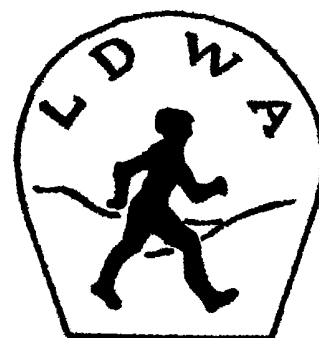


LONG DISTANCE WALKERS ASSOCIATION

NUMBER FOUR

DECEMBER 1972



NEWSLETTER

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CALENDAR

This feature will be updated at each issue of the newsletter as information is received. Events in capitals are confirmed, those not in capitals but where a date is given are provisional, and where only the month is given no information has been received yet.

<u>Date</u>	<u>Event</u>	<u>Distance</u>	<u>Area</u>
JAN. 20	RESERVOIR ROUNDABOUT	20	W.Cen.Wales
FEB. 23	TANNERS/HINDHEAD WALK	25	Surrey
Feb.	Three Peaks Trial	22	Breconshire
April	Manx Mountain Marathon	30	I.O.M.
April	Four Inns Walk	48	Yorks/Derby
April	High Peak Marathon	40	Yorks/Derby
APRIL 14	MID-WALES MARATHON	22	W.Cen.Wales
MAY 5	DARTMOOR WALK	27	Devon
May	Ridgeway Walk	40	Wilts/Berks
May	Chevy Chase	17	Northumberland
May	Fellsman Hike	50	Yorkshire
MAY 19/20	TEN TORS EXPEDITION	35/50	Devon
Ma y	Parish Walk	85	I.O.M.
MAY 26/27	DOWNSMAN HUNDRED	100	Hants/Sussex
May	South Wales Marathon	47	S.Wales
June	Six Shropshire Summits Walk	35	Shropshire
June	Welsh 1000 Metres	20	Caernarvons.
June	Mourne Wall Walk	22	N.Ireland
June	Peak Marathons	25/50	Derbys.
June	Lake Dist. Four 3000s	45	Cumberland
JUNE 28/ JULY 1	INTERNATIONAL FOUR DAY WALKS	varies	IRELAND
June/July	Cotswold Crippler	35	
July	Mallerstang Marathon	25	Yorkshire
JULY	TANNERS MARATHON	30	Surrey
July 15	N.Yorks Moors Crosses Walk	53	Yorkshire
July	Nymegen Marches	varies	Holland
AUG. 26	PURBECK PLOD	26	Dorset
Sept.	Across Wales Walk	45	Wales
Sept. 9	Guildford Boundary Walk	22	Surrey
Sept.25	Chiltern Marathon	25	Bucks.
Sept/Oct.	Karrimor Mountain Marathon	35/45	Not known
Oct.	Masters Hike	45	West Riding
Oct.	Long Mynd Hike	50	Shropshire
Oct.13	Vectis Marathon	30	I.O.W.

OTHER EVENTS

Easter Monday	SOUTH OF THE ISLAND TREK	35	I.O.W.
March 17th	Across Surrey Walk	50	Surrey
April 7th	Across Surrey Walk (easy pace)	50	Surrey
May	Dales May Walk	5 days	Yorks

Due to insufficient support, the proposed Easter hostelling trip to Snowdonia has been cancelled.

EDITORIAL

Now, with a year behind the Association, we have begun to establish our roots. Membership continues to grow steadily and we have formed the basis of a committee. The newsletter appears to be popular and at last copy is flowing in. The badges also seem to have won appeal and less than half are left in stock. The coming year will see our first organised challenge walk and there are a number of other walks being arranged for members. If you joined the association before September 1 you should receive a renewal of membership form for your second year's subscription. Naturally it is hoped that you will continue to support the movement and if there is anything that you would like to see included in the newsletter that is not at present, you should note it on your renewal form. Also, if there are any ways in which you think that the association can further the interests of the walker I would be pleased to hear of them.

In the new year we hope to convene our first A.G.M. when future policy and other matters can be discussed. Keith Pennyfather (LDWA 96) has drawn up the basis of an association constitution and this is at present being studied by members of the embryonic committee. Members reside in all quarters of Britain and so it is felt that such an annual gathering should be held in a different part of the country each year. Details of time and venue for number one will appear in the next newsletter.

Our main event in 1973 will probably be the Downsman Hundred which, as far as we know, will be the longest cross country challenge walk to be held in recent years. The first meeting to decide upon details was held at Arundel (reported on another page). Fewer than hoped for attended and most of these were intending walkers, so it looks like a big job to conscript officials for so long an event.

Material for the newsletter has been received in greater quantities than for the first three editions. Whilst not wanting to dissuade anyone from contributing, I would like all articles to be limited to two pages or less if possible. One excellent article on the Pennine Way amounts to about half a newsletter and although we could not include it this time we hope to make it a special supplement to the next issue. Featured in this number is what I hope will be the first of a series on Rambling Clubs. If your club or group is worthy of mention, please write me a few notes (including current secretary and subscriptions etc.)

Have members who take part in the various challenge walks any strong feelings about the awarding of prizes for the first people home? Personally I think that individual awards should not be made because this makes the "walk" into what is virtually a running race. If the event is to be a race then let it be advertised as such and be organised under the appropriate rules. "The appropriate rules" may, of course, bar those under 21 and all ladies from competing. If those walks that now offer prizes dropped the idea I am sure that entry figures would show no decline, and money spent on awards could be channelled elsewhere to benefit all entrants.

Regarding the "Calendar" of events published in the previous newsletter, there have been one or two criticisms about the dates shown.

What happened was that next year's date for any particular walk was estimated as being at a similar time to this year's event. However, this was pointed out as being misleading and at the same time was said to be twisting organisers' arms to get the walk on the date shown. In future, where we do not even have a provisional date, simply the estimated month will be given. If anyone has any firm dates for events that we have not shown I will be pleased to be informed of them.

On the financial side, we are just in the black although the newsletter costs and postage have been more than originally expected. Fortunately most members have been generous enough to send a little more than the 35p minimum.

ALAN BLATCHFORD (LDWA 2)

MEMBERSHIP SECRETARY'S REPORT

I would like to apologise to those people, and fortunately the number was small, whose newsletter was incorrectly addressed at last dispatch. All those small errors have, I hope, now been put right. However, if the address on your latest envelope is in any way incorrect please let me know by putting a cross on the top left corner of your renewal form or, if not requiring to renew yet letting me know otherwise.

Membership is still increasing at a satisfactory rate and I hope to start wider publicity soon, when settled at my new address which is:-

All changes of address and any membership queries should be sent to me at this address.

My thanks go to Brendan Robinson (LDWA 246) who has greatly helped me with the membership files.

SPENCER LANE (LDWA 19)
Membership Secretary.

PROVISIONAL BALANCE SHEET for 1972

Treasurer Jeff Ellingham has issued the following provisional figures for the Associations workings up to November. Newsletters costs vary because of over-orders for materials for first issue and increased numbers run off for third issue.

<u>INCOME</u>		<u>EXPENDITURE</u>	
364 subscriptions	£187.99	Newsletter 1	£25.03
Donation	1.00	Newsletter 2	17.34
Badges sold	18.20	Newsletter 3	35.66
		Insurance (Part Year)	17.50
<u>TOTAL</u>	<u>£207.19</u>	Membership cards	
Badges in stock	17.33	(2000)	11.72
Envelopes in stock	2.00	Letterhead stencil	1.25
		Postage etc.	10.81
<u>TOTAL</u>	<u>£226.52</u>	Badges (126)	35.53
		<u>TOTAL</u>	<u>154.84</u>
<u>In hand</u>	<u>71.68</u>		

From this apparent goodly surplus has to be deducted the cost of the fourth newsletter, its postage, the cost of next year's insurance (10p per member) and a few minor items. Note that the above "newsletter" cost includes postage (@ 3½p per copy). The item "postage etc." is postage and other miscellaneous costs incurred by the Secretary and Newsletter Editor, Membership Secretary and Treasurer.

ERRATA to Newsletter Number 3

1. Re Quiz - Highest point in Hampshire is Pilot Hill, Grid Ref. 399601 at 937 ft and not Butser Hill as stated (Brenda Dawes LDWA 292)
2. In editorial "Miles Walk" should have read "Hundred Miles Walk".
3. Apologies to Vanguards Rambling Club who had the largest number of finishers in the Ridgeway Walk and not Croydon Y.H.A. Group as we stated. A remarkable thing about the Vanguards is that out of a total membership of only 25, 17 completed the 40 miles walk. The first lady home, Ruth Tucker, is also a Vanguard.
(Colin Saunders LDWA 262)

NOTICE OF MEETING

3.

Several members have suggested that we should arrange a get-together of all those interested in the future activities of LDWA to discuss these, suggest improvements, and enable members to meet each other and those on the committee.

With such a scattered membership it would clearly be impossible to fix a venue which would suit everyone, but present plans are to call a General Meeting during 1973, coupled with an opportunity for some long distance walking the same weekend. More details will appear in the next Newsletter. Although some will not be able to attend, we hope initially to hold a series of "regional meets" at a more local level, at which ideas and suggestions can be aired and passed on for discussion at the General Meeting.

As the first step in this direction, an informal meeting of LDWA members in the South is to be held at Tanners Hatch Youth Hostel near Dorking in Surrey, on Saturday, 27th January, 1973, at 14.30 hours. If you are interested in the future of the Association, and have ideas on how it should develop, and whether it should extend its activities, or provide more services for members, do please make the effort to attend. It is hoped to show slides of recent marathons and some long distance routes, and free maps and literature will be available on long distance paths and forthcoming events. Y.H.A. members wishing to stay at the hostel on Saturday night should book direct with the warden as soon as possible (quoting LDWA Meeting) as space is limited. All LDWA members will be very welcome. During the course of the Meeting it is proposed to discuss progress on the organisation of the Downsman Hundred.

The Details: Tanners Hatch is at grid ref. TQ/141516 on OS. 1 inch Sheet 170. In keeping with LDWA ideals it can only be reached on foot, and is equidistant (2 miles) from Boxhill or Dorking Town Railway Stations, or Great Bookham village (buses from Leatherhead or Guildford). Cars may be parked near, what used to be, Ranmore Common Post Office. Self-cooking facilities will be available.

Offers of assistance in getting similar meets off the ground in other areas will be welcome, for example at Southampton, Coventry and Leeds. Any offers from members living in these areas?

WILL ALL INTERESTED MEMBERS PLEASE NOTE THAT THE PROPOSED DOWNSMAN HUNDRED MEETING IS NOW AT TANNERS HATCH ON THE 27th JANUARY, 1973 AND NOT AT HOLMBURY AS REPORTED IN THE MINUTES OF THE LAST MEETING

MEMBERS DETAILS AMENDMENTS

LDWA	17	COLIN HOOD
LDWA	180	GEORGE STOREY
LDWA	19	SP ENGER LANE
LDWA	262	COLIN SAUNDERS
LDWA	81	BRIAN CHESTERTON

LDWA	144	DAVID BENDY
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LDWA	102	DENNIS HIBBERT
LDWA	94	J.A. DEFT

OBITUARY

LDWA	39	NORMAN POMFRET, we regret to announce, died during the month of August. He was an enthusiastic member of Manchester Associates Rambling Club.
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4. MORE SHORTS

ALLERSTON TRAIL

Recently opened is the Allerston Forest Trail which gives seventeen miles of grand walking from Reasty Bank to Allerston. The walk can be done at any time by individuals or with a party. There is a badge available which has a blue man on a white background. Full details of this Yorkshire trail can be had from Forestry Commission Office, Eastgate, PICKERING, Yorkshire.

NON STOP WALK

You may recall that a middle-aged M.P. set a world record for non-stop walking at Liverpool this year, and that subsequently a Canadian surpassed this feat. New member Fred Gerrish (LDWA 350) hopes to attempt to beat the record of 257 miles non stop in June of next year if his training goes according to plan. He is already a Centurion and has in fact walked the hundred miles on four occasions. For the record walk policeman Fred will be just past his 48th birthday.

MEMBERSHIP DISTRIBUTION

The latest figures on membership distribution, as supplied by the membership secretary, still show a bias in favour of the south-east by a large majority. Of the members up to number 319, 47% resided in the Home Counties with Surrey topping the list at 41 subscribers. The next in order were Yorkshire (36 members), London (36 members), Lancashire (32 members), Hampshire (22 members), Middlesex (21 members) Warwickshire (13 members), and Cheshire (12 members). Apart from the two founder members residing in Surrey, there appears to be no particular reason why there should be so large a slice of the membership from this part of the country. No special publicity drives have been made here and indeed the only publicity sent out was to publications that have national coverage.

INFORMATION WANTED

Paul Blackburn (LDWA 335) has written in, seeking information on two walks that he has heard of. These are "Tan Hill to the Cat and Fiddle" and "Colne to Rowsley". The former is 104 miles long and the other 72 miles. If any member has details of either of these two "super-marathons" the editor would be pleased to hear from them.

RIBBLE WAY

Proposal for another long distance route has been put forward by the Ramblers Association. This is the projected "Ribble Way" which, as its name suggests, will follow the River Ribble. Although never far from industrial centres such as Preston, Blackburn, Burnley etc. the path will, for most of its 64 miles, run through unspoilt countryside. The southern end of the Way is at Walmer Bridge, near Preston, where the Ribble enters the sea, and the northern terminus is Far Garstones near the source of the river. Near here the Dales Way crosses the Pennine Way making a five way junction of the area.

WALKING SHORTS

5.

CENTURIONS' WALK 1973

Although we hope to promote our own 100 miles walk next year, as mentioned before, it will not qualify those who complete the test, for membership of the Centurions. The next walk in which one can achieve the coveted Centurions badge is to be organised by the Bristol Walking Club sometime in June. The course will be all on roads as usual in this type of event and will comprise of ten ten-miles laps. Although the walk is basically a race, none but a few will have any expectation of winning, whilst the majority will be out just to see whether they can come through the gruelling challenge, or beat their previous time if they are not newcomers.

TEN TORS EXPEDITION 1973

Because of the age limitation this walk will not interest the majority of members, but if we can raise a team of six whose ages fall within the range 14-20 years they will be able to compete as representative of the LDWA. In addition "a responsible adult" would be required to act as "sponsor and team manager".

The event, which takes place on Dartmoor (May 19/20, is divided into two stages with an overnight camp and the distances to be walked vary according to age and sex, up to about 55 miles total. Usually several thousand walkers take part in the annual expedition. More details will be published in the next newsletter but, in the meanwhile, if any younger members are interested in forming a team and any older member volunteers his services as team manager, they should inform Alan Blatchford.

ACROSS SURREY WALK

As mentioned in the previous newsletter, a trans-Surrey walk has been devised by Bob Ball and certificates are issued by him for successful completions. Chris Steer has suggested that as a group a number of LDWA members could tackle the challenge early next year. Such a walk may catch the interest of those intending to attempt the Downsman Hundred. To cater for different speeds two walks will be arranged, the first being on 17th March and the second on 7th April. The 50 miles walk will include several road stretches and some very muddy sections. 12 to 15 hours would be the target time for the first walk, and 15 to 20 hours the time for the second. It is hoped to arrange transport for walkers to the start and from the end. Prospective walkers should send S.A.P. to Chris for further details.

LONG DISTANCE POSTMEN

As a result of a recent survey made by University College, London, on 57 people ranging from schoolboys to traffic wardens, it was found that postmen travelled furthest on foot during the course of an average day whilst students recorded the least change of position. Measurements were made with the use of electrodes fitted into a shoe, and steps taken were recorded by a battery operated counter. One of the five postmen in the sample made 33344 paces during nearly 13 hours, which was equated to about 18 miles, and at the other end of the scale, a boy recorded only 834 paces in about 12 hours. The latter would be equivalent to a day watching television, occasionally walking over to the receiver to change channels and leaving the room for refreshments etc.

EASTER TOUR

Bookings for the Youth-Hostelling-Tour of Snowdonia have not been as brisk as was expected and there are still a few places left in the mixed party. The Coach from London is being shared with a local Y.H.A. Group to save expenses. This will leave Victoria at about 11.00 p.m. on the Thursday and return by late evening on Easter Monday. Members from outside the south-east are welcome to join the party in Wales. Further details from Alan Blatchford.

THE DOWNSMAN HUNDRED

A meeting was held on Oct. 21st at Arundel Youth Hostel to outline the basic details of the proposed hundred miles challenge walk. Members present were: Misses Di Pegg, Sue Rayner, Messrs Jack Spackman, Dennis Ring, John Offley, Jim McQuillan, Peter Rickards, Alan Rosen, Chris Steer, Alan Blatchford, and three representatives from Portsmouth Y.H.A. Group.

Alan Blatchford, the proposer, outlined his personal ideas and mentioned a few points from members who could not be present.

It was agreed that the most suitable date for the event would be the Spring Bank Holiday period and that the walk would start at 12.00 noon on the Saturday (26th May).

Two standards would be set for competitors and tests would be:- an allowance of 36 hours for the "elite" and 50 hours for "a standard".

After some discussion it was decided to call the event "THE DOWNSMAN HUNDRED".

In view of the prevailing wind and facilities at the eastern end of the South Downs Way (the route in general had been taken for granted) it was agreed that the walk would be from west to east. J. Spackman suggested that a 20 miles loop be used at the halfway point where the faster walkers would go around this but the slower ones would omit it thus doing 80 miles. This was not felt practical. The exact starting point and

finishing point were left for discussion at a further meeting, as was the line of the extra 20 miles to tack on to the existing Way to make it up to 100 miles.

It was agreed that all finishers and possibly those who completed anything in excess of 50 miles would receive certificates, but A. Blatchford's suggestion that plaques or medals also be awarded was left until it could be seen what the financial situation would be.

It was voted that the entry fee for those taking part should be £1.50. This would be necessary to cover the administration and refreshments needed on the route. Some thought that it should be higher, at £2.00.

On the topic of finance, J. Spackman thought that rather than approach commercial enterprises, members (and others) might like to subscribe to the cause. To set the ball rolling he donated £1. A. Blatchford favoured looking into the possibility of obtaining sponsorship from manufacturers, publishers etc. C. Steer said that as long as the money came in, the source was not important.

It was thought that walkers should not be issued with route directions but a sketch map would be an asset. Navigation would be by walkers own 1" O/S maps of which four would be needed. The way is generally easy to find and is waymarked to some extent. Also the Y.H.A. publish a booklet which gives full route directions.

That walkers should each carry a check card of some kind was agreed upon. A. Rosen suggested the type of control card used by orienteers, but it was pointed out that "paper" card may deteriorate during inclement weather. P. Rickards would investigate the possibility of using plastic cards similar to those used on the Long Mynd Hike. These would require punching rather than "signing" at the check points.

Publicity was briefly mentioned and A. Blatchford said that the usual magazines and papers would be notified but he felt that a volunteer would be required to cover this and possibly act as P.R.O. This would be discussed more fully later. Regarding checkpoints, it was suggested by D. Pegg that these should be at 10 mile intervals early in the walk and then at five miles.

It was discussed at length as to whether walkers should be given a list of items such as torch, whistle, first aid kit etc. which they must carry, or not. Eventually it was decided to leave this up to the individual entrant but to give each walker a recommended list of equipment and clothing.

The lower age limit was fixed at 18 years, but 16 and 17 year olds may be accepted if they had completed any qualifying walks. A. Blotchford mentioned at this point that an entry secretary would be required to receive and reply to entrants.

Another meeting was fixed for Jan. 6th at Holmbury Youth Hostel, and the meeting closed at 10.35.

THE SADDLEWORTH FIVE-TRIG. POINTS WALK

This twenty-miles walk in the Saddleworth area of the Peak District National Park originated as a strenuous test of fitness when Bob Tait (LDWA 216) was team leader of the Oldham Mountain Rescue Team. The route to be taken is over mainly open country with several good paths and probably less than a mile of road walking. For the most part the route is an arduous traverse of the Park's northern peat bogs. The highest point is Black Hill (1908 ft) which is also on the Pennine Way course. The map required is the Peak District Tourist.

The start and finish are at the Clarence Hotel (002040) Greenfield near Oldham. There are seven points which should be passed through and these are as follows:- 1. Alphin Pike, 1544 ft. trig. point (003023) 2. Featherbed Moss 1762 ft (046012) trig. point. 3. Black Hill (078047) trig. point. 4. West Nab 1641 ft (076088) trig. point. 5. Wessenden (051085) track bend 6. Broadstone Hill 1470 ft (021069) trig. point. 7. Pots and Pans (011051) obelisk, and return to the starting point.

The walk may be done at any time and anyone successfully completing the walk may claim a certificate by sending a brief report to Bob, plus 5p. (address:) Several boys from the Manchester school where Bob is now head of physical education have recently finished the walk. For the record, the shortest time for the walk to date is 4 hours and 21 mins. For further details of route etc. apply to Bob (S.A.E. please.)

THE "CROSS WALES" WALK 2nd September

Forty-nine devotees started out on the annual "thrash" from the Welsh border, near Clun, at the usual ungodly hour of 04.45! The object of the walk being to cross the Principality on foot and finish at Borth on the west coast.

Weather conditions were excellent, although perhaps a little too hot for some, and indeed several people succumbed to the heat during the crossing of Plynlimon. Who says it always rains in Wales?

The highlight of the walk is surely the crossing of the boggy wilderness to the west of Mant-y-Moch Reservoir, where on the crest of a saddle between two low peaks the first view of the sea is obtained. True, it is still eight miles away and most of the way is along tarmac roads but, nevertheless, it's an encouraging sight that instils new life into tired legs.

In all, thirty-four walkers completed the route with Cedric Lawton (LDWA 274) of Manchester recording the fastest time to date with 9 hrs 25m.

The event was very efficiently (as usual) organised by West Birmingham Y.H.A. Group.

NEVILLE TANDY (LDWA 130)

8. SOME FUTURE EVENTS

JANUARY 20 RESERVOIR ROUNDABOUT - Wales.

A winter walk in Mid Wales set in the remote Elenith area. Walkers find their own way over hill and moorland using maps O/S 127 and 128. There are a number of checkpoints to visit. Safety equipment to be carried.

The route encompasses the Elan and Claerwen Reservoirs to give a distance of about 20 miles. Entry is limited by accommodation. Certificates to all finishers. Entry fee of 30p to N. Tandy

FEBRUARY 24 TANNERS-HINDHEAD WALK - Surrey.

This a two way walk (start either end) between Tanners Hatch and Hindhead Youth Hostels. Walkers may start at any time between 09.00 and 11.00. A number of points have to be visited enroute and there is an eight hours time limit. The distance is about 25 miles and there is an entry fee of 10p which should be sent to G. Peddie

A few entries may be taken on the day.

APRIL 25 SOUTH OF THE ISLAND TREK - Isle of Wight

This is a 35 miles walk devised by Centurion Harry Peel who will lead the trek. The walk will start at 8.30 and cross some of the downland in the south of the Isle of Wight. For further details contact H. Peel

PROPOSED SOUTH DOWNS MARATHON - Hants/Sussex

News has just come in that the Petersfield (Hants) Rambling Club are considering organising a 30 miles in ten hours marathon walk in the summer of next year. The walk would start and finish near Petersfield (on A3 road and main line railway) and the route would include Butser Hill, Beacon Hill and Harting Down to form roughly a triangle. Apart from the coming Downsman Hundred there are no other challenge events of this kind in either Hampshire or Sussex. Further details will be published in the next Newsletter. O/S 181 covers.

WALKING SHORTS

Active Firemen. One of the most active non-specialist walking groups must surely be the lads of the Fire Service Sports and Athletics Association. Amongst several walks organised this year was their Six Shropshire Summits Walk (reported earlier). Next year they are planning to repeat this, arrange a five days "Dales Way Walk", and a new venture - the "Cotswold Crippler". As usual, LDWA members will be invited to take part in the SSS Walk, and a few may be accepted on the Dales Way Walk which will be a more leisurely jaunt than some of their other expeditions. The "Cotswold Crippler" is planned to be a 35 miles walk along the Cotswold Way going southwards from Chipping Camden. The walk will be pioneered in the Spring and may then be thrown open as a challenge walk to be done at any time. Initially the FSS and AA may issue certificates with the LDWA possibly taking over as the authority for certification (!) The main force behind the Fire Service walkers is LDWA member David Ramsey. Any members interested in the Mid May Dales Walk should contact David

MEMBERS CLUBS No 1

9.

MANCHESTER ASSOCIATES RAMBLING CLUB.

In the early part of the century when people tended to enjoy less sophisticated pleasures nearly all large towns had their rambling and walking clubs, and Manchester was no exception. Of the many clubs existing in the Manchester area, the majority amalgamated to form a Federation in 1922 which later became the Manchester Area of the Ramblers Association. From early days the Federation was open to individuals who became Associate Members.

Amongst many activities the Federation organised Rail Excursions and it was on these that the Associate Members got together and went off on walks of their own making. There were many complaints from the clubs in the Federation that these meets were contrary to the intentions of the Federation, and as a result the Associates broke away from the main body and formed a separate club. Thus was born the Manchester Associates Rambling Club.

The Club's first official syllabus was produced in 1945 on the basis of a walk every Sunday with two weekend walks a year. From the start these walks were strenuous in comparison with those of other local clubs. Over the years the stalwart members aged, and in 1965 it was decided that besides the weekly walk which, by this time, was definitely moderate, there should be separate Strenuous Walks to cater for the younger members.

Currently, one moderate walk is held every Sunday, two Strenuous Walks each month, one coach excursion a month and two in October. On the social side, a very successful Christmas Dinner is arranged which usually attracts about four hundred people. In January each year members enjoy a good Hot Pot. The Strenuous Section organises weekends, long walks, and some climbing on free weekends. All activities are open to new members.

Young and old get on well together and are led by a very young committee. Many of the original members still lead walks and one even leads the Strenuous Section a dance that the younger members would be pleased to emulate in fifty years time. It is in fact a good club to be in.

JOHN NEEDHAM (LDWA 49)

KARRIOR MOUNTAIN MARATHON

This annual event is divided into two classes - The Elite, which this year covered 47 miles and involved 13000 feet of climbing, and The Standard which was 35 miles long and had a total ascent of 11000 feet. The marathon is for teams of two and is basically a giant orienteering race spread over two days with an overnight camp. Each year the area for the event is changed and competitors do not have any route data before starting. The 1972 marathon was held in Scotland.

The winners of the Elite Class were Berge and Larsen from Norway who took 12.10 to complete the course, some 32 minutes ahead of previous winners Naylor and Walker. The Standard event was won by Murray and Heaton (LDWA 82) whose time was 10.51. Second were Smith (LDWA 101) and Churchill who took 11.17. For the first time a lady completed the challenge and in fact there were three females who successfully got around. One teamed up with her husband whilst the other two formed a team. Several LDWA members participated in the marathon.

EXTRACT FROM ROGER SMITH'S (LDWA 47) REPORT
PUBLISHED IN THE "ORIENTEER"

FIFTY MILES IN SHROPSHIRE

LONGMYND HYKE 1972

Saturday, October 7th saw the beginning of the sixth annual Longmynd Hike. The hike is a 24 hour 50 miler in the mid-Shropshire Highlands which involves a total climb of some 7,500 feet taking in 8 hills, one of which is climbed twice. Starting from Church Stretton with a mass start the hikers travel 3 miles and climb 600 feet to Lawley, the first checkpoint. From here the route drops down into the Stretton valley and then climbs out again and up a long steady climb onto the Longmynd where there are two checkpoints, about three miles apart. There follows a steep drop down to Bridges where, it now being about opening time, the landlord of the Horseshoes will be happy to oblige! The next stage once more involves a long but steady walk to the highest point on the route at a little over 1,700 ft. There is another pub 'en route' to the next checkpoint which is Pontesford Hill and then follows a long stretch of roadwalking through two more checkpoints, Bank Farm and Shelve before Corndon is climbed which lies just inside the Montgomeryshire border. The hiker now heads back towards Church Stretton again taking in Black Rhadley and the Longmynd for the second time. Only two hills now remain Ragleth and Caer Caradoc which, surmounted by an ancient hill fort, is said to have been the last stronghold of Caractacus in his battles with the Romans.

The organisers are fortunate in being able to call upon many local people, mostly keen walkers themselves, to man the checkpoints. The Sea Cadet Corps provides radio communication and this is supplemented by field telephones and a team of car drivers and motorcyclists. Most of the local doctors are on call and nurses and skilled First Aid men also assist us.

Every entrant receives an engraved tally and a certificate, and finishers also are eligible for one of several prizes and trophies. Messrs Brown Best Ltd generously donate one of their rucksacks as a prize every year. In 1967 the entrants totalled 58 and entry was limited to Salopians. Numbers have grown, however, so that this year there were 214 entrants. The winner was J.R. Jackson of the Saddleworth Fellwalkers in 13 hrs 56 mins; in conjunction with R.M. Tait and B. Tomlinson the Saddleworth Fellwalkers won the team prize with an aggregate time of 44 hrs 46 mins. Alan Hoare won second place with a time of 14 hrs 58 mins. W.B. Millen took third place walking for Kendal A.C. The first lady home, Miss L. Mitchell, took 19 hrs 15 mins and the very last person to finish was a 16 year old schoolboy from Shrewsbury in 25 hrs 16 mins. Most records fell again including the number of finishers which this year rose to 50%.

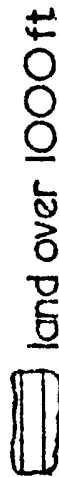
The event continues to grow more popular and the organisers - The 2nd Longmynd Service Crew, are grateful for the continued support of their many walking friends. May we extend an invitation to all L.D.W.A members for the 7th Longmynd Hike in October 1973.

Michael Alley - Founder & Co-Organiser.

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DID YOU KNOW an easy way to convert Centigrade to Fahrenheit is to double it and add 30. i.e. $20^{\circ} \text{C.} + 20 = 40 + 30 = 70^{\circ} \text{F.}$
This is not always exact but within a degree or so.

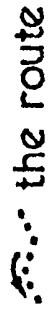
TO SHREWSBURY



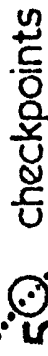
land over 1000 ft



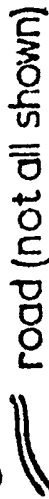
land over 1500 ft



the route



checkpoints

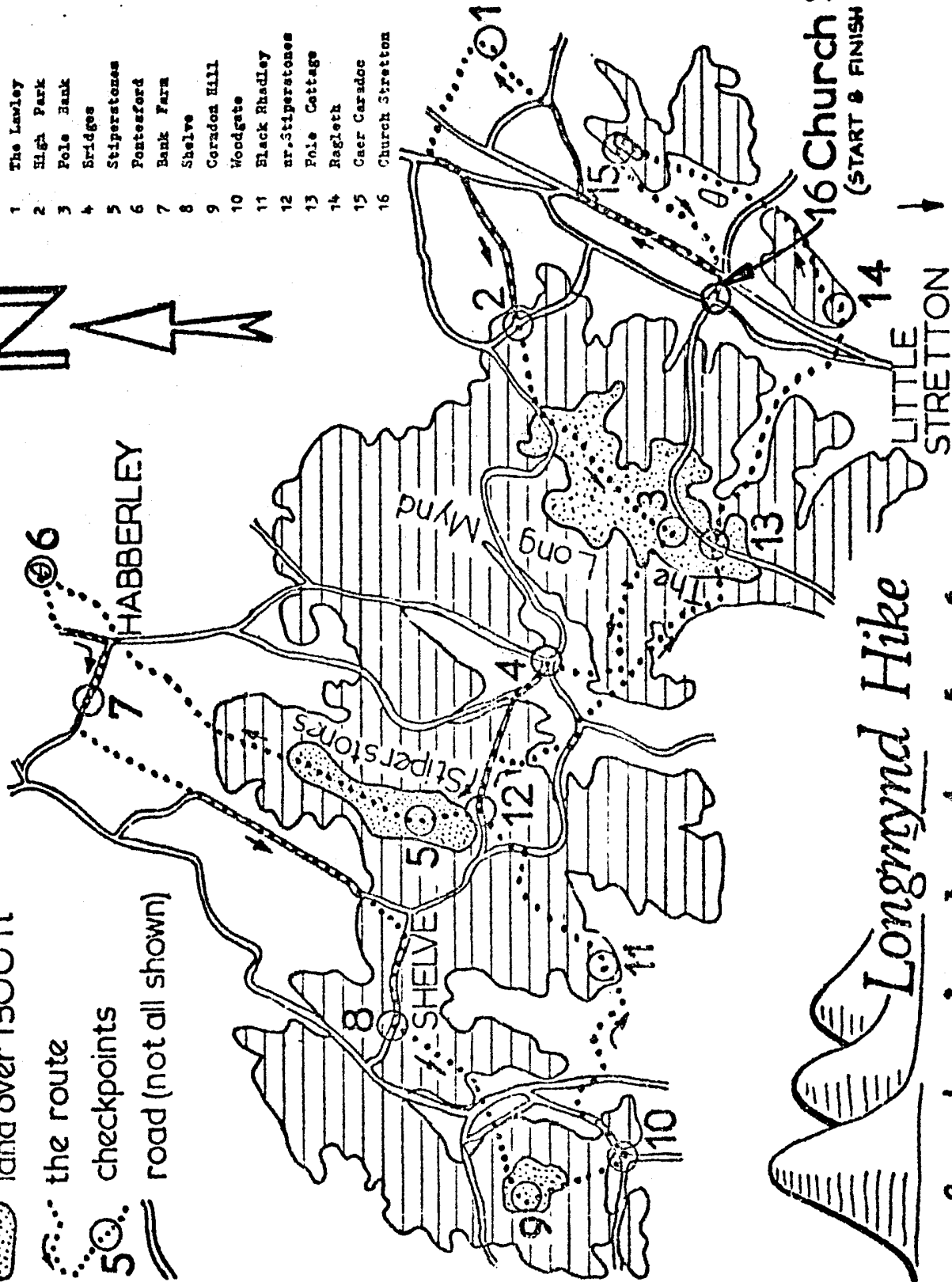


road (not all shown)

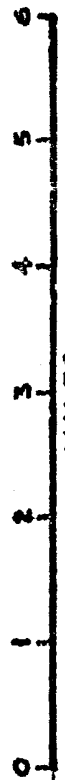


CHECKPOINTS

No.	Name	Miles	Height(ft.)
1	The Lawley	4	1236
2	High Park	7	1100
3	Pole Bank	10	1695
4	Bridges	12	850
5	Stiperstones	15	1731
6	Pontesford	20	1047
7	Bank Farm	22	750
8	Shelve	27	1150
9	Coraden Hill	30	1650
10	Woodgate	33	940
11	Black Rhadley	35	1320
12	nr. Stiperstones	38	1410
13	Pole Cottage	42	1550
14	Ragleth	45	1300
15	Caer Caradoc	48	1500
16	Church Stretton	50	620



Longmynd Hike



16 Church Stretton
(START & FINISH POINT)

TO LUDLOW

AWB

12. "THE WALK OF VIEWS."

THE MALLERSTANG MARATHON - 1st July.

The Mallerstang Marathon, which is based upon Garsdale youth hostel, originated in the winter of 1971. This year saw the first organised event to be held on this high-level challenging circuit of the hills surrounding Garsdale. Although the marathon is to be an annual fixture, the walk can be made at any time and if one stays at the hostel and completes the 25 miles route within 12 hours they will qualify for the special certificate.

A study of the O/S one inch sheets 84 and 90 will show that the watershed of the River Ure, flowing to the south-east, is also that of the River Eden, flowing north, and in the upper stretches both valleys are steep-sided, providing a natural route for a circular ridge walk. It is a route that does not involve miles of desolate moorland but keeps to the high-up edges with constantly changing scenery and views of countryside far below.

Although the numbers of walkers was restricted by the accommodation at the hostel, the inaugural event proved to be an outstanding success with 24 entries being received, mainly from the north and midlands. The walkers set out at 08.30 under incredibly blue skies and in hot sunshine. All were expected to be properly clad for the hills as the event was not a race. To the first objective, High Seat, the most direct route lay along a heavily overgrown 16th century road and this was followed as far as Hell Gill which is an impressive limestone gorge through which the River Eden cascades. From here an almost straight course, over the moors, to High Seat (802013) was set. Once the summit was reached, the ridge was followed due north, later descending steeply to Lamps Moss (812041) and the Yorkshire-Westmorland boundary stones at the roadside. Soon began the climb to Nine Standards Rigg (825061) which is crowned by nine giant cairns built so long ago that their purpose seems lost in antiquity.

This is the most northerly point of the walk and now the way led down and up to the opposite side of the valley. Some walkers found themselves too far west and had to climb down the craggy ravine of Riggs Beck before ascending Tailbridge Hill (803054). Although of no great height, there were impressive views of the dale merging into the Lakeland mountains to the north west, and of Wildboar Fell the most impressive peak on the route. The River Eden was forded at 779045 and a track followed across Birkett Common to near Pendragon Castle (782027). In time of flood the road can be followed for $1\frac{1}{2}$ miles to the castle. Now a mere ruin, the castle was built around the year 1090 and once was owned by a knight who had a hand in the murder of Thomas a Becket. Tales are told of two red and white dragons who resented the castle being built and so destroyed each days work by grinding the stones to powder.

At the manned "castle" checkpoint the pacemakers were more than three hours up on the tailenders. The leaders hurried up onto Wildboar Fell (758958), crossed the col and passed on to Swarth Fell for the long descent into the valley just south of Quarry House (791938). In stark contrast to the hills, the final mile was through pastures and cornfields, followed by a stiff climb back to the hostel.

Of the 22 who had started, 14 walkers successfully completed the course within 12 hours and the average time was $8\frac{1}{2}$ hours. There were two trophies to be awarded to the walkers who had put up the best performance of the day. After considering the merits of each finisher, these were presented in the evening, to Ian Kilgour of Penrith for his solo completion of the marathon in the appropriate manner, and jointly to Glyn Apuleyard, Ian Hodgson and Neil Hodgson of Leeds who exercised good team work and gave assistance to another walker who was slightly injured.

PAST EVENTS.

13

Mallerstang Marathon continued.

As mentioned earlier, the walk is open to anyone staying at the hostel where the latest information about the route is available; but you may wish to make it a special weekend and join the second organised marathon (date to be announced). The "Mallerstang" is one of the most scenic walks in the country and it has been called "The Walk of Views".

PHILIP GILKS (LDWA 33)

CHILTERN MARATHON - 24th September.

There were 191 starters in the Middle Thames Ramblers third promotion of this increasingly popular 25 miles walk over the Chiltern Hills. The weather was just right for walking and so it remained for the rest of the day.

The route for this year's walk was basically that of last year but in reverse. Unfortunately, the picturesque village of Hambleden was not included this time and the first part of the way seemed to have more road-work. Several sections were very well waymarked and the route instructions were good although one or two people did go off course. Although generally modestly elevated, the route only gave the expected panoramic views at a few places, due to the extensive woodlands, typical of chalk country. One such view was that from near Chinor Hill (17m.) where one could gaze for many miles across the Oxford plain. After a descent along the Upper Icknield Way to the fourth checkpoint, the route turned south west along a ridge that terminated near the famous Hell Fire Caves, High Wycombe. After one final hill, the walk finished at its starting point in a recreation ground near West Wycombe.

By the time the limit of nine hours had been reached 149 walkers (and runners) had completed the course and been awarded their certificates from Organiser Vince Smith. 13 finished out of time and 42 retired. The first home was 19 years old David Rosen (LDWA 152) who took two minutes less than four hours. He seems to be making a habit of "first places" having done so in the Tanners-Hindhead and Punchbowl Marathon walks. Several other S.E. LDWA members also took part. The age range of finishers was 10 years old to 71. Last year, among the entries, was an Olympic Gold Medal walker, and this year an Olympic (1948) marathon runner took part.

ALAN BLATCHFORD (LDWA 2)

PENNINE WAY "RECORD"

Omitted from the previous newsletter was a mention of the new Pennine Way "record". On June 30th, 44 year-old Alan Heaton and 25 year-old Nick Neeth, both members of ~~Clayton-Libors~~ Harriers, set out from Edale to attempt to better the existing best time of 4 days, 8 hours, 8 mins. Despite bad weather they notched up daily mileages of 47, 70, 61 $\frac{3}{4}$, 46 $\frac{1}{2}$ and 45 (not bad for 5 hours 10 mins. this last leg!) to arrive at Kirk Yetholm with an elapsed time of 4 days, 5 hours, 10 mins. Previous Pennine Way records have been made by Arthur Puckrin (LDWA 215) - 7 days, Dennis Weir and Ted Dance (LDWA 257) - 4 days, 23 hours, and Bill Bird - 4 days, 8 hours, 8 mins.

14. THE PEAK.

AS IT REALLY WAS (Peak Marathon 10th June, 1972)

Arose to a breakfast of scrambled eggs, bacon and beans (what else in a hostel -Ed.), left at the official starting time of 06.30 hours but even then there was a party ascending Clough Edge, almost two miles away (so much for the official starting time!) Passed several walkers in the first mile including one wearing tracksuit and running shoes (so much for the rule calling for the carrying of anorak etc.) Pressed on to the summit of Bleaklow (2060 ft), then did the next four miles on a compass bearing, with visibility down to about 50 yards. Hit Kinder Downfall where the Y.H.A. had coffee laid on. Raining heavily by now. Here one chap asked me if I could explain to him how to read a compass! Had superb time crossing Kinder Scout - got stuck in the peat on one section and had to wait ten minutes for another chap to pull me out. It was bog-hopping all the way. One fellow I met coming the other way said that Kinder is like Guinness - an acquired taste. Nipped down to Edale Y.H. to arrive at 11.40 (not too bad a time considering that I did not know any section of the route). Pressed on for the next twenty miles and checked into Alstonfield at 2 0.00. Only four miles to go but my great mistake was to pop into the pub here. Arrived at Ilam three hours later!

If the Y.H.A. (Peak) expect someone who has travelled through the night from Scotland, arrived at the hostel at midnight, had five hours sleep, then walked 46 miles, to give up the chance of slipping in to an open pub well

PAUL BLACKMAN (LDWA 335)

ACROSS WALES WALK (Fire Service Edition, 25th September, 1972)

The night of Wednesday, 25th September, offered the opportunity of a full harvest moon for an attempt by 25 members of the fire service and two members of the LDWA to complete the Across Wales Walk. The walk commences on the English side of the Border at the Anchor Inn near Newtown, and finishes at the high water mark on the beach at Borth.

Eleven of the party met at Davis's Farm near Lower Spoad in the evening and enjoyed an excellent meal before proceeding to The Anchor where the remainder of the walkers were indulging in a last minute "snifter".

After leaving the inn at 23.00 hours in brilliant moonlight, the Kerry Hills were crossed in fine stile. There were no navigation problems here but the stretch across the boggy moorland after Ty'n-y-ddol was a little tricky and demanded good compass work. A little time was lost but the support vehicles met the group in the playground of the village school near Llidiart-y-waun.

Llanidloes was reached at 06.00 after a four miles road walk, and this continued for a further eight miles before finally leading to the Forestry Commission picnic area at the base of the Plynlimon range. Here the main rest period was taken. It was 09.30 now and the lengthy road walk had tired the party; however, the weather was kind. The moon had shone throughout the night and there was a prospect of a sunny day ahead.

Refreshed and invigorated by soup and buns, Plynlimon was traversed in brilliant sunshine. A few retired at the new dam at Nant-y-Moch whilst the main group continued via track and moorland to Tallybont. It was now getting late and the sixteen hours afoot were beginning to bring on the signs of weariness. A glimpse of the sea, however, stiffened morale and the final seven miles of forest track and road were covered by 20.00. Thirteen of the walkers completed the course and cleaned their boots in the sea at Borth.

PAST EVENTS

15

Across Wales Walk continued.

A belated phone call to Davis' s Farm ensured a first class four course meal for eleven hungry walkers at 23.30 without a word of reproach or regard for the late hour from Mrs Davis - bless her.

DAVID RAMSEY (LDWA 5)

THE VECTIS MARATHON (Isle of Wight) 14th October.

There were 115 starters for Britain's most southerly challenge walk, and of these 69 were awarded certificates for finishing within 10 hours. The first to arrive at the finish was Eddie Leal (LDWA 168) who, although residing on the island, is the secretary of the Fell Runners Association. He took just 5 hours. Next to finish were Alan Hoare (LDWA 131) and Peter Clegg who took 6.27. The first lady home was Sue Rayner (LDWA 202) in 7.53. Several other LDWA members took part. Team certificates were awarded to Vanguard's, Portsmouth Y.H.A. Group, Bucks-Berks, Border Y.H.A. Group, Geoids, and Condor Rambling Club.

The 30 miles route started about two miles north east of The Needles, then followed the coast for several miles. After an inland section along the downs the coast was approached again near Niton. Another stretch over the downs came next leading to the final stage along the coast line from Shanklin to Sandown where the finish was at the youth hostel there.

Route descriptions were provided for all walkers and there was a specially drawn "one inch map" draughted by Oliver Dixon (LDWA 53). He and Stewart Duffield (LDWA 253) walked and checked the route for the organisers Hants/Berks Sub-Region of Southern Youth Hostels Ltd.

BASED ON NOTES SUPPLIED
by Organisers.

THE PASSING OF ERNEST NEVILLE

Ernest H. Neville who died on November 1st will be missed by many long distance walkers and runners. Although he was primarily interested in the racing side of distance events he also followed the growth of such events as those participated in by LDWA members. Just before his death he was very pleased to receive our second and third newsletters and would certainly have become a passive member.

At the turn of the century he was a first class walker and runner and he walked thousands of miles in training for the sheer joy of it. For many years he covered over 100 miles a week all carefully recorded. At the age of 14 he walked from London to Brighton and subsequently many more times. In 1903 he promoted a London to Brighton and Back Race and finished third in 21 hours 13 mins. for the 104 miles course.

Much of his walking was done in the south-east along such routes as the Pilgrims Way, and what is now known as the South Downs Way. During his active career he covered almost all areas of Britain whilst walking. Walks from London to Oxford, Cambridge, Canterbury, Norwich and Bath were frequent walks that he made. He also walked extensively in the Cotswold, on Dartmoor, in the Lake District, and in Wales. One of his many feats was to ascend Snowdon by three different routes all in the same day. In 1911 he helped to found the Centurions, and in 1952 he founded the Road Runners Club. Until this year he had still been active in the administrative side and many of the certificates that were awarded for various events were written by him in his copper plate style. Ernest will be sadly missed by his many friends, some of whom are LDWA members.

GORDON DOUBLEDAY (Centurion 147)

16 UP THE NORTH DOWNS.

A change in family holiday plans and happy memories of the Tanners Marathon decided me to attempt a walk along the North Downs Way long distance footpath this summer. Time was not on my side as I only had five days available, so I knew that I would have to use public transport extensively. Also details of the route, except the last 43 miles officially opened section, are hard to come by. To add to my burdens, I was carrying a borrowed rucksack and taking more equipment than needed for a few days.

It was Sunday when I started the walk along the Pilgrims Way from the little village of Seale, near Farnham. After following a delightful path beside the River Wey I crossed Puttenham Common. For someone like myself, used to the wide open spaces of Dartmoor, the name "common" conjours up a vision of scrubland or moor. I was surprised to find the commons of Surrey often full of closely growing trees. With the numerous paths, one has to keep checking the route with map and compass, but this should be easier later when the whole of the Way is signposted.

At Guildford the Way comes to a stop where the old Pilgrims Ferry has been discontinued and the walker has to go half a mile up river to cross. Despite the many people enjoying the lovely weather, surprisingly, there was nowhere nearby where one could obtain refreshment in mid-afternoon. Hunger took me to Guildford's cobbled High Street and the Wimpey Bar. This detour unfortunately cost time and after a few more miles I descended from the Downs and caught a bus to Dorking. From here I strode back across Ranmore Common to reach Tanners Hatch Youth Hostel at just after 9.00 p.m. The rucksack felt alarmingly heavy and the 15 miles seemed like 50.

The next day I packed my surplus kit into a box and posted it on from Dorking where I spent most of the morning. I caught a bus to Reigate and another to Caterham, left the bus near a milk farm and followed a path to Quarry Farm and Batley Hill gaining height all the time. Later I caught another bus to Sevenoaks, then carried on to Kemsing Hostel. I was sorry that I had spent so much time on buses but consoled myself that I had seen some of the country earlier on the Tanners Marathon. At the hostel I read Wrights "Guide to the Pilgrims Way and North Downs Way" so filling in the parts I had missed. I doubted my wisdom in booking hostel meals because this tempted me to cut out some of the walking to ensure being early for meals. I vowed to walk more the next day.

Tuesday was again fine and I followed the Pilgrims Way to Wrotham. After an early lunch I passed through some delightful woods to reach Whitehorse Wood. I had intended to take the high footbridge into Rochester but with time again creeping up on me I took the bus to Sittingbourne. From there I phoned Doddington Hostel to say that I'd be late. Having refreshed in the town, a series of lifts, rides and walks saw me arrive at the hostel at 9.30 p.m. Generously the warden had saved my supper and being a natural gannet I soon polished it off. This hostel must be unique as it is the only one that I've seen lit up on the outside by strings of coloured lights.

The next day I walked the $1\frac{1}{2}$ miles to Warren Street where the officially opened section of the Way starts. Now the way was well marked and some places well walked too. In most places the route is marked by well designed concrete posts about a foot high. One stretch is marked by rough round stakes with orange tops, and on gates and other places the Countryside Commission's familiar acorn appears also. When in Surrey I had never been free from the roar of traffic but now in Kent it seemed to be quieter. Few people were to be seen on the Way but now I neared what appeared to be a large lake on the map I expected to see

more. However, this was not the case and the place seemed deserted, and the water stagnant. After a snack by a ruined church I had a stiff climb to Soakham Downs and into some dense woodland. Hereabouts there are some long stretches where the stranger is often left wondering whether he is on the right path or not. As usual time was pressing and I hurried down to the attractive village of Chilham to get there at opening time. This was the only time that I came across a pub when I felt like a drink. Having missed the bus I trudged along the busy road towards Canterbury with visions of missing supper again. However, I was in luck and a lift took me right to the hostel door. There was a very cosmopolitan atmosphere at the hostel and at the supper table I was the only Englishman.

The next day, being Thursday, was my last walking day but as this was my first visit to Canterbury I could not leave the city without a glimpse inside the cathedral and a look at other historic places. By the time this was done it was noon and again hot. I could not find where the official Way left Canterbury so took a path through some fine orchard country to the village of Patricxbourne. Here I came across the familiar marking once more. Just before this point the path had been ill kept and overgrown with nettles to such an extent that I decided it was no place for a middle-aged Rambler in shorts, so I diverted through a large farmyard.

From Patricxbourne the Way goes over farmland and in a number of places the route is cropped over. Fortunately the corn had been cut and I was able to walk where I wanted to. One farmer even apologised for not rolling the path. This was typical of the helpful people met on the walk. A busy road runs parallel with the Way on Barham Downs and once more the walker is within sight and sound of the noisy traffic. Leaving the Downs I entered a hamlet to purchase provisions and the kindly shopkeepers invited me to share the contents of the tea pot with them. They said that many people had walked the Way and they were thinking of providing a proper refreshment point nearby for walkers. Not far after this I missed the route somewhere around Shepherdswell and when I found it again at Waldershore Park I decided that if I wanted to reach Folkestone that night I would soon have to get transport. It was not long before I got a lift.

Out of a possible 141 miles I had walked 65 but I could have increased it to 90 or more with better pre-planning. With three more days to spare I could have done the whole route, on foot. As it was I had had a fine walk and met many interesting people.

TRANSPORT SHARING

DON ALLEN (LDWA 205)

Many of the challenge walks that members participate in start at places where it is difficult to get to by public transport, and so the majority of walkers travel there by car. Often the cars only have one or two people in them. If some form of date bank could be set up a few phone calls could provide lifts for those without cars and perhaps ensure that one car is used where two might have been, thus proving more economic (and sociable). Such a scheme would have to be done on a regional basis. If anyone in the south east has any ideas on this subject they should contact Spencer Lane who is himself in the market for lifts to marathons on cost sharing basis.

CROSSES WALK

Although it is some time ahead yet, the date for the North Yorks Moors Crosses Walk is probably July 14/15 and leaflets and entry forms for it will be available from February. Please note the organiser's new address:- Mrs Betty Hood

18. A REAL RAMBLERS MARATHON.

LAKE DISTRICT FOUR 3,000 ft. PEAKS MARATHON.

Friday was such a beautiful day that we could hardly believe it when it started to rain as we drove up to Keswick after midnight. We were able to prepare for the 2 a.m. start without getting wet but, as 182 of us were waiting for the whistle, down the rain came! Imagine the confusion, in the dark, everybody donning cagoules, over-trousers etc. Fortunately, it didn't come on heavily, but it was hot work going through Fitz Park and around Latrigg. The rain stopped as we reached the bottom of Jenkin Hill and I insisted on "de-cagging", which proved to be right, as it was to be some hours later before we dressed up again, although we were very soon in thick cloud. We reached the top of Skiddaw in a howling gale, without seeing Little Man, although it was theoretically daylight by now. One thing was in our favour, and indeed it mainly worked out this way all day, the wind was from the south west, and so was generally behind us on all the exposed climbs. It certainly helped, and wasn't too much of a hindrance in descending.

We were a few minutes up on schedule when we put our heads inside the tent and yelled our numbers to the checkers, and we maintained our advantage back to Keswick, where Clare and Maureen were waiting with hot soup, tea and coffee. etc. We then set off on the nine mile trek down Borrowdale. It was quite interesting seeing little figures in the distance, gradually bringing them back, and leaving them behind. This helped to pass the time while we eagerly looked for any sign of a break in the low hanging clouds.

Seathwaite turned up still on time, and after more hot soup and a change into heavy boots, (having used fell boots up to now) the hard graft started. Up to the stretcher box at Sty Head, all in thick cloud, and then via the Corridor Route to the foot of Scafell. We found the track from Lingmel Col around Pikes Crag quite easily, although a number of other walkers were having difficulty, then we took the scree climb up to Lords Rake slowly, but safely. One competitor said I deserved a medal for being so sure of the route, so I told him to leave it at the top for me! It was raining again now, and was to continue practically all day, but it wasn't as windy as it was on other sections of the course and we were still on schedule at Scafell Summit. Next came the scree descent to Foxes Tarn, which I took very well, surprising Chris, who remembered my struggle last year, when I had a game-leg. It was about now that I began to realise how fit I was, and to feel that, barring accidents, success was in sight.

The climb back to Mickledore was hard, but taken steadily presented no major problems, and when we arrived at Scafell Pike five minutes up on schedule, both of us considered that the worst was over. We managed a short stop in the shelter of some rocks on Broad Crag, and on a rather tight schedule were only five minutes down at Esk Hause. Incidentally, we had no views at all on this section, all the way from Stockley Bridge to Angle Tarn, only swirling cloud, intermittent rain and wind.

Now came the crossing of the always boggy Gavel Moor, around the base of Rossett Pike and Black Crag to Top o' Stake. I had expected this to be a testing period but found that my legs were, if anything, growing stronger and I triumphantly brought us out exactly at the cairn without having deviated at all, (Chris didn't know this part and so trusted me, all the way to Steel End.) We had one fleeting glimpse down Langstrath and up to High Raise, then all was grey again, perhaps fortunately, because the long slog up the grassy hillside to High Raise has many false tops, very discouraging on a hot day, but this time it was just a case of one foot at a time until reaching the track from Thunacar Knott.

Ten minutes down at High Raise, not to worry, it is down hill now. Only Wythburn Bog between us and Steel End! I had studied this part well and it paid off, as we were able to keep a steady pace, but pity some of the poor blighters who tried to cut straight through the bog, especially on such a day. Clare and Maureen were waiting for us at Steel End and were surprised to see us so fit and intent on continuing. Conditions down below had been bad too, and they had been suffering for us, (more than necessary, as they now realised)

We had a good stop here and I changed my sodden anorak for a heavy sweater plus cagoule, of course, and we headed for Helvellyn thirty minutes down on schedule, but full of confidence. I had allowed two hours from Steel End, and the long climb up the steep zig zags seemed to be taking all of that, especially as the conditions now began to worsen. The wind blew still mainly helpful though, and the rain belted down, but we finally reached the main top track from Dollywagon, feeling that now the worst was over. Little did we know !! The wind suddenly grew to gale force, it began to hail with the rain, and we had to hold each other up as we staggered on to the shelter and the poor checkers.

The shock came when we looked at our watches. We were on time, having done the climb in record time, (for me). Half an hour pulled back in those conditions!! The secret was that my schedule allowed for being tired and stopping for rests, but we weren't and we didn't. Exhilaration!

The first part of the White Stones descent was still in atrocious conditions but the middle section was more sheltered and I was actually trotting at times and taking tumbling becks in my stride. Chris, of course, kept with me easily all the time, but somewhere round here he called out - "Hey, Dad, it's not a race!"

You can imagine how surprised Clare and Maureen were at Stanth to find us back on time, just when they expected us to be dropping further behind. We had a quick feed and I changed stockings and back into fell boots, and we set off on the five mile road walk back to Keswick with one and a quarter hours to do it for my scheduled 9 p.m. The rain absolutely sheeted down but ~~nothing~~ could stop us now, and we clocked in at the Rugby Club at 9.02 p.m., complete with a bunch of flowers for Clare and a pot-plant for Maureen, which had taken some previous organising, believe me!

We had time for a quick change into dry clothes, and received our certificates from Colonel Westmorland to the usual cheers, which we felt we thoroughly deserved. We were told that 40% had retired and I think this figure would be exceeded finally. The check point on Helvellyn apparently, had to be abandoned when the tent was swept away, and we knew that at least 35 walkers were round about High Raise when we were climbing Helvellyn.

No records were broken by the fast men, although some excellent times were put up in poor conditions, but, of course, these front runners missed the worsening clouds and heavy rain, to say nothing of Helvellyn.

Believe it if you can, but I had no cramp or stiffness either during or after; could have gone a walk the next day, and was extra fit on the Monday and since. Unbelievable, but perfectly true. It's an epic I shall remember all my life, with grateful thanks to Clare who made it all possible by her co-operation, and also to Chris and Maureen, who made it easier for both of us.

L.G. WALTERS (LDMA 177)

At the time of the walk Les Walters was sixty and the ladies mentioned in his account, Clare and Maureen, are his wife and his daughter-in-law, Chris' wife -Ed.

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NOTES ON ORGANISING A LOWLAND MARATHON

Although, as most walkers will agree, hill and mountain areas provide the most spectacular walks, the lowland regions have also plenty to offer both in variety of scenery and tests of physical ability. Most areas that are below the 1000' contour are given over to agriculture, industry or townships. The remainder is made up of forests, heaths, commonlands and swampy tracts. In some cases one can wander at random over the heaths and through the wooded areas but often the walker has to keep to the rights of way that are now shown in red on the current Ordnance Survey maps (1" = mile). The linking up of these footpaths and bridleways forms the basis of most of the lowland walks, and a quick glance at any map will open up many possibilities for a potential long walk.

If, after inspecting your map, you feel that there is a good point-to-point, or circular route over which you would like to arrange a challenge walk, the following details should be considered.

The first step will be to check the feasibility of your route by walking over it at least once. You may find that the nice red line on the map does not actually exist as any sort of footpath on the ground, or that obstacles such as barbed-wire fences and locked gates bar the way. In some places where the way crosses a field you may find the path planted with potatoes or waist high wheat etc. In the case where the way is simply overgrown, your own working party or the local authority may clear the way. Obstacles should be reported to the local council but you may remove, if possible, anything that does bar the way. Also, where the way has been ploughed over and planted you should determine the exact line and walk along it, ensuring that any other walkers keep strictly to the line. An orienteering compass will give the line to walk along and often there will be the remnants of an old stile at the edge of the field. Alternatively, a new route can be found. Generally well defined paths, that do not involve too many changes of direction are the best selection, if you have a choice.

Having sorted out a suitable course, you will have to conscript the services of your own or some other club to promote the venture. A small committee of enthusiasts may be formed. It is preferable to obtain a school, scout hut, pavilion etc for a walk H.Q. but if held in the summer the affair can be conducted from an outdoor base. At several points on the route you may wish to have checkpoints where the walkers can be counted through, given drinks, or carried back to the finish. First aid should be on hand at a number of points. St John Ambulance Brigade will often attend and a small donation should be sent to them, afterwards. Depending upon how sophisticated you want to make it, route maps and directions may be issued but, of course, it will dip less into funds if the way is found from the walkers personal maps.

When the basic outlines of the walk have been finalised and the date fixed, the event should be advertised if it is to be "an open event". The points that most potential entrants will want to know will be 1. Date. 2. Start and finish location. 3. Length of walk. 4. Time limit if any. 5. Nature of the terrain over which the walk is to take place. 6. Entry fee. 7. Other details such as equipment to be carried, number in team, awards, etc. if applicable. Publications that may consider printing notice of the walk, free, include "The Climber and Rambler", "The Rucksack", "Youth Hostelling News" and your local newspaper. If there is something unique about the walk it may also attract the attention of the broadcasting authorities and national newspapers.

Although it is possible for one enthusiast with plenty of spare time to cover the administration it is better if others share the burden and take over the offices of "entry secretary", "press officer", "refreshments officer", "route marshals officer" etc. The main organisation can be done by a small number of people beforehand but many more will be needed to control the walk on the day. The numbers involved will, of course, depend

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upon how many walkers the event attracts, how impressive the start is to be and if checkpoints are to be set up how many and for what duration they are open. The finish can be manned by those who officiated at the start and at the early checkpoints. If "results" are to be issued, a box of large envelopes or adhesive labels should be available at the finish for walkers to add their name and address if they want copies.

The services of a typist and access to a duplicator are almost indispensable for producing the paperwork. The first item of paperwork will be the sheet giving the complete details of the event which is to be sent to all who send in enquiries. In addition to the points already mentioned other data that may be of interest to the intending entrant will include number of maps needed or whether route directions are to be issued, method of waymarking if applicable, refreshment details, full list of any items to be carried or worn, further details of awards or certificates, any arrangements for "drop outs", accommodation, how to get to the venue, highest points on route, amount of road walking to do, etc. This details sheet may also include or accompany an entry form. On receipt of the entries an acknowledgement sheet giving "final information", location of start (sketch if possible), and walk number (if walkers are to be numbered), should be sent out. Paperwork required on the day will be (as the walk demands) route description sheet, route map (see next page) checkcard and certificates. Marshals at the checkpoints may be given the start list so that they can check off the walkers as they come through.

Checkpoints should be set up at between three and six miles apart. These encourage walkers who feel that each such point passed is a hurdle cleared. At these controls the walkers checkcards should be endorsed and refreshment offered. Drinks should be free (covered by entry fee) but solid food should be for purchase (unless entry fee is high enough to cover). If possible, walkers who pass through should be noted and some provision made for taking "retirements" back to the finish. If the walk is long or arduous, a first-aider should be on hand at the later checkpoints. For easy access for officials, transportation of refreshments and cases of emergency, checkpoints should be on or near sites that are suitable for motor vehicles. Permission may have to be sought for setting up checkpoints from the landowners.

At the finish, provision should be made for walkers to rest, preferably under cover, for first aid, for refreshments, with hot drinks if the weather is wet or cold, for certificates to be given out soon after finishing.

General points: always notify the local police well in advance; ensure that the start/finish has ample room for car parking; if possible choose a venue that is within a mile or two of public transport; don't impose too severe a time limit, or give prizes, unless it is to be a race.

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YOU ARE NEVER TOO OLD must be the motto of Harry Peel of Ventnor, I.O.W. We did mention some of his recent walks in an earlier newsletter and, no doubt, all marvelled at his achievements when they saw that he was nearer seventy than sixty. He has written to request that we do not fix an upper age limit on the Downsman Hundred because at seventy-one he feels that he is still as good as some of the younger folk, and will be able to complete the distance. For the record, he has done six "centurions walks" since his fifty-second birthday, and three 65 miles walks all under 15 hours since his sixty-eighth birthday. For good measure he has also completed a number of 50 milers recently, plus the two most recent Vectis Marathons. All intending entrants for the Downsman must surely look forward to meeting such a youthful veteran.

LDWA	304	TERENCE DAVIS
"	305	LAWRENCE DIXON
"	306	WILLIAM WRIGHT
"	307	PAUL SEDGWICK
"	308	MRS BRENDA SEDGWICK
"	309	MICHAEL BENISON
"	310	JOHN GIBBISON
"	311	MARTIN POWELL
"	312	GERELD GLASS
"	313	MISS JUDITH HYDE
"	314	MISS JEAN WHITAKER
"	315	ALBERT BOOTH
"	316	PATRICK NEAL
"	318	TIMOTHY LOTHIAN
"	319	MICHAEL BROWN
"	320	MICHAEL COLLINS
"	321	COLIN ABBOT
"	322	HUGH McALISTER
"	323	GEOFFREY BOWSER
"	324	JOHN SKERNER
"	325	EDGAR LEECH
"	326	JOHN LINGWOOD
"	327	DAVID HOBEN
"	328	CHRISTOPHER GROOM
"	329	BRIAN FIDLET
"	330	RODERICK PARR
"	331	DAVID BARWELL
"	332	STANLEY SAUNDERS
"	333	WILLIAM BENTLY
"	334	T. POOLE
"	335	PAUL BLACKBURN
"	336	MICHAEL SMITH
"	337	DAVID LONGMIRE
"	338	PETER WORTH
"	339	WILLIAM BURDON
"	340	PETER RILEY
"	341	WILLIAM PEART
"	342	VINCENT SMITH
"	343	EDWARD NORRISH
"	344	CHRISTOPHER HUNT
"	345	DAVID ALLEN
"	346	PETER BARWELL
"	347	GEOFF SAUNDERS
"	348	MRS BERYL BLACKHALL
"	349	MICHAEL POWELL DAVIES
"	350	FREDERICK GERRISH
"	351	MRS GILLIAN WATSON
"	352	PETER COOPER
"	353	CHRISTOPHER GRAY
"	354	WYNNE EVANS
"	355	DONALD MILLICHAP
"	356	DONALD MOFFAT
"	357	DAVID HURST
"	358	DAVID ELLIS
"	359	COLIN WHITEMAN
"	360	JOHN CARDEN
"	361	CHRISTOPHER PINDER
"	362	KEITH PEEL
"	363	DAVID HOWE
"	364	JOHN BALDEY



NEXT ISSUE

The next issue will be despatched in March.

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