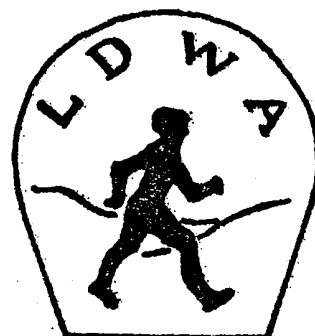


LONG DISTANCE WALKERS ASSOCIATION

NUMBER TWO

MAY 1972



NEWSLETTER

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CALENDAR

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

MAY 6	SIX SHROPSHIRE SUMMITS WALK	35 miles	Shropshire
MAY 7	RIDGEWAY WALK	40 miles	Wilts/Berks
MAY 14	CHEVY CHASE	17 miles	Northumberland
MAY 20	FELLSMAN HIKE	50 miles	Yorkshire
MAY 21	PUNCHBOWL MARATHON	30 miles	Surrey
MAY 29	SOUTH WALES MARATHON	46 miles	S. Wales
JUN 3	WELSH 1,000 METERS PEAKS RACE	20 miles	Caernarvon
JUN 10	ENNERDALE HORSESHOE FELL RACE	25 miles	Cumberland
JUN 10	PEAK MARATHONS	25-50 miles	Derbyshire
JUN 17	LAKE DIST. FOUR 3,000 PEAKS WALK	45 miles	Cumberland
JUN 29	INTERNATIONAL FOUR DAYS WALKS	Variable	C.Mayo,Eire
JUL 1	MALLERSTANG MARATHON	25 miles	Yorkshire
JUL 2	TANNERS MARATHONS	30 & 50 miles	Surrey
JUL 15	NORTH YORK MOORS CROSSES WALK	53 miles	Yorkshire
JUL 15	NYMEGEN FOUR DAYS MARCHES	Variable	Holland
SEP 2	ACROSS WALES WALK	45 miles	Wales
SEP 10	VAUX MOUNTAIN TRIAL (race)	18 miles	Cumberland
Sep	Purbeck Plod	20 miles	Dorset
SEP 24	CHILTERN MARATHON	25 miles	Bucks
SEP 31	MOUNTAIN MARATHON (two days)	50 miles	Not disclosed
OCT 7	MASTERS HIKE	40 miles	Yorkshire
OCT 14	YORKS THREE PEAKS WALK	25 miles	Yorkshire
Oct	Long Mynd Hike	50 miles	Shropshire
Oct	Vectis Marathon	30 miles	I.O.W.
Nov	Three Peaks Trial	22 miles	Brecons
Jan	Reservoir Roundabout	20 miles	Wales
Feb	Tanners-Hindhead Walk	23 miles	Surrey
Feb	Three Peaks Trial	22 miles	Brecon
Apr	Manx Mountain Marathon	30 miles	I.O.M.
Apr	Three Peaks Race	22 miles	Yorkshire
Apr	High Peak Marathon	40 miles	Derbyshire
Sep	Guildford Boundary Marathon	22 miles	Surrey
	Downsman Hike	80 miles	Sussex/Hants

It is realised that the above list is not fully comprehensive and, although many other organisers have been written to for details of their events, no information has been received. We would be pleased to hear from any member having information of other events.

EDITORIAL

1.

As the steady stream of membership forms came in I was reminded of the old adage "Great Oaks from little acorns grow". We sent out the first newsletters to arrive on the first of January and, incredibly, the first subscriptions were received on the third. From then on there was a daily tally of further members. Some sent photostat copies of the form and some simply wrote a note. Very soon the hundred was reached and now we are well over two hundred. It was encouraging to see how many folk sent more than the 35p. min. sub. Several sent a pound and one person generously sent two pounds. Funds should now cover newsletter production, the inclusive insurance, and the purchase of cloth badges for which a number of members have enquired.

The application forms were sent in fully completed in all but a few cases and the following facts emerge:- From the details of the first 200 members, 53% of the members reside in the south-east, 16% in the north-west, 13% in the midlands, 12% in the north-east, the remainder coming from Wales, Scotland, and the south-west. Females are outnumbered by 12½ to 1, 20 to 30 year-olds constitute 30%, followed by the 40 to 50s (23%), the 30 to 40s (21%), the 50 to 60s (12%) under 20s (4%) and over 60s (6%). 4% did not admit their age! 40% are really enthusiastic and have walked 50 miles or more in one day and about half-a-dozen have completed 100 miles at one attempt! Over 70% are also members of various sports clubs with rambling clubs, 39% being the most popular. Other clubs to which members also subscribe are athletic (18%), orienteering (12%) and climbing (8%). A number of members also stated that they are members of cycling clubs. About 30% are also members of the Youth Hostels Association although I suspect the actual figure is probably double this. On another page we publish the first batch of members and their addresses.

We also asked on the application form "what attracts you to take part in long distance walks?" Some answers were quite amusing, but generalising, themes seemed to be - getting away from daily hum-drum life and facing a personal challenge, the satisfaction of completing an extra long walk, being amongst ever changing scenery, and meeting people of the same mind. More than one person said that they had been asking themselves the same question for several years now.

At present our main function is to inform members about walks and other relevant matters through the medium of this newsletter, but it is anticipated that a few 20 mile-plus walks can be arranged in various parts of the country for members to get together from time to time. One such walk may be along the Basingstoke Canal, as mentioned in the first newsletter. If any members are willing to arrange other walks I will be pleased to hear from them.

Regarding the organised events, it will be seen from the list that most take place in the north or in Wales which is understandable, for this is where the best walking country is. However, it seems that most of the walkers come from the south east and, with this in mind, it is hoped that the LDWA may be instrumental in sowing the seeds for a walk, to rival perhaps the Fellsman or North Yorks Moors Crosses Walks, to be held in the south. This would be known as the Downsman Hike and traverse the South Downs to give a walk of about 80 miles in length. Any organisations that would be able to assist with the arranging of this, should contact me.

Since our limited publicity drive of last year, well over 300 enquiries have been received and are still coming in. Philip Gilks is now designing notices for Youth Hostel notice boards etc. and Vivian Bird recently gave further publicity to the association when he spoke of the scheme on Birmingham radio.

2.

Although we have collected some data about the more popular organised and "do it at any time" walks, there must be many more that have yet to come to our notice. If any members have knowledge of other walks that fall within our scope I would be pleased to receive details. Recently, whilst reading through my local paper, I noticed with interest, reports of two fifty mile treks that had taken place, "just down the road". One of these may well turn out to be the southern counterpart of the Shropshire Summits challenge. In the list of events section we have noted only two walks that are held outside Britain but it appears that several other countries organise very popular international marches. I am hoping to receive information of these in due course.

I had hoped that after the first issue of the newsletter more members would write in with suggestions and criticisms regarding the material for future newsletters. One or two requested an article about boots and other walking equipment and some pointed out one glaring omission - The Lyke Wake Walk. Whilst the former is still awaited, we have included a brief note about what is Britain's most popular walk. If there is anything that you would like considered for inclusion in the next newsletter please do not hesitate to let me know. Is there an organised walk or challenge in your area? If not, why not sit down with the map and see what possibilities there are. After checking the proposed route on the ground, local organisations can be contacted to see what support they can offer. Your event could either be a massed start walk at a set time each year, or one which can be attempted at any time.

Finally, a word or two about the main expenditure from funds so far accumulated. Badges are now on order and should be available in May, and the insurance scheme covering all members against accidents is expected to be operative from May 1st.

Alan Blatchford

Kill or Cure?

Member Jimmy James has been heard to tell the following story but we do not know if it is true:-

Apparently, at one time in his walking career he found that, after going for 27 miles, he developed excruciating pains in his knees, so he went along to see his doctor. After a lengthy and exhaustive all over examination he was told to put his clothes on again. "What's the trouble then, Doc?" "Well, Jimmy" said the doctor, drily, "why don't you just walk 25 miles and then pack it in?"

DETAILS OF EVENTS

3

MAY 7TH SIX SHROPSHIRE SUMMITS WALK (Shropshire)

This walk was first attempted by Vivian Bird, a feature writer for the Sunday Mercury, in 1962. The total distance is about 35 miles and six points of 1,500 feet, or higher, have to be reached. Vivian took about 15 hours in pioneering the event, but subsequently times have dropped to 9 hours for a fast crossing. The walk is organised by the Fire Service. Map O/S 129 (Ludlow) covers. The entry fee is 70p. David Ramsey can supply further details and will receive entries. All who finish within 20 hours will receive a certificate. (We regret the omission of the event from the previous newsletter)

MAY 20TH THE FELLSMAN HIKE (Yorkshire)

This walk of about 50 miles is one of the toughest in the country but it is always extremely well supported. The start is at Ingleton and walkers have to find their way between several check points finishing at Threshfield. The route takes competitors over most of the notable peaks in the area and after completing an "S" shape the way is generally south-east. Each competitor must be over 16 and wear or carry all the usual mountain clothing and survival kit. O/S maps 89 and 90 cover. There are a number of trophies to win e.g. fastest walker, fastest novice, first lady home, first three from any club etc. Details including souvenir booklet price 13p are available from Mrs. P. Carroll. Anyone not entered, must we regret, wait until next year to take part because the entry list has been filled form some months now.

JUNE 19TH RAMBLERS ASSOCIATION LAKE DISTRICT FOUR, THREE THOUSANDS WALK

This marathon, first promoted in 1965, is open to all over the age of 18, although 16 and 17 year olds may be accepted but will have to travel in pairs. The total distance is about 42 miles and starts and finishes in Keswick, Cumberland. The entry fee is £1 but 20p. is returnable on return of entry disc. Lake District O/S map covers. The best recorded time for the marathon is 8 hours and 50 mins. Certificates are awarded to all who complete the course within 24 hours. About 14 miles of the way is along metalled ways. Further details will be supplied by Mrs. E. Hillary who will also accept entries.

JUNE 29TH TO JULY 2ND (inclusive) CASTLEBARS SIXTH INTERNATIONAL FOUR WALKS

Castlebar is the capital of County Mayo, Eire, and is situated in the heart of unspoilt country containing mountains and lakes. On each of the four days there are four walks varying in length according to age (e.g. 7 years to 11 years - 9 miles maximum, over 70 years - 17 miles maximum). There is no time limit for any walk and "Certificate of Fitness" will be presented to each walker who completed any of the scheduled walks. Medals will be presented to those who complete all four days walks. Routes are waymarked and instructions issued also. (It is not clear how much road walking is involved - Ed.) The event which was first promoted in 1967 is an Irish version of the Nymegen Marches, see later note. The entry fee is £1 for those over 16 years and 25p for those under. The organisers can arrange accommodation (bed and breakfast ranges from £1 to £3.75) Entries to and further details from Andrew Feeney

JULY 2ND TANNERS MARATHONS (Mid Surrey)

In addition to the annual 30 miles in 10 hours event there will be a third promotion of the 50 miles in 15 hours to be held concurrently. Both events start and finish at Leatherhead (Y.H.A. Members may start at Tanners Hatch hostel). For each the way is marked and route maps are issued. Only short sections are along hard roads. For the 30 miles marathon (first held in 1960) there is a 10 hour time limit, and for the 50, walkers are allowed 15 hours. In the two 50 mile events so far held only 61 walkers have gained Certificates (including two ladies) whilst 3,993 Certificates have been awarded to date for the standard 30 miles. In both marathons team certificates are awarded. Entry fees are 15p and 25p. The only team to have gained a certificate in the longer event is the Lion Boxing Club. Further details and entry forms from A. Blatchford.

JULY 15TH NORTH YORKS MOORS CROSSES WALK

This is a new event and is promoted by the Scarborough and District Search and Rescue Team. The distance to be covered is about 54 miles and there is a time limit of 26 hours (provisional). The walk starts and finishes at Coathland and the O/S North Yorks Moors Tourist Map covers the route. There are some stipulations such as "suitable clothing", and boots to be worn, map and compass to be carried, form groups at dusk etc. Certificates will be awarded to all finishers and trophies (probably) to the "outright" winner. First team of three, oldest finisher, first lady. The entry fee will be in the order of £1-25. For full details contact Mrs. B. Hood

JULY 18TH TO 21ST (inclusive) INTERNATIONAL FOUR DAYS MARCHES NYMEGEN
(Holland)

First organised in 1909, these walks are the most popular in the world for those who enjoy mass participation. The walks are divided into several categories according to age and whether civilian or a member of the services. Over 17,000 people from all over the world now accept this annual challenge. Examples of distances are (daily) 30 km for girls aged 13-15; 50 km for gentlemen aged 19-49; 40 km for military personnel carrying at least 10 kg (weapon etc.) Participants may march in step in teams or individually. There is an eleven hour time limit for each march. Entry fee (in 1970) about Dfl 14.00. Those who complete the marches for the first time receive a gilded bronze cross with a ribbon; the second year a gilded bronze crown; the twelfth time and onwards a gilded silver number twelve etc. The whole thing is magnificently done even as far as constructing special bridges to cross rivers. Thousands of spectators crowd the streets as the vast procession moves through. The organisers are the Royal Netherlands League for Physical Culture. Enquiries should be addressed to R.N.L.P.C. Administrator, M. Verkerk

SEPTEMBER 2ND CROSS WALES WALK

This walk, first promoted in 1964, takes competitors from the English border to the Welsh Coast. About half of the route is along hard roads and O/S maps nos. 127 and 128 are needed. Walkers are given grid refs. to enable them to locate the check points. All walkers are required to have stayed the Friday night at either Clun or Newtown youth hostel. The organisers are the Birmingham Y.H.A. The total distance is about 45 miles and the time allowed is 18 hours. Entry fee is £1. Entry is limited to about 50 competitors by the hostel accommodation. Further details from Miss E. M. Bowater

SEPTEMBER 24TH SEPTEMBER CHILTERN MARATHON (Buckinghamshire)

The Middle Thames Ramblers third promotion of this 25 mile walk will start and finish at High Wycombe. The time limit is 9 hours. Most of the way is along good tracks. The route is not marked but sketch maps and instructions are issued. O/S 159 covers the area. Certificates will be presented to all finishers at the end. The entry fee is 25p and further details from V. Smith

SEPTEMBER 31ST/1ST OCTOBER MOUNTAIN MARATHON

This is a two-man, two day "orienteer" type of event. There are two classes. Elite 50 miles and Standard 35 miles. The venue is different each year and the course is not known until the start. Certain equipment has to be carried and teams camp out at the end of the first day. Teams select their own way between control points. The organisers are the N.W. Orienteering Assoc. Entry fee per team is £1. About 15,000 have to be ascended. Full details from L. F. Clarke

OCTOBER 7TH - 8TH MASTERS HIKE

This is a three-man-team event for scouts and scouters (although LDWA members may be accepted). The 40 miles route is mainly over Pennine moorland in the 1000 - 2000 ft. levels. No time limit. No entrants under 15 years. Four trophies are to be awarded plus certificates to each finisher. Entry fee is £4 per team and this includes catering, accommodation transport of retirements etc. Entries should be sent early because only a limited number can be taken due to sleeping space. Entry must be before September 1st. The walk starts west of Huddersfield and finishes some miles to the east. Usual approved kit must be worn and safety equipment carried. The organisers are Holme Valley District Scout Service Team and further details are to be obtained from Stuart Martin.

JULY 2ND MALLERSTANG MARATHON (Yorks/Westm'd)

This is a new event which will be centred on Garsdale Youth Hostel. Competitors will be sent off at intervals to cover the 25 miles that encircle the entire Mallerstang Valley. The route that competitors must select between the checkpoints will take them over Wild Boar Fell, Swarth Fell, along the ancient, overgrown Queens Highway past the gorge of Hell Gill. O/S maps, sheets 84 and 90 must be carried. Safety equipment must also be taken. All entrants must be Y.H.A. members over 16 years old and must stay overnight at the Youth Hostel where there are also camping facilities. Entry fee 20p. Although not a race, a trophy will be awarded to the "best performer" of the day. Arranged for the Y.H.A., Yorks. Region by Philip G. Gilk

from whom further details are available.

PLEASE SEND S.A.E.
WITH YOUR REQUEST

MEMBERS

The following are the names and addresses of those who have so far subscribed to become members of the Association. The LDWA number will remain the number of the member to whom it is allocated and will not subsequently be re-allocated to another subscriber. This list will be continued in future issues as membership grows.

LDWA 1 CHRISTOPHER STEER
" 2 ALAN BLATCHFORD
" 3 BARBARA BLATCHFORD
" 4 DENNIS WILES
" 5 DAVID RAMSEY
" 6 TREVOR DOUGLAS-HILL
" 7 FRED SELLEY
" 8 ELIZABETH PAMPLIN
" 9 RICHARD ATKINS
" 10 JOYCE GODSELL
" 11 KEITH HYLAND
" 12 JOHN LEATHER
" 13 IAN PACKHOUSE
" 14 CHARLES BALDEY
" 15 HARRY PEEL
" 16 CHRISTOPHER THOMPSON
" 17 COLIN HOOD
" 18 ROGER CHAPMAN
" 19 SPENCER G. LANE
" 20 EARNEST TULLETT
" 21 ANTHONY ROWLEY
" 22 ROBERT HUGILL
" 23 BARBARA CAMM

" 24 HOWARD CAMM
" 25 RUSSELL CAMM
" 26 EARNEST FOSTER
" 27 HILARY CLARK
" 28 ROBERT MIDGLEY
" 29 JULIAN NEWMAN
" 30 WILLIAM SPEARS
" 31 ROY MALLEY
" 32 ROBERT GOURLEY
" 33 PHILIP GILKS
" 34 SUSAN YOUNG
" 35 DAVID YOUNG
" 36 ARTHUR MEABY
" 37 IVOR PEACH
" 38 JOHN PEDLEY
" 39 NORMAN POMFRET
" 40 JOHN ADAMS
" 41 VICTOR SELLARS
" 42 MAURICE DUNNETT
" 43 ROBERT DOWNS
" 44 B. R. CURLE
" 45 RANDAL BODDIS
" 46 KENNETH ALDCROFT
" 47 ROGER SMITH
" 48 PHILIP HORNSBY
" 49 JOHN NEEDHAM
" 50 JAMES WILLIAMS
" 51 ROBERT WILLIAMS
" 52 JOHN PRALL
" 53 OLIVER DIXON
" 54 DAVID WOOD

LDWA 55 RICHARD COMPTON
" 56 KENNETH CLOUGH
" 57 KEITH RUTTER
" 58 KEITH THOMASSON
" 59 MICHAEL CRAWSHAW

" 60 BRIAN COOKE
" 61 JOHN PEARCE
" 62 THOMAS LYONS
" 63 DENNIS GOODBODY
" 64 VICTOR HAYMAN
" 65 PETER ROBSON
" 66 MICHAEL ROBSON
" 67 JOHN WOODS
" 68 STANLEY JEWELL
" 69 ALAN MATTINGLY
" 70 GEOFF SMITH
" 71 JOHN MOORE
" 72 PERCY WRIGHT
" 73 MIKE WALFORD
" 74 ALAN MORGAN
" 75 FRANK DUERDEN
" 76 KENNETH GOODRICH
" 77 PATRICIA MORRIS
" 78 FRANK DAWSON
" 79 ALAN MELSON
" 80 DAVID TOMKINSON
" 81 BRIAN CHESTERTON
" 82 NEIL HEATON
" 83 ROY DILLIWAY

" 84 LAURENCE BENNETT
" 85 ANDREW MELLING
" 86 DAVID ALLARD
" 87 WILLIAM STRANG
" 88 JAMES McQUILLAN
" 89 DENNIS McQUILLAN
" 90 GEORGE SIMS
" 91 STEPHEN HORNSBY
" 92 DAVID HEYWOOD
" 93 PAUL ADAMS
" 94 JOHN DEFT
" 95 SEAN McCORM CK
" 96 KEITH PENNYFATHER
" 97 DAVID BARRACLOUGH
" 98 ANTHONY QUESTA
" 99 NORMAN BRAY
" 100 JACK ASHCROFT
" 101 WILLIAM SMITH
" 102 DENNIS HIBBERT
" 103 GEOFFREY DUMPER
" 104 JOHN SPACKMAN
" 105 SIDNEY JAMES
" 106 MARJORIE JAMES
" 107 D. ECCLES
" 108 ELFED DAVIES
" 109 ROBIN SMITH

" 110 MARTIN RICH
" 111 KEITH WILKINSON
" 112 DAVID BAUME
" 113 BERNARD McEVOY
" 114 CHARLES COOK

LDWA 115 ANDREW KYLE
 " 116 NEIL BARLOW
 " 117 ALBERT ROBERTS
 " 118 DERYCK ANNIS
 " 119 NIGEL NOTT
 " 120 STANLEY PRIDE
 " 121 JEAN JEFFCOATE
 " 122 KENNETH STEAD
 " 123 SHEILA CAINE
 " 124 KENNETH SAUNDERS
 " 125 PATRICK HALEY
 " 126 CYRIL BONE
 " 127 FRANK THOMAS
 " 128 DR. GEOFFREY WOOD
 " 129 ALAN BARBER
 " 130 NEVILLE TANDY
 " 131 ALAN HOARE
 " 132 MALCOLM BOYES
 " 133 DEREK HURST
 " 134 KENNETH GORDON-JAMES
 " 135 DAVID TURLAND
 " 136 JOHN REYNOLDS
 " 137 STEVEN HARRISON
 " 138 CHRISTOPHER KEW
 " 139 GEOFFREY BATTERSHALL
 " 140 STEPHEN PRITCHARD
 " 141 MALCOLM HUTCHINSON
 " 142 MICHAEL HONES
 " 143 WALTER HEDGES
 " 144 DAVID BENDY
 " 145 MALCOLM BRAMLEY

 " 146 LAURENCE HAMMILL
 " 147 LEONARD WILSON
 " 148 STEPHEN SHORT
 " 149 PETER RANDALL
 " 150 SANDRA GAGE
 " 151 JAMES HUNTINGDON
 " 152 DAVID ROSEN
 " 153 ALAN ROSEN
 " 154 MONTAGUE ROSEN
 " 155 HAYDE MORRIS
 " 156 PATRICIA BOWYER
 " 157 A LAN TYRELL
 " 158 JOHN ROBINSON
 " 159 JOHN CONNELL
 " 160 PHILLIP PARCELL
 " 161 BERNARD KEANE
 " 162 JAMES BARTON
 " 163 ALAN FENTON
 " 164 MATTHEW MARTIN
 " 165 RAE MONTGOMERY
 " 166 ALAN SILWOOD
 " 167 ELAINE McQUILLAN
 " 168 EDMUND LEAL
 " 169 GEORGE STEWART
 " 170 JAMES O'NEILL
 " 171 ANTHONY HOLT
 " 172 VICTOR MURRAY
 " 173 JEFFERY ELLINGHAM
 " 174 FREDERICK HABGOOD
 " 175 JANET MASSEY

MORE IN THE NEXT EDITION

WALKING SHORTS

9.

MOUNTAIN WALKING, SCOTLAND

During the period from Wed. 31st May to Sat. 17th June, David Ramsey is organising a mountain and fell walking holiday that will include ascending over 25 summits of 3,000 ft. or more and several over 4000ft. Although the venture is basically for members of the fire service, any LDWA members are invited to join the party for part or full time. Suitable joining points are Torridon, Fort William and Glencoe. Further details and itinerary from David.

BADGES

We have placed an order for 125 washable cloth badges and these are expected to be available from sometime in May. The design will be similar to that on the cover of this newsletter and they will be approximately 2 $\frac{1}{2}$ inches deep. The figure and lettering will be red and the hill outline green on a dark background. The cost will be 30 p. each including postage. We had hoped to be able to include each members LDWA number on the badge but this would have added considerably to the cost. The badge should be suitable for attaching to anoraks, rucksacks or even blazers.

NEW NAME

In response to our request for a name for the newsletter, there were about thirty replies resulting in about twenty different names. It was also suggested what not to call it! Among those containing some notion of walking, were "Footslogger", "Stride", "Marathon Walker", "Walkabout", "Walkaways", "Wayfarer", "Waywalker", and "Trekker". "Shanks Pony" is obviously quite appropriate but not as ingenious as "wildWays". Other suggestions were "Wanderlust", "Mercury", "Mercurius", "Pedometer", "Horizon" and "Skyline". If there are any further ideas, do not hesitate to send them in.

WELSH 3000FT PEAKS WALK

Roy Dilliway is hoping to attempt this walk in the summer. Probable date July 15th. If any other members are interested in forming a party to make the attempt on this date or any other, they should contact Roy

DOUBLE DARTMOOR WALK

It is just a year ago that 18 year old Frank Steer, a member of Dartmoor Rambling Club, set off to attempt a double crossing of the Moor to raise money for charity. Although his best previous walk was a mere 28 miles in about 12 hours, he covered his "double Dartmoor" in 21 hours. His 30 year old brother, Russell, who had intended to accompany him for a few miles, ended up with also doing the complete 56 miles route that started at Ivy Bridge and passed through Two Bridges to Okehampton, then returned. Apparently, Frank doesn't need much exercise to keep fit - a newspaper preview of the walks states "he keeps in shape by slogging nearly a mile to work every day!"

PENNINE WAY RECORD

To many people the name "Pennine Way" immediately conjures up in the mind a three week, or for those more energetic, perhaps a two week, walk over hill and dale through some of our most remote countryside. Occasionally someone tries to complete the route as fast as possible and last July was one such attempt. Bill Bird and David Locke, both members of Ranelagh Athletic Club (London), set out from Kirk Yetholm with the intention of doing the job within one hundred hours. All went well for

10
the first part but then David suffered an injury that, eventually, forced him to retire at about 140 miles, leaving Bill to carry on but with a member of the two man support party. Finally he arrived at Edale in the incredible time of 104 hours and 8 minutes after setting off. The support party travelled by Dormobile and this made 32 refreshment stops en route.

PETERSFIELD CIRCULAR WALK

All members of the LDWA are invited to join the Petersfield Rambling Club on 11th June when they will be arranging a 25 miles walk through some of the most beautiful Hampshire countryside. The walk will start at 10.00 a.m. at Petersfield Railway Station and cross several hills in the area including Butser, the highest point in the county. The walk will take about eight hours plus, and be led by David Turland

CARE OF BOOTS

Most walkers will agree that it is desirable to keep the feet dry for as long as possible, although saturation point is often quickly reached when travelling over boggy moorland. No bootmaker will guarantee his (leather) product to be fully waterproof but certain precautions can be taken to keep out moisture. The first thing to do after every walk is to clean all dirt from both inside and outside the boots under running water and leave to drain for a while. Do not subject boots to fierce heat. Whilst wet, apply dubbin (only) to the leather and pack with absorbent paper to dry out. Further dubbin should be applied when drier. Avoid walking on manure and other fertilisers as these can cause damage to leather. If the boots are straight from the shop or have been unused for some time it is advisable to give them a coating of dubbin.

HOLIDAYS

Have you fixed yours yet? If you enjoy a week or fortnights walking holiday in the company of others you may still be in time to join one of the Y.H.A. "tours". Many are arranged for this country. The tours are graded according to "toughness" with "A" being for more experienced walkers. "A" tours are now organised for the following areas:- Berwyn Hills, Brecon Beacons, Snowdonia, Lake District, High Peak, Yorkshire Dales, Cleveland Way, Pennine Way, Offas Dyke, and several in Scotland, plus two in Ireland. Prices range from £14.50 per week to £54 for 3 weeks. Enquiries should be sent to Y.H.A. Travel Trevelyan House, ST ALBANS, Herts. (Tel. St Albans 55215)

VECTIS MARATHON 1971

Our apologies to member Alan Hoare who, although being home first, was omitted from the report.

TANNERS BY CYCLE and ON FOUR LEGS

Is the Tanners Marathon unique in the fact that it has, on several occasions, awarded finishing certificates to dogs and twice to a cyclist? Both in 1967 and 1971 Jack Wilkinson of New Malden attempted to ride around the thirty miles course and succeeded despite the many stiles and steep gradients.

HIGH PEAK MARATHON '72

11.

(Derbyshire) April 23rd

This first promotion of the forty miles walk along the Derwent Watershed was an unqualified success for the organisers and competitors (most of them) alike. The object of the event was for teams of four to cover on foot a roughly circular course between fifteen control points most of which were situated above the 1500' contour on the millstone grit ridge. The teams set off at intervals around midnight and commenced to climb to the top of Win Hill and then Lose Hill. Until Rushup Edge was reached the way was clearly defined but after turning north and across Kinder Scout there was often a choice of route across the groughs and peat bogs. By the time Mill Hill had been reached most teams were in daylight but slowed a little as they battled against the driving hail and snow.

At the "Snake Road Top" checkpoint, sandwiches and soup awaited those that had time for it. Many teams retired here or broke up and joined other incomplete teams. Our LDWA team lost its lady member here but conscripted another member who continued until the finish. Across Bleaklow one could easily get lost in the acres of groughs but fortunately a line of posts can be followed when occasionally glimpsed through the mist. Until Bleaklow the majority of the teams had been in sight of each other but now great gaps were beginning to appear between the remaining parties. Most of the control points were in radio contact with others so they knew when to expect the next team in. From just after the twelfth control the way became more defined and the going easier again. In the latter stages well used paths and a metalled road enabled those with anything left to push on to the finish.

The start and finish were at Yorkshire Bridge some eight miles away from the H.Q. at Edale and competitors were ferried to and from by minibus. At the H.Q., plates of stew, and apple and rice were provided for all participants, whilst the certificates were being made out.

Of the 35 teams entered 32 started and 21 finished. The first home were the unnamed team composed of E. Dance, D. Weir, P. Talbot and J. Richardson, who took 10.26 hrs. Joint second were the unlikely sounding Gruntfuttock Ferklers and Clayton L.M. Harriers, in 11.03 hrs. Of the three ladies to complete the course the first home was Janet Massey whose team took 14.54 hrs. The LDWA team of C. Steer, A. Blatchford, S. Lane and Miss P. Porris (later replaced by A. Hoare) finished with the modest time of 15.23 hrs.

The names sported by some teams even surpass those in Orienteering Circles. Just to mention a few, there were the Ageing Trendies, Snig Hill Shufflers, Slithy Toves, Furdy Darters, and the Mire Meanderers.

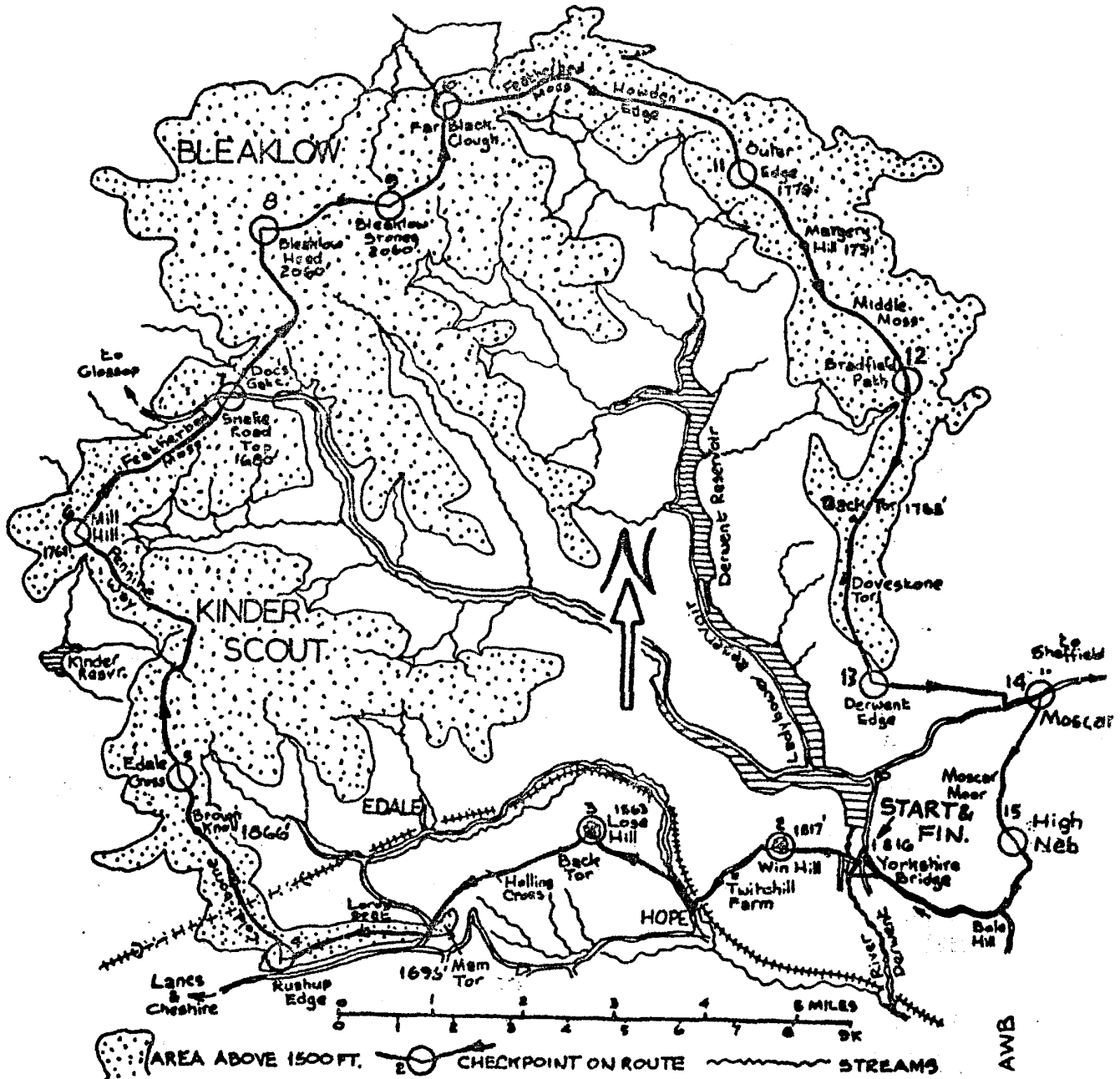
The Organisers of the marathon were the Youth Hostels Society of Sheffield University. Although all agree that the event was a success, it is uncertain yet as to whether it will become one of the classic annuals.

WE HOPE IT WILL!

Look over page for sketch map of route.

THE HIGH PEAK MARATHON

SKETCH MAP OF ROUTE



LYKE WAKE WALK by Bill Cowley (Dalesman Publishing Company)

This is the storey of Britains most famous hike. The originator of the walk and author of this book is a Yorkshire farmer. He first had the idea of the walk in the late forties when he realised that it was possible to walk for forty miles from the Cleveland Hills to the sea without passing human habitation. It was not until 1955 that he tested his theory when he issued a challenge to anyone to complete the journey in under 24 hours. He took about thirteen hours for his initial walk and thereupon founded the Lyke Wake Club.

In recent years several thousand people have made the crossing every year and now there is becoming an increasingly well worn track where once there was just mile upon mile of heather. The 88 page book contains advice for moorland walkers, geological notes on the terrain, a chapter about some of the more noteable crossings, a mile by mile description of the route, a number of photographs and a sketch map

THE OLD ROAD by Hilaire Belloc (first published in 1904)

This is one of the first books to be written about the Pilgrims Way (of Hants, Surrey and Kent). After studying a variety of maps and records the author and a friend set out to walk from Winchester to Canterbury. They had not set time to complete the walk as they were more interested in trying to discover the route of the middle-ages pilgrims. The 1911 edition contains many old photographs and numerous sketch maps showing the way and adding weight to the author's theories. Before actually starting out on the walk there is a prelude of about a hundred pages.

THE BIG WALK by A. Walker (Prentice Hall International Inc. 1961)

In 1960 Billy Butlin issued a challenge to any takers when he staged the historical John O Groats to Lands End Race. Thousands put in applications to join the walk, the main incentive being hundreds of pounds of prize money. The book is the storey of one mans experiences whilst taking part in the 900 miles race. Very soon the thousands of starters began to drop out to finally leave 113 men and 25 women to reach their goal. The book describes the food fads of competitors, the clothing worn and the various setbacks encountered.

JOURNEY THROUGH BRITAIN by John Hillaby (Paladin 40p)

A fascinating account of a 1,400 miles walk from Lands End to John O'Groats by a fifty year old writer and naturalist. In keeping to foot-paths and old tracks the author avoids most of the main centres of urban life. Everywhere he goes he finds something of interest to relate. The reader learns of the stone age settlers in Cornwall and of the miners that came later, of Offa who built the Dyke, of the Roman soldiers patrolling Hadrian's Wall. At night he stops by at inns, Youth Hostels or simply puts up his tent when he has had enough for the day. There are times of crisis when he gets lost in mist on Dartmoor and up in the Scottish Highlands, and nearly sinks into the mud whilst crossing an estuary. The paperback contains several photographs and fifteen maps of his route. All walkers will find the book hard to put down once started.

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BOOKS

I BOUGHT A MOUNTAIN by Thomas Firbank - first published 1940 (currently published by NEL)

This book is the story of the exploits of a man who, as the title says, bought a mountain (or at least part of it) - Snowdon. After buying a hill farm and several hundred head of sheep, the author learns the ways of a sheep farmer. For the walker, Chapter 14 will be of especial interest - "The record walk". This tells how, after months of training, Thomas Firbank and a companion set out to break the record for the Welsh Three Thousands. His wife and a farm hand also have a go at the record but set off before the others. A sketch map shows the route they took. The book has been a best seller.

HIKE PROJECTS AND CHALLENGES by Keith Pennyfather, published by the Boy Scouts Association at 25p)

This little book, despite its size, contains a wealth of information of interest to all walkers whether they take part in organised events or pioneer their own ways. Besides notes on such walks as the Lyke Wake, Fellsman etc. There are details of all the popular long distance routes and data for hundreds of routes all over Britain. Maps are liberally sprinkled throughout the 96 page booklet.

ANCIENT TRACKWAYS OF WESSEX by Timperley and Brill (Phoenix £2.50)

The authors spent over twenty years walking and researching, finally to produce this work. Apart from the more widely known "Road"s such as Icknield Way, Harrow Way and the Berkshire Ridgeway, another thirty ways are explored and the routes described. The book contains 16 photographs and 30 sketch maps. Most of the ways described are pre Roman and today some stretches are incorporated into modern roads, but, in the main, these old tracks are remote and provide the enthusiast with miles of good walking.

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DETAILS OF TWO MORE EVENTS

MAY 28th (Spring Bank Holiday) SOUTH WALES MARATHON (Brecons)

An annual event held in the Brecon Beacons and Black Mountains. This year the walk is extended to fifty miles. No other details received. Write to A. James for data. (Accommodation is restricted to 25 only and we understand there are no vacancies for this year.)

JUNE 10th PEAK MARATHON WALKS (Derbyshire)

There are two events here: a 25 miles walk starting from Buxton Youth Hostel and finishing at Ilam Hall Youth Hostel, and a 50 miles walk starting at Crowden Youth Hostel and finishing also at Ilam Hall. The longer event has a time limit of 15 hours but there is no limit for the "25". The entry fees of £1.05 (less if under 21) include overnight stay at the youth hostel and refreshment on the way. All entrants are to be Y.H.A. members. Participants must find their own way between the checkpoints many of which are at youth hostels. O/S Map "Peak District" one inch to be used. Walkers apparently set out at irregular intervals. Entry forms from Peak Region Y.H.A., 3 Leopold Street DERBY, DE1 2HE.

THE NORTH YORKS MOORS CROSSES WALK by Malcolm Boyes.

It was 12.15 p.m. on Saturday 2nd of October, 1971 when six fell walkers set out from the village of Goathland, in the heart of the North York Moors National Park, to attempt to walk the 53 miles, over moorland and rough tracks, linking 18 of the ancient wayside crosses.

We left Goathland down the disused railway to Cottage, crossed a narrow bridge over West Beck, and climbed through the forest to Thackstead Farm. After crossing the Goathland to Egton Bridge road, near Randy Mere, we headed through deep heather, over Egton High Moor to Wintergill Plantation, where our support party was waiting for us.

After a short break we set off at 2.20 p.m. along the road for a short way. Our route westward to Botton Cross following the head of Great Fryup Dale gave glorious views down the vale, past Trough House to the first of our crosses - Botton Cross. "Is THAT what we've walked nine miles to see?" joked one of my companions as he looked at the socket stone and broken shaft.

In the next two miles we passed three more crosses - White Cross, better known as Fat Betty, Ralphs Cross East, at the side of the road between Hutton-le-Hole and Castleton, and Ralphs Cross West. Ralphs Cross East still carries on the tradition of having money placed in a hollow on its top for needy travellers.

Leaving Rosedale Head at 5 o'clock we headed south, passing the Lion Inn at Balkey. The annual sheep sale had just finished but unfortunately the bar had closed twenty minutes earlier. We now turned off the road onto a disused railway track which heads south east for four miles to Bank Top where the landmark of Rosedale Chimney is situated. A track leads south from Bank Top to Ana Cross where the track narrows to a sheep path for two miles. As we descended to the village of Lastingham it became dark and out came our torches.

From here the surroundings changed from moorland to farmland. We continued from Lastingham to Appleton-le-Moorson the road, passing High Cross, then Low Cross, on the outskirts of Appleton, where we decided that the pub. 100 yards away was too inviting, and so we stopped for a break.

All fell walkers at night should have a good stock of tales and jokes to tell. It helps pass the time when you cannot see the views. We started telling stories as we left Appleton and we were still reeling them off at Lilla Cross eight hours later!

Our route continued through farmland for another mile crossing the River Severn at a weir. Soon we entered Cropton Forest near Blackpark Lodge, walking past the site of Stone Cross which has now vanished but was situated just north of Spiers House. Forestry tracks led us north eastwards to Mauley Cross, north of Stape. Leaving Mauley Cross at midnight we headed east passing the site of Brown Howe Cross and dropped down through the forestry to Pifelhead Wood. A track was then followed up the side of a ravine, onto the moor, and up to Saltersgate Bank Top.

After our spirits had been revived with hot soup, and we had chatted with some friends that had come up to meet us, we set out at 2.20 a.m. for Malo Cross which is at the foot of Whinny Nab. Striking north east, we crossed some rough stoney ground to reach the perimeter track of Fylingdales Early Warning Station before following the track to Lilla Cross, the oldest of the moorland crosses (pre 400 B.C.) After a ten minute break, lying in the heather, we set off again, soon passing the

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site of Louvain Cross, of which only the broken shaft remains. After swinging north east again to York Cross and May Beck, we arrived at New May Beck Car Park as it was starting to get light.

At 6.30 a.m. we trudged up the hill out of May Beck and 25 minutes later we reached Cross, on Shooting House Rigg. Six tired but happy walkers crossed the $1\frac{1}{2}$ miles of moorland to Postgate Cross, situated 200 yards north of the Whitby-Ruswarp-Scarborough roads. With the sun shining we returned to May Beck, and continued to Sil Howe, the site of another vanished cross. The last two miles into Goathland were quickly covered and everyone

The walk was completed at 11.10 a.m., fifty minutes too early to celebrate at the pub. We waited.

Those who completed the walk were Pete Gough, of Ravenscar, Michael Horsley of Scalby near Scarborough, John Waind of Little Barugh near Pickering, Colin Hood, Maurice Boyes and Malcolm Boyes all of Norton near Malton. At the time of the walk Maurice was 61! The six are members of the Scarborough and District Search and Rescue Team.

The walk has been adopted by the North Yorks Moors Rescue Teams and an organised event is being held later this year (see "Forthcoming Events" - ed.) It should be noted that three of the crosses are not on rights-of-way and therefore permission should be sought to visit them if a private attempt at the walk is to be made. The crosses are Ralphs Cross West, Botton Cross and Postgate Cross.

WHAT IS THE BOGGLE STROLL? by Mike Brown.

Although the Association, rightly, does not wish to concern itself with charity walks (Newsletter No. 1), there is at least one such walk that may merit the attention of members. For several years now Manchester and Salford Universities have organised the Boggle Stroll, a 54 miles sponsored road walk which also has the distinction of being a competitive event with prizes for the first man and woman home, and for the team of ten with the lowest average time.

The event usually attracts a field of over 2000 walkers and whilst many of these are not serious contenders, some distinguished walkers and runners are always present to make the competition extremely fierce for all awards. Some years ago the men's prize was carried off by Ron Hill (one of Olympic Marathon Men - ed.) with a time of 6 hours and 20 mins.

The event takes place over the Friday night following the traditional Shrove Tuesday Rag Day in Manchester. Walkers are ferried in a fleet of double-deckers to the centre of Lancaster from where they are set off in teams, at short intervals, for the long plod home.

We have been associated with the Stroll since 1970 but always failed to gain any award despite some respectable times by individual team members. 1972 came to be regarded by us as the "year of the big push". We entered three teams under the name of "WOLS" (i.e. "slow" backwards) and even managed to produce two-and-a-half teams on the night.

At 10.45 we started off from a dry, but chilly, Lancaster. Teams do not have to keep together and ours was no exception. As we approached the A6 road, our gallant band appeared as a rather ragged procession with speeds ranging from 3 to 10 m.p.h. Actual details of the route blur in the mind apart from it all being along main roads and passing through Preston, Chorley and numerous smaller towns.

Occasionally support cars emerged from the gloom with the news "You're doing well". By 8.45 we had two men home and most of the others in good positions. By early Saturday afternoon all of the first team had finished and we calculated that we'd got the team prize fairly easily (average about 12 hours 28 mins.), and also the women's prize (Janet Massey of Fellsman fame). The men's prize, however, eluded us, going to some fleet-footed unknown in $7\frac{3}{4}$ hours.

As we sat around downing pints in the early afternoon, it was a sobering thought to realise that, of the 2000 starters, many would still be on the road for another ten hours before the 24 hours limit expired. One wonders whether prizes ought to be awarded for dogged persistence.

As a "mountain man" I originally viewed the Boggle Stroll with some scepticism, however, the constant jarring, repetitive action of road walking and the psychological dullness have since taught me to approach such walks with the greatest of respect.

BRITAIN'S MOST POPULAR WALK

With , a reported, six thousand plus attempting the Lyke Wake Walk annually, there can be no doubt that this is the best known and most popular challenge for walkers in Britain. The walk, first pioneered in 1955, stretches from Ostmoorley across the N.E. Yorks Moors to Ravenscar on the east coast. In the early days the going was somewhat harder than at present because several sections involved crossing miles of virgin heather. As a result of the many crossings, a well trodden track has been beaten out. The total ascent is about 5,000 ft.

A crossing may be attempted at any time and in either direction. Before "having a go" a stamped addressed envelope should be sent to the address below for the latest information. Having completed the walk, a stamped addressed envelope and 5p. should be sent with a report of the walk (details of route, times etc.) A certificate (Card of Condolence) will then be sent to those successful. Further details from Chief Dirger, W. Cowley, Potto Hill, Swainby, NORTHALLERTON, Yorks.

ERATA

Our hard worked typist apologises for the omission of key words on Pages 15 and 16, i.e. Incline Cottage and John Cross.

SIX SHROPSHIRE SUMMITS WALK

Although an organised event is being held over the course of this walk (see "Details of Events") this month, it may be attempted at any time to qualify for a certificate.

The first recorded crossing of the summits was made in 1962 by Vivian Bird, a feature writer for the Sunday Mercury, and Philip Sharp of Solihull. To date, nearly 700 successful walks have been completed on the 35 miles route. The shortest time taken by a man is 8 hours 44 minutes. Whilst the best time recorded by a female is 10 hours 58 mins.

The walk itself may be commenced from either end of the route, but the most popular seems to be from west to east. The map required is O/S Sheet 129 and the starting points are Horseditch Cottages (594771) for east to west, and on a track near Corndon (301971) for west to east. For timing purposes the walk ends on the final summit. The summits going from east to west are Titterstone Clee - 1750 ft. (592779), Brown Clee - 1790 ft (594866), Caer Caradoc - 1506 ft (478955), Long Mynd - 1695 ft (415945), Stiperstones - 1731 ft (367 987), Corndon - 1684 ft (305969). The latter is in fact in Montgomeryshire but is an integral part of the Shropshire massif and its eastern foot is in that county.

The object of the SSS Walk is to reach all of the above hill tops in one walk, unbroken except for the normal refreshment stops etc. Walkers may choose their own route but must touch the trig. points or cairns on the summits. Supporting transport is allowed for carrying food etc., but walkers must cover the whole route on foot.

In Mr Birds leaflet (available at the address below), he says "We prefer that normal fell-walking clothes be worn according to season. It would be a pity if the Six Shropshire Summits became a marathon cross country run in running togs." A full account of the first walk will be found in his book "Birds Eye View: The Midlands".

Any individual or party claiming to have done the walk should send a brief synopsis, including names and times, in the form of a letter, to the Editor, Sunday Mercury, Colmore Circus, BIRMINGHAM, 4. A certificate will be sent in due course. All claims are taken on trust but any odd note to establish authenticity will not be amiss.

A CENTRE FOR WALKING IN THE BORDER COUNTRY

An ideal centre for a walking holiday in Northumberland is Otterburn Hall, situated just south of the Cheviots and near the Pennine Way. The spacious building, set in an eighty-five acre estate, has many other attractions for those who wish to take time off from walking. Guests are able to play darts, croquet, tennis putting, squash and billiards. There is, also, swimming and fishing in the Otter Burn. Children's facilities are provided. From June 3-10 and July 1-8 guests will be taken by bus to various parts of the Pennine Way to cover a different section each day, if they wish. The Roman Wall and the Farne Islands are nearby. Visitors may stay one night or the whole week or even just pop in for a meal if they are in a party. Prices vary with the season and range from £3.00 per single room per day down to £2.40 per person in a 5 to 7 bed room. Full details from M. Hoskin

LIVERPOOL TO LEEDS CANAL WALK

On Monday, July 3rd Frank Hodgson is setting out from Liverpool to walk along the tow path of the canal to Leeds. The distance is about 60 miles. Anyone interested in joining Frank to do the walk should contact him at

RELATIONS

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The following notes on other organisations that have something in common with the LDWA may be of interest to many members. Several LDWA members are also members of one or more of the clubs or associations mentioned.

YOUTH HOSTELS ASSOCIATION (England and Wales). An association with over 200,000 subscribers providing various grades of accommodation throughout Britain. No upper age limit. Annual sub. £1.50 (over 21). Most hostels serve breakfast and supper and sleep visitors in dormitories. Ideal for walking parties. Most large towns have Local Groups of hostellers who arrange weekend walking etc. Membership cards are valid in most countries. Y.H.A. also arrange travel and holidays. Further details from Trevelyan House, 8 St Stephens Hill, ST ALBANS, Herts

RAMBLERS ASSOCIATION An association for those interested in ealking and outdoors in general. Members receive a glossy magazine several times a year plus a bed and breakfast guide. The magazine "Rucksack" is of interest to all walkers and is available for 5p to non members. Annual sub. if £1 (ordinary). The R.A. also organise holidays and have many area groups that welcome new members. Each year the R.A. fight many cases of attempted footpath closure etc. Further details from 1/4 Crawford Mews, LONDON, W1H 1Pt.

FELL RUNNERS ASSOCIATION Formed in 1970 to "serve the interests of fell running in the U.K." As the title suggests this organisation is mainly for those who enjoy running over the country. Like the LDWA it issues a duplicated newsletter containing a calender of events etc. Events, some of which are also included in our calender, range from about one mile to over fifty. Predominantly a northern following. Annual sub. 25p Details from E. Leal

ROAD RUNNERS CLUB As association of amateur athletes most of whom take part in highly competetive races that range from club events to the Olympic Marathon Race. Over 3,000 members world wide. An interesting, well produced, glossy newsletter is sent to members several times a year. Annual sub. 50 p All members are insured against accidents whilst racing or training. Details from P. Goodsell

CENTURIONS Probably the most exclusive association of sportsmen in the world. The only qualification is that as an amateur one must have walked 100 miles in competition within 24 hours. Member Number One accomplished the feat in 1877, and nearly 500 have now qualified. The majority of members are from Britain. Each year since 1946 there has been at least one race organised to enable walkers to join this most exclusive band. These walks are open to all amateurs but a strict watch is kept against anyone attempting to run.

20 SOME BRIEF THOUGHTS BY KEITH PENNYFATHER

The first LDWA Newsletter reported on several organised long distance walks. Doubtless there are many others which members will have heard about. When you add to these the long distance footpaths, and the large number of other challenge walks which can be attempted at any time, a bewildering choice awaits the long distance walker.

Until the formation of the LDWA there was probably no way in which walkers living in different parts of Britain could get to know about all the various challenges and walks available. But this newsletter will offer an ideal forum for the exchange of information and ideas on challenges of this kind. The first issue contained reports on some previous events, and others were mentioned in the calendar or shown on the map. On looking through back numbers of magazines such as "Climber & Rambler" and the now defunct "Youth Hosteller" it is clear there are a great many other local and regional walks held from time to time, but it is not always easy to find out about them. Some which were held a few years ago may, of course, no longer exist. Perhaps future issues of this newsletter can include reports from members to help fill some of the gaps.

At the outset the field seems rather wide. When is a long distance walk not a long distance walk? How do you distinguish between a walk and a challenge which involves walking but where the main object is rather different - say peak bagging? To the beginner it must all be rather confusing, especially when some walks are organised as specific events on a given date, while others can be attempted by anyone at any time. Again, some can be completed well within a day, whereas others may be continuous 24-hour events. To add further to the confusion, some of the "do-it-yourself" challenges (e.e. Lyke Wake Walk) may occasionally be run as organised events!

To enter for some organised walks you have to be a member of the Y.H.A. or some other organisation, but many are open to all. Some are straightforward races, to be completed in the shortest time, while others are challenges where the aim is to complete the course, or reach a target within a time limit, which is rather different. Or there may simply be a target to reach but no time limit prescribed! It's all rather confusing.

At the risk of thinking aloud, I suggest it might be helpful to group long distance walks under 4 broad headings. So far as the first 3 headings are concerned, those walks which have been reported in recent years are listed at the end of this article, but there must be a great many others. The fourth group, long distance footpaths, will be covered in some detail in future issues of this newsletter.

Firstly, there are the organised Races. It's not entirely clear how far the LDWA will concern itself with these, for events such as the Ben Nevis Race or the Ennerdale Horseshoe fell race can scarcely, by any stretch of the imagination, be called long distance walks. Here the first man home is the objective, and the element of competition is the main ingredient. Other Organised Events fall into two types: those restricted to members of a certain club or association, and those open to all. Most of the walks mentioned in the first newsletter come into these two categories. For the majority the objective is to complete a set route within a given time limit, for which those who are successful receive a certificate. Some, such as the Berkshire Ridgeway Walk, amount to organised walks along well-known long distance footpaths which can also be walked at other times.

Then there are what I would call Open Challenges, which can be attempted by anybody at any time, with no formalities. Here the objective may either be to break an established record by completing the course in the shortest time (not simply a time limit) - e.g. Three Peaks

Walk - or merely to achieve the target and perhaps obtain some recognition, possibly a certificate, as a result (e.g. Si Shropshire Summits). Of course, there are infinite variations. Some walks follow routes throughout (e.e. Minchmoor Walk) while those such as the Two Inns Walk rely on check points or objectives, between which walkers are free to choose their own route. The White Rose Walk and several others make use of sections of long distance footpaths which would themselves form objectives for much longer walks.

Under this same heading there are many variations of 'peak bagging', where the objective is to reach summits of a given height in one area (Scottish Fours, English 3,000s, Welsh 3,000) or to follow a route linking the highest points in neighbouring counties. (Ben Nevis, Snowdon and Scafell Pike is a rather specialised version which relies less on walking skills and more on fast and sometimes reckless long distance driving). Those distinguished in the list as Major Challenges include those really tough long-distance expeditions which may take several weeks or months to complete and which have probably only ever been attempted by a handful of people: some have still not been successfully completed.

The fourth and largest group includes the Long Distance Footpaths, offering virtually unlimited scope for fairly continuous walking, mostly away from roads and towns. The Distinction between these and walks in the previous 3 categories is, I suggest, mainly in that no time limit applies to the footpaths and there is no record to break: the aim is purely walking for enjoyment, at one's own pace, enjoying the scenery or stopping to look at features of interest on the way. All this is hardly possible in a race or even on a challenge walk where the object is to get from A. to B as directly or as quickly as possible. If a target is required this can be to follow the footpath from end to end (e.g. Pennine Way, Cleveland Way) but even this is entirely optional, and the attraction of long distance footpaths is that they can be walked at any time, thus offering the ultimate in flexibility. Routes of this kind very often have some historical or other significance and might include coastguards' paths, disused railway lines, prehistoric linear earthworks, drove roads, military roads, Roman roads, canal tow-paths, ridgeways and ancient trackways.

Perhaps the LDWA will eventually need to consider whether its interests extend to all these categories, and which of them should be promoted and publicised. In the meantime members are invited to send in brief details to up-date the list.

Races

Ben Lomond Race	Ennerdale Horseshoe (Lake Dist.)
Ben Nevis Race	Fairfield Horseshoe " "
Cairngorm Race	Two-day Mountain Marathon,
Skiddaw Race	Isle of Man Parish Walk
Vaux Mountain Trial (Lake District)	

Other Organised Events

(a) Restricted membership: * referred to in previous newsletter

(R) Ramblers' Assn. (S) Scout Assn.

(Y) Y.H.A. (O) Other youth organisations

Lakeland Ramblers' Marathon (R)	* Mid Wales Marathon Walk (Y)
* Four Inns Walk (Peak District) (S)	North Wales Marathon (Y)
* Masters Hike (Pennines) (S)	* South Wales Marathon (Y)
Downsman Hike (Sussex) (S)	* Three Peaks Trial (S. Wales) (Y)
Across Wales Walk (Y)	* Peak Marathon (Y)
* Berkshire Ridgeway Walk (Y)	* Ten Tors Expedition (Dartmoor) (O)

(b) Open to all:

- | | |
|---|------------------------------------|
| * Chevy Chase (Cheviots) | Mourne Wall Walk (Ireland) |
| * Crosses Walk (N. York Moors) | Northumbrian Peaks Walk |
| * Chiltern Marathon | * Punchbowl Marathon (Surrey) |
| * Castlebar International Walks (Ireland) | Reeks Ridgewalk (Ireland) |
| * Dalesman Hike (Yorks. Dales) | * Reservoir Roundabout (Mid-Wales) |
| * Fellsman Hike (Yorks, Dales) | * Round the Island Walk (I.O.W.) |
| * Guildford Boundary Marathon | * Tanners Marathon (Surrey) |
| * High Peak Marathon | Todmorden Boundary Walk |
| * Long Mynd Hike | * Vectis Marathon (I.O.W.) |
| * Manx Mountain Marathon | Weald Walkers Wander (Kent/surrey) |

Open Challenges

- * referred to in previous newsletter
 (P) peak bagging variations
 (M) Major Challenges

- | | |
|---------------------------------------|--------------------------------------|
| * Six Shropshire Summits (P) | Scottish Fours (P) |
| White Horses Walk (Wessex) | Welsh 3000s (P) |
| Six Rivers Walk (Yorks. Dales) | Scottish 3000s (MUNros) (P) |
| Lyke Wake Walk (N. York Moors) | (see note 2) |
| Two Inns Walk (Yorkshire) | Irish 3000s (P) |
| Minchmoor Walk (Borders) | Six County Summits Walk (Pennines) |
| White Rose Walk (N. York Moors) | Border Trek (M) |
| * Three Peaks Walk (Yorks. Dales) | Land's End to John o' Groats (M) |
| Cuillin Ridgewalk (Skye) (P) | Cape Cornwall to Cape Wrath (M) |
| Ben Nevis, Snowdon & Scafell Pike (P) | Mizen Head to Malin Head (M) |
| (see note 1) | Trans-Highland Trek (M) (see note 3) |
| Lakeland Fells (24 hour) Marathon (P) | Round Britain Walk (M) (see note 4) |
| * English 3000s (P) | Remotest Points on British Mainland. |

- Notes: 1 Object is to climb the 3 peaks within 24 hours, starting and finishing at sea level.
- 2 Apart from the usual method of 'collecting' Munros over a period of months or years, variations which have been attempted include: (a) a complete and continuous traverse of all 277 Munros, (b) Operation Scotblob, in which the members of a club between them scale all the Munros within 24 hours, and (c) local variations such as the Five Arrochar Munros, the 18 Munros of Glen Nevis, etc.
- 3 Traverse of Highlands from north to south or west to east (sea to sea).
- 4 Traverse of the British Coastline (most recent reported attempt commenced March 1972 as a charity stunt).



TANNERS TO HINDHEAD WALK (S.W. Surrey) 26th February.

About forty people set off at intervals from Tanners Hatch Youth Hostel to walk the 2 3 miles to Hindhead Hostel. Six unmanned orienteering flags marked the checkpoints and those taking part selected their route from the many combinations of footpaths and direct lines across heathland, between these points. Unfortunately, two of the flags were misplaced and this cost many competitors up to an hour in wasted time, searching for them. This setback proved too much for the majority who retired from the event. The first home was David Rosen (.dwa 152) in 4 hours 45 mins., then three minutes later came B. Laukner. It was 2½ hours before the third man came in and over six hours before the last arrival was checked in. There were 14 recorded finishers which included seven LDWA members. The organiser regrets the mix-up and has promised to appoint a checker for next year's event.

MANX MOUNTAIN MARATHON (I.O.M.) 1st April

It was a dull and misty day as the Lord Mayor of Ramsey set the seventy starters off on the tough thirty miles course that included 10000 ft of ascent with a time limit of ten hours. There was no improvement in weather conditions, and at times the visibility was down to fifty yards, making navigation difficult. This, and the gruelling course caused over 65% to retire en route. First to finish was Joss Naylor of Cumberlan, and a mere 32 seconds later came Jim Smith of Bury. Their respective times were 4.52.10 and 4.52.42. Third were Bob Meadowcroft of Bolton, a past winner, and Jeff Norman whose time was 5.47.25. In all there were 24 finishers - the slowest time being 9,58,12. Next year there are to be two standards - Gold for those under six hours and Silver for those under 10 hours. In addition to prizes for the first three home there was a team prize which went to Clayton-le-Moors Harriers. There were no female finishers!

Editor's Note

As will be gathered from the above, this event is really a fell runners race giving those who wish to walk most of the way practically no chance of beating ten hours even when the weather is clement. Whilst the organisation is set up it would seem a good idea to offer walkers a reasonable chance to complete the course even if they had no interest in the prizes. Several events are in fact dual, insomuch as they have one start time for designated walkers and later time for the more serious athletes and orienteers. Have any other members thoughts on this subject?

THE RESERVOIR ROUNDABOUT Sat. 15th Jan. (Central Wales)

"Undertaken in Winter Conditions". So states the certificate awarded to those who completed the Reservoir Roundabout. This year's event came fully up to expectations, with icy winds, sleet and rain lashing across the exposed slopes that cradle the Elan and Claerwen lakes.

Out of a field of 49 starters, 43 completed the route, including 7 women, the fastest time being a creditable 4 hours 8 minutes. This was achieved by John Harrison, John Leather and Alan Hoare, from London, Worcester and Coventry respectively. It is the fastest time to date. The rest of the field finished in groups, the slowest taking a time of 8½hrs

The Bridgend Mountain Rescue Team provided marshals and rescue facilities. A slight exposure case and one competitor getting lost soon proved their worth, both problems being dealt with quickly and efficiently.

Very noticeable this year was the high standard of skill and experience displayed by most of the field, this was reflected in the number who finished and some of the fast times in the face of adverse conditions.

Neville Tandy

THE TWELFTH THREE PEAKS TRIAL - Sat. 26th Feb. (Breconshire)

It was dry, but cloudy, as the sixty-six starters set out from Crickhowell Youth Hostel at 8.0 a.m. to walk over the three hills surrounding Abergavenny - the Blorenge, Skirrid Fawr and The Sugar Loaf. After covering a varied terrain an about 4,500 ft of ascent, the event finished back at Crickhowell. There was no set route but there was a stipulation that each walker should touch each of the three summits in turn. These checkpoints were manned and provided drinks.

Of those that started 13 were women. Finishing times ranged from John Harrison's (again) $5\frac{1}{2}$ hours, to 14 hours, and all but four completed the walk. This year saw the most senior person ever to finish the trial: 65 years old Charles Baldey from Budleigh Salterton. Furthermore, he was one of the first to finish (I hope that I can go like that at 65).

This year the bulk of the entry was made up from six groups: Cardiff, Newport and Croydon Y.H.A. Groups, plus Newport Scouts, Leominster School, and a team of police cadets from Cwmbran.

This event has a particular appeal to the average walker, as opposed to the "devoted fanatic", in that the distance is not excessive at 22 miles and the variety of scenery is tremendous, including canal towpaths, country lanes and some very impressive hill country.

The walk is now organised twice-yearly to cope with the high demand to take part in it. The next trial will probably be held in October and enquiries should be addressed to Miss D. Hutchinson

Neville Tandy

WELSH 1,000 METRES PEAKS EVENT - Saturday, June 3rd.

We understand, now, that this event caters for walkers and not only fell runners. The 20 miles route starts from near Bangor, passing over the Carneddau through the Glyders, to finish on Snowdon summit. Entry fee 50p. Details from:- Dr I.W. Jones

MOURNE WALL WALK - June 4th (Northern Ireland)

Although this walk is only 22 miles in length there is a total ascent of 10,000 feet! Time limit is 12 hours. Nearly 1,000 entered last year. The start and finish are at Belfast and the route passes through such quaint sounding places as Slieve Binnian, Moolieve, Slieve Mcu, Slieve Heelbeg, and long Seefin. The route follows the Water Commissioners Wall for most of the way and climbs to the highest point in the Mountains of Mourne - Slieve Donard. All entrants must be over 15 years old. Successful walkers receive a certificate and an embroidered badge. The entry fee is 25 p and entries close on 27th May. Full details from Paddy McAteer
Organised by the N.I. Youth Hostels Association.

NEXT ISSUE

The next issue will be despatched in September.

This newsletter was edited by Alan Blatchford and printed and despatched by Chris Steer and family. All communications and material for the second newsletter should be sent to: Alan Blatchford