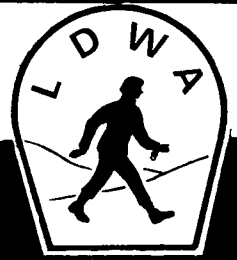


THE LONG DISTANCE WALKERS ASSOCIATION NEWSLETTER



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MARCH 77
number 17





President: Colonel Richard Crawshaw OBE, TD, DL, MP.

Committee

| | |
|-------------------|---|
| <u>CHAIRMAN</u> | Keith Chesterton (81) |
| <u>SECRETARY</u> | Alan Blatchford (2) |
| <u>TREASURER</u> | Christopher Barton (695) |
| <u>EDITOR</u> | Chris Steer (1) |
| <u>PUBLICITY</u> | Peter Rickards (176) |
| <u>MEMBERSHIP</u> | John Feist (638) |
| <u>SECRETARY</u> | |
| <u>COMMITTEE</u> | Geoffrey Wood, Haydn Morris, Ann Sayer, Tony Cresswell, Gerri Burgess |

Regional Representatives

| | |
|-------------------|-------------------------------------|
| <u>SOUTH EAST</u> | Ted Perry |
| <u>SOUTH WEST</u> | Robin (1504) and Pam (1505) Lambert |
| <u>NORTH</u> | Mike Smith (336) |
| <u>MIDLANDS</u> | Ewen Hogben (744) |
| <u>SCOTLAND</u> | David Rogerson (390) |

COVER PICTURE IS THE TOWER ON LEITH HILL, SURREY. by Barbara Blatchford (3).
It is the highest point in South-East England - 1029 feet (with the tower).
Built by Richard Hull in 1766 he was buried beneath the floor six years after.

(With apologies to Barbara for the gremlins)

NEWSLETTER 17 - PUBLISHED BY THE LONG DISTANCE WALKERS ASSOCIATION. MARCH 1977.
This edition was edited by Chris Steer
Assisted by Alan Blatchford. Events news by Ann Sayer. Typing by Margaret Steer.
Addressing by Jeff Ellingham. Collated and despatched with the assistance of
local members. Our thanks to all contributors of copy. NEWSLETTER 18 will be
despatched early August. All copy to be in by Mid May please.

EDITORIAL

NOW THAT WE ARE WELL INTO THE YEAR I EXPECT YOU HAVE ALREADY PLANNED YOUR HOLIDAYS AND THE WALKS YOU HOPE TO DO IN THE COMING MONTHS. IF NOT, READ ON AND WITHIN THE FOLLOWING PAGES WE HOPE YOU WILL FIND A FEW IDEAS.

With several new events added to the more established ones, there is ample opportunity to meet the challenge of striding out. For those who like to spend their annual holidays walking there is plenty of scope for tackling one of our long distance paths and for people wanting something just a little bit different there are the 'Marches' that are held in various countries. (See Newsletter 16). One of our members, Colin Saunders, has drafted two itineraries for walking-cum-sightseeing tours to two of the overseas events and, if successful, it is hoped to run such visits on an annual basis.

With all this walking in store will I be fit enough to enjoy it. to the full? is a question some people will be asking themselves. Probably the majority of members are quite capable of walking up to twenty miles without too much preparation, but if you are new to the game or perhaps haven't done much since you left school, or retired, then you will be wise to walk yourself in. The easiest way to go about this is simply to walk a mile or two as often as possible, gradually increasing the distance week by week until you can cover the desired distance without bother. Unfortunately, walking to get fit is rather time consuming so, to take a short cut, you might consider taking up jogging or cycling. If you do embark upon a programme of training try to make each walk, jog or ride interesting. If you live in an urban area you might take alternate left and right turns, or note the names of houses, contents of shop windows etc. Rural areas may present less routes but each time out you might endeavour to see something different. Some of the keep fit routines that I employ include jogging to work, posting a letter on the other side of town, taking the scouts for a run or visiting some feature I have previously located on a large scale map.

On the subject of getting fit, member Bruce Tulloh's book - "Naturally Fit" - that we have referred to is well worth reading and if you follow his guide lines you could be superfit by the summer.

With such a wide cross section of the community as our membership is I suppose it is inevitable that some will write books or broadcast. Last week I happened to glance through a 1974 Geographical Magazine and noticed an article by Monty Rosen (LDWA 154) on a trans-Sahara Expedition, and a couple of days later I heard John Henderson (LDWA 603) relating the history of walking at Steyning in Sussex in the "Down Your Way" programme. Several members have written books on walking and the latest is our Chairman Keith Chesterton who will soon be in print with an enlarged version of the "London Countryway"

The next few months will see a few more milestones passed, the first being our Fifth A.G.M., the second the enrolment of member 2000 and number three our third "Downsman Hundred". ●

ALAN BLATCHFORD

A.G.M. + DINNER LLANGOLLEN

SATURDAY 26th MARCH

THE MEETING WILL START AT 2.30 PM IN THE RIVERSIDE BAR OF THE CHAIN BRIDGE HOTEL (GR 202433). THERE WILL BE REPORTS ON THE YEAR'S ACTIVITIES, ELECTION OF OFFICERS AND COMMITTEE. IN ADDITION, 4 RESOLUTIONS HAVE BEEN RECEIVED AND WILL BE VOTED ON. THESE ARE:

1. That the committee be empowered to raise subscriptions to a sum not exceeding £1.50 p.a. (the actual sum to be decided by the committee). Proposed: Committee
2. That the committee be instructed to find a name for the Newsletter consonant with the contents. Proposed: C. Steer
3. That this Association deplores the decision of the Country-side Commission not to designate the Lyke Wake Walk route as an official long distance footpath. Proposed: K.Chesterton
4. That the LDWA considers the awarding of prizes and trophies for individual fastest times is not consistent with the spirit of the Association. Proposed: A.Blatchford

No further resolutions have been received but amendments may be accepted.

I hope as many members as possible will come and give their views on the future of the LDWA.

KEITH CHESTERTON (Chairman)

ANNUAL DINNER

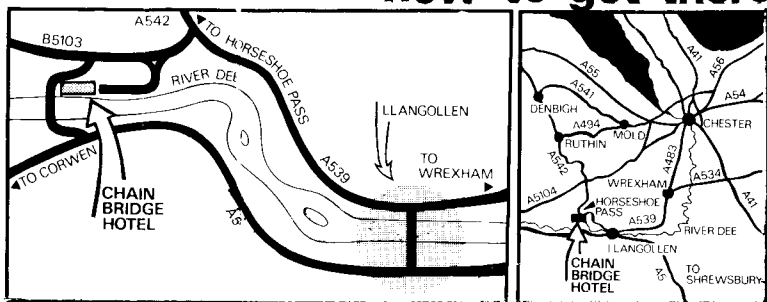
The dinner will also be held at the Chain Bridge and will start at 6.30 p.m. The guest of honour is Bill March, Director of the National Mountaineering Centre at Plas-y-Brenin. Our President and his wife will also be there. After the dinner we will adjourn to the Riverside Bar which will be reserved for us.

Some places are still available for the dinner at £3.00 per head. Please book now, direct with Keith Chesterton

(No places left here for accommodation, but there are many alternatives in Llangollen).

THE SUNDAY WALK. There will be a walk on Sunday, finishing about 4pm, over the Berwyns to Pistyll Rhaeadr (or other nearby mountains, depending on conditions). Highest point 2713 feet so come prepared! ●

how to get there





AROUND THE GROUPS

what's going on ~ nationwide!

WESSEX PROMOTE THEIR FIRST EVENT - WEST YORKS A NEW GROUP IS FORMED - SURREY GO FOR 100 KILOMETRES - NEW GROUPS PROPOSED IN STAFFORDSHIRE AND THE WEST MIDLANDS - KENT PUTS ON THE 3RD SEVENOAKS CIRCULAR - WESTMORLAND DISPLAYS IN A SHOP WINDOW - WESSEX GO FOR WEEKENDS - ESSEX PLAN TO DO THE WHITE ROSE WALK.

KENT

In anticipation of a bumper entry for this year's "Sevenoaks Circular Walk", the Group have been busy walking out and amending the route description for the course. Last year the walk was referred to as the "Gin and Jag" walk; unless conditions change rapidly I'm sure that after this year it will be called the "Soup and Sludge" walk.

Group membership grows slowly - we now have 20 members and 4 recent enquiries. It was agreed at a recent meeting to cut down this year on the number of summer mid-week evening walks as last year they were not well supported.

PROGRAMME TO AUGUST 1977

- | | |
|--------------|--|
| 16th March | Evening Get Together. Meet 7 pm The Bull, Otford. |
| 20th March | Sevenoaks Circular Walk. Start 9am Otford Scout Hut. |
| 4th May | Evening Walk. Meet 7pm Tonbridge Railway Station. Leader Ernie Bishop |
| 21/22 May | Surrey Hills Walk west to east. Meet 1pm Frensham Ponds Hotel. |
| 1st June | Evening Walk. Meet 7pm Shoreham Station. Leader Derek Williams. |
| 4/6 June | Manning Checkpoint Downsman 100. Marshall Dillon (Page). |
| 14/15 August | Weekend based on Doddington Hostel, Kent. Saturday and Sunday walking on the North Downs Way. Further details from Peter Rickards. |

Group Programme enquiries from Peter Rickards

THAMES VALLEY

Sunday, 13 March
(Bob Ford)

Sunday, 17 April
(Colin Abbott)

Morning walk from Hambledon Church. Grid Ref. (784866), looking for hills to the east. 8.30 a.m.

Long square walk. West Wycombe by Long Countryway to Great Missenden, to Coombe Hill; thence by the Ridgeway Path to

THAMES VALLEY

- Chinnor Hill; return to West Wycombe - About 30 miles. Start 8.30 a.m. at junction of A40 and Bledlow Rd (827946)
- Wednesday, 4 May Evening walk in Windsor Great Park.
(Molly White) Meet 6.45 p.m. at Blacknest Car Park (961687).
- Sunday, 29 May The Tangley Trudge, jointly with That-
(Roy Chapman) cham Walkers - about 20 miles, starting 9 a.m. at the Plough Inn, Ashmansworth (416576)
- Saturday, 11 June The Fosbury Flip - about 25 miles, south-
(Philip Ward) wards from Hungerford. Start 9 a.m. at Library Car Park (337686) south of rlwy.
- Monday, 13 June Programme meeting at the Rising Sun
(896766) about 4 miles west of Windsor on the B3024. From 7.30 p.m.
- Saturday, 25 June S.W. arc of London Countryway. A maxi-
mum of 56 miles (following Chesterton) from Woldingham Station (TQ359564) to-
wards Windsor. Participants without a strong homing instinct may wish to bring copies of local transport time-
tables or a tent! Provisionally: meet Windsor (train leaves 5.44 a.m.) or Clapham Junction (6.31 a.m.) or Woldingham (7.05 a.m.)

COLIN ABBOTT

WEST YORKS

* new group

An inaugural meeting was held in January to establish a small nucleus of members. Additional members would be very welcome to the group, which enjoys access to the Dales, North York Moors, South Pennines and the Peak. Anyone offering or requiring transport to walks below, or any events, please contact Tony Wimbush.

- Sunday, April 17 Part of Fellsman - 25 mile circuit. Meet Cray (GR 943805) 9.15am. Leader: Tony Wimbush.
- Saturday, June 18 "Peak 50" - 50 Km mini-marathon, 11 hour limit. Meet Hathersage by Little John Hotel 9.15am.
- Monday, July 11 Programme Meeting - Long Bar, Victoria Hotel, behind Leeds Town Hall - 8.00 pm.
- Sunday, July 24 West Cleveland Circuit - 24 miles. Meet Osmotherly (GR 469993) 9.15am. Leader: Paul Metcalfe (Tel: Leeds 685703)

Tony Wimbush

SURREY

PROGRAMME.

APRIL 16th Social Walk. 20 miles. Leader: Tony Youngs.

APRIL 18th Social Evening at the Leg of Mutton and Cauliflower Ashtead. 7-30.

APRIL 23rd/24th The Surrey Summits. Our own major promotion. Helpers required. Please contact Jeff.

MAY 15th/16th. Coach trip to North Wales to do the Welsh 1000m (or 3000' for the hard men) . Leave from the London area on Friday night and return on Saturday night. All other groups very welcome to join or support us. Contact Keith Chesterton.

JUNE 4th - 6th. Downsman Hundred. If you are not walking your support is sure to be appreciated. Contact Jeff. Large Tents are required also if you have one you could lend.

JUNE 23rd. Mid summer evening walk. Alan and Barbara Blatchford.

JUNE 25th. The WEYBAC. 18 miles of river bank. Alan again.

JULY 3rd TANNERS MARATHON. Once again if you are not walking let Alan know and he will probably find you a job.

JULY 24th. Chalk to Chalk. A 35 mile social walk with Tony Youngs.

AUGUST 7th. Twenty miles walking with Chris Barton. Surrey/Kent border.

Full details and group membership (30p) from Jeff Ellingham

West Midlands * Proposed

Roy Gudgeon (1685) and Leslie Deller feel that there may be sufficient interest to start a local group in the West Midlands, or at least arrange a system whereby members entering events can join forces by travelling to these events. All who are interested are asked to contact Roy Gudgeon

Staffordshire * Proposed

Anthony Hewitt (LDWA 1800) will be delighted to hear from any members interested in forming a group in Staffordshire. (Presumably to be distinct from West Midlands). Write to Anthony

HIGH PEAK

PROGRAMME OF WALKS. ALL MEMBERS ARE WELCOME.

Sunday 17th April Win Hill Wheel. A twenty mile circle with Win Hill at the hub. 5000 feet of ascent. Meet 9am at Fairholmes car park (below Derwent Dam). G.R. 172893.
Leader Haydn Morris

Sunday 8th May. Edale Watershed. Twenty miles Meet 9am at Mam-Tor car park. G.R. 124833.
Leader John Feist.

Sunday 17th July. Buxton to Ashbourne. 30 miles. Returning to Ashbourne by the Peak Pathfinder bus. Meet 9am at the car park on the South side of Buxton Bus station on the A515. G.R.058732.
Leader John Corfield.

Haydn Morris

ESSEX + HERTS

The Blackwater Marathon will be held this year on Saturday 29th October and not the 12th November as stated in the last Newsletter. Full details in the next Newsletter.
Members of the group will assist in manning checkpoints on the 'Icknield 40' in July. Contained in this Newsletter is further information on this walk.

Other Meetings.

Sunday 24th April. Hertford (23 miles) Meet Hertford East Station at 9-30 am. There is a train from Liverpool Street at 8-38. Circular walk North of Hertford.
Leader: Jack Rossiter.

Friday/Saturday 10th-11th June. Chelmsford twenty miles over-night walk Further details later.
Leader: Mike Powell Davies.

Saturday/ Sunday 24th-25th September. Coach to the White Rose walk, North York Moors. Those interested send SAE after 1st May to Frank Duerden, Hillside

Enquiries to Secretary: Tom Lyons



TEAM LDWA 2 AT
THE FAR BLACK
CLOUGH CHECK-
POINT ON LAST
YEARS HIGH PEAK
MARATHON.

Picture by:
Brian Breacher.

Westmorland + North Lancs

From its small beginnings in November 1975, the group has gradually increased its membership due to various forms of publicity, including a window display in which action men in hikers' dress attempted to climb a box, cunningly disguised as a mountain. Also we suspect we are the first group to hold a programme planning meeting in a hospital, whilst one of its members was being overhauled. Any challenges to originality?



Most of our members prefer fell walking but, in accordance with LDWA principles,

we also include walks in slightly flatter areas which offer equally splendid scenery but tend to be forgotten by some because of their nearness to the Lakes. Also, we don't want to put prospective members off because they are not sure if they are in good enough shape to tackle Lakeland mountains. If sufficient numbers turn up for walks, we can divide into fast and slow parties or give a choice of long or short routes.

Any prospective Kendal member with transport problems can contact Keith or Frank. Other activities not included in the programme may be arranged at a later date.

For details S.A.E. to: Sue Rayner

- | | |
|------------------|--|
| Sun. March 27th | GRASMERE SKYLINE - meet Rydal Mount Car Park 9.0 a.m. |
| Sun. April 24th | MALHAM AREA WALK (Keith Daly) meet Settle Car Park (GR 818638) 9.30 a.m. |
| Sun. May 15th | THE SAINTS WAY - high level route from Kentmere Church to Threlkeld Church starting at 7.0 a.m. Contact Keith Daly |
| Sat. May 21st | KENDAL SPRING WALK - see events. |
| Thurs. June 2nd | BURNSIDE & CUNSWICK SCAR (Frank Hodson) Meet County Hall Kendal 7.0 p.m. |
| Thurs. June 23rd | THE HELM & RIVER KENT (Fred Townson) Meet Kendal Grammar School 7.0 p.m. |
| Thurs. July 7th | EVENING WALK (Frank Hodson) Meet Hest Bank level crossing 7.30 p.m. |
| Sun. July 17th | GREAT GABLE (Keith Daly) Meet Gatescarth Car Park 9.0 a.m. |
| Sun. Aug. 14th | ARNSIDE MARATHON - see events. |
| Thurs. Aug. 18th | WHINFELL (Les Stephenson) Meet Mint Bridge, Shap Road, Kendal 7.0 p.m. |

WESSEX

Notes compiled by Sue Coles.

In November the Group held its first Y.H.A. walking weekend, staying at Cranborne Y.H. (See following account). Later in the month a 20 strong party walked up the Test Valley to Houghton on a trip variously described as a "splendid day" and a "marine commando training exercise". December saw the second annual "Pre-Christmas Kanter" on a bitterly cold day across some of the bleaker parts of the New Forest with several sightings of fallow and roe deer. 1977 opened with the E. Dorset circular which John Loakes had arranged. For the second year running he was unable to lead his walk. We offer our best wishes for a complete recovery and speedy return to walking without crutches! (We didn't mean a word of our insults at Sixpenny Handley!)

By the time these notes appear the "Waltham Walkabout" will have taken place and also a Y.H. weekend at Bridport in Dorset and the Annual? General Meeting at Romsey.

WESSEX XXX '77 (see Future Events) In our spare time we have been working on the Wessex XXX '77, the Group's first 30 mile open event to be held on Sunday 3rd April. This has meant paddling through many miles over the proposed fine scenic route, arguing, measuring distances, tape recording a route description and continuing the arguments at Tony Farrell's. One recalls watching a kingfisher on the Itchen Navigation, chatting with a game warden in the mist high on Cheesefoot Head, a beautiful rendering of Good King Wenceslas by the Social & Events and Programme Secretaries and those welcome nips from Don Shipton's bottle. If the entrants have as much pleasure on 3rd April as we have had in organizing the event there shouldn't be many complaints on the day.

Will all "Wessex" members come and help on 3rd April. Wives, families and interested friends very welcome. Please contact Tony Farrell

Forthcoming walks are: (starting time 08.45 hours)

- | | |
|----------------|--|
| Sun. 20 March | "New Forest Spring Saunter" - 22 miles - Meet Totton, Salisbury Road Car Park (SU 359134) OS 1" Tourist New Forest. Pub Stop: "Lamb" Nomansland. |
| Sun. 8 May | Stourton & The Somerset Border - 23 miles - Meet Kingston Deverill Church (ST 845370) OS 1:50000 183. Pub Stop: "Red Lion" Killington Street. |
| Sun. 12 June | "Walbury Wander" - 30 miles - Meet Beacon Hill Car Park (SU 464575) OS 1:50000 174 |
| Sun. 10 July | Andover Forest - 22 miles - Meet Andover Co-op Car Park opp. main Bus Station OS 1:50000 185 Pub Stop: "The George" St Mary Bourne. |
| Sun. 14 August | River Avon Circular - 21 miles - Meet Wilton Market Place Car Park. (SU 097311) OS 1:50000 184. Pub Stop: Upper Woodford. |

Send S.A.E. (9"x 4") for 1977 Programme to: Wilf Lyman

WESSEX GROUPS FIRST WALKING WEEKEND by Frank Sharpe (879)

After the torrential and seemingly non-stop rain of the previous weeks it did not seem possible that the weather could be so kind to us on the Saturday and Sunday chosen for our first walking weekend. It was perfect. Despite early mist the sun shone throughout the weekend though not clearing all the icy patches in sheltered areas on the second day.

Ten members met on Southampton Station taking single tickets to West Dean near Salisbury, the objective being Cranborne Y.H.A. The distance depending on the route was approximately 20 miles with a lunch stop on the way.

The first surprise was having to negotiate an assembling ammunition convoy straight from "Dr Who" with its attendant machine gun equipped guards, police escort and motor cycles. Our youngest walker, Jonathan Farrell (11) was most impressed with it all.

The route took us up onto the ridge, over Pepperbox Hill, through the grounds of Trafalgar House, across the River Avon at Charlton (where the heavy rains showed in the swollen height of the waters) past the "Giants Grove" and on to Whitsbury and the "Cartwheel". Here we were given a tremendous welcome, muddy boots and all, and although Ivan and Audrey Burbridge provided food they did not mind us eating our sandwiches. Beer from the wood, draught cider, the lot, our quaffers were in heaven.

The restart after lunch was tardy and for one in particular a little unsteady, laughter prevailed and there was much merry-making - particularly in negotiating awkward stiles.

From Rockbourne we went up to Windmill Hill passing evidence of Grim's Ditch believed to be a boundary marker. At Blagdon Hill as darkness fell torches began to blossom and map reading wilted but after a few false trails, recumbent cattle, ploughed fields, barbed wire fences, the minor road was reached and we marched on to Cranborne in the pitch black through the woods but under a glorious night sky when in the open.

After settling in at the hostel we spent a pleasant evening in the Sheaf of Arrows, although it was sad to see Keith Jones nursing a faulty digestive system and thus reduced to presiding over the meeting in very sober fashion (some thought he was the vicar).

Next morning proved to be as glorious as the previous one and after a very substantial breakfast we set off into the "unknown". At some stage it was decided (by a group which came to be known as the Steering Committee or the Great Map Waving Ones) that we should walk to Cadnam instead of Lyndhurst Road Station, the theory being that it was nearer for the "lame and halt", and we ultimately sloshed our way through the watery New Forest to our stop at Cadnam.

What were the highlights? The weather and the countryside - Don Shipton swinging on a gate - or should I say the gate swinging Don! - The Cartwheel at Whitsbury and its effect! - Young Jonathan Farrell completing an arduous, for him weekend with fortitude - The look of incredulity on the faces of two 18 year olds in our dormitory at the Y.H.A., when our crowd came in (average age 40+) - The tremendous good humour that prevailed throughout.

Our grateful thanks to Sue for organising the accommodation and keeping us in order. We look forward to the next walking weekend and which we hope will become a regular feature. ●

Sounds hic-marvellous to me.Ed.

SOUTH WEST REGION

Since the last report, our walks have taken us to Taunton and the Blackdowns, Bristol and The Avon Gorge, and the entire length of Cirencester Park. We even helped launch a hot air balloon during our last outing.

Our thanks to Michael Benison, Wynne Evans and Gary Jones for providing excellent refreshments after the respective walks. These teas have been a notable feature of the walks this year, and it affords a good opportunity for us all to meet on a more social basis.

It has been nice to see a number of new walkers join us, and we hope they will continue to support these local walks.

The group is due to spend a weekend in Snowdonia in March, and we will have a further walk on Sunday, 17th April led by "Mac" McArthur. This walk will be in the north Cotswolds, and details may be obtained from the Regional Reps. nearer the date.

Pam and Robin Lambert

NORTH YORKSHIRE

December's 'Short Walk and Good Pub' proved very successful; we completed approximately 12 miles in snow and, after a hurried last four miles, refreshments were had at a pub where walkers and children are welcome - the Faversham Arms, Church Houses, Farndale. I understand January's 'Ilkley Walk' was also in snow with drifts up to 3 feet deep.

Once again snow was part of our Haworth walk, and although it kept on all day, Jack Rayner managed to return us all safely after approx. 18 miles. The last Newsletter indicated that Yorkshire has over 200 members, perhaps some of them would join their local group activities where numbers average approx. 10 per outing. With cars travelling to these walks from Hull, York, Leeds, Harrogate, I'm sure one or two more could make a little more effort and attend. If we don't do what you want please write with your suggestions and I will try to include them.

Mike Smith

- 27 MARCH "3 Peaks" Horton-in-Ribblesdale Car Park 9.15am 22m.
17 APRIL With West Yorks Group 25m of "Fellsman", Cray (943805) 9.15am.
8 MAY 20m in the "Peak" with Barry Thackery. Meet GR112906 9.30am.
18 JUNE With West Yorkshire 50km Circular. Meeting "Little John", Hathersage, 9.15am.
24 JULY With West Yorkshire "The West Cleveland Circuit" Approx. 24m. Meet GR469993, 9.15am
21 AUGUST "The Bilsdale Circuit" with Mike Smith. Approx. 25 miles. Meet GR564890 on B1257, N. of Helmsley 9.15am.

TYNE - TEES

All members in the counties of Tyne & Wear, Northumberland, Durham and Cleveland are invited to support our first project which is the new event - the 'Teesdale Marathon'.

PROGRAMME.

MAY 1st

An inaugural plod along the probable route of the new Teesdale Marathon (about 25 miles). Meet 9.0 a.m. Middleton-in-Teesdale main square. 'Outside' members welcome for important meeting on new event. PLEASE ATTEND!

SATURDAY, 25 JUNE

Enter the Mallerstang Marathon and stay at Dent Youth Hostel in order to attend a further meeting regarding the new Teesdale Marathon.

All correspondence to: Tony Cresswell

GOING TO YORKSHIRE PERHAPS? Mike Smith (our man in North Yorks) and his wife will be pleased to accommodate any members and/or friends travelling to the area, providing B. & B. and evening meal if required. They run a small country Guest House just 5 miles north of York on the A19 which is handy for exploring all parts of Yorkshire and within an hours drive of the coast, moors and dales, (all very fine walking country.)

Association T Shirts

ORDER NOW FOR THE SUMMER....OUR TEE SHIRTS COME IN WHITE, BLUE, ORANGE, GREEN, YELLOW, AND RED. THE SYMBOL IS BLACK. WHEN ORDERING STATE SIZE, LARGE, MEDIUM, OR SMALL AND GIVE THREE CHOICES OF COLOUR IF POSSIBLE. THE PRICE IS ONLY £1.35 INCLUDING P&P. SEND TO: TONY CRESSWELL



Future Events AND ACTIVITIES

A NOTE FROM THE COMPILER OF THE EVENTS REGISTER

You will see from the Calendar and the Future Events section of the Newsletter that we can now give details of a number of additional events, some new and some old. But the list is still far from complete.

Are you amazed, annoyed, appalled or just plain puzzled to find that your favourite organized long walk has been omitted? If this has happened it may well be that I haven't heard of the walk. I apologize for my ignorance and I shall be most grateful if you can enlighten me by letting me have the name of the walk plus the address of someone who can be contacted for full details.

Ann Sayer

MARCH 20TH, SEVENOAKS CIRCULAR, KENT.

Kent Group's third promotion of this scenic 30 mile route through lovely hilly country. Start and finish at Otford Scout Hut. Full details from Peter Rickards

APRIL 2ND, MID-WALES MOUNTAIN WALK.

22 miles and 7,000' of ascent over 9 summits including Cader Idris, from Dinas Mawddwy to Kings Youth Hostel. Use map O/S 116 to find route between checkpoints. Certificates to all finishers. Safety kit to be carried.. Entry limited to 150. Details from N.Tandy

APRIL 3RD, WESSEX XXX HAMPSHIRE.

A new 30-mile event organized by LDWA Wessex Group. Starting and finishing at Winchester, the walk is mainly over foot and bridlepaths which traverse the chalk downs to the north and east of the city. Start 09.00 hrs. Certificates will be awarded to all who finish in 10 hours. Good facilities. Contact Tony Farrell

APRIL 11TH, MANX MOUNTAIN MARATHON.

A tough mountain event over 30 miles from Ramsey to Port Erin, with twelve mountain summits and 9000' of ascent. As well as classes for runners (time limit 8 hours), this event now includes a class for walkers with a time limit of 11 hours. Certificates to all finishers. Entry fee includes buffet supper at evening prize giving. Contact Arthur C. Jones

APRIL 17TH, 2ND INTERNATIONAL MARCH, GOSSELIES.

A one day typical European march - four distances to choose from (10,22,32 or 40Km) with differing awards for the completion of each. The latter range from a bronze medal to a gold (!) medal. Entry fees are also variable depending upon whether the walker requires "stamp only", "certificate" "Medal and stamp" or "medal and certificate". Fees in Belgian francs are 20,50,130 or 180 respectively. Organised by Dassault Belgique Aviation. Further details from R.Bayet

APRIL 23/24TH, SURREY SUMMITS (Surrey Group).

This route of 100Km (62½ miles) includes a dozen or so of the hills available (about 7000') and some delightful scenery to boot. Start and finish will be at Guildford. Details and entry forms from Chris Steer

Closing date April 1st (or before if 120 received.)

MAY 1ST, BRENTWOOD WALK.

For their tenth Brentwood Walk the Brentwood R.A. Group are reverting to the

old distance of a maximum of about 25 miles with other shorter walks down to 6 miles. Contact Mrs Doris Knight

MAY 7TH, RIDGEWAY MARATHON.

The 16th Ridgeway Marathon is open to members of the LDWA, YHA or RA. As usual, the 40 miles walk will begin at the Ridgeway Cafe and follow the ancient way back to Streatley Y.H. Walkers staying the Friday night at the Youth Hostel will be taken by coach to the start. Inclusive entry fee £1.60 includes refreshments. Contact Norman Griffin

MAY 7th, ROYAL LEAMINGTON SPA WALK.

The Mayor's Charity Challenge Walk over 30 miles, starting at 5 a.m. Walkers are expected to support the nominated charities. Contact Richard Hart-Jones

MAY 14, 15, 16TH, TWO AND THREE DAYS WALK (Heerlen, Holland).

Walkers may take part for two or three days with the possibility of the combined days totalling 100Km (62½ miles) walking. Heerlen, the base for the walks is situated in a small tongue of Holland that lies between Belgium and Germany. As is usual in this type of event medals are awarded and are inclusive of the entry fee of 17,5 Dutch florins. Contact J. Willems before May 8th.

MAY 14TH, MAAM TURKS WALK.

A traverse of the Maam Turks ridge in the Connemara Mountains of Western Ireland. 14 miles of rough going with 8000' of ascent. Contact Hon. Secretary, University College Galway Mountaineering Club

MAY 15TH, BERKSHIRE TWENTY-FIVE.

This year the walk will start at Aerial Farm, Membury at 9.0 a.m. The route comprises tracks and paths over the chalk downs and there will be four checkpoints where refreshment is available. Entry fee 40p. Certificates at end. Organised by the Thatcham Walkers. Contact Roy Chapman

MAY 21ST, KENDAL SPRING WALK.

A new and interesting 28 mile circular in south-eastern Lakeland based on Kendal and extending north to Kentmere. Several of the checkpoints are at CAMRA hosteleries. Contact John Fisher

MAY 21ST-22ND, FELLSMAN HIKE.

This tough event goes the long hard way from Ingleton to Grassington. It is always over-subscribed and a ballot for the 450 places will be held on Saturday, March 19th. Entry forms from P.O. Box 30, Keighley

MAY 21ST-22ND, TEN TORS EXPEDITION.

Entries closed on February 1st, but, for the record, this is an annual event sponsored by the Army. A two-day camping expedition across Dartmoor for 14-19 year olds in teams of six. Usually attracts some 2,500 entrants. Distances to be covered vary from 35 to 55 miles according to age. Details for next year may be obtained later from: Ten Tors Co-ordinating Secretary, H.Q. South West District

MAY 28TH-29TH, ISLE OF MAN PARISH WALK.

First held in 1959 this walk covers 85 miles round the Isle of Man on roads, starting and finishing in Douglas. Time limit 24 hours with no running or jogging allowed. Contact Arthur C. Jones

MAY 29TH, CHEVY CHASE.

A rugged 17 mile circular from Wooler Youth Hostel taking in the summit of Cheviot. Time limit 7½ hours. Contact Mr M. Everet

MAY 29TH, 2ND MINI-MOUNTAIN MARATHON (South Wales)

This event is basically a lesser version of the "Karrimor". There will be two courses, a Premier and a Standard of about 25 and 15 miles respectively. There is a lower age limit of 16 and entries must be made in teams of two. Certain emergency equipment is to be carried. Organised by the Orienteering and Hiking Club, University College, Cardiff. Contact Alan Williamson

MAY 29TH, MOURNE WALL WALK.

A striking feature of the Mountains of Mourne south of Belfast is a wall which links nearly all the main peaks and encloses the Belfast water catchment area. The Mourne Wall Walk follows the wall across hills and valleys for 22 miles and involves more than 10,000 feet of climbing. It takes in the highest point of the range, Slieve Donard, at 2796 feet. This is not a race but there is a time limit of 12 hours. A certificate and cloth badge to each successful participant. Contact The Organizer, 21st Annual Y.H.A.N.I. Mourne Wall Walk

JUNE 4TH, (provisional), WELSH THOUSAND METRES PEAKS RACE.

About 18 miles from the beach at Aber to the summit of Snowdon via Carnedd Llywelyn, Carnedd Dafydd and Crib y Ddysgl. Includes a class for walkers. Contact Mrs J.H. Jones

JUNE 4TH-6TH, THIRD DOWNSMAN HUNDRED.

The "Downsman" will start at 12.00 noon in the centre of Winchester, Hants and finish at Eastbourne, Sussex. There will be an additional start at 18.00 for those who expect to complete the distance within 26 hours. Between the second and third checkpoints the South Downs Way is joined and followed, with a diversion to Steyning, to its end. The time limit is 48 hours and all entrants must have covered at least 30 miles on foot since Jan. 1st 1976. The entry limit is 250 places. Entry fee is £4. Contact D/H Secretary
Closing date May 1st, or when entry limit is reached.

JUNE 5TH, SOUTH WALES MARATHON WALK.

This 46 mile walk goes over seven of the highest summits in the Brecon Beacons National Park, contained in three separate mountain groups, the Carmarthen Fens, the Brecon Beacons and the Black Mountains. A combined total of fifty walkers will start from the Youth Hostels at either end of the route, Llandeusan and Capel-y-Ffin. This is definitely not a race, but plaques are presented to those who successfully complete the course. Contact Miss W. Baxter

JUNE 5TH, REEKS WALK.

An exciting mountain walk over the Macgillicuddy Reeks in Co. Kerry in the far south-west of Ireland. 11 miles from the Gap of Dunloe to Lough Acoose, rising to well over 3000 feet. Details from Hon. Secretary, Laune Mountaineering Club

JUNE 18TH, LAKES FOUR 3000 PEAKS TRIAL.

Up Skiddaw, Scafell, Scafell Pike and Helvellyn starting at 2 a.m. from Keswick. The 13th promotion of this popular 46 mile event. Maximum entry 200. Maximum time 22 hours. Minimum age 16. Contact Clifford Ford
by May 31st. Must be member of R.A.

JUNE 18TH, LUGNAQUILLIA WALK.

30 miles from Dublin (Bohernabreena) south to Lugnaquilla, (3,039 feet) the highest point in the Wicklow Mountains. These mountains offer great distances and good views, but are somewhat boggy and do not offer characteristic ridges. Details from Irish Ramblers Club

Events --- **June - July**

JUNE 18TH-19TH, SIX SHROPSHIRE SUMMITS (Firemen's Walk).

This 35 mile walk between Titterstone Clee and Corndon and including Brown Clee, Caer Caradoc, Long Mynd and Stiperstones, can be done at any time. For details write to the pioneer of the walk Vivian Bird

Certificates for successful crossings may be obtained from him.

Since 1970 the Fire Service have held a walk annually over the route. This year they are reversing their usual direction and are going from Corndon to Titterstone, and the crossing will be at night. LDWA members may join in the event, but the Fire Service cannot guarantee transport. For further information contact D. Ramsay (LDWA 5)

JUNE 19TH, PURBECK FLOOD.

A 23 mile circular from Swanage along the cliff top as far as Kimmeridge then back inland along the Purbeck Hills via Corfe - superb views both ways. A good introductory walk. Contact Fred Daldry

JUNE 25TH, MALVERN MIDSUMMER MARATHON.

A new event organized by the South West Regional Group of the LDWA. It covers 35 miles on the Malvern Hills and Severn Plain. Malvern Y.H. is only 100m from the starting and finishing point. Contact Tony Rowley

JUNE 25TH, WEYBAC WALK (18 Miles, Surrey).

A new "short long distance" walk taking its name from the River Wey and the British Aircraft Corporation whose sports club organise it. The walk is entirely along the towing paths of the Godalming Navigation and the Wey Navigation. The start is at Godalming and the route passes through Guildford to finish at Byfleet. The final checkpoint will be amidst the BAC gala activities. Certificates to all who complete the walk within six hours. Contact A.W. Blatchford

JUNE 25TH, MALLERSTANG MARATHON.

A circuit of the Upper Eden/Upper Wensleydale valleys, based on Garsdale Head Youth Hostel. About 22 miles. Entry is limited by the size of the hostel accommodation. This walk has a reputation for excellent weather, so bring sun cream. Entry details from Philip Gilks

JUNE 26TH, SEVEN PEAKS WALK.

Just south of Tipperary lie the Galtee Mountains with Galtymore (3,018 ft) the highest point. The Seven Peaks Walk (14 miles) traverses the Galtee ridge and involves 4,600 feet of ascent. Contact Frank Martindale

JULY 2ND, PEAK MARATHONS.

Two events on the same day, one a 25 miler based on Bakewell Y.H. mostly on footpaths, and the other a 40 miler based on Crowden Y.H. and mostly over rough moorland. Contact Y.H.A. Peak Region

JULY 3RD, TANNERS MARATHONS.

Britain's most popular Challenge Walk will include a 30 miles in 10 hours and a 10 miles Quiz Walk for families. Starting from Leatherhead and Tanners Hatch Youth Hostel. Details and entries from Alan Blatchford

JULY 9TH, LYKE WAKE RACE.

Open to all who have completed the Lyke Wake crossing at least once. Route is east-west from Ravenscar to Osmotherley and the race is on a handicap basis. Further details from A.W. Puckrin

JULY 12, 13, 14, 15, 24TH INTERNATIONAL FOUR DAYS WALKS (Apeldoorn)

Apeldoorn, the base for the walks is almost in the centre of Holland and is

Events

July-Aug-Sept

known as the "town in the greens" being near the largest wood and moorland in the country. Walking distances each day are variable according to age and sex. Maximum distance is 50 km. Medals for completion. Entry fee 17-50 Dutch florins and entry must be in before 26th June. Contact. Mr H. Reijnen

JULY 16th/17th. NORTH YORK MOORS CROSSES WALK.

Please note that the new organizer for this event is H.W. Gough

This is an over-night 53 mile circuit of the North Yorks Moors starting and finishing at Goathland and visiting ten or more of the moorland crosses.

JULY 16TH-17TH, TANNERS TWO-DAY WALKS

A two-day event over a short and long distance with overnight camp-stop. (The idea being to give you some training, equipment wise, for the Karrimor). Contact Graham Peddie

JULY 23RD, ICKNIELD FORTY.

This new event will be held on Saturday the 23rd July 1977. The route will be approx. 40 miles and will be from Ivinghoe to Streatley. If sufficient demand there will be transport laid on from Streatley Hostel to Ivinghoe on the Saturday morning. Contact Alan Melsom

S.A.E. please.

JULY 31ST, ROYAL MILITARY POLICE CENTENARY MARCHES.

As part of its centenary celebrations the Corps of Royal Military Police, helped by the people of Chichester, is organising marches of 10, 20, 30 & 40 kilometres. The event will be open to all individuals and teams from home and abroad. Commemorative medals to all who complete their courses. Contact The R.M.P. Centenary March Secretary, Roussillon Barracks, Chichester. Sx.

JULY ? TOXTETH GRAND WALK.

Started in about 1970 by LDWA President Dick Crawshaw, M.P. for the Toxteth Division of Liverpool. Round the Sefton Park perimeter. Incorporates many different events - 100 miles, a 100 mile relay of 4, 10-20-40 relays etc. Time limit 24 hours. Entrants provide their own back-up teams. Contact Toxteth Community Council, Wellington Wing, Shortfield Comprehensive School, Liverpool 8.

AUGUST 14TH, ARNSIDE MARATHON.

Circular walk of great scenic variety, mostly on footpaths, from Arnside Youth Hostel (book early if staying hostel). About 27 miles with route description. No limit to entries but limit on hostel accommodation. SAE after May 1st to Sue Rayner

AUGUST 21ST, DORSET ODDOLE.

A repeat of last year's successful 32 miles from Weymouth to Swanage along the cliffs. Tougher than you think with 5,000' of ascent. A coach will run from Swanage to Weymouth for the start. Contact Fred Daldry

SEPTEMBER 3RD, ACROSS WALES WALK.

A mixed bag with quite a bit of road, some pleasant tracks and on Plynlimon energetic mountain walking requiring navigational skill. Certificates to those completing the 45 mile course within 18 hours. Contact Andrew Morris

SEPTEMBER 3RD/4TH, BULLOCK SMITHY.

The second annual 56 mile challenge hike is to take place over a circular route starting at Hazel Grove, Stockport - mainly in the Peak District. Over 80% on footpaths and tracks, climbing over 7,000 feet, passing through 13 checkpoints at Bow Stones, Chinley Churn, Edale Cross, Edale, Castleton, Peak Forest, Millers Dale, Sough Top, Glutton Bridge near Hollinsclough, Axe Edge Moor, Shining Tor, Windgather, Cocks Knoll. Some trophies, certificates to all finishers in 24 hours. SAE for details and entry form to: Fielding Lord

Events

Sept-Oct

SEPTEMBER 4TH, GUILDFORD BOUNDARY WALK.

A biennial event, so make the most of your opportunity in 1977. Time limit for the 22 miles in 9 hours. Details from Alan Blatchford

SEPTEMBER 9TH/10TH, KENDAL GATHERING WALK.

One of the events in the fortnight-long Kendal Gathering festival - 27-31 or 58 miles along the Lancaster Canal from Kendal to Preston. Involves no ascent at all, only 30 feet of descent from Kendal to Preston, with the last 41 miles to Preston descending just 4 inches! Contact Frank Hodson

SEPT EMBER 17TH, TEESDALE MARATHON.

A new event to be organised by the new Tyne Tees Group. About 25 miles. Start and finish at Middleton in Teesdale. Route will incorporate the Pennine Way by the river Tees and moorland terrain. Carry Safety kit. Certificates. Contact, in May, Tony Cresswell

SEPTEMBER 18TH, 8TH CHILTERN MARATHON (Bucks).

To be held again at the same venue as past few years, the Marlow Rugby Union Football Ground, Riverwoods Drive, Marlow, Bucks (MR863863) 25 miles in 9 hours to gain a certificate, also for teams. Start 9.0 a.m., circular route passing through West Wycombe, Cadmore End, also pretty Hambleden, on footpaths and tracks. Four check points, free cold drinks at all, hot ones at the finish, pubs en route. Entry open to all, pre-entry fee 40p. Contact Vince Smith
S.A.E. please. Cheque/P.O. payable to 'Chiltern Marathon'.

OCTOBER 1ST/2ND, LONG MYND HIKE.

50 miles of Shropshire hills and lanes with 15 checkpoints en route - mostly on summits from 1200' to 1700'. Some prizes (mostly for scouts). A well run event with some exciting night sections. Contact Long Mynd Hike Committee

OCTOBER 16TH, MASTERS & MAIDENS MARATHON.

A "fun run" (or fast walk) over the measured distance on Surrey lanes. Open to all who want to try the distance under 5 hours. Contact Alan Blatchford

OCTOBER 22ND/23RD, KARRIMOR INTERNATIONAL.

Two day Mountain Marathon. This years venue is still secret. There are usually five courses, from 30 miles to the Elite 45/50. Has been described as a "giant orienteer". Over rugged terrain with overnight camping and compulsory equipment. Contact Karrimor International Ltd
about August. (Watch for advert. in the "Climber").

OCTOBER 29TH, BLACKWATER MARATHON (Essex Group).

Entry forms and details of the second challenge walk available in August from Mike Powell Davies SAE please. The route will be similar to that of 76 but in the reverse direction.

OCTOBER 29TH, BURLEY MARATHON.

Based on Burley Youth Hostel, 30 miles in 9 hours on New Forest tracks and trails. Some trophies. Contact Warden, Brian Smith

OCTOBER 29TH, HALLOWEEN HAPPENING.

Starting and finishing Slaidburn Youth Hostel. Walks around Bowland Forest and Ribbles Valley area. Contact Frank Hodson

EASTER IN THE BRECONS.

Members numbers two and three plan to spend four days walking in the Brecon Beacons-Black Mountains area of South Wales at Easter. Anyone interested in making up a small party (camping, hostelling, B & B) should contact Alan and Barbara Blatchford. Transport available from Surrey.

Round the Edge

PROBABLY EVERY L.D.W.A. MEMBER HAS HIS/HER OWN IDEA OF WHAT THE TYPICAL L.D.W.A. TYPE EVENT IS LIKE. YOU MAY THINK OF IT AS A STEADY WALK OF 25 MILES ACROSS COUNTRY WEARING BOOTS AND CARRYING A RUCKSACK. - - - - but do you sometimes get the urge to branch out by shedding your boots, breaking into a run, going shorter distances, going more on roads, race walking a la technical, running up mountains, stopping to clear a footpath, or doing more compass work ?
IF YOU DO, HERE ARE A FEW NAMES AND ADDRESSES OF SOME ORGANISATIONS THAT MAY INTEREST YOU.

FELL RUNNERS ASSOCIATION.

The post of secretary has changed again with Ann Joynson being replaced by David Moulding

The annual subscription is £1.00 and members receive a fixtures calendar and a twice yearly magazine "The Fellrunner". Some fell running events include a class for walkers, and we hope to mention these in the Newsletter.

RAMBLERS ASSOCIATION.

BRITISH ORIENTEERING FEDERATION.

For details re clubs and events contact B.O.F.

RACE WALKING ASSOCIATION.

For 'technical' walking. Some long events. Details from: Peter Marlow (Hon Sec R.W.A.)

ROAD RUNNERS CLUB.

Some long events. Write to Peter Goodsell

THE ENGLISH CROSS COUNTRY UNION

The Hon Sec is B.J. Wallman

However Mr Wallman writes, "Very few of our events are more than 9 miles".

BRITISH MOUNTEERING COUNCIL.

Write to Crawford House, Precint Centre, Booth Street East, Manchester, M13 9RZ. Phone (061) 2735335. In formation on Clubs, Associate membership for individuals, Huts, Lecturers, Mountaineering and Rock Climbing Courses, Mountain Leadership Training, Insurance etc.

YOUTH HOSTELS ASSOCIATION.

Membership via Y.H.A. National Office, Trevelyan House, 8 St Stevens Hill, St Albans, Herts. AL1 2DY. or over the counter in the Y.H.A. shops in London, Birmingham, and Manchester.

WOMENS CROSS COUNTRY AND RACE WALKING ASSOCIATION.

Events for women are getting longer. Write to Mrs Duerdin

Women can now run in an official marathon (26½ miles) as well as in the friendly time trial type of event like the Masters & Maidens.

WOMEN'S VETERANS ATHLETIC CLUB.

Contact Mrs Hazel Rider

JOHN O'GROATS CLUB.

There is I believe a club for those who have travelled from Land's End to John O' Groats on foot or by bike or car.

Does anyone know the address? HOW ABOUT AN L.D.W.A. EVENT OVER THIS COURSE? ●

ANN SAYER (646)

Downsman 77 shapes up

The third Downsman looks like being fully subscribed before the closing date of May 1st. So enthusiastic were some of the potential entrants that in order to get a place among the 250 walkers they returned their entry forms as soon as they had received them. The first was from non-member David Waterson of Cambridge before Christmas. By the end of January over a hundred entries had been received and by the end of February the number had risen to 161. We, therefore, advise that any member who has not entered yet and wishes to do so obtains an entry form at the earliest opportunity. To date the furthest travelled entries are from Inverness and Amsterdam.

Those who have completed the walk before should note that the previous finishing point will not be used due to non-availability. The finish headquarters will not be secured for a few weeks yet but it is likely that the final two miles of the route may be amended.

The following members have so far entered (surnames only):-
Addis, Allen D., Arnold, Barker, Bargate, Beard, Bell, Bennett, Bickle, Blackburn, Blatchford B., Bolton, Bott, Burgess* Burns, Burton, Cashmore, Cheyney, Clarkson, Clifford, Coffey, Cole J., Cole R., Coles*, Cooper D., Cooper P., Corfield B., Corfield Joseph, Cresswell, Cross A.*, Cross D., Cullis, Dawes, Day, Dillway, Dowey., Downer, Duerden, Dyson, Dingley, Draper, Eastwood, Ellis, Evans, Fallick, Feist, Farrell, Folliard, Funnell, Gatewski, Glentforth, Graves, Grice, Greaves, Gerrish, Harding G., Hastings, Heppell, Hewitt, Hotchkiss, Hunt, Hughes, Ingram, Jackson*, Jones H., Jones T.*, Judd*, Knipe, Leather, Mollowan, Marchant, Marlowe, Marsh, May, McArthur, McIntyre, McLaughlin, McQuillin, Millen, Millyard, Moore, Morris, Neal, Newman, Oliver, Pailor, Parker, Peacock J.J. Peel K., Peel.V * Pegg*, Poole, Perry, Powell Davies M., Proctor, Rhodes, Rickards, Robertson, Robinson, Robinson J., Rogerson, Rosen D., Rowley, Quinn, Reid, Shipton, Sibsey, Smith D.R., Stead, Steer, Stott, Swinscoe, Taylor, Teanby, Theakston, Timms, Voyce, Walker J., Watson, Westcott, Walker S., Williams D., White M.*, White A., Whitehead, Winyard, Woodroffe, Wright, Young A., Young R., Turner. Peacock*, Corfield John. *means lady

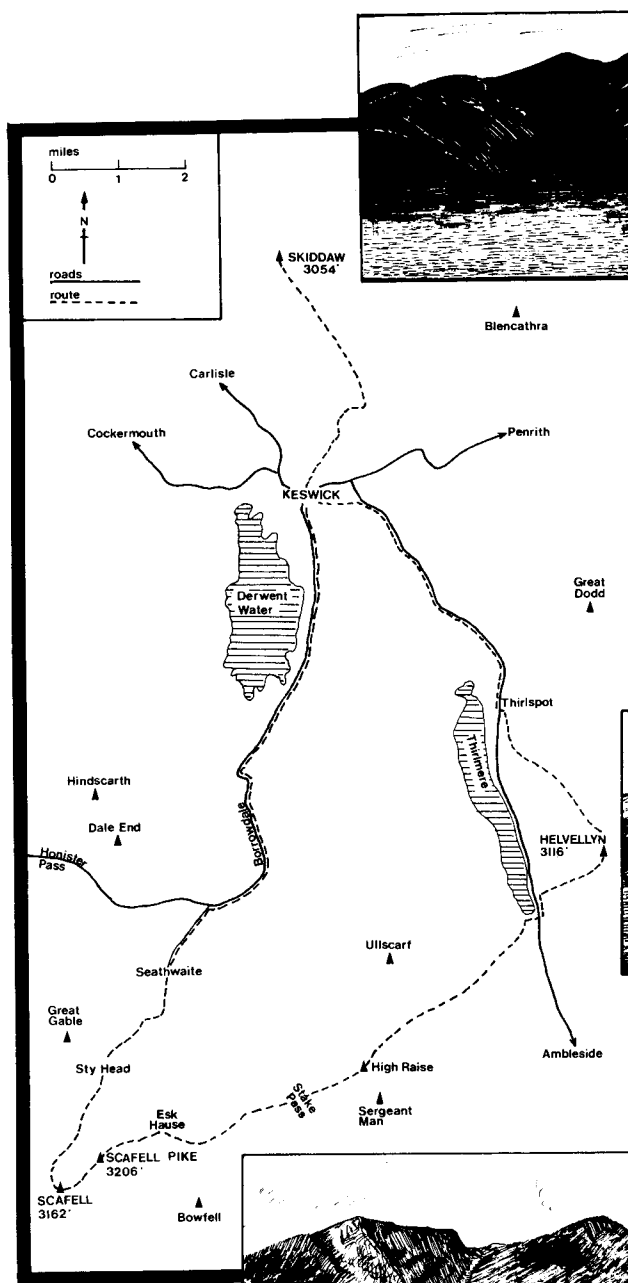
We are still looking for help. If you can spare a day, a night or just a few hours to help out, please contact Jeff Ellingham.

little downsman - FEBRUARY 20TH

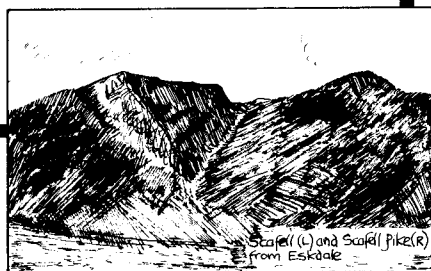
79 walkers set off from Winchester on a bright but cool morning to walk the first section of the Downsman route. The majority of the party were entrants and this was to be an opportunity of familiarising themselves with the most difficult part of the way.

Although the weather was fine and sunny the underfoot conditions were very winterlike. The worst stretch was a mile long section where the sunken path had become a fast flowing stream several feet wide. (Here the organiser's wellies came into their own!)

It is believed that 78 of the starters and 3 dogs completed the 23 miles in times up to 8 hours. The party included two husband and wife teams and two sets of brothers. The furthest travelled walkers were from Skipton in Yorkshire! ●



the lake district 3000,



Keswick

IS THE GENERALLY ACCEPTED STARTING PLACE FOR THIS WALK AND EACH JUNE THE RAMBLERS ASSOCIATION ORGANISE AN EVENT AROUND THE FOUR PEAKS STARTING AND FINISHING THERE. PURISTS MIGHT ARGUE THAT THERE ARE THREE OTHER 3000 FOOTERS - ILL CRAG AND BROAD CRAG ON THE SCAPELL MASSIF AND HELVELLYN LOWER MAN - IN THE AREA, BUT IT IS QUITE SIMPLE TO INCLUDE THEM IN THE CIRCUIT IF ONE SO DESIRES.

A start from Keswick in the early hours of the morning is usually made in order to give as much daylight as possible for the remainder of the route. The path up Skiddaw around the shoulder of Latrigg and thence up Jenkin Hill is very easy to follow and, if having made an early start, you might be fortunate to see the sunrise from the summit.

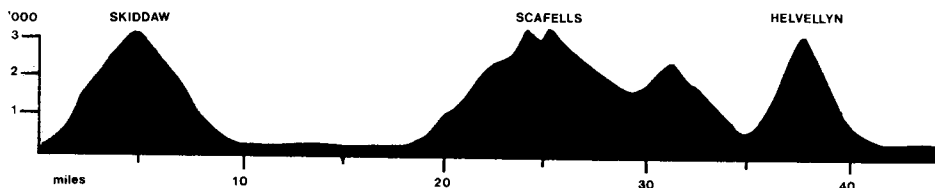
Back in Keswick you face the most tedious section of the route with about 9 miles of road to be walked along Borrowdale to Seathwaite. Now up to Sty Head and along the Corridor route towards Lingmel Col with the fine views of Great Gable etc. to the right. Lingmel Col (2370') is about half-way but there is still well over 5000' of climbing ahead. A slight descent must be made towards Wasdale before contouring under Pike's Crag to the scree at the foot of Lords Rake. Scramble up this famous gully before bearing left to the summit of the second peak - Scafell. A finer alternative is to branch off Lords Rake into the West Wall Traverse with magnificent rock scenery all round.

It is only just over a mile across to Scafell Pike via Broad Stand and Mickledore but those without any rock climbing experience will have to descend to Fox's Tarn before climbing back up to Mickledore. This entails an additional 900' of ascent and about $\frac{1}{2}$ mile in length. The well blazed path is now followed to England's highest summit. (Now having 4' knocked off its original easy-to-remember height of 3210')

The well-blazed route down to Esk Hause is followed and thence descending to Angle Tarn (1800'). Now across to the Stake Pass with High Raise (2500') looming in front of you. It is possible to contour around the shoulder of this hill but if taking part in the R.A. event one has to grind up about 1000' of grassy hillside to the checkpoint at the summit. Helvellyn now dominates ahead but a descent of about 2000' via Wyth Burn, normally quite wet underfoot, must be made to the southern end of Thirlmere.

The path up Helvellyn (England's most visited mountain according to a survey held a few years ago) from Wythburn Church is now followed - 2500' in $2\frac{1}{2}$ miles. After that it is all downhill!! Follow the path down to Thirlspot and thence about 5 miles of road must be walked back to Keswick. You will have walked at least 45 miles and made ascents and descents of just over 10,000' each. ●

BRIAN GRAVES (648)



1



Barbara's lakes picture page

BLACK & WHITE
PICTURES FROM
COLOUR SLIDES.

2



3



1. Top of Ennerdale from path to Great Gable
2. Striding Edge looking East.
3. Swirral Edge looking North East.
4. Castlerigg stone circle near Keswick.

4



BARBARA BLATCHFORD
(LDWA 3)

NORTH CIRCULAR

BY JOYCE CRICK (381)

EVER SINCE WE FIRST WALKED THE "CLEVELAND WAY" IN 1970 MY HUSBAND AND I HAVE BEEN SOLD ON LONG DISTANCE WALKING AND HAVE SPENT EVERY SUBSEQUENT SUMMER HOLIDAY TRAMPING "OFFA'S DYKE", THE "NORTH CORNISH COAST PATH", THE "COAST TO COAST" AND LAST YEAR THE PENNINE WAY.

Last year, having been given Geoffrey Berry's book "Across Northern Hills", we decided to link two walks described therein and plan our own circular long distance walk, as advocated by Mr Wainwright in his "Coast to Coast" book.

Not for us the competition type walk, rushing through the country side in as short a time as possible with no precious minutes to stand and stare. Not for us the forty pound pack, incorporating tent, sleeping bag, kettle, stove, - even a bowl as a kitchen sink. No, we like to do it the easy way with a meal ready for us each evening, a bath and a comfortable bed. After all,

it is a holiday and we are in our mid-fifties, so we booked up every one of twenty nights before we left home and each carried a pack weighing only twenty pounds.

When we first started long distance walking we used to ring up to book the evening's accommodation on the morning of the same day, but having had one or two near misses and finding, too, that in out-of-the-way places a 'phone call of sixteen miles can cost as much as 52p - and then perhaps without success - as well as the considerable waste of time involved, we have booked ahead the last two years. This meant we MUST walk, whatever the weather or the state of our feet, but at least we were assured of a meal and a bed.

We motored up to Grassington for our first night and, leaving the car safely tucked up in a garage, we set out on foot on Saturday morning, 31st July, on our latest expedition. We made our way to Malham the first day, coming down Gordale Scar en route. It would have been

Key to overnight stops:

- 1 Grassington
- 2 Malham
- 3 Austwick
- 4 Horton-in-Ribblesdale
- 5 Deepdale
- 6 Firbank
- 7 Tebay
- 8 Kentmere
- 9 Grasmere
- 10 Keswick
- 11 Mungrisdale
- 12 Sebergham
- 13 Wetheral
- 14 Armathwaite
- 15 Temple Sowerby
- 16 Appleby
- 17 Kirkby Stephen
- 18 Hawes
- 19 Buckden

Approximate scale: 10 miles to 1 inch

easier to go up it but we have "tough rubbery bottoms" and it was well worth the visit - we had not had time to do it on the Pennine Way.

Next day, after a cup of tea at lunchtime at the "Old Naked Man Cafe" at Settle we walked through Happy Valley to marvel at the 65 feet length of 6 foot high Celtic Wall, and then, in weather so cold and wet that we wore jumpers, anoraks, cagjaks and gloves (August, 1976, remember), we climbed over Smearsett Scar and Pot Scar and so came down to Austwick for the night. After Austwick we went via Clapham to visit Ingleborough Cave and then past Gaping Gill to climb Ingleborough. No view, alas, as it was so misty and we came down from the top by compass and then in sunshine into Horton.

This is where Mr Berry's Pennine Link Walk (Horton to Keswick) begins and we followed his route to Deepdale and Sedburgh, then over the beautiful and deserted Howgill Fells which lay like



HOWGILL FELS NEAR BECK HOUSES.

smooth, green, sleeping monsters in the sun, down to Tebay, across the M.6 (so glad we weren't on it) and down lovely deserted Borrowdale, Bannisdale, Longsleddale to Kentmere and so into the Lake District. We stayed at Grasmere, but then, rather than take the suggested route by Thirlmere, we made our own higher level route over Greenup Edge and down to Borrowdale where, finding it very populous, we shot up to Watendlath via Dock Tarn and so down to Derwentwater where we took a boat to Keswick through the calm sunny evening.

From Keswick we made our own way to the start of the second of Mr Berry's paths, the Eden Way, which begins at Wetheral, just east of Carlisle. We started by going round the back of Skiddaw, deserted and beautiful while the summit-seekers plodded to the top in their hundreds, to Mungrisdale. This, at 9.50p.m., was the latest arrival of all, owing to a three mile extra walk each way for a meal as our B. & B. Farm did not cater for evening meals. Thence to Sebergham - we got hopelessly lost on this day - the path, though signposted, was non-existent and after a long battle with a gloomy, muddy, buzzing forest, where the river was flowing the wrong way - or was it us? - we stuck to the road for the next day's twenty mile trek to Wetheral - narrow country lanes with very little traffic, but flat and

therefore very tiring. Give us the hills any day.

From Wetheral the Eden Way, not surprisingly, follows the lovely River Eden up to its source beyond Kirkby Stephen. What a battle though we had with some of the paths by the river - narrow, at times almost impenetrable, with head-high pink balsam, it was more like a jungle than an English riverside path. We struggled on to Armathwaite, then Temple Sowerby, visiting Long Meg and her daughters (62 standing stones) on the way. Still along the narrowing Eden, now on a clearer path, to Appleby and thence to Kirkby Stephen, to our delight now approaching our friends the hills which we had sorely missed all this time. We even had a splendid view of Nine Standards Rigg which we had met formerly on the Coast to Coast Walk.

Once past Kirkby we were really up towards the heights and we soon climbed to the source of the now little River Eden at Hell Gill, a deep narrow ravine in the hills, quiet and remote. We did not continue to the end of the Eden Way a couple of miles farther on, but with relief climbed even further up into the hills to join the Pennine Way two miles north of Hardrow and so we came down into Hawes.

The last two days - to our own design - were two of the best. Both were spent among the peaceful deserted hills; the first, a superb walk over Buttersett High Pasture to Marsett and Stallington Busk - lovely names and lovely places - and then over a high free, stretching road, down to Buckden; the second, over Buckden Pike to Kettlewell and then over Conistone Moor on a green turf road with white limestone cliffs and pavements shining in the sun and not a soul in sight the entire afternoon; and so regretfully down to journey's end at Grassington.

A conservative estimate of our mileage was 270 - not a very great average for nineteen days, but miles packed full of peace and beauty and quiet enjoyment. Not so gruelling as the Pennine Way but just as satisfying. ●



PATH THROUGH LONELY BORROWDALE (NEAR TEBAY)

Pen sketches by the author. Her husband did the map.

A Coast to Coast Walk

IN CUMBRIA'S AIR AND WEATHER SO FAIR,
FROM THE HEAD OF ST BEES WE SET FORTH,
OUR GOAL WAS TO BE, IN EIGHT DAYS AND THREE,
THE CROSSING OF ENGLAND'S FAIR NORTH.

THREE HOURS GONE BY AND FEELING DRY,
WE PAUSED AT CLEATOR FOR ALE,
REFRESHED ANEW, UP DENT WE FLEW,
AND FINISHED AT LAKE ENNERDALE.

THE SECOND DAY CAME AND WITH IT RAIN,
AS WE WALKED DOWN HONISTER PASS,
OUR AIM WAS THE BEER IN GLORIOUS GRASMERE,
OVER GREENUP AND HELM ALAS.

IT WAS NOW SUNDAY MORN, DRY BUT FORLORN,
AS WE TRACED OUR ROUTE ON THE MAP.
PAST GRISEDALE HAUSE AND KIDSTY TORS,
ALONG HAWESWATERS BANKS TO SHAP.

LEAVING SHAP ABOUT NOON, FOR NEWBIGGIN ON LUNE,
AND SIGHTS OF THE YORKSHIRE DALES,
THE SUN WAS ON HIGH NOT A CLOUD IN THE SKY,
WITH FIELDS FULL OF HERDWICKS AND SWALES.

WE COVERED THE GROUND NER MAKING A SOUND,
THE VIEW TOOK THE BREATH FROM OUR LIPS,
AT THE END OF THE DAY WE'D REACHED THE HALFWAY
AND FEASTED ON SAUSAGE AND CHIPS.

ON PAST THE HUNDRED THE TWO OF US THUNDERED,
AS WE FURTHERED OUR JOURNEY TO REETH,
ALONG BY THE SWALE WE WERE TOLD SUCH A TALE,
BY A FARMER WITHOUT ANY TEETH.

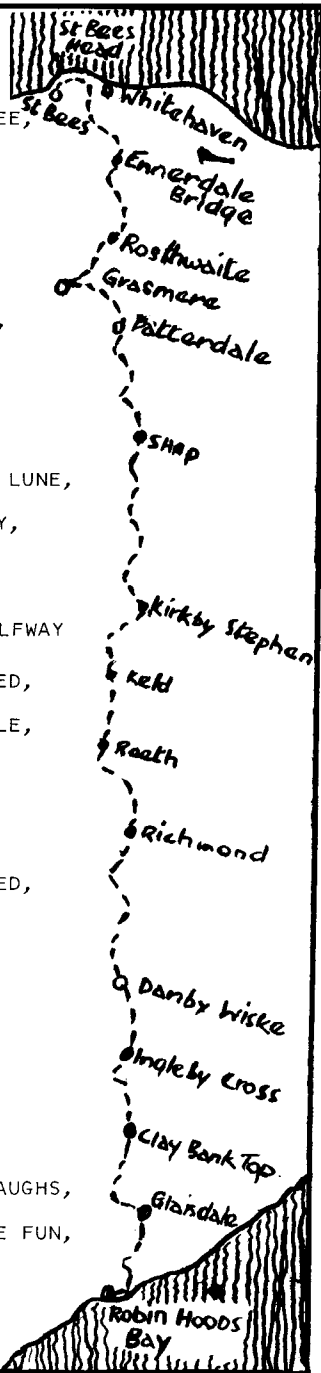
TO DANBY WISKE OUR PACE WAS BRISK,
AS WE WALKED PAST RICHMOND ON ROADS,
WE HAD TO REFUSE AN OFFER TO USE,
A CAR TO CARRY OUR LOADS.

POETS DAY HAS ARRIVED AND WE HAVE CONTRIVED,
TO GET TO GREAT BROUGHTON FOR BED,
THREE DAYS TO GO, UNLESS WE GO SLOW,
OR OTHERWISE DROP DOWN DEAD.

TO BLAKEY RIGG AND GLAISDALE TRIG,
ON THE TRACK OF THE OLD ROSEDALE TRAIN,
WITH WET RUCKSACKS AND ACHING BACKS,
WE PLODDED ALONG IN THE RAIN.

OUR TARGET TODAY IS ROBIN HOODS BAY,
AND A SNIFF OF THAT NORTH SEA AIR,
OUR WALK IS COMPLETE, JUST TWO SORE FEET,
WE'VE DONE IT WITH ONE DAY TO SPARE.

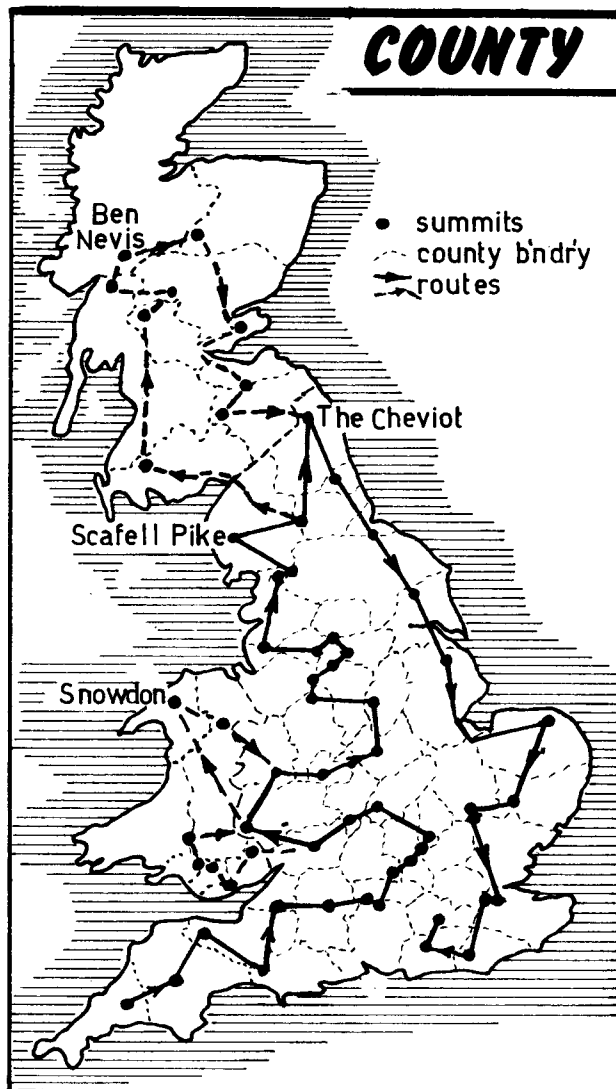
WE'VE WALKED MANY PATHS AND HAD LOTS OF LAUGHS,
OUR JOURNEY IS NOW AT AN END,
ONE NINETY MILES DONE, IT'S THE END OF THE FUN,
TRUST YOU LAUGH AT THE VERSES WE PENNED.



By Roger Diver (1187) and Doug Ball (1026)

(And acknowledgements to Mr Wainwright)

COUNTY TOPPING



AS A TEENAGE YOUTH HOSTELLER I SPENT MOST WEEKENDS CYCLING ABOUT THE COUNTRY AND AT THAT TIME I NURTURED A MODEST AMBITION TO SET FOOT (OR WHEEL) IN EVERY COUNTY. I SUPPOSE I EXPECTED EACH TO BE AS DIFFERENT AS ONE FOREIGN COUNTRY USED TO BE FROM ITS NEIGHBOUR, BUT AFTER PASSING FROM ONE COUNTY TO ANOTHER WITHOUT REALISING IT ON SEVERAL OCCASIONS THE IDEA WAS FORGOTTEN. HOWEVER, IN LATER YEARS, WHEN WHEELS GAVE WAY TO BOOTS, THE AMBITION WAS REVIVED IN A MODIFIED FORM: TO ASCEND TO THE HIGHEST POINT IN EACH COUNTY AND RANGE OF HILLS. READING CHARLES BALDY'S ARTICLE "PEAK BAGGING" IN NEWSLETTER 15

I WAS REMINDED OF THIS AND IN A FANCIFUL MOMENT CONSIDERED THE POSSIBILITY OF SCALING ALL THE COUNTY TOPS ON ONE EXPEDITION.

As a result of the 1974 boundary changes there are now 45 English, 8 Welsh and 9 Scottish mainland counties, with their highest points ranging from a mere 128m (419ft) in Suffolk to, of course, the 1343m (4406 ft) of Ben Nevis in the Highland Region. Some of the summits are other well known, and well worn tops, such as Cumbria's Scafell Pike, Gwynedds, Snowdon, and Surrey's Leith Hill, whilst others are simply nondescript spot heights on a map which might easily be missed if in a hurry.

To obtain the shortest, or most practical route between what

amounts to a series of random points is no easy task although a brief glance at a map of the county tops will show that one should either start or finish in Cornwall. If England only is considered, such a journey would be at least 1500 miles long; and if Wales and Scotland were also included, then at least a further 300 and 500 extra miles would have to be added respectively. Averaging about 20 miles a day would take about four months and even if car assisted it would be almost impossible to fit the trip into the average annual holiday. Few people would have the time or endurance to complete the challenge on foot but no doubt someone in the near future will attempt an auto assisted county topping expedition.

If with unlimited time and resources, I would start my journey at the nearest road access to Brown Willy in Cornwall, cross this summit and head towards High Willhays in Devon, then north east to Dunkery Beacon and so on, more or less up the west side of England to The Cheviot and then down the east to cross Sussex with the grand finale on Leith Hill a few hours walk from home. Wales and Scotland would either be optional extras or separate journeys. Not being an ardent camper I would seek the services of a driver and minibus with beds and cooking facilities. All the daylight hours would be spent on foot, although to cover the less interesting stretches of road a bike could be used and stowed aboard the vehicle when not in use.

What in reality will probably happen to enable me to achieve the ambition is that the whole series will take about half a century and be a collection of many unrelated events. The fifteen or so bagged to date are the products of a fell race, cycle tours, walking tours, orienteering, and family holidays. (Ref: "Climber & Rambler", January and February, 1975.) ●

ALAN BLATCHFORD (LDWA 2)

The Staffordshire Way ANTHONY HEWITT

A NEW LONG DISTANCE FOOTPATH - THE FIRST IN THE MIDLANDS.

By the end of this year the Northern Section of THE STAFFORDSHIRE WAY will be complete. The start is at Mow Cop, near Congleton Edge, and eventually it will end at Kinver near Kidderminster, in the south of the County.

The Northern Route (35 miles long approx.) proceeds from Congleton Edge to The Cloud and along Rudyard Lake (after which the famous author was named), passing between Gun Hill and Horton Moor into the Upper Churnet Valley. The path follows the River Churnet around Leek (once an important silk manufacturing town) to Cheddleton. Here an impressive twin water mill can be visited; in its hey day it ground flint for 'The Potteries'. Lower down the valley the Cauldron Canal becomes sandwiched by the steepening, wooded sides. Small tributary valleys such as Dimmingsdale are seen in the area of Oakamoor. At Alton, "The Staffordshire Rhineland" is encountered, the castle perched high above the valley sides. The Churnet flows south to join the River Dove near Rocester, the present terminal of the northern limb of the Way.

In total the path is 95 miles long, packed with variety not normally linked with Staffordshire, yet it is only a sample of what the County can offer. ●

A LAKE-LAND STROLL

by Cyril Richardson (230)

This is a favourite walk which I have completed in recent years together with two friends, Peter Wilson and Peter Riley, both members. It is a circular of Thirlmere walking NORTH on the WEST side of the lake returning on the EAST, in a southerly direction, starting and finishing at Grasmere.

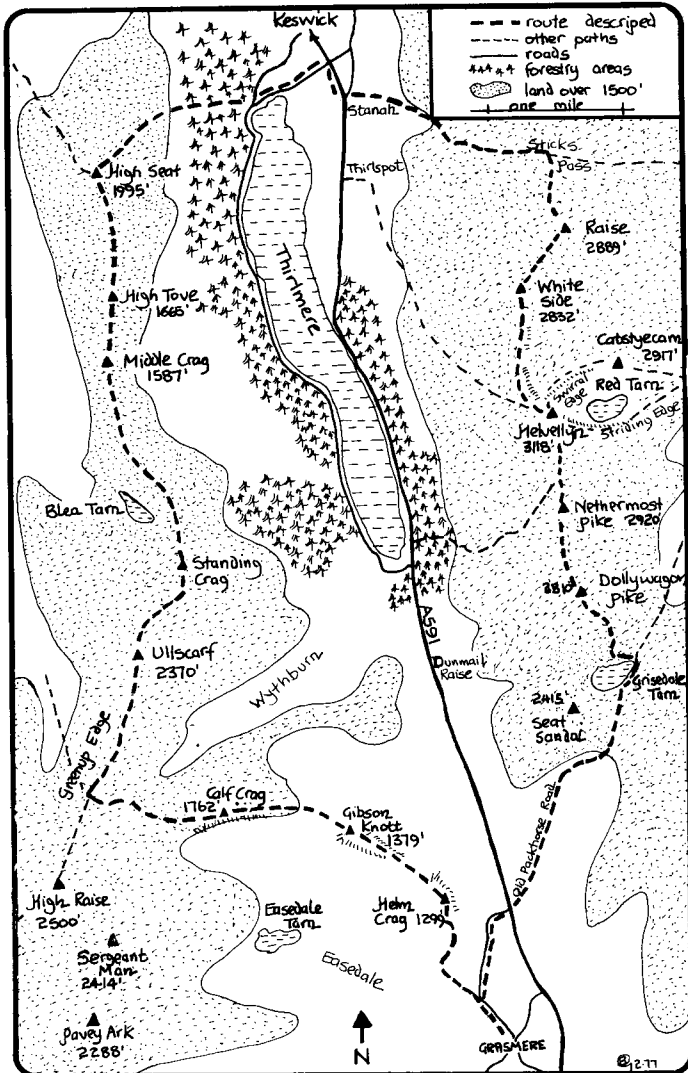
From Grasmere Car Park proceed to track (sign posted) for Elm Crag. Continue along ridge to Gibson Knott and Calf Crag. Then descend to path at the head of Wyth Burn GR 297102 bearing R. to climb up to Green-up Edge.

The route now is in a northerly direction to Ullscarf, Standing Crag near Blea Tarn, Middle Crag, High Tove and High Seat. One is rewarded with magnificent views of most of the well known summits and the terrain is mainly moorland.

Take bearing for Raven Crag via Castle Crag with a pleasant walk through the forest to the northern end of Thirlmere and the half way point of the walk.

Cross the A591 road and climb to the head of Sticks Pass where you turn SOUTH for Raise, Whiteside and Helvellyn. This is the popular part of the walk. Continue to Nethermost Pike, Dollywaggen Pike descending to Grisedale Tarn, then follow the old packhorse road via Grisedale Hause to Grasmere.

This walk is about 22 miles which are completed in 11 hours, including stops and is first class. ●



Map by Brian Graves (648)

ON THE F3

by TONY YOUNGS

LDWA 626

Backpacking on the Pembrokeshire Coast Path

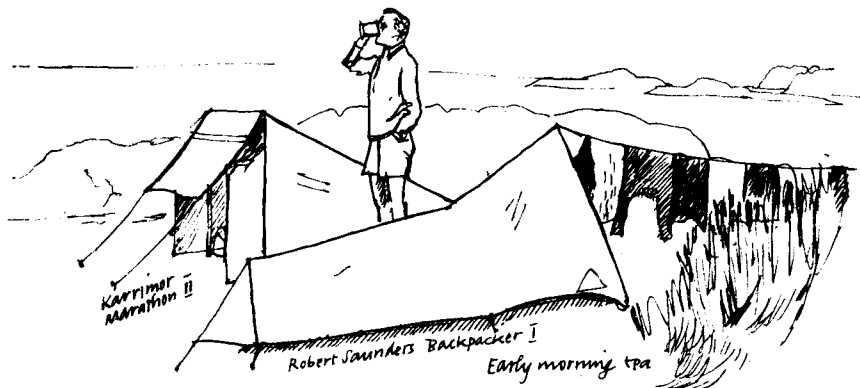
*Walking towards
Ramsey Sound*



IT WAS GOING TO BE DIFFERENT THIS YEAR. I'D COAST ROUND PEMBROKESHIRE, BY-PASSING THE BORING BITS, DAWDLING THROUGH THE BEST OF IT, STOPPING FOR A BATHE HERE, A DRAWING THERE. IT WOULD BE GENTLE, SOLITARY, IDYLIC. IT DIDN'T TURN OUT LIKE THAT. Percy, abandoning the prejudices of a long life time, decided he would try backpacking. He did not have enough leave for quite what I had in mind - just enough to walk the Coast Path if we were quick about it. And we would have to follow pedantically the pale green line on the maps in Long-distance Footpath Guide No. 3, of course.

I did persuade him to cheat a bit at the start. I had discovered that the Castlemartin tank range was open on the Sunday - as open as it ever is - but closed all the following week. So when we arrived by train at Tenby one Saturday afternoon early in August, we set out west, leaving the first six miles of the Path untrodden.

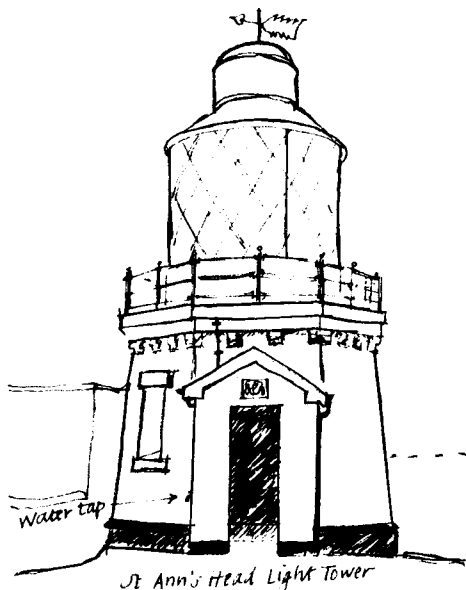
We enjoyed the level limestone cliffs to Lydstep Haven. There the Path goes inland to avoid the Manorbier artillery range. Soon the pale green line leaves the road at Croft House and makes for Hill Farm. So did we, but we met a brave and belligerent farmer who declared that there was no right of way and never would be. Drawing himself up to his full five foot three, he waved his stick and announced that he was man enough for the



two of us. We put our faith in the book, offered our names and addresses in case he cared to sue us, and made our way along the palegreen line over barbed wire to Hill Farm and the sea. Thinking later that we may have taken too fundamentalist a view, I wrote to the Countryside Commission who have promised me a "full statement of the position in due course".

The geology of the coast forced itself upon our attention. We were on Old Red Sandstone now where the surface water erodes steep-sided valleys. We were constantly dropping down to, and climbing up from, sea level. At Stackpole Quay the limestone returns and beyond Broadhaven the Castlemartin Range begins. The marked path lies well away from the cliff edge and is remarkable only for occasional distant views of contorted limestone strata and the number of people appearing to enjoy this route march. From Elegug (or Guillemot) Stack and the Green Bridge of Wales, the Path makes inland by road to Castlemartin village and back to the Old Red Sandstone at Freshwater West. The coast round Flimston Down and Linney Head is never open to the public.

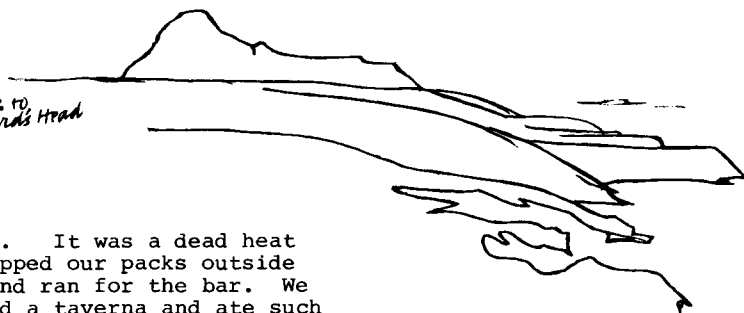
Milford Haven is well defended by 19th century forts and block-houses. They should be explored with caution; one has a circular hole just inside its dark entrance, with a fifteen foot drop to a concrete floor beneath. But they often provide a flat site on which to pitch a tent. We spent a windy night by the East Block House above Sheep Island on the Angle Peninsular. Two nights later we slept about 2 miles away (as the gull flies) by the West Block House on the Dale Peninsular. During those two days we played hide and seek with oil refineries painted in "environmental colours" trying vainly to conceal themselves behind inadequate hills; marched across the great bridge which has replaced the ferry at Neyland; admired the copper and brass model of the steam trawler *Cambrria* in the Ferry Inn at Hazelbeach; saw clouds of Peacock butterflies; were rowed across the estuary at Sandy Haven by a 12 year old holiday-maker (the ferry and the inn both are no more); reached, fortunately, the crossing at Pickleridge saltings at low tide; ate Dale cockles; drank much beer (although real ale hasn't yet returned to Pembrokeshire); and subjected our shins to great discomfort. (From Sandy Haven to Cardigan the Path is often edged with the penetrating prickles of dwarf gorse. Gaiters would have been a boon.)



St Ann's Head Light Tower

We had, of course, no time to visit Skomer. We each, unaccountably, decided that it was essential to reach Littlehaven before

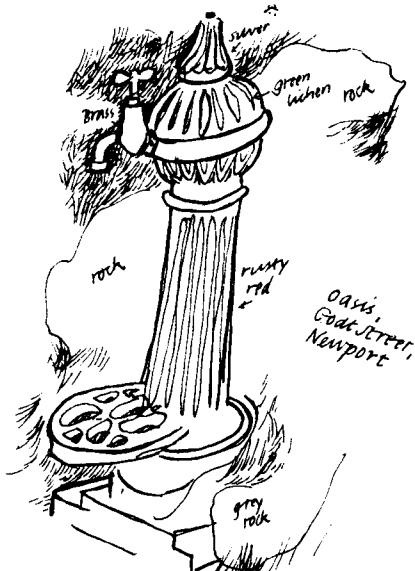
*Looking back to
St David's Head*



the other. It was a dead heat as we dropped our packs outside the pub and ran for the bar. We then found a taverna and ate such regional dishes of the Costa Cymru as avocado finaigrette and moussaka. It made a change from Springlow savoury omelettes.

St David's Head is the climax of the walk. Its ancient landscape of slates with great intrusions of gabbro is dramatic; we discovered later that it exercises a metaphysical attraction. After a meal at The Sloop at Porthgain we walked through the evening along the narrow path between the cliff edge and fields of oats. The sun had gone down by the time we found a possible camp site on a headland. When we tried to pitch the tents the pegs struck solid slate an inch down. As we were packing up again to move on by moonlight, a figure materialised next to us - a girl in a grey cloak, an Indian headband (without a feather) and plaits. She carried a leather handbag. She had set out from Cardigan a week earlier and had wandered up into the Prescelly Hills (where the Stonehenge bluestones came from); she had to be at St David's Head at the full moon in two days. She had no food, no water, no shelter; but she was unconcerned. She was grateful for a packet of Ryvita and some water and we left her to spend a dewy night wrapped in her cloak alone on the headland. I felt a little foolish as I lifted my 35lb pack, and wondered whether all my splendid gear was quite as essential as I had thought.

The earth person was, I think, walking in the right direction. The coast north of St David's Head is magnificent: there are beautiful and deserted beaches; the cliffs are made of fantastically contorted strata. We saw a pair of choughs (the rare red-beaked crow) on Dinas Island and the even rarer unikini on Aber Rhigian beach. And the Path finishes well at The Webley Arms Inn at St Dogmael's. But I felt I was walking away from, not to, something - and the best views were to be seen by looking back. Ideally the Path should be walked towards St David's Head from both ends. If you enjoy eating caviare to the sound of trumpets, skip the southern stretch altogether. Start at Cardigan; stop at St David's. ●



BOOKS OLD AND NEW

"THE YORKSHIRE DALES CENTURION WALK" by J.E. Ginesi. Published by J.Siddall Ltd. After bringing the name clash of this 100 mile 5 day walk with the 100 mile 24 hours "Centurion" Event to the letters page of Newsletter 14 I quickly received a copy of a guide to the Dales' variety from the Author himself!

Although a somewhat unknown route, here is a very useful 48 page pocket size paperback guide handsomely produced and complete in its intentions. Based on the Pen-y-Ghent Cafe at Horton-in-Ribblesdale, this circular route is all on the 1" Sheet 90 so a new and interesting route in Pennine Way, Coast to Coast, Dales Way, Three Peaks Walk and Fellsman country cannot be bad! Being well supplied with Youth Hostels and fine territory this is a route to be done without doubt. I still do not like his choice of name but I must do his walk! Members are invited to purchase copies of this guide direct from Jonathan Ginesi

Price

50p (p & p inc.)

TONY CRESSWELL (1062N)

"THE ALLERDALE RAMBLE" by Harry Appleyard, published by Allerdale District Council, Cockermouth, Cumbria, price 25p plus 6½p postage. Despite the title this is a guide to a 55 miles walk and, as it says, is intended to help visitors find their way from Central Lakeland to the Solway Firth. The sixteen pages of the booklet include eight sketches of points en route and ten detailed sketch maps, with which it looks as if one could dispense with any other maps, for way finding. Some people might find having south at the "top" of most maps a little unusual. In the Wainwright style, all the text is handwritten. Nicely produced on glossy paper.

ASST. ED.

"THE NEW AEROBICS" by Kenneth H. Cooper, MD, MPH, Lt-Col USAF Medical Corps. Published by Bantam Books 50p. "Aerobics is a system of exercise designed to improve your overall health, but particularly the condition of the heart, lungs and blood vessels." This new revised edition of Aerobics, the book that sold over 2 million copies, is about exercise and why it is not only good for you but necessary. The system of progressive exercise programmes in walking, jogging, swimming and cycling, is explained in details. Achieving fitness and maintaining it is assisted by a points system graduated for all ages of both sexes. The programme has been adopted by the U.S. armed forces and the Royal Canadian Air Force, and is being evaluated by other military medics in Europe and Scandinavia. If you want to get fit, get this. At 50p. you can't lose.

ED.

"NATURALLY FIT" by Bruce Tulloh (LDWA 685) Arthur Barker Ltd, Price £3.50. Autographed copies of this superb book on the philosophy and practice of fitness from a new standpoint are available from Bruce

ED.



THE VIKING WAY

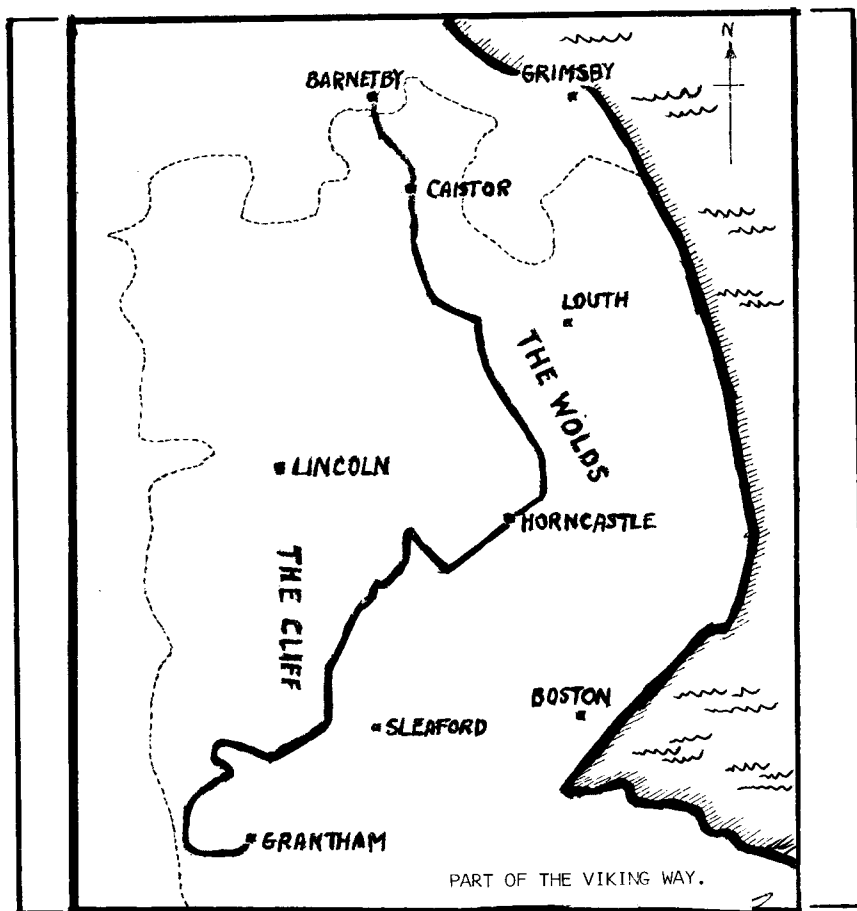
IT IS APPROPRIATE THAT A NEW LONG DISTANCE FOOTPATH THROUGH THE MOST SCANDINAVIAN PART OF BRITAIN SHOULD BE NAMED THE VIKING WAY. THIS FOOTPATH, WHICH WILL EVENTUALLY RUN NORTHWARDS FOR 150 MILES FROM OAKHAM TO THE NEW HUMBER BRIDGE, HAS BEEN SPONSORED BY THE LINCOLNSHIRE COUNTY COUNCIL WITH THE HELP OF THE RAMBLERS' ASSOCIATION. THE OFFICIAL OPENING OF THE FIRST SECTIONS TOOK PLACE AT TEALBY IN THE LINCOLNSHIRE WOLDS ON 5TH SEPTEMBER, 1976.

The Way is one which will appeal to those who are looking for something peaceful away from the more popular walking areas. They will also learn a lot about an unknown part of England. Convenient start and finish points at present are Grantham and Barnetby (near Caistor) which have good rail links and are approximately 100 miles apart.

Starting from Grantham the Way proceeds westwards along the tow-path of the old Nottingham-Grantham canal. This is long disused but still a favourite place for anglers and swans as it threads its course through the rolling countryside. At Wools-thorpe, the birthplace of Isaac Newton, the Way crosses on to Sewstern Lane. This once important artery from the North to London was much used by cattle drovers in earlier centuries. It is now a wide green lane bordered by hedgerows. The surrounding scenery is now that of the broad Vale of Belvoir with its prominent castle on the southern skyline. After a short unpleasant walk along the A1, the Way turns eastwards to the Lincoln Cliff. Here the small predominantly stone-built villages have a restrained Cotswold charm, but no tourists. The large fields on the top of the Cliff are bordered by stone walls, as is the Ermine Street. After the modern B6403 has left this old Roman great North road, it becomes a wide empty stony track. Following this and other similar tracks reminiscent of the White Peak of Derbyshire, the ground drops away gradually to the N.E.

After crossing the old Roman Cardyke Canal beyond Metheringham there is an abrupt change of scenery. This section of the Way between the Cliff and the Wolds passes through an arm of typical Fenland, approximately 10 miles wide. The earth is absolutely flat, rich dark peat only broken by the occasional brick building and the high banks of the main drains. The Way follows one of these bordering the Metheringham Delph. From this vantage point distant views include Lincoln Cathedral to the north west, the unusual brick-built castle of Tattershall to the south east, and nearer at hand the impressive but less attractive bulk of Bardney beet sugar factory.

The River Witham lies in the middle of this fen. The Way had crossed this river at an earlier stage near Grantham where it is a swift flowing upland stream spanned by a simple wooden bridge. Here at Southrey it is man-made, broad and sluggish impounded by high banks and is crossed by an antique hand cranked chain ferry. The route follows the disused railway to Kirkstead and then up the road to Woodhall Spa. This small resort, set in the midst of sandy tree-covered heathland, appears to have been transported



bodily from Surrey. The scenery is well-wooded almost to Horn- castle, an unspoilt country market town, with plenty of evidence of its Roman town walls still remaining. It is a good place to hear the broad Lincolnshire dialect and to note the high propor- tion of fair-haired folk.

Beyond Horncastle lie the Wolds, full of sudden hills and hid- den little valleys. It is a countryside immortalized by its native poet Tennyson. In early medieval times, this region, which is classified as an Area of Outstanding Natural Beauty, was once one of the most heavily populated in England. The majority of the known 200 deserted medieval village sites in Lincolnshire are here. Many of the villages which still re- main are much shrunken. Considerable depopulation has also occurred in more recent times with the advent of farm mechani- zation and it is still going on. Nowadays it is well farmed but has few people. Scandinavian names are very frequent along the route, Fulletby, Scamblesby, Asterby, Biscathorpe and Tealby. This last is considered by many to be the prettiest in the area. At Walesby the Way passes the old village church high on the crest of the Wolds overlooking the broad Ancholme

Valley. This isolated church, which has a stained glass window depicting ramblers, was left behind centuries ago when the village moved down the hill. Beyond Normanby lies the lonely Nettleton Beck Valley and Caistor. This small town was an important Roman centre. Today it is a picturesque red brick pantiled roof community spreading out from its clustered centre on a spur of the Wolds. Northwards the Way follows the old path which links the centre of the villages spready along the foot of the Wolds; through Grasby, Searby, Somerby, Bigby and finally to Barnetby, where the railway to Grimsby passes through a gap in the hills.

In summary, the Viking Way passes through quiet predominantly farming country with a surprising diversion of scenery. Today Lincolnshire is something of a backwater to the left of the A1 on the way down to London, but everywhere in its broad acres there are reminders of its long and important past. It is the "goneness" of Lincolnshire that is perhaps its greatest attraction.

At present the route is well way-marked with the helmet sign from Woodhall Spa to Bigby and the Lincolnshire County Council have published three brief guides priced 5p each covering this section. In other parts route finding needs a little care. The going is generally easy, but less so where the weeds grow high on the Metheringham Delph and where the path follows headlands of ploughed fields in the Wolds. Some accommodation is available, and the backpacker should have no problems.

Further information may be obtained from:-

- (1) The Lincolnshire County Council, County Hall, Lincoln.
- (2) The Secretary, Lincs. and S. Humberside R.A.

THIS ARTICLE WAS CONTRIBUTED BY BRIAN ATKIN - (LDWA I786)

OBITUARY

JOE GLOVER.....was a great walker and contributor to the Newsletter on walking in Ireland. (see his article in No 16) We are sadly informed by his wife that he was "assassinated by the I.R.A" in November of last year. Joe was in his fifties and had walked extensively in Ireland and on the Continent.

DAVID HICKS.....a Major in the army, he died, we believe, whilst piloting a helicopter which crashed in Northern Ireland late in 1975. David had successfully completed the first two Downsmans, the second of which he travelled to from Germany, and was keen to start the third. He was in his thirties and leaves a wife and young family.

work-study of fundamental transportation (W.O.F.T.)

As a result of the declining fossil fuel reserves and the recent enormous increases in the cost of mechanical methods of transportation of goods, a committee has been set up to investigate fundamental modes of conveying small loads over short and medium stage lengths.

The first trial was carried out in Yorkshire in May of this year by members of the LDWA. 201 specially selected test personnel (TP), many of them LDWA members, were assembled at a secret location in north Scarborough from where the test was to commence. The TP covered as wide a cross section of the community as possible regarding age (17 to 67) and occupation, and members of both sex were taking part. Only 10% of the number, however, were females because it was not felt that they would be entirely suitable for future development work, due to their greater tendency to gossip en route, so cutting down their efficiency.

The WOFT was conducted entirely out of doors and the TP were given a period of 52 hours in which to cover a predetermined course of 100 miles (162K) carrying selected loads. During the test the TP were to be subjected to various meteorological phenomena which included both heavy and light precipitation, hail, moderate sunshine and winds from the lowest to the highest mark on the Beaufort Scale. All TP were tested through one complete period of darkness and many through two complete sessions of darkness.

The set course for the WOFT was intended to cover as many different types of terrain as possible in the area of test, and typical sections included very undulating and slippery mud, coastal paths, long sections along metalled roads, stretches through uncharted land, and long stages over hard stoney moorland tracks. A number of special sections were also included. These were the "mud chute", the thousand steps, the 1 in 3 mud hill ascent, and the knee deep mud gully descent. Selected floral sections included a tramp through wild garlic beds, knee deep heather section (about 2 miles in length), and the forestry maze.

At the starting centre all TP were checked over to see if they were wearing the approved protective clothing and had in their possession the necessary navigational aids. After these checks each of the TP were allocated loads to transport from the commencing point to the end. In a commercial exploitation this would be the payload (PL). Some of the TP had small PL's whilst others had much larger PL's. It had been previously determined that all PL's would be more efficiently carried on the back in a rucksack or similar carrier.

When all was ready the WOFT began with a signal from the Mayor and those who had been programmed to run around the course quickly set off and were soon out of sight. Others had been allocated a fast walk or an optimum pace to adhere to. At suitable intervals the TP were fed and selected ones were given rest. Due to several factors many of the TP were unable to

conclude the experiment in a fit state and were withdrawn from the course. Due to the organisers extracting a pound note from every participant before the commencement of the WOFT nobody absconded from the trial and so all monies were returned later.

Only a rather disappointing 40% of the TP actually concluded the trial satisfactorily, and at this stage the organisers wish to make no prediction for this form of transportation. They believe that many further tests will have to be carried out.

The following observations were made:

1. Two or more journeys might have been made by the TP if the route between the termini had described a straight line.
2. Had the TP been athletically fit, greater PL's could have been carried and more would have concluded the trial.
3. To cut journey times all TP should take sustenance on the move.
4. To ensure that all TP do not waste time on unnecessary navigation, a wide luminous tape should be stretched around the complete route. All navigation aids could then be dispensed with and greater PL's carried.
5. With so many people unable to complete the course due to mental inefficiency there may be a case for employing a travelling psychiatrist.
6. Greater efficiency might be obtained from the TP by using certain incentives, e.g. bonus food for speed above the norm, and for carrying extra PL, free entry to the Downsman Hundred for the best PL/time performance etc.
7. Several of the trialists felt that the weather selected was somewhat unreasonable and said that they would not offer themselves for future WOFTS unless the correct weather is provided.
8. As a basic mode of travel running appeared inferior to walking because the runners' PL was almost negligible. However, their speed was better and there may be some scope for letter service.
9. In practice it was seen that females performed almost as well as their male counterparts.
10. Except where the terrain was exceptionally rough or covered with vegetation more efficiency would be obtained by providing the TP with bicycles or tri-cycles equipped with saddle and pannier bags.
11. Although further WOFTS are to be made, this initial investigation indicates that foot transport is only useful in the following conditions: (a) ascending flights of steps, (b) crossing heather clad moors, (c) on sections where there are many stiles or gates.

The Directors of the WOFT were Mr P. Sleightholm of Bolton and Mr A. Cresswell of Newcastle-on-Tyne. Assistance was given by members of the LDWA and the Royal Air Force, local mountain rescue teams and natives of the area.

NOTE: The above information in whole or in part should be transmitted to any foreign power. ●

ALAN BLATCHFORD (LDWA 2)

DID YOU HEAR? - - - - -

MOUNTAIN PHOTOGRAPHS. Harry Mulholland is interested in hearing from anyone who has photographs they can sell him taken whilst walking in any of the following: Wicklow Mountains, Galtimore Mountains or McKillicuddy's Reeks.

FOR SALE - THREE RUCKSACKS. Geoff Dewing (1052) has three good rucksacks for sale: a B+B Highland, canvas, framed; a Berghaus Dorsal (?) only used once, and a Campari Kilimanjaro pack, frame and rucksac. Contact Geoff

FELL RUNNERS' ASSOCIATION. The new Secretary is: David Moulding

ODDS AND ENDS FOR SALE. There are a few LDWA green ties with motif left. Price still £1.75. Also, there are a small number of 1975 "Downsman Hundred" badges for sale to those qualified to wear them. Send 25p and s.a.e. Reports from the second "Downsman" and first Icknield Eighty" available. Send 10p. The only back numbers of Newsletters left are Issues 1 (reprint), 8 and 11, plus the N.Y.M. Special on the current format. Send 10p Cloth LDWA badges are, as usual, available from John Feist

All other items mentioned are available from Alan Blatchford

INITIAL DOODLES. The other day I came across a number of sketches composed of the letters of various organisations. The letters of the Civil Service Association were made into a cup of steaming tea and the Thames Water Authority came out as a boat on water. Looking at the LDWA I came up with the sketch here. Any other variations?



A.W.B.

SUBSCRIPTIONS are now overdue. Please send £1 to the Membership Secretary (address on page 1) without delay or you will not get the next Newsletter.

FELLSMAN HIKE 1977. If enough support is forthcoming it is proposed to organise a coach from the London Area for walkers (and supporters) to Ingleton and return for this years Fellsman Hike.

Anybody who is interested and "fortunate" enough to be drawn out of the hat in March should please contact Alan Melsom

after 18.30 p.m. for details. If possible please contact by the 7th April.

A.G.M. LIFTS FOR S.E. MEMBERS. Any member (or friend) requiring a lift to the A.G.M. at Llangollen, leaving on Friday evening and travelling most of the way that day (possibly stopping at Shrewsbury Y.H.) then returning on Sunday afternoon, should contact Alan Blatchford

DID YOU HEAR?

TRAVEL TO WALKS ABROAD. As a follow up to the article concerning walks abroad in the previous Newsletter, member Colin Saunders, whose business is travel, has drafted itineraries for both the Nijmegen Marches (July) and the Castlebar Walks (June/July). Both series of walks are four day events but to make the trip more worthwhile Colin suggests adding some extra days for sightseeing to give a full week away. Costs include fare to and from the venue, accommodation, meals, entry fees, sightseeing, and services of a leader. Provisional fees are for Castlebar £85 (sea crossing) and £98 (air), and for Nijmegen (Netherlands) £140 (sea) and £160 (air). If these trips prove successful, visits to other walks may follow next year. Contact C.Saunders, Milbanke Travel Ltd

WEST YORKS LOCAL GROUP. Plans are going ahead for the formation of a local group with a catchment area of West Yorkshire. Already a programme of walks has been mapped out and an acting secretary appointed. All interested members should contact Tony Wimbush (633)

"SUPERWALKERS" Those members who have completed all four "Hundreds" now stand at seven. Boyd Millen (485) has also earned this distinction. Our apologies for omission.

MORE MEMBERS JOIN THE EXCLUSIVE CENTURIONS. Whilst the majority of our long distance enthusiasts were battling away on the Cleveland Hundred, another ultra long event was taking place at Woodford Green, Essex. This was a 24 hours walk around a running track and among the seventeen starters were 3 LDWA members, all representing their respective walking clubs. At the end of the day D. Harrison had won the race and had walked a remarkable 131 miles, just missing the world record by 2 miles. Peter Worth was the leading LDWA man with a very good 121 miles in third place. Fourth was George Eastwood with 116 miles. Older members with ambitions may be interested to learn that George did not take up walking until he was fifty. Jack Rossiter, who made an unsuccessful attempt at the Ewhurst Hundred had nearly four hours in hand when he passed the 100 miles mark. Robert Thew also beat the 24 hour mark for the hundred miles. Fourteenth of the seventeen was 73 years old - Eddie McNeir completing another 100 within time. The list of members who have now achieved Centurion status is as follows:

| | | | |
|---------------------|-----------------|-----------------|------------------|
| 113 J.F. Henderson | (LDWA 803) 1937 | 445 W.M. Evans | (LDWA 354) 1969 |
| 218 J.G. Slaughter | (LDWA 617) 1953 | 488 J. Lees | (LDWA 826) 1972 |
| 273 H. Martin | (LDWA 369) 1957 | 491 P. Worth | (LDWA 338) 1972 |
| 283 E. Leech | (LDWA 325) 1958 | 495 D. Buxton | (LDWA 412) 1972 |
| 327 G. Goodair | (LDWA 372) 1962 | 500 J. Williams | (LDWA 50) 1972 |
| 350 A.W. Blatchford | (LDWA 2) 1963 | 504 R. Boxell | (LDWA 228) 1972 |
| 405 F. Gerrison | (LDWA 350) 1966 | J.E. Brooks | (LDWA 1292) 1975 |
| 431 P. Briggs | (LDWA 234) 1969 | G. Eastwood | (LDWA 1278) 1976 |
| | | J. Rossiter | (LDWA 422) 1976 |
| | | R. Thew | (LDWA 554) 1976 |

MORE TRAVEL.

Travelling in a minibus from Bradford to Harwich with passage booked to The Hook is George Theakston, bound for Nijmegen. Anyone, living on his route and wanting a lift, is welcome.

LETTERS TO THE EDITOR



NAISMITH'S RULE AND ALL THAT

Alan Emmot, in Newsletter 16, rightly points out that the original Naismith formula for estimating walking times ignores, among other things, the fitness of the walker. There are, I suggest, two further basic defects in the original formula, which was of course devised not for high-speed long distance walking on footpaths, but for an average day's hill walking over open country. Neither defect is put right by the modifications shown in Alan's article, even ignoring the practical snags (e.g. not everyone has a 1000 feet hill handy, on which fitness can be tested!)

Firstly, the Naismith formula is based on absolute height irrespective of distance travelled, thus ignoring gradients. Obviously the extra time taken to climb 1000 feet in a mile is greater than if the same height were spread more gently over a longer distance. (A more satisfactory result would be obtained by splitting the route into short sections and calculating each separately.) Secondly, height lost when descending is ignored, and the assumption that downhill walking speeds are equal to level walking is questionable. (On a gentle gradient one might expect to go slightly faster, but on most steep descents - bearing in mind the formula was devised for mountains - the speed would be much slower.)

Besides the weight carried, and the terrain, which are allowed for in the corrections mentioned in Alan's article, certain other factors will be equally important in affecting the time taken (e.g. temperature, wet surface, etc.) and some will not be determinable beforehand - e.g. new forestry or collapsed footbridges. I've yet to come across any satisfactory formula which takes account of even the predictable factors, although a graph which appeared in the Scottish Mountaineering Club Journal in 1971, and which took gradients into account mathematically, was probably nearest the mark. (Alan Emmot's Table 1 appears to be based on a chart compiled from personal records by Philip Tranter for "The Climber" in 1965, and Table 2 on a much more scientifically-based study, involving energy expenditure, by Dr Waddell in the November 1968 issue of the same magazine. Both seem to have been adapted by Eric Langmuir and others and appear in the "Mountain Leadership Handbook".)

I have always found that the modified Naismith formula of 3 m.p.h. plus 1 hour per 1500 feet is the most practicable, although not accurate. It over-estimates the likely time, but provides a safety margin for the unexpected, and any slack can be taken up by additional halts or by extending the route. But it would be even more reassuring still to know that a more accurate formula exists. Can anyone say whether it does?

KEITH PENNYFATHER (LDWA 96)

AND ALL THAT ----

I have just discovered that according to the corrected Naismith's Rule it is impossible for me to have completed the 3 Peaks, Lyke Wake, Long Mynd, Brecon Beacons, Bullock Smithy etc. Do you think I ought to turn in my badges!

Will future walks require that I carry a pocket electronic calculator as well as my whistle and compass? What is the mathematical formula for calculating the distance between two National Grid Reference Points?

J.D. SWLNSCOE (LDWA 958)

RAMBLERS, RUNNERS, AND RULES

May I reply to Vince Smith, (November issue letters - "The Way Ahead".) It would, of course, be wonderful if all the walkers in the country joined the Ramblers' Association; however, this is unlikely to happen.

As Secretary to a fairly new Group of the R.A. (Ryedale Group) I would suggest that many walkers could help our organisation by careful use of the Countryside - the obvious things like shutting gates and not dropping litter and also by reporting to the local R.A. Group, Council Highways Department, or other similar body whenever they find damaged or dangerous stiles and bridges, obstructions on rights of way etc. Just walking along a Public Footpath is helping to keep it open, and all organisers of Marathons, Sponsored Walks and Sunday afternoon strolls should keep to the right of way wherever possible.

Now may I poke my nose into the affair of the Copeland Challenge, about which I know nothing but what I have read in your pages. It has, in my opinion, brought out some dirty linen which needed washing in public; it is most unfortunate for the organisers that it was their event that took the rap, there, but for the grace of God, go so many others! Eric Grice, in his letter (November issue) contradicts himself by saying that it was nice to enter an event with so few rules, then goes on to say that it was spoilt by ill-equipped people. Sorry Eric, but there are far too many people still out on our hills and moors, both individually and organised, who consider the carrying of anything taboo. These people are often runners who expect to get from start to finish before the weather has time to change. The second group are the strong, fast walkers who can get by with a minimum of equipment; then come the walkers, some of whom are neither fast nor strong. Surely the obvious thing is for organisers to decide which category they want to attract; a race for runners would be a much different event to a long-distance walk. Perhaps it is time the LDWA Committee laid down some guidelines based on previous experience for the organisers of future events? May I add that after five North York Moors Crosses Walks there will be the same gear-checks this year - nuff said? Keep up the good work.

BETTY HOOD (Wife of No. 17)

ANY CLAIMS?

In the Chiltern Marathon in September last year I lost eight toe nails - is this a record?

RAY RAYNOR (LDWA 466)

NIJMEGEN 77

I noted in the August Newsletter that the Kent Group are trying to fill a mini-bus for the above event. I shall, I hope, be going as usual in Transit Dormobile and can offer lifts again with food etc. en route to northern members - as before - saving costs.

GEORGE THEAKSTON

Reports on Past Events

HALLOWEEN HAPPENING - 30TH OCTOBER, 1976.

THE INSTRUCTIONS FOR THIS HALLOWEEN EVENT IN LANCASHIRE WITCH COUNTRY WERE TO TRAVEL A SELF CHOSEN ROUTE BETWEEN CHECKPOINTS EITHER ON FOOT, BY CYCLE OR ON A BROOMSTICK.

The final score was 30 walkers, 20 cyclists, and rather disappointingly no witches. The start was planned at the Nick-o-Pendle to have refreshments available in the Well Springs Hotel. Things don't always go as planned and in this case the hotel was gutted by fire before the event took place.

The start then was a very windswept car park with the ruined pub in the background. The check-point clues worked out by Dave Morris ensured all of an interesting day's event, and the weather behaved well too.

To many of us this was a welcome return to an area we often tend to neglect in the rush to The Lakes and Dales and to a few an entirely new area. Pendle Hill and Waddington Fell provided excellent moorland walking with delightful views. The

valley sections some very pleasant lanes and pretty villages, in particular

Downham and Slaidburn where the event finished at the Youth Hostel where all entrants collected a certificate.

It always seems an anti-climax at the end of an event when everyone just goes often without meeting up with friends. It was my idea at this event to finish with a social evening. Those who stayed on and those staying at the hostel were entertained to an enjoyable folk evening by popular Lakeland singer Dave Horne, and responded very well by joining in choruses. I certainly enjoyed the day and all involved seemed to. We've had several requests to lay on a similar event in the area next October, and hope to do so.

FRANK HODSON (LDWA 1164)

THE 11TH RESERVOIR ROUNABOUT - JANUARY 8TH, 1977.

This year the event was lengthened by a further 3 miles. The start and finish at the Claerwen Dam, avoiding the need to ferry drivers back to the start proved to be very popular. A trouble free day coupled with mild, clear weather, made it an organiser's dream! Most significant, I think, was the general feeling that the ground was nowhere near as boggy as usual. Probably as a result of last summer's drought. Certainly, everyone seemed to be arriving at the half-way stage fairly dry. I shall have to



Frank with John Robinson in Surrey on the Academic Kanter. April 1976.

put a checkpoint in the lake next year!

The only panic this year was an apparently missing straggler. He had decided to avoid the last 3 miles of moorland and decided that 5 miles of tarmac would be easier on his blisters. He knows better now!

95 finished the route out of 99 starters, reflecting the strength of the field. Alan Hoare from Coventry finished in his usual manner - well within himself and well without the field! His time was 3 hours 40 minutes, the fastest yet. Ann Sayer (London) was first lady in 5½ hours. Everyone was through within 9 hours, including some newcomers to serious walking.

Thanks again to Bridgend Mountain Rescue Team, the Ehrenzellers and my family for making the event possible.

NEVILLE TANDY (LDWA 130)

WINTER TANNERS - 16TH JANUARY, 1977.

Enjoyable, gruelling, frustrating, or diabolical, might individually or collectively describe the second "Winter Tanners". Certainly the crisp, bright weather was enjoyable when on the move, and long stretches of thick mud made it a gruelling 30 miles walk for those not yet fit. The frustration came when people occasionally got a little lost and some of the antics that a few walkers produced when negotiating the mire was quite diabolical.

Originally the walk was meant to be a tough winter trek to be done between dawn and dusk in the worst possible conditions. As a secondary object the walk was to be a preliminary survey of the summer Tanners Marathon. Now, with over seventy starters this year and over sixty last year, the event has become an annual fixture in its own right.

This year the walk was informal with no time limit and just two checkpoints which were only there to provide soup and other sustenance. Of the starters, the majority were LDWA members. The route led three times over the Downs before traversing the edge of the greensand ridge in Mid-Surrey with a final ascent over the chalk hills.

Over sixty completed the full course, with the leaders completing the route in under seven hours, and the last finisher taking about twelve hours. Footwear ranged from training shoes to Wellington boots. It was interesting to note that last year there was one "welly walker" but this year there was a threefold increase. A trend for winter walking?

ALAN BLATCHFORD (LDWA 2) Organiser.



THIS IS BLEAKLOW.

HIGH PEAK
MARATHON
1976.

Picture by:
Brian Breacher.

THE GEN VINE

THE GENERAL
INFORMATION
GRAPE - VINE

20. LACES. Save yourself the trouble of a lace breaking on the Tanners! Buy leather. It may cost twice as much but they have been found to last at least twenty times as long. Resin your laces if your knots tend to slip.

PHILIP WARD (1067)

21. WRISTLETS. Rain water running off waterproof sleeves on to your hands can be troublesome especially if it is cold or windy. Cut the tops off a pair of thin old woollen socks and wear them as wristlets to catch the run-off.

Also PHILIP WARD (1067)

22. ANKLETS. On the same tack as No. 21. If you have stockings with worn out feet, cut them off and use as leggings (with slacks or breeches) over the tops of your boots. Very effective for keeping the muck out of them.

Ed.

23. FOOTWEAR. We received advance information (in Jan.) of a new range of sports footwear from Clarks of Street, Somerset. It includes shoes for training, tennis, squash, badminton, sailing, golf and bowls which will be available in the shops from March. Also, another range for soccer, rugby and walking will be available in July. These include a boot with their lightweight "Con-tura" soles called "Hiker", a more traditional boot called "Langdale" and "Pennine" are shoes of similar construction. Ed.

24. STIFF CORD. With reference to Gen. Vine No.18. For toggles on waist cords knot one end only to retain the toggle. Dip the other end in varnish for about 1" to make a stiff point which can easily be threaded through the toggle when needed.

JOHN FEIST (638)

25. SKI SOCKS. These are thick socks with a loop pile on one side and very comfortable if you wear two pairs. The first pair is worn with pile outside (smooth side to skin), and the second with pile inside (smooth out) to create a cushion. For some unknown reason the red ones are softer than the blue; it is possible to get stockings as well. The socks are expensive, about £1.25, but they last well and if its comfort you're after well worth the cost.

Ed.

26. MAP MARKERS. These are small round self-adhesive labels available in red, green, blue and yellow. Also, with numbers. Some $\frac{1}{4}$ " diameter and some 5/16". - Ideal for marking routes, checkpoints, features etc without spoiling your maps, as they peel off afterwards. You can write your own hyroglyphics on the plain ones. One make is called "Blick" - 15p for 980 plain; 15p for 480 numbered. Available at W.H. Smiths and good stationers.

JEFF ELLINGHAM (173)

HAVE YOU A GOOD IDEA TO PASS ON? ——— DROP US A LINE.

NEW MEMBERS 1532 - 1643

IS THERE A MEMBER LIVING NEAR YOU? IF SO, WHY NOT MAKE CONTACT?

LOWA 1532 BRYAN PERCIVAL AUSTIN
" 1533 E.C. BLACKLER
" 1534 GEOFFREY COLIN HEARD
" 1535 A. TURNER
" 1536 ARTHUR STOTT
" 1537 ROY BONSALL
" 1538 GEOFFREY HOWARD (REV.)
" 1539 PETER A. BAUM
" 1540 FRANK SINGLETON
" 1541 JAMES PHILIP HARRIS
" 1542 JEAN CAMPBELL HARRIS
" 1543 ISSUED IN ERROR
" 1544 ISSUED IN ERROR
" 1545 JEREMY JAMES NORTON HILL
" 1546 BRIAN TERRANCE ERWICH
" 1547 LARRY SUTHERLAND
" 1548 ETHNA DUFFY
" 1549 KENNETH JOHN WEST
" 1550 PETER CHARLES CUNNINGHAM
" 1551 STUART WILLIAM PARKER
" 1552 CLIVE AUGER
" 1553 RICHARD PETER JOSLIN
" 1554 DAVID MATTHEW HANKINS
" 1555 GORDON SMITH
" 1556 DAVID SMITH
" 1557 ANDRA SMITH
" 1558 TOM HARRISON
" 1559 JOHN MICHAEL WATTS
" 1560 DAVID ROBERT NELSON
" 1561 PHILIP JOHN GRIFFITHS
" 1562 ANDREW KEITH SAINSBURY
" 1563 JOHN ROBERT TAYLOR
" 1564 ROBERT BETNEY
" 1565 NIGEL RUSSELL BETNEY
" 1566 JOHN PORTER
" 1567 DAVID CHARLES YATES
" 1568 MARTIN CAIRNS KENNEDY
" 1569 GERARD JOHN MORRIS
" 1570 BRIAN JAMES MORRIS
" 1571 BRIAN HERBERT HUNTLEY
" 1572 BERNARD JARVIS
" 1573 E.L. MALONEY
" 1574 JOHN HUGGINS
" 1575 JOHN HEELEY
" 1576 STEFAN JOSEPH BODO
" 1577 MICHAEL JOHN TWITCHETT
" 1578 A. SCOTT
" 1579 RAYMOND WILLIAM SMITH
" 1580 ANDREW GEORGE CORBETT
" 1581 GEOFFREY BELL
" 1582 DAVID HULME
" 1583 JERZY MATUSZEWSKI
" 1584 CPL JOHN EDWARD STARKEY
" 1585 PETER JOHN STROUD

LDWA 1586 GEOFF ALFRED YEATES
 " 1587 ALFRED PAUL WHELPTON
 " 1588 JAMES EDWARD MARLOWE
 " 1589 JOHN ROBERT BURTON
 " 1590 GEOFFREY WILSON
 " 1591 BRIAN KEITH GLEDHILL
 " 1592 STUART RAPERPORT
 " 1593 FRANCIS ANTHONY BIGG
 " 1594 ANTHONY DAVID BLACKBURN
 " 1595 CPL PETER JOHN EDWARDS

 " 1596 STUART HOWARD PAILOR

 " 1597 ALBERT GEORGE HITCHCOCK
 " 1598 ALVIN ALAN GOODWIN
 " 1599 DAVID BREEN
 " 1600 MICHAEL JOHN SMITTEN
 " 1601 PHILIP THOMAS HOWARD FRANCIS
 " 1602 IAN ROBERT JUPP
 " 1603 JAMES EDWIN COOPE
 " 1604 JEANNE EVELYN GRITTON
 " 1605 JOHN RUTHERFORD
 " 1606 STEVEN JOHN NICHOLLS
 " 1607 DOUGLAS GALLOWAY
 " 1608 PETER MICHAEL SHUTTLEWOOD
 " 1609 KEITH HOWARD EYLES
 " 1610 JACK BURROWS
 " 1611 EDWARD IVOR SMITH
 " 1612 ARTHUR COLIN FISHER
 " 1613 RONALD GIBSON
 " 1614 KENNETH EVERSLEY JONES
 " 1615 IAN JAMES GORDON AITKEN
 " 1616 PETER R. SHAW
 " 1617 OWEN DAVIES
 " 1618 JANET ROWE
 " 1619 ALAN JOHN THOMPSON
 " 1620 THOMAS MCBROOM
 " 1621 THOMAS SIDNEY BALM
 " 1622 DAVID GASKIN
 " 1623 NIGEL B. PENGELLY
 " 1624 C. CHURCHER
 " 1625 JOHN E. FOSTER
 " 1626 HAROLD HEWLETT
 " 1627 EDWIN DODDS
 " 1628 WILLIAM PATRICK PEARCE
 " 1629 ALEXANDER STUART DAVY
 " 1630 HELEN MASKELL
 " 1631 SHIRLEY KERSEY
 " 1632 GEOFFREY RAYMOND MOORE
 " 1633 STELLA MARY MOORE
 " 1634 ROBERT PICK
 " 1635 TREVOR ANDREW URE
 " 1636 ALFRED ERNEST HARRIS
 " 1637 KENNETH RICHARD TURNER
 " 1638 FRED TOWNSON
 " 1639 ALAN EDWARD BALL
 " 1640 MICHAEL RODNEY FARROW

 " 1641 THOMAS DYE
 " 1642 MARGARET DYE
 " 1643 CHRISTOPHER JOHN DODD

MORE NEXT TIME

CALENDAR OF FUTURE EVENTS

| DATE | | EVENT | LOCATION | MILES |
|----------|-----------|--------------------------------|-----------------|--------------|
| FEB. 27 | SUN. | CHILTERN KANTER | BUCKS-HERTS | 12-20 |
| MAR. 4-5 | FRI.-SAT. | HIGH PEAK MARATHON | DERBYSHIRE | 40 |
| " 6 | SUN. | WEALD WALKERS WANDER | SURREY | |
| " 5 | SAT. | THREE PEAKS TRIAL | GWENT | 22 |
| " 12-13 | SAT-SUN. | TANNERS-HINDHEAD AND REVERSE | SURREY | 28 |
| " 20 | SUN. | SEVENOAKS CIRCULAR WALK | KENT | 30 |
| APRIL 2 | SAT. | MID WALES MOUNTAIN WALK | GWYNEDD | 22 |
| " 3 | SUN. | WESSEX XXX | HANTS | 30 |
| " 11 | MON. | MANX MOUNTAIN MARATHON | I.O.M. | 30 |
| " 17 | SUN. | 2ND INTERNATIONAL MARCH | BELGIUM | 40KM |
| " 23-24 | SAT-SUN. | SURREY SUMMITS (100K) WALK | SURREY | 62½ |
| MAY 1 | SUN. | BRENTWOOD WALK | ESSEX | 6-25 |
| " 7 | SAT. | RIDGEWAY WALK | BERKS-WILTS | 40 |
| " 7 | SAT. | ROYAL LEAMINGTON SPA WALK | WARWICKS | 30 |
| " 14-16 | SAT-MON. | 2 & 3 DAY WALKS | HOLLAND | 100KM |
| " 14 | SAT. | MAAM TURKS WALK | CO. GALWAY | 14 |
| " 15 | SUN. | BERKSHIRE TWENTY FIVE | BERKS | 25 |
| " 21 | SAT. | KENDAL SPRING WALK | CUMBRIA | 28 |
| " 21-22 | SAT-SUN. | FELLSMAN HIKE | N. YORKS | 55 |
| " 21-22 | SAT-SUN. | TEN TORS EXPEDITION | DEVON | 35-45-55 |
| " 28-29 | SAT-SUN. | ISLE OF MAN PARISH WALK | I.O.M. | 85 |
| " 29 | SUN. | CHEVY CHASE | NORTHUMB. | 17 |
| " 29 | SUN. | MINI MOUNTAIN MARATHON | S. WALES | 25-15 |
| " 29 | SUN. | MOURNE WALL WALK | CO. DOWN | 22 |
| June 4 | Sat. | Welsh 1000 Metres Peaks Race | Gwynedd | 20 |
| " 4-6 | SAT-MON. | DOWNSMAN HUNDRED | HANTS-SUSSEX | 100 |
| " 5 | SUN. | SOUTH WALES MARATHON WALK | POWYS-DYFED | 46 |
| " 5 | SUN. | REEKS WALK | CO. KERRY | 11 |
| " 18 | SAT. | LAKES FOUR 3000 PEAKS MARATHON | CUMBRIA | 46 |
| " 18 | SAT. | LUGNAQUILLIA WALK | CO. WICKLOW | 30 |
| " 18-19 | SAT-SUN. | SIX SHROPSHIRE SUMMITS | SALOP | 35 |
| " 19 | SUN. | PURBECK PLOD | DORSET | 23 |
| " 25 | SAT. | MALVERN MIDSUMMER MARATHON | WORCS-HERF-GLOS | 35 |
| " 25 | SAT. | WEYBAC WALK | SURREY | 18 |
| " 25 | SAT. | MALLERSTANG MARATHON | N.YORKS-CUMBRIA | 22 |
| " 26 | SUN. | SEVEN PEAKS WALK | CO. LIMERICK | |
| JULY 2 | SAT. | PEAK MARATHONS | DERBYSHIRE | 25-40 |
| " 3 | SUN. | TANNERS MARATHON | SURREY | 30 |
| " 9 | SAT. | LYKE WAKE RACE | N. YORKS | 40 |
| " 12-15 | TUES-FRI. | INT. 4 DAYS WALKS | HOLLAND | 50K |
| " 16-17 | SAT-SUN. | NORTH YORK MOORS CROSSES WALK | N. YORKS | 53 |
| " 16-17 | SAT-SUN. | TANNERS TWO DAY WALK | SURREY | 20-50 |
| " 23 | SAT. | ICKNIELD FORTY | OXON-BUCKS | 40 |
| " 31 | SUN. | RMP CENTENARY MARCHES | SUSSEX | 10-20-30-40K |
| AUG 14 | SUN. | Toxteth Grand Walk | Merseyside | 10-100 |
| " 21 | SUN. | ARNSIDE MARATHON | WESTM.-N.LANCS | 27 |
| SEPT. 3 | SAT. | DORSET DODDLE | DORSET | 32 |
| " 3-4 | SAT-SUN. | ACROSS WALES WALK | DYFED-POWYS | 45 |
| " 4 | SUN. | BULLOCK SMITHY | CHES-DERBYS | 56 |
| " 9-10 | SAT. | GUILDFORD BOUNDARY WALK | SURREY | 22 |
| " 17 | SAT. | KENDAL GATHERING WALK | CUMBRIA-LANCS | 27-31-58 |
| " 18 | SUN. | TEESDALE MARATHON | TEESDALE | 25 |
| OCT. 1-2 | SAT-SUN. | CHILTERN MARATHON | BUCKS-BERKS | 25 |
| " 16 | SUN. | LONG MYND HIKE | SALOP | 50 |
| " 22-23 | SAT-SUN. | MASTERS AND MAIDENS MARATHON | SURREY | 26½ |
| " 29 | SAT. | KARRIMOR TWO-DAY MARATHON | ? | 25-50 |
| " 29 | SAT. | BLACKWATER MARATHON | ESSEX | 25-28 |
| " 29 | SAT. | BURLEY MARATHON | HANTS | 30 |
| " 29 | SAT. | HALLOWE'EN HAPPENING | LANCS | 15-25 |