where the rails have been removed, sometimes give good long distance walking as they are direct, generally level and where bridges and tunnels remain these add interest and preserve the continuity. But the track bed of a great many railways which have closed in recent years has been sold to adjoining owners and has either been obliterated or added to the fields on either side. Recently some lines have been specially laid out for walking and horse riding - e.g. Tissington Trail and High Peak Trail (Peak District), Southwell Trail (Notts) and Derwent Walk (Durham). There are also plenty of old quarry and mine railways which form good through routes; some in areas of superb scenery - e.g. Welsh Highland Railway (Snowdonia), Rosedale Ironstone Railway (N. Yorks Moors) and West Somerset Mineral Railway, as well as several on Dartmoor.

Some of the Roman Roads were so well constructed that they lasted for centuries and many now form present-day roads. Others can still be traced as footpaths or overgrown tracks running straight as a die for up to ten miles or more. Some are preserved in excellent condition with the metalling, banks and ditches little altered from Roman times. Good continuous stretches suitable for long distance walking include Ackling Dyke (Dorset), Peddars Way (Norfolk), Dere Street (Cheviots), Via Devana (near Cambridge) High Street (Lake District), Maiden Way (N. Pennines) and parts of Sarn Helen (North to South Wales). Similarly, many of the military roads constructed in the 17th and 18th Centuries have been incorporated into modern roads, but there are a few which remain as rough tracks. As they are usually direct they form useful long distance routes. Among the more famous are those in the Highlands constructed by General Wade, notably the Corrieyairack Pass. Many others, including the Devil's Staircase near Glencoe and the Old Edinburgh Road in Galloway can be walked almost intact for long stretches.

Waterways, and particularly canal towpaths, often form interesting cross-country routes. Where canals pass through large towns, and particularly large industrial towns, the towpath route frequently provides a pleasant way through the built-up area without the need to follow roads. The Oxford, Macclesfield, Abergavenny, Shropshire Union and Kennet & Avon canals are among the most attractive for long distance walking. Since many canals link with each other this results in a useful network. It is possible, for instance, to walk from London to, say, Llangollen, by towpath almost all the way. The course of a river, source to mouth, also offers scope; especially a long river like the Thames.

Packhorse and trade routes can be identified by their names which are still in use locally and are often marked on the map. Thus paths such as the Salt Way or Salter's Road, Herring Road, Port Way, Coal Pit Lane and Carriers' Way have obvious trading associations. In many parts, especially in the North of England, routes bearing names such as these can be traced for many miles and are often virtually unknown and little used today.

Most upland areas are threaded with old drove roads and hill paths many of which have been virtually unchanged for centuries. Apart from the famous hill passes in the Highlands such as the Lairig Ghru and Lairig an Laoigh, Glen Affric, Glen Tilt and the Gaick and Minigaig Passes, there are several well known routes in the Borders (e.g. the Minchmoor and Enterkin) and hundreds of shorter paths in Wales and the Pennines (e.g. Mastiles Lane, Yorks. Dales; the Old Monks' Road to Strata Florida in Mid Wales and the Flemish Way in Pembrokeshire), as well as parts of Dartmoor.

Tracks of this kind probably offer the greatest scope of all for long distance walking, partly because of their lengths and partly because fewer will have been obliterated by new roads or other development, compared with the more populated parts of the country. By linking several of these together it is possible to walk for really long distances well away from the roads, and a whole walking holiday could be based on this. Thus, from a few miles north of Glasgow you can walk northwards for over 200 miles by a succession of hill tracks and drove roads, and crossing only a handful of modern roads. Similarly the Pennine Way can be extended northwards along the line of Dere Street to link with the North & Clyde Canal, and southwards through Dovedale to link with ancient tracks in South Derbyshire. (In fact by following the towpaths of the Grand Union Canal, the Erewash Canal and the Cromford Canal, and then taking the High Peak Trail (disused railway), it is possible to reach this area on foot from London, and to link with the Pennine Way, by means of a defined path almost entirely away from roads throughout).

No part of Britain is far from at least one long distance footpath, either actual or potential, and in many areas the choice is unlimited and the scope immense. Most routes of the kind described are already there and can be walked today; there may not be signposts or guidebooks yet but a glance at the 1-inch map will show not only where the routes are, but also the fact that a great many of them are already public rights of way.

been
No publication has yet/produced which lists all routes of this kind, so perhaps through the medium of this newsletter L.D.W.A. members can pass on to others any hints, ideas and useful first-hand information on suitable routes, based on their experience in walking them. In this way we should build up a collection of data which will be helpful to other members contemplating long distance walks in areas they may not know too well. If there is a sufficient response, perhaps 'meets' of interested L.D.W.A. members could be held from time to time to walk along some of the lesser known long distance footpaths in different parts of the country.

What do members think? Please let us have your views and comments.

KEITH PENNYFATHER (LDWA 96)

EASTER WALKING TOUR 1973

A four-day hill walking tour for south eastern members is to be arranged for next Easter. The party, probably of about 12 males and 8 females, will travel to Snowdonia late on Thursday evening and return on Easter Monday evening. Accommodation will be at youth hostels and those in the party must be current YHA members. It is hoped that a number of the higher summits will be reached including Snowdon, Crib Goch, Glyders etc. Bookings for this popular area must be made early so any interested members should send £1 deposit to ensure a place. Further details will be issued later. Send to editor.

There may also be room on the coach for any individual members or small parties who simply wish to travel to the area. Although this expedition is primarily for south eastern members, we will be pleased to have any others join us. If any member wishes to organise a similar tour for members in his region, we will be pleased to publicise it in the next newsletter.

SOME PAST EVENTS

CHEVY CHASE WALK (Northumberland) 14th May

There were 122 starters in this popular "far north" walk including the much travelled Charles Baldey (LDWA 14) from Devon and several other LDWA members. All except 7 finished the course in times ranging from 3 hours to eight and a half. Thirteen teams of three finished with Manchester Ramblers having the lowest aggregate time. The seventeen miles walk is rather in the nature of race as several prizes are awarded for the best performances including the "first lady", the "first R.A. member", and the first "over fifty year old". The organisers are the YHA (Border & Dales Regional Gp)

Report extracted from result sheet - Ed.

PUNCH-BOWL MARATHON (Surrey) 21st May

About 150 walkers started out from Broadwater School, near Guildford, on the 30 mile circular walk through some of the loveliest of Surrey countryside.

Of these, 116 walkers finished within the target of ten hours, the first back being Bob Brandon of "Random Orienteers" in 6 hrs. 47 mins. Ten women finished, the first two back being Dorothy Sheffield and Joy Wheeler from Guildford YHA in 8 hrs. 27 mins. The youngest walker was Robert Todd, aged 9, who completed it in 9 hrs. 7 mins. Beefy, a dog, made it in just under the ten hours. Beside these, six runners also completed the course, the first arriving back in 5 hrs. 42 mins. This was David Rosen, also of the Random Orienteers.

Although the route was not way-marked, the directions given to us at the start were very clear for most of the way. On the route there was one short sharp climb to Checkpoint Three at Crooksbury Hill, and soon afterwards came the long two mile climb finishing at Checkpoint Six on top of Gibbet Hill, just past the spot where an unknown sailor was murdered long ago. The last part of this climb gave splendid views around the Devil's Punch-Bowl. After this, the way was downhill or flat for the last ten miles, during which some of us managed to lose our way for a while between Thursley and Mousehole Corner, over the open heathland. The weather held fine, and helped to add to the very enjoyable day had by everyone.

MERLE MARSDEN (LDWA 243)

SOUTH WALES MARATHON 28th May (47 miles)

"British hills can be dangerous even in summer" - an oft quoted phrase that proved true at this year's event, when for the first time it was cut short because of the severe conditions.

At 4.30 a.m. 27 walkers set off from Capel-y-Ffin Y.H. in cloudy but dry weather. The Black Mountain summits of Pen-y-Gader and Waun Fach were crossed in cloud. Crossing the seven miles of lanes en route to the Brecon Beacons we were given a glimpse of things to come as the normally clear profile of the Beacons was blotted out by an ominous blue-grey haze. A storm was brewing on the summits that we had to cross.

Soon after the breakfast stop at Usk Bridge we were climbing to Craig Pwllfa (2502'). By now the storm was raging and the traverse of the four other summits was a chaotic hell of rain, mist and screaming wind. The gale tore at clothing and almost battered us to the ground at times, and it was almost impossible to walk against the seemingly solid wall of air.

On reaching the haven of Storey Arms the organisers wisely stopped us going on the remaining seventeen or so miles of mountainous country as there was no sign of weather improvement.

NEVILLE TANDY (LDWA 130)

RIDGEWAY WALK (Berkshire) 6th May

Two "records" were achieved this year; the highest ever number of starters (LDWA publicity?) and the worst ever weather conditions.

122 set off along the old way to attempt to cover the 40 miles back to Streatley Youth Hostel and despite the weather 93 made it. First home was John Harrison in a time of 7.05 whilst the last to finish took 14.45. The largest team to finish was the nine-man strong Croydon YHA Group and the furthest travelled finisher was probably Malcolm Boyes (LDWA 132) from Yorkshire.

Report extracted from "Ridgeway
Bulletin" - Ed.

SIX SHROPSHIRE SUMMITS WALK 7th May

It was rather overcast as the party composed of 110 firemen and 8 LDWA members set off at 7.30 a.m. to ascend the first summit Titterstone Clee (1750'). The misty peak was soon reached and apart from a later shower the weather proved to be ideal for walking. Exquisite views were to be had of the southern Shropshire highlands especially from the next summit - Brown Clee (1790') which is the highest point in the county.

With the clock approaching 10.00 hours we were descending Brown Clee and looking across the rolling country to Wenlock Edge, whose atmosphere Vaughan Williams so vividly captured in his composition of the same name. After a wet ascent of Caer Caradoc (1506') the sun came out and we dried out by the time Church Stretton was reached. Here lunch was had.

A rather well fed group left the pleasant little town and climbed out of its valley and up the summit of the Long Mynd (1695'). Looking back, the early evening sun enabled us to pick out the first summit quite clearly although several miles away now. To this point we had covered 21 miles. There was no time to lose however if we were to complete the walk before nightfall.

Dropping down to Bridges, and crossing the River Onny the white crest of the Stiperstones came into view. The pub at the village was too much of an attraction for some of the party and they retired to the bar here, calling it a day. On gaining the summit of the Stiperstones (1731') the profile of Corndon was well in evidence. Although this hill is actually over the Welsh border in Montgomeryshire it is an integral part of the Shropshire massif, and so is counted as one of the summits. The sight of the final peak spurred us on and at about 21.20 the main bulk of the remaining walkers stood on the top of Corndon Hill (1684'). In all 68 successfully completed the S.S.S. walk.

The walk was first pioneered by Vivian Bird of the Birmingham Sunday Mercury who issues certificates for all authentic crossings, but this organised event was arranged by the Fire Services Sports and Athletic Association.

DAVID RAISEY (LDWA 5)

We have heard that a chap climbed to the top of Ben Nevis and back carrying a large black disc with a hole in the middle in three hours ten minutes. Was this a record...?

MORE PAST EVENTS

13.

THE TANNERS MARATHONS (Surrey Hills) 2nd July

After declining from over 1100 to about 700 last year the entry figure showed an increase to 862 this year. Of this number 85 tackled the 50 miles walk (held in even years) whilst the other 777 attempted the annual 30 miles marathon. The fifty milers set off from Leatherhead to complete a 20 miles circuit before returning to the starting point. Here they joined forces with the thirty-milers to cover another section. The first part of both walk routes was fairly flat but then came a stretch with several climbs which put paid to many of the walkers chances. With only an occasional shower and some sunny periods the weather was ideal for the marathons.

By the time the finish had closed down 410 had covered the 30 miles within the allotted 10 hours and a record 49 had beaten 15 hours in the longer event. There were also 54 finishers over 10 and 3 over 15 hours. The first home in the fifty was again John Harrison in 10.37, and in the thirty Alan Mattingly was the earliest finisher in 5.58. The YHA Shield was won by Finchley Group whose 12 strong team all finished in time. The Schools Shield went to newcomers Peckham Manor, who got all but one of their eleven man team home. 31 teams of six were awarded certificates as were all individuals who finished. One cyclist who rode the fifty, and one dog who walked the thirty also received certificates.

ALAN BLATCHFORD (LDWA 2)

NORTH YORK MOORS CROSSES WALK 15th July

At 12.00 on Saturday the 15th of July, 147 walkers set out from Goathland on the 2nd North York Moors Crosses Walk. The day was a scorcher, and this was one of the reasons why 51 of the competitors failed to complete the walk.

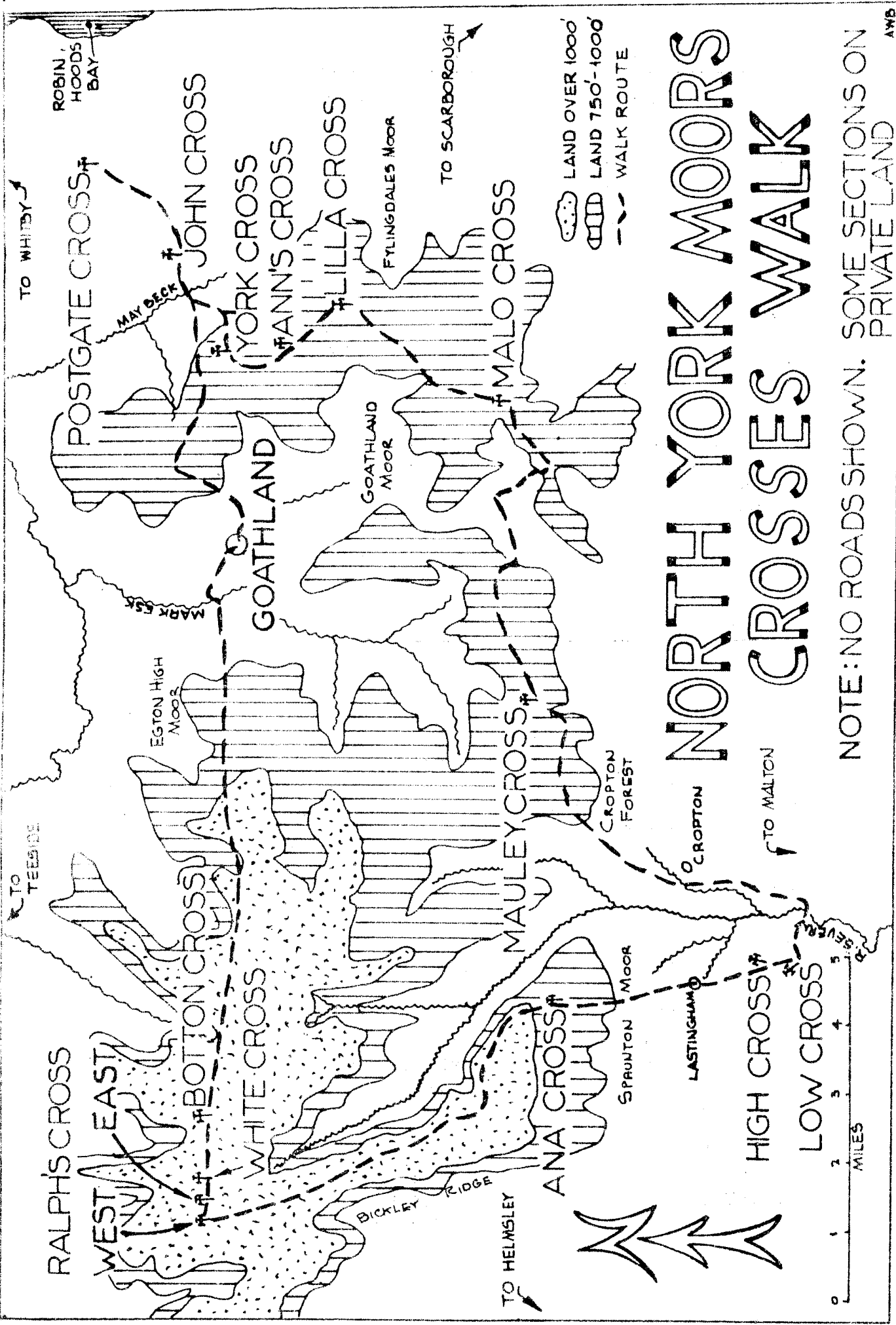
Fourteen checkpoints had been set up, progress of the walkers were radioed back to Goathland Control. The first 6 miles over rough heather proved to be the worst of the walk. Cold drinks were provided at Wintergill (6 m.) Ralphs Cross (11 m.) and Rosedale Chimney (19 m.). Low Cross (23 miles) was serving tea and soup; the pub did a good trade as well. Tea and soup were also served at Mauley Cross (30 m.), Saltersgate (34½ m.) and May Beck (42½ and 47½ m.) this check was passed through twice.

As darkness came in it became misty, but this didn't seem to affect the walkers. Tea was waiting for the competitors as they finished, and a meal was served to all walkers between 08.00 and 14.00 on Sunday.

The fastest time was by Philip Puckrin 11 hours 3 min. 30 sec. to win the Moorcock Trophy. The winner of the Ladies Trophy was Pat Morris, LDWA 77 of London with a time of 19 hours 54 min. The team shield went to the Airenteers with an aggregate time of 43 hours 59 min. The old man of the moors trophy went to J. Stainsby of Middlesborough who was 68.

No one was stopped by the time limit of 21 hours to do 42½ mile. The walkers seemed happy with the efficiency of our organisation, and the walkers conduct impressed us. There seems every probability that the event will take place next year.

MALCOLM BOYES (LDWA 132)



NORTH YORK MOORS CROSSES WALK

NOTE: NO ROADS SHOWN. SOME SECTIONS ON PRIVATE LAND

AWB

WELSH THOUSAND METRES PEAKS RACES 3rd June

This event, over the four 1000 metre high peaks of Snowdonia comprised of several classes, Juniors to Fell Runners.

The Class B event is probably of most interest to LDWA members and all in this class had to carry 15 pounds of equipment, including boots. Believe me, you are reduced to the same level as any other walker, with that lot on your back.

The route started at the high water mark at Aber, on the coast, and led over the summits of Carnedd Llewellyn, Carnedd Dafydd, Crib-y-Ddysgyl, and Snowdon. This entailed a climb of over 9000' in a length of 18 miles in the best mountain country that Wales has to offer. It was truly a memorable day whether racing or otherwise.

Apart from one showshower(!) the weather was pleasant and we even saw the sun once or twice.

There were 59 entries in Class B and 41 of these completed the course with the fastest time being 5 23, and the slowest nearly nine hours. The whole course was marshalled by Mountain Rescue Teams and the Army provided radio communications. For interest the fastest time in the Fell Runners class was 3.57

NEVELLE TANDY (LDWA 130)

MOURNE WALL WALK (Northern Ireland) 4th June

For this, the sixteenth annual promotion of the event, there were 658 starters. The walk, said to be the most arduous in Ireland, involves climbing and descending over 10000' in a distance of about 22 miles. Many of the highest peaks in the Mountains of Mourne are scaled and there is a time limit of twelve hours.

496 walkers successfully finished the course and gained the coveted certificate and badge. These were presented in Rourkes Park which was the starting and finishing point.

As a contrast to some years the weather was good for walkers although a little cool for the marshals. The walk was arranged by the Youth Hostels Association of N.I. and the Irish Mountain Rescue Assoc. plus the Red Cross were in attendance. The Ulster Defence Regt. supplied radio control and had a helicopter on stand-by.

PADDY McATEER (Organiser)

PEAK MARATHONS (Derbyshire) June 10th

It was damp and miserable at 6.30 a.m. when 42 of the 49 fifty mile marathon entrants set out from Crowden Youth Hostel. Many more had been turned away which shows the increasing popularity of these longer walks (partly due, we hope, to the extra publicity given by our newsletter).

Conditions were bad underfoot on Bleaklow and on Kinder Scout and mist on the latter caused many of the walkers to lose their way. The leaders passed Edale (16 miles) after about four hours and those who went astray earlier were seen steaming along trying to regain lost time and with some success.

The four really excellent youth hostel feeding points (at Edale, Castleton, Ravenstor, and Hartington) were gratefully reached and their outstanding arrangements probably accounted for the successful completion of the marathon by many of the walkers. However, only 22 finally finished the fifty miles trek with Alan Hoare LDWA 131 first man home after 12 $\frac{3}{4}$ hours. The event finished with the last man home after 19 hours.

On the same day two twenty-five mile walks were held - one from Buxton Youth Hostel to Ilam, and the other from Langsett Youth Hostel to Ravenstor. The Buxton - Ilam walk had been held for several years and this year attracted fifty eight starters, whilst the new Langsett - Ravenstor walk had 23 starters. It is quite remarkable to record that all who started in both "25s" successfully finished.

The marathons were arranged by the Peak Regional Group of the YHA and 30 volunteer officials were required to organise the 123 walkers. To all of these willing folk I extend a sincere "thank you".

SPENCER LANE (LDWA 19)

16. LAST PAST EVENTS.

INTER HOSPITALS WALK (Surrey)

Whether the popular opinion that all medical students are beer drinking, heavy smoking "fellas" is true or not they do have their sporting side. Since the late fifties there has been an annual marathon walk which sometimes attracts a vast crowd of over 2000 walkers. The first walks were from the Tower of London to Brighton and despite many of the starters being avowed pub crawlers the majority made the grade. Oh how I remember that sign "Welcome to Brighton", forgetting that one still had four miles to go! To the best of my knowledge the first man home used to clock just over eight hours.

Wisely, in 1966, the event was stopped by the police and the walk went into cold storage for a couple of years. Then thanks to London Hospital a Pilgrims Way Walk was organised. This entailed an early morning coach drive out to Compton (Surrey) and then a toddle by foot-path and road to St. Marthas Hill, and then along the North Downs via Box Hill and Reigate to finish at Godstone, near the Kent border. There refreshments and buses home awaited us. Dr. John Booth used to reckon to complete this course in under four hours and win the cup for the first man home.

Further development led to the Inter Hospital Stroll held in April this year. A wet Saturday morning saw a mixed crowd of lads and lasses numbering about 1700 waiting to set off along the new route of 30 miles through the Surrey countryside. The walk proved to be an excellent event for the runner or walker as the distance was not excessive and there was an ever changing scene. The route for the first part was similar to that of previous years but then it led south to Leith Hill, the highest point in the Home Counties, and then westwards towards the starting point to finish at Newlands Corner on the Downs. The first man home, from the Middlesex Hospital, managed to swim and paddle the distance in an incredible 3 hours and 50 mins. He just had time to down a couple of pints of Guinness before Riggor Mortice set in!

Thanks for these walks must be given to Guinness, and to the Medical Sickness Society for their sponsorship, and the organising brains at "The London". Long may these walks continue.

ARTHUR PATTERSON (LDWA 278)

MID WALES MOUNTAIN WALK 29th April (22 miles)

This year's walk between Dinas Mawddwy and Dollgellau proved to be particularly testing by virtue of the bleak conditions. Low cloud and driving rain were the order of the day with an occasional flurry of snow on the mountain tops. The weather did improve a little during the day to give the slower walkers a glimpse of the Mawddach Estuary from the summit of Cader Idris (2927').

Of the 72 that started out 43 completed the route including a thirteen year old. First to finish was Alan Hoare (5½ hours) followed by John Leather and Neil Heaton.

The marshalling was ably managed again by the Bridgend Mountain Rescue Team whose value was proved when they located two lost people on Cader Idris.

NEVILLE TANDY (LDWA 130)

Standing in line waiting to have equipment checked the Fellsman devotee has the annual feeling of trepidation with butterflies fluttering in his stomach. Another year has passed, the Fellsman is here again and all the good resolutions to do a lot of training and become really fit have once again not been realised.

However, nerves become more settled when walking through the school yard and collecting a tally one sees old friends and exchanges with them the usual pre-start banter and jokes. Determined this year not to be elbowed and trampled on by the other 398 competitors, Leo and I edge towards the front of the heaving mass and at the off sprint down the road. After 200 yards I'm sure I'm on the wrong route - there is no-one around - one feels strangely alone and exposed and then out of the blur of spectators a recognisable voice shouts, "Come on Dad, you're in front. Keep it up" This couldn't last and it didn't - about 25 supermen stormed effortlessly past us as we left the road and started the first gentle slopes of Ingleborough.

After 30 minutes Leo begins to complain of blisters - a warning which we try to ignore. A tent swims in a red haze before ones eyes then CLICK and the first hole, Ingleborough summit, is punched in the plastic tally - only 20 more to go !

A kaleidoscopic impression of blurred faces, tents and cars accompanied by a cry of "Come on Geoff" tells us we are at the Hill Inn. A quick drink - taken from cupped hands - and then Wharfedale. Much easier than usual and we feel pleased with our progress but our confidence is shaken to find the first dog has beaten us to the summit. We console ourselves by remarking that anyway he has four legs.

Dent looks like an oasis, a comfortable haven designed to seduce the tired walker and make him tarry too long. We all stop for some food and a drink. I overhear my wife talking about the vagaries of middle aged men who still do marathon walks and discussing insurance policies. I decide to leave. Leo, my friend and companion on many epic walks, has had to retire - I feel his disappointment and begin the next dreary leg to Blea Moor alone, demoralised and depressed.

After Blea Moor I join company with two other L.D.W.A. members, John Leather and David Barraclough. Despite the heavy rain morale miraculously improved and we proceed via Stonehouse to Redshaw in fine style. Dodd Fell, as always, looks steep, indeed the wall bordering the Pennine Way appears to overhand as we totter upwards. At Fleet Moss the crucial battle with darkness and fatigue begins. John talks me across Middle Tongue and over Buckden Pike. How grateful one is to friends like John who can encourage, cajole and, if need be, bully one in the nicest way so that one continues to make progress.

The skylarks had already heralded dawn just before we came to Park Rash. Here the check point staff disbanded our group and told us we could make a race of it to the finish.

David and myself elect to finish together. We wander over Great Wharfedale and past Caplestone Gate in the early morning, talking about previous Fellsman Hikes and other walks. Our competitive spirit evaporated during the night and the walk finished as a social occasion. We finish 27th in 19 hours 44 minutes, a modest enough achievement but my best position and time to date.

Next year I'll really train and perhaps I'll

Geoffrey Ward (LDWA 128)

18. PURBECK PLOD '72

The Sunday of the Summer Bank Holiday, August 27th, saw the second attempt by a combination of Bournemouth Youth Leaders, YFCA and YHA members to launch this event on a very fine coast and downland route. Their efforts were to no avail however for, in spite of all their planning and organising, only one turned up to walk (me)

I had a personally guided plod by FRED DALDRY who, with a colleague, pioneered the route which has some truly magnificent views.

If this is to become an "ANNUAL" it must have strong support in '73, and we are assured that it will be put on once more. There is a good Youth Hostel - where else better to spend your Bank Holiday?

Following is "LEW LEWIS'S" interesting description of the route which seems a good way to convey a picture of the country. (Map 179 - distance about 26 miles)

CHRIS STEER (LDVA 1)

The County of Dorset is the only county to have the whole of its coastline designated as being of outstanding beauty. The first nine miles of the Purbeck Plod is along this coast and the reason for its designation will be apparent.

SWANAGE. (A Domesday Book town referred to as Swanio). The start of the walk will be at the Clock Tower in the centre of the Promenade. Proceed in a westerly direction towards the town. (When leaving the promenade there is a pillar which commemorates the sea victory by Alfred over the Danes in the year 877). Continue by the pier and up the path to Peveril Point. Follow the path round and on to

DURLSTON HEAD. There is plenty to see here but little time to stop so proceed via the path to Tilly Whim Caves and on to the Lighthouse at Anvil Point. Note the two metal structures, one behind the other, just before reaching the lighthouse. There are another pair a mile along the coast and are used when testing ships speeds after they have been repaired at Weymouth.

ANVIL POINT. The lighthouse was built in 1881 and was one of the last in England to be converted from paraffin. Leaving Anvil Point, proceed by the lower track and remember that the next nine miles is along the cliff top. The first drop is at

DANCING LEDGE. A shelf of stone left by quarrying. Blasted in the shelf is a near rectangular cavity used for bathing. This 'bath' was ordered by a headmaster of Durnford House School about 1893. DO NOT GO DOWN TO THE LEDGE but continue along the cliff path. The path is now on the cliff side of the fence and extreme care should be exercised. Walking in single file is advisable. The next dip is at Seacombe Cliff. Continue along the cliff path to

WINSBITT. Another gap in the cliff as a result of quarrying at the foot of a valley leading from Worth Matravers. After dropping down on the cliff path turn right as though going up the valley and the path up the cliff on the far side will be found on the left. Follow the path to

ST. ALDHELM'S HEAD (440 feet), sometimes wrongly referred to as St. Albans Head. The name of St. Aldhelm is found in many parts of Dorset as he was the first Bishop of Sherborne, was born around 640 A.D. and died in 709. The chapel on the summit is Norman and has extremely thick walls and pillars. The path continues along a wire fence and soon drops steeply to

CHAPMANS POOL. As you approach the bay you will be at more or less sea level but to your right you will see that your path leads along higher ground to the rear of the boathouses. Do not keep to the lower level but take the path which will bring you to a point where the stream coming down the valley drops on to the beach. Cross the stream carefully as the clay banks can be very slippery. Before you there is a steep hill leading to the top of Houn-Tout cliff. There is a 'dog leg' path up this hill and it is advisable to use this. Following the path along

EGMONT POINT the path is slightly inland and descends to a stream which is crossed by a footbridge above the waterfall. The stream is not a natural outflow of water but comes from streams of the central valley brought into Encombe Vale through a tunnel constructed in the nineteenth century. The path onwards is easily followed on the cliff top above the Kimmeridge Ledges past the coastguard station before arriving at

GAULTER GAP at the head of Kimmeridge Bay. A drink will be available here. FILL YOUR WATER BOTTLES BEFORE LEAVING. You now leave the coast and proceed North joining a metalled road to the west of Steeple. Precise instructions as to the route will be given and these must be strictly followed. A little way along the roadway a gate on the right leads to

RIDGEWAY HILL. The track is easy to follow with the aid of your sketch map and will bring you to

CORFE CASTLE. The reporting place is at the Wareham or North side of the castle opposite the cafe. You should therefore ensure that as you come off the Ridgeway Hill you make for the left of the castle. After checking in you will be directed across the road, turn left under the railway bridge and you will find a path beside the waterworks and leading up the hill to Rollington Hill, along a wide track to Ailwood Down and on to

NINE BARROW DOWN (655 feet). There are two tracks along these downs but you should take the one to the left which is along the top of the ridge. It eventually drops to meet the Swanage/Shell Bay road. Here you will be directed to the path leading up to Ballard Down. A steep climb will bring you on to

BALLARD DOWN passing the obelisk (now in bad array) commemorating the bringing of fresh water to Swanage. About a mile along the path a stone seat known as the Rest and Be Thankful will be found. From this spot a path leads down hill to the outskirts of Swanage. Bearing left is a path which will put you on to the beach. The finish will be at the Clock Tower.

Write to FRED DALDRY
S.A.E.) for entry forms.

(enclosing

20

TANNERS MARATHON

Upon a damp and dismal day, a mighty crowd set out,
United in its object and its aim -
To walk the Tanners Marathon for 30 miles about -
That tough and hilly Marathon of fame.

From Leatherhead we thought the going easy - till we saw
St. Martha's Hill arising in the rain.
Its soft and sandy pathways taxed the company full sore,
The challenge of this walk becoming plain.

The half-way point at Brook was time to pause, and maybe take
A bite or two to help us on our way.
Then off again and stiffened muscles now began to ache,
And steps began to falter and to stray.

From Wickets Well to Holmbury the going - it was tough,
We seemed forever climbing up and down.
And many now exhausted cried that they had had enough -
And not for them the martyr's thorny crown.

Now two-thirds of the way have passed, and just ten miles to do,
Through hamlets where the villagers did smile
And watched the steady stream of weary walkers passing through,
An ill-assorted bunch, in steady file.

The path to Ranmore Common, up that steep and wooded hill,
Proved to be the toughest on our way,
But crawling slowly upwards, forcing feet to do our will,
We gained the top without too much delay.

Then Tanners Hatch with four more miles to walk to journey's end,
Anticipation cheered the tired and lame.
Across the fields and up the lane, and round the tree-lined bend -
And marshals timed arrivals as they came.

Not all achieved the aim for which they hopefully had tried -
For ten hours was the time they had to beat.
And some were in the ambulance awaiting just outside -
The casualties with sore and bandaged feet.

Certificates are written out to show what we have done,
We answer to our name - then homeward go.
Now finally our thanks to those who ran the Marathon,
And toiled as hard as any, as we know.

STARFISH.

THERE ARE NO PRIZES BUT 21.

DO YOU KNOW THE HIGH SPOTS - QUIZ

1. In which range of hills are the following peaks:- High Willhays (2039'), Whitehorse Hill (1974'), and Cawsand Beacon (1749')?
2. Which Welsh mountain do the rivers Severn and Wye rise upon?
3. Where is Parys Mountain (419')?
4. Of which islands are the following the highest points:- Chisham (2620'), Boniface Down (785'), Goat Fell (2865')?
5. In which country are the Iron Mountains and the Ox Mountains?
6. What is the general name of the mountain that can be ascended by either the Foxes Path or the Pony Track to the summit Pen-y-Gadair (2970')?
7. What is Naismith's Formula?
8. In the Cairngorm Hills lies the famous Lairig Ghru. What is it?
9. Of what rock are the outcrops on Kinder Scout, Derbyshire composed?
10. What are the highest points in the following counties: Hampshire (888'), Northumberland (2681'), Antrim (1817'), Shropshire (1790')?

Score 1 point for questions 1, 2, 3, 5, 6, 7, 8; 2 points for question 7 and 1 point for each part right of questions 4 and 10. See page 24 for answers.

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CHALLENGE WALKS THAT MAY BE ATTEMPTED AT ANY TIME

As mentioned in previous newsletters the Lyke Wake Walk and the newer Shropshire Summits Walk may be attempted at any time and those who send in reports to the appropriate places may receive badges or certificates to commemorate their achievements.

Two other walks that may be tackled on similar lines are the WHITE ROSE WALK and the SURREY HILLS WALK.

WHITE ROSE WALK

Although in the same general area as the Lyke Wake Walk and the Cleveland Way long distance footpath this walk has not received so much publicity. The 40 miles (or 34 if the shorter route is taken) was first completed in 1968 by the Yorkshire Wayfarers and since then several successful attempts have been made. The total ascent varies between 3700' and 4900' depending upon which route is taken. Map for the walk is the O/S "North Yorks Moors Tourist" which is also useful for Lyke Wake, Cleveland Way and Crosses Walk. The terminal points for the White Rose Walk are Newton (570129) and The White Horse (513812). For much of the route the Cleveland Way is followed. Detailed routes, "cards of congratulations", attractive badges for successful completions can be obtained from the Recorder of the Yorkshire Wayfarers, Mr. F.G. White. Send S.A.E.

THE SURREY HILLS WALK

This is a 50 miles traverse of the county of Surrey following the supposed Pilgrims Way (and N. Downs Way) for much of the time. 24 hours are allowed and the originator of the walk states that certificates will be issued to all send in reports of successful crossings (send 5p and S.A.E.) Maps required are O/S numbers 169, 170, 171. The walk starts from Frensham Great Pond (849402) and ends at Tatsfield (418560). There are a few stretches of road but in the main the way lies along the North Downs once past Guildford. Further details and certificates are available from Bob Ball

22 MORE MEMBERS.

LDWA	176	PETER RICKARDS
"	177	LESLIE WALTERS
"	178	ANDREW ALLOTT
"	179	JOHN CAREY
"	180	GEORGE STOREY
"	181	DENNIS WILLIAMS
"	182	PETER JAGEN
"	183	JOHN MATHER
"	184	DENNIS RING
"	185	PETER HORSFIELD
"	186	ARTHUR CRICK
"	187	FRANK BANCROFT
"	188	THOMAS MITCHELL
"	189	WALLING BRYANY
"	190	MICHAEL BROWN
"	191	JOHN ROBINSON
"	192	FREDERICK HIGGINS
"	193	EDWARD(TED)BERROW
"	194	ALAN SHIRRA
"	195	PAUL BAILEY
"	196	VIVIAN BIRD
"	197	DOUGLAS SUDBURY
"	198	SUSAN BAKER
"	199	JOHN OFFLEY
"	200	GEORGE MILLER
"	201	REGINALD BRADNEY
"	202	NOEL DAVIDSON
"	203	JOHN NELSON
"	204	THOMAS HARDING
"	205	FREDERICK ALLEN
"	206	JOHN STEPHENSON
"	207	DOUGLAS DICKINSON
"	208	ALEC HORN
"	209	GRAHAM BUTLER
"	210	ERIC ROWLAND
"	211	TERENCE DAVY
"	212	TONY MILWARD
"	213	JOHN JEFFREY
"	214	DAVID BLACKETT
"	215	ARTHUR PUCKRIN
"	216	ROBERT TAIT
"	217	BRIAN TOILINSON
"	218	MICHAEL PHILLIPS
"	219	ROBERT PUGH
"	220	THOMAS BEATTIE
"	221	GEOFFREY BEAVEN
"	222	FRANK HODGSON
"	223	COLIN CHADWICK
"	224	TREVOR KING
"	225	HARRY ASTBURY
"	226	CLIVE ADDISON
"	227	BRIAN TODD
"	228	RONALD BOXELL
"	229	DONALD JAMES
"	230	CYRIL RICHARDSON
"	231	ROGER TYLER
"	232	HENRY THORNTON
"	233	NEIL DYSON
"	234	PAUL BRIGGS
"	235	ERICA GIBSON
"	236	PHILIP WELCH
"	237	PETER BRAMWELL
"	238	WILFRED LYMAN

LDWA 239 HAVARD PROSSER
 " 240 JOHN GRAY
 " 241 JAMES ROBERTSON

 " 242 STEPHEN TAYLOR
 " 243 MERLE MARSDEN
 " 244 FREDERICK GOREY

 " 245 DONALD TURNER
 " 246 BRENDAN ROBINSON
 " 247 FRANK MILNER
 " 248 JONATHAN BROXAP-SMITH

 " 249 PETER LEE
 " 250 E. THOMAS
 " 251 JOHN WAUDBY
 " 252 PETER MATTHEWS
 " 253 T. CAMPLIN
 " 254 BRIAN ADAMS
 " 255 MIKE TAYLOR
 " 256 DAVID DIXON
 " 257 EDWARD DANCE
 " 258 PETER WILLIAMS
 " 259 THOMAS BERRY
 " 260 BRUCE COLE
 " 261 THOMAS O'REILLEY
 " 262 COLIN SAUNDERS
 " 263 TIMOTHY AMBROSE
 " 264 ROWLAND BURLEY
 " 265 JOHN BEALES
 " 266 PHILIP MOATE
 " 267 NORMAN GRIFFIN
 " 268 PAUL JOHNSON
 " 269 DONALD LOTHIAN
 " 270 CHRISTOPHER THOMPSON
 " 271 PATRICK DOBSON
 " 272 STEWART DUFFIELD
 " 273 RICHARD CHELL
 " 274 CEDRIC LAWTON
 " 275 BRIAN MANN
 " 276 NEVILLE COHEN
 " 277 PAUL FITTER
 " 278 ARTHUR PATTERSON
 " 279 DIANNE PEGG
 " 280 SIMON HAYHOE
 " 281 JOHN EDWARDS
 " 282 SUE RAYNER
 " 283 PETER ROBERTS
 " 284 JOSEPH O'CONNER

Amendments

" 6 CAPT. DOUGLAS-HILL
 " 9 RICHARD ATKINS
 " 21 ANTHONY ROWLEY
 " 22 ROBERT HUGILL
 " 23 BARBARA CAMM

 " 24 HOWARD CAMM
 " 25 RUSSELL CAMM
 " 79 ALAN MELSOM
 " 147 LEONARD WILSON
 " 150 SANDRA STUDD

If your address details are incorrect as shown in this or the previous Newsletter, please inform the editor as soon as possible.

Punch-Bowl Marathon

Away we go through 30 miles of Surrey countryside,
 Along the paths and by-roads around the Punch-Bowl wide.
 There's ten checkpoints we have to pass, by seven we must be back.
 In high content we walk along the hard and dusty track.

With full directions in our hands we go upon our way,
 Through the green and leafy lanes where I would love to stay:
 Up the gullies thick with leaves, through woods with bluebells' haze,
 Along the fields where gentle brown-eyed cattle quietly graze.

With friends to meet along my way and bird song up on high,
 My heart is filled with ecstasy, I feel I too could fly
 And rest upon a topmost branch and watch the world below -
 Then down to earth I quickly come, I've still got miles to go.

The Punch-Bowl gully is so long, it never seems to end.
 Up and up and up it goes, round yet another bend.
 And when you think on Gibbetts Hill what peace when you can stop -
 You find Hells Angels gathered there, a-roaring round the top.

Towards the end they stretched the miles and it becomes a race.
 If you want to be in time, you'd better increase your pace.
 You see the level-crossing gates - close them if they dare -
 You come to a stop inside the school with minutes three to spare.

In great delight at having done that which was our intent,
 Thanks to Alan and all his friends for all the time they've spent.
 And now the evening sun goes down, we homewards make our way,
 'Tis the end of a long and challenging, but successful day.

STARFISH.

HIGH SPOTS QUIZ ANSWERS

1. Dartmoor (1) 2. Plymlym (1) 3. Anglesey (1)
4. Lewis (1), Isle of Wight (1), Arran (1) 5. Ireland (Eire) (1)
6. Cader Idris (1) 7. A method for calculating the time to
 complete a mountain walk; allow one hour for every 3 miles flat,
 and add another half for every 1000 feet of ascent (2).
8. A mountain pass (meaning gloomy pass) (1) 9. Millstone grit (1)
10. Butser Hill, The Cheviot, Trostan, Brown Clee Hill (1 each)

Total 16: 12 and over excellent, 8 to 11 good.

NEXT ISSUE

The next issue will be despatched in December.

This newsletter was edited by Alan Blatchford and printed by Chris Steer,
 family All communications and material for the fourth
 edition should be sent to Alan by November 1st.