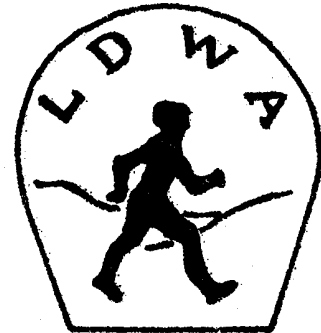


FIRST REPRINT APRIL 1973.

NUMBER FIVE

MARCH 1973



# LONG DISTANCE WALKERS ASSOCIATION

## NEWSLETTER

### CONTENTS

#### PAGE

COVER	CALENDAR
1	EDITORIAL
2 3	TANNERS MEETING
4 5 6 7	DETAILS OF EVENTS
8	PATHS OF EUROPE
9	MAP OF EUROPE
10	YORKSHIRE THREE PEAKS
11 12	POINTS FROM MEMBERS
13	CLUBS NO. 2
14 15	SCOTTISH 4000's
16	TAN HILL
17	MAP OF PENNINES
18	BOOKS
19	PAST EVENTS
20	COASTAL PATHS
21	NEW MEMBERS
22	FOUNDERS
23	FINAL POINTS
24	AMENDMENTS ETC.

# CALENDAR

This feature is updated at each issue as information is received.  
Events in capitals are confirmed, other dates are provisional.

<u>Date</u>	<u>Event</u>	<u>Distance</u>	<u>Area</u>
April 14	MID WALES MARATHON	22	W.Cen. Wales
April 21	MANX MARATHON	30	Isle of Man
April	Four Inns Walk	48	Yorks/Derbys
May 5	RIDGEWAY MARATHON	40	Wilts/Berks
May 12	ROYAL LEAMINGTON SPA WALK	50	Warwicks
May 19/20	PARISH WALK	85 & 32½	Isle of Man
May 19/20	TEN TORS EXPEDITION	35 & 50	Devonshire
May 19/20	FELLSMAN HIKE	50	Yorks
May 26/27	DOWNSMAN HUNDRED (LDWA)	100	Hants/Sussex
May 26	SOUTH WALES MARATHON	47	Brecons
May	Chevy Chase	17	Northumberland
June	Cotswold Crippler	35	Gloucestershire
June	Six Shropshire Summits Walk	35	Shropshire
June	Mourne Wall Walk	22	N. Ireland
June 2	Welsh Thousand Meters	20	Caernarvonshire
June 9	Peak District Marathons	25 & 50	Derbyshire
June 28 - Jul 1	CASTLEBAR FOUR DAYS WALKS	variable	Ireland
June 30	MALLERSTANG MARATHON	25	Yorkshire
July	Lake District Four 3000's	45	Cumberland
July 1	TANNERS MARATHON	30	Surrey
July 7	WHITE ROSE WALK	40	Yorkshire
July 14	YORKS MOORS CROSSES WALK	53	Yorkshire
July 15	PURBECK PLOD		Dorset
July	Nymegen Marches, 4 days	variable	Holland
Sept.	Across Wales Walk	45	Wales
Sept. 2	PETERSFIELD BORDER WALK	30	Hants/Sussex
Sept. 16	GUILDFORD BOUNDARY WALK	21	Surrey
Sept. 23	CHILTERN MARATHON	25	Bucks
Sept.	Mountain Marathon	35 & 45	Not known
Oct. 6/7	Long Mynd Hike	50	Shropshire
Nov.	HIGH PEAK MARATHON	40	Yorks/Derbys
<u>1974</u> Jan.	Reservoir Roundabout	22	Mid Wales
Feb.	Tanners-Hindhead Walk	25	Surrey
Feb.	South Wales, Three Peaks Trial	22	Brecons

## OTHER WALKS

Mar. 17	SURREY HILLS WALK (1) (LDWA)	50	Hants to Kent
April 14	SURREY HILLS WALK (2) (LDWA)	50	Hants to Kent
April 23	SOUTH OF THE ISLAND TREK	35	Isle of Wight
May 5	DARTMOOR WALK	27	Devonshire
May 6	BRENTWOOD WALK	20	Essex
May 19/20	S.W. PENINSULAR COAST F.P.WALKS	Variable	Devon & Cornwall
May	Dales Way Walk 5 days		Yorks
June 16	YORKS THREE PEAKS (LDWA)	21	Yorks

Organisers of events are requested to correct or supply further details of walks mentioned above. The Editor will be pleased to hear of any other challenge or organised walks that are not shown here.

# EDITORIAL

1.

Within the next two months the Association will be holding two important meetings and it is hoped that a large proportion of the membership will support them. In April we have our first A.G. M. and this will be held in a truly appropriate setting - Edale in the Peak District. At the end of May we are promoting our first challenge walk and true to our name it will be a really long distance walk. This of course is the Downsman Hundred of which more will be said later.

The A.G.M. will be a three part meeting consisting of the business part (Saturday afternoon), a slide show about walkers and walking (evening) and a hill walk (Sunday). As with all groups and clubs we need to have a set of rules to define our objects and policies for future reference and so a Constitution has been drafted. This paper has been drawn up by K. Pennyfather in liaison with the acting committee and has been based to some extent on the constitutions of some similar organisations to ours. The draft will be offered to the meeting for discussion and amendment before being ratified. (A copy is enclosed for your perusal.) After acceptance of the Constitution the committee will be elected to office for the period until the next A.G.M. Currently the acting committee comprises the founder members (who act as secretary/editor, and produce the newsletter) J. Ellingham (treasurer), S. Lane (Membership Secretary), K. Pennyfather and H. Morris. With these members living in relatively close proximity meetings have been called at short notice and attendance has presented no difficulty. Whilst it may be desirable to have a wider flung committee to foster the idea of a national association it may not be found quite so practical.

The Downsman Hundred promises to be the greatest test of endurance open to walkers since the John O'Groats to Lands End Walk of 1960. Whilst the route along the South Downs never exceeds 500 feet above sea level and is never really remote it will present a very real challenge to even the most hardy walkers. Those who achieve the aim and qualify to wear the special badge will be a proud and select company. To administer for such a long event will take a small army of helpers and all members who are free that weekend are asked to lend their services for a few hours. With the sea being only a few miles away duty could be combined with a coastal outing. To save great expense to the Association sponsors are being sought to assist with refreshment, printing etc. Anyone who can help in this field should write at once to me.

It has been mentioned in previous newsletters that we hoped that both regional and local groups of members might be formed at a later date. Things are now beginning to stir in this direction and there are signs that the first such group may be born in Yorkshire this year, and it is possible that some of the current committee may start a south-eastern group. It is envisaged that these groups would meet from time to time and arrange walks, survey new routes and generally collate all information relating to our objects for publication in the newsletter.

The steady flow of new members to our ranks is encouraging and last month the 400th walker was enrolled. It was also pleasing to hear that so many members had resubscribed in January. However if anyone is due to send a second subscription and has not done so before the next newsletter is published, they will not receive further copies. We are now printing just under 500 copies, most of which are sent to those in the Association. A few complimentary copies are posted and the remainder are sent on request to new enquirers about the Association. When the number off reaches about 700 newsletters we may go over to commercial printing on the litho process. The format would be basically the same but the quality should improve and more sketches and diagrams could be included at no extra cost.

2.

Whilst on the subject of newsletters are there any members who would be willing to type copy or act as stand-by typist?

I would like to thank those who sent their membership renewals so promptly and especially those who subscribed generously more than the minimum 35p. If you have not yet renewed you should do so soon if you wish to receive further newsletters.

See you at Edale on the 7th April.

Alan Blatchford.

## THE TANNERS HATCH MEETING.

The informal meeting of LDWA members in the South, advertised in the last Newsletter and held on 27th January, attracted over 20 members. It was encouraging to meet several who had travelled a fair distance to be present - from Kettering, Lincoln and Coventry as well as from the London area.

The main discussion centred around the aims and objectives of the Association and the proposed Constitution. The view was expressed that although there were many other walking clubs in existence, few of these catered for the long-distance enthusiast and it was felt preferable, therefore, for the LDWA to state clearly that its interests lay in this field, to avoid being side-tracked into marginal issues. It was generally agreed that the Association's interest ought to go further than the publication of a Newsletter, and for this reason it was suggested that in the Constitution, specific mention of the publication of a Newsletter (as part of the aims of the Association) should be avoided, as this might imply this was the Association's main objective.

Many members felt that some aspects of walking, such as fell racing or road running, should be specifically excluded from the Association's aims, and more than one person pointed out that the great appeal of long distance walks in the countryside was to be able to get away from things like roads. Some felt, however, that it would be unduly restrictive to exclude road walking or athletic events altogether, as many popular marathons included some element of these. Much lively discussion followed on this issue, and the meeting eventually agreed a compromise form of wording which has been incorporated into the draft Constitution.

The venue for Annual General Meetings formed another matter for lively discussion. There were those who felt these meetings should be held in a different part of the country each year, to give all members over the years a fair chance of attending, and some suggested that each A.G.M. should be held at a prescribed minimum distance from the place of the previous one. It was generally thought that this would be too restrictive and the meeting agreed that whilst the location should be varied if possible, this should be left to the discretion of the committee.

There was general approval of the suggestion to hold a general meeting for all members on the 7th April in the Sheffield area, and it was agreed that this should constitute the first A.G.M. of the Association, and be empowered to approve the Constitution and elect a formal committee.

### The Tanners Hatch Meeting continued.

Discussion next turned to arrangements for the Downsman Hundred walk to take place over Spring Bank Holiday. Alan Blatchford outlined his suggestions for organising the event and appealed for volunteers to take responsibility for each of the five main sectors of the route. There was much talk about the basic kit to be carried, the need for official rest periods, the wisdom of having support parties, and the distance between check points. Some time was spent discussing the problems of transport, whereby those who left their vehicles at the start of the walk could pick them up afterwards. About nine of those present at the meeting said they would probably be entering for the event.

3.

The question of the LDWA Insurance Scheme was next on the Agenda. Many of those present expressed serious doubts about the value of this scheme, and it was questioned whether the cover provided was as good as it sounded. Some members clearly felt the scheme was far from ideal as the circumstances in which benefits might be payable were so remote and unlikely that the whole scheme was scarcely worth the expense it was costing LDWA to provide. In view of the doubts raised, it was agreed to review the whole matter to see if the arrangements could be improved.

The meeting then turned to a brief airing of views on the need for local and regional groups. Most members felt that, so far as south-east England was concerned, there were already many YHA groups and similar local groups in existence whose interests included walking, and no real need was seen for local LDWA groups to be encouraged. It was accepted, though, that this might not apply to other parts of Britain, and that in some large centres where there were several LDWA members (such as Leicester, Coventry, Manchester and Southampton) these might wish to form themselves into groups. No need was seen, certainly in the south-east, for groups organised on a larger basis covering a whole region, although there could be advantages in the occasional regional meeting such as the present one, and other advantages (such as transport sharing) could flow from having a regional representative, as suggested in the draft Constitution. But all that was needed was an organiser and not a formal group. A volunteer was sought to act as regional representative to look after members' interests in the south-east, and one member offered his services in this connection.

The meeting concluded with a vote of thanks to Alan Blatchford and Chris Steer who had taken the initiative in forming the Association.

Keith Pennyfather.

Those present were: A. Blatchford, P. Blackburn, Sue Rayner, E. Foster, A. Patterson, J. Spackman, H. Morris, D. Young, Sue Young, L. Wilson, C. Cook, I. Addison, K. Pennyfather, C. Steer, B. Breacher, J. Gray, A. Hoare, T. Beattie, J. McQuillin, and three visitors.

### MORE ACTIVE FIREMEN

In addition to the Birmingham Fire Service walkers there is news of another group of firemen that include walking in their leisure activities. This group is the York Fire Brigade Rambling Club of which Mike Smith (LDWA 336) is the Hon. Sec. Mike says that being in the Fire Service prevents members from taking part in many organised events, but they do arrange several two day walks in Wales, local footpath walks, and they even have a cross country run once a week over a five miles course. Members have completed such walks as the Lyke Wake, and Yorkshire Three Peaks etc.

# DETAILS OF FUTURE WALKS

## April 14 MID WALES MARATHON (West Wales)

Starts at Dinas Mawddwy and finishes at Dolgelleau - 22 miles over nine summits, highest 2000 ft. Use map O/S 116 to find way between checkpoints. Youth hostels at start and finish. Certificates to all successful finishers. Safety kit to be carried. Y.H.A. membership may be necessary. Full details from N. Tandy

## April 21 MANX MOUNTAIN MARATHON (Isle of Man)

Starts at Ramsey and finishes at Port Erin with a 10 hours time limit in which to cover the 30 miles. The twelve mountain peaks traversed may be heavy going for all but the toughest walkers. Way partly marked but O/S 87 should be carried. Entrants to be over 16. Prizes for first three home and to first team of three. Certificates to all finishers. Details from G. Broderick

## April FOUR INNS WALK (Derbyshire)

A 48 miles walk for teams of four but restricted to members of the Scout movement between the ages of 16 and 65. Starts at Holmbridge (Yorks) and finishes at Buxton (Derby). Details from D Beck

## May 5 THE RIDGEWAY MARATHON (Wilts/Berks)

A popular lowland walk along an ancient trackway. Coach takes walkers from Streetley Youth Hostel to start near Marlborough if required. Finish at Streetley (Berks). Generous time limit for the 40 miles. Certificates to all who finish. Route instructions issued but O/S 157 and 158 to be carried. No entry restrictions. Coach fare extra to entry fee. Details from Norman Griffin

## May 12 ROYAL LEAMINGTON SPA CHALLENGE WALK (Warwicks)

Fifty miles entirely along roads with the course comprising five laps of 10 miles. Not a race but good training for potential Centurions. First held in 1962 and the record entry is 460. Certificates are issued for those who complete either 30, 40 or 50 miles within the time limits of 9½, 12 and 15 hours respectively. Running not allowed and all walkers are to wear numbers. Walkers must be over 17 and each pays an entry fee of 25p. The start and finish are at the Pump Room. Entry forms from Entertainments Dept., Borough of Royal Leamington Spa, Royal Pump Room, The Parade, Royal Leamington Spa, Warwickshire.

## May 19/20 PARISH WALK (Isle of Man)

An unusual event insomuch as each walker must touch the main gate of each parish church where the checkpoints are situated. For men the walk route covers the whole island and is over 85 miles long. A ladies event is held concurrently over a route of about 35 miles. The way is along roads and much of it on the T.T. course. There are prizes for the first three finishers and to teams. Certificates go to all finishers. Start and finish at Douglas. Details from J. Quine

## May 19/20 DARTMOOR TEN TORS EXPEDITION (Devonshire)

A two day event with a camp at the end of the first day. Teams of six between the ages of 14 and 20 only. Start and finish at Oakhampton Camp. Walk distances range from 55 total to 35 total, depending upon age and sex. Certificates and medals awarded. Details from The Secretary, Ten Tors Expedition, H.Q. S.W. District, Sherford Camp, TAUNTON, Somerset.

May 19 FELLSMAN HIKE (Yorkshire)

A fifty miles walk starting at Ingleton and finishing at Threshfield about 20 miles away. Many trophies are awarded for fast performances and certificates are presented to all finishers. As mentioned elsewhere the 400 maximum entries were received in early January. Details for those interested in participating next year may be obtained from Mrs P.J. Carroll

May 26/27 THE DOWNSMAN HUNDRED (Hampshire/Sussex)

The first challenge walk to be organised by the LDWA and the longest walk on the calendar this year. The 100 miles event will start in Winchester, near the Youth Hostel, and end at Eastbourne. From the start the route will follow paths and lanes to join the South Downs Bridleway which it will follow to its eastern terminus at Beachy Head. Entrants must be 17 or over on the day of the walk. Badges and certificates will be awarded to all who complete the superwalk. Time limits are: First Class - 36 hours, Standard - 48 hours. Start at 12.00 noon on the Saturday with last finishers completing the walk on the Bank Holiday Monday. Further information and entry forms from "DMH" Secretary Entry closes May 1, or before if 150 are received.

May 27 SOUTH WALES MARATHON (Brecons)

A mountain walk of about 46 miles extending from the Black Mountains to the Carmarthen Fans. Entry limited by Youth Hostel accommodation. Details from A. James

May CHEVY CHASE (Westmorland)

A circular walk of about 17 miles on the Cheviots. No time limit but most finish within 9 hours. O/S 71 required to find way between checkpoints. Prizes for first three home, first R.A. member, first lady, first veteran etc. No athletes accepted. Start and finish at Wooler Youth Hostel. Details from A. Morgan

June or July COTSWOLD CRIPPLER (Gloucestershire)

No details received yet but walk is expected to be about 35 miles long. For details see under Six Shropshire Summits.

June 2 WELSH 1000 METRES PEAKS EVENT (N. Wales)

A route of about 20 miles encompassing the highest peaks in the Glyders, the Carneddau, and Snowdon. Start at Bangor, finish on Snowdon. Details from Dr I.W. Jones

June 6 SIX SHROPSHIRE SUMMITS WALK (Shropshire)

An organised walk over a route that can be attempted at any time to qualify for a certificate (see earlier newsletter). Most of the major hills in the county and one in Wales are scaled. Distance about 35 miles. There may be transport from Birmingham for a limited number. Details from D. Ramsey

June MOURNE WALL WALK (N Ireland)

The 22½ miles hill walk starts and finishes at Annalong, County Down. First organised in 1958 and now nearly a thousand take part. Time limit 12 hours. N.I. O/S map No. 9 required. 10,000 feet of ascent. Details from P.J. McAtter

6.

28 June to July 1      CASTLEBAR INTERNATIONAL FOUR DAYS WALKS      (Eire)

A series of walks of varying lengths in and around Castlebar the administrative capital of County Mayo. The walks include country paths, quiet lanes, and hill walking near the coast. The walks are divided into categories (a la Nymegen) according to age: 7 years to 11 years old walkers cover up to nine miles, whilst those between 14 and 70 do up to 26 miles each day. Medals and certificates are awarded to all who complete four days of walks. Accommodation can be arranged. Details from "The Secretary", International Four Days Walks

June 30      MALLERSTANG MARATHON      (Yorkshire)

A 25 miles scenic walk based upon the highest Youth Hostel in Yorkshire Garsdale Head. Y.H.A. members only. Entrants must be over 16 and stay overnight at the Youth Hostel. The object is to encircle the Mallerstang and Wensleydale valleys within 12 hours. Summits include Wild Boar Fell (2324 ft), Nine Standards Rigg (2171 ft), and High Seat (2328 ft). O/S maps 84 and 90 required. Safety equipment to be carried. Details from P. Gilks  
Certificates awarded.

July 1      TANNERS MARATHON      (Surrey)

Now the most popular walk of its kind in the south. The 30 miles of paths over chalk and sandhills has time limit of 10 hours. (In alternate years a 50 miler is held concurrently). The start and finish is at Leatherhead, Surrey, but Y.H.A. members may stay at Tanners Hatch and start from there. Team and individual certificates to finishers. Team trophies to top school, and Y.H.A. team. "Works" trophy if support warrants. Details from A.W. Blatchford

July 14/15      NORTH YORKS MOORS CROSSES WALK      (Yorkshire)

A tough walk over the moors between ancient crosses giving a total distance of about 53 miles. This years route will be similar to that of last year except that walkers will now go direct from Lilla Cross to Postgate Cross returning to Goathland via John Cross and York Cross. O/S Map North Yorks Moors Tourist required. Awards to first home, first lady, oldest finisher etc. plus team awards. Details from Mrs A.E. Hood

July 15      PURBECK PLOD      (Dorset)

A new event pioneered last year. Twenty-eight miles of glorious country and coastal scenery. Starts and finishes in Swanage, and passes Durlston Head, Chapmans Pool and Kimmeridge, and Corfe Castle. Certificates to finishers. Map O/S 179 required. Details from F. Daldry

July      NYMEGEN MARCHES      (Holland)

First organised in 1909 and very popular with those who like massive participation. On roads. Thousands of spectators. A walk on each of four days varying according to age and sex etc. Military personnel carry packs. Medals and ribbons etc. awarded. Details from R.N.L.P.C., Administrator

June      R.A. LAKE DISTRICT FOUR 3000's      (Cumberland)

Open to all over 18 but 16 and 17 year olds must travel together in pairs. The 42 miles walk starts and finishes at Keswick. Lake District Tourist Map covers. About 14 miles on roads. Time limit 24 hours. Details from Mrs E. Hillary



Details of walks continued.

7.

June 9      PEAK DISTRICT MARATHONS      (Derbyshire)

Two walks, one 25 miles and another of 50 miles. The longer event starts at Crowden Youth Hostel and the shorter at Buxton Youth Hostel, Both finish at Ilam Hall Youth Hostel. Fifty milers must be over 15 but no age limit on the 25 mile walk. Peak District Tourist Map covers. Badges and shields available but the latter is charged for. Details from Peak Region Y.H.A.

OTHER WALKS "Non-Competitive"

March 17      SURREY HILLS WALK (1)      (Hants to Kent)

A 50 miles walk mainly for S.E. LDWA members. Object is to cross the county of Surrey on foot by hill routes. Certificates will be obtained for those completing the walk. Transport can be arranged. Time - up to 20 hours. Some muddy stretches, Intending walkers should inform Chris Steer  
Entries close March 3rd.

April 14      SURREY HILLS WALK (2)

As above but time up to 24 hours. Entries close March 31st.

April 23      SOUTH OF THE ISLAND TREK      (Isle of Wight)

An interesting 35 miles walk led by Centurion, Harry Peel, Start at 8.30 at Ventnor. Contact Harry for further details, at

May 5      DARTMOOR WALK      (Devonshire)

An across Dartmoor Walk organised as club walk by the Dartmoor Rambling Club. LDWA members may join the party. Transport to be arranged. Details from C. Pinder  
About 28 miles - 10 hours.

May 6      BRENTWOOD WALK      (Essex)

A 20 miles walk starting and finishing at Brentwood Council Offices. No prizes, entry forms or certificates. Organised by the Ramblers Association Brentwood & District Local Group. Details from N.A. Turner

May      DALES WAY WALK      (Warwickshire)

A five days walk organised by the Birmingham Fire Service. Details from D. Ramsey

PLEASE SEND A STAMPED ADDRESSED ENVELOPE WITH ALL ENQUIRIES

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IN THE LONG RUN

The average person in the street probably regards the long distance (or short for that matter) walker as something of an oddity and in turn the walker will regard those enthusiasts that run for hours around a running track as equally eccentric. However, at least three members hope to attempt the 24 hours track race next November at Walton. These are Don Turner (LDWA 245), Derek Funnell (LDWA 396) and Alan Blatchford (LDWA 2)

## LONG DISTANCE PATHS OF EUROPE

For many walkers to complete the 250 miles of the Pennine Way is a lifetime ambition and anyone who talks of walking the 515 miles of the South West Peninsular Coast Path may be considered to be some kind of crank or super-enthusiast even by some fellow walkers.

The distances, not to mention the terrain, are, by comparison, trivial when one examines the new long distance footpaths of Central Europe. The European Ramblers Association, based in Germany, have five of these routes planned and so far two are completed and waymarked. Route number one extends from Flensburg in Germany to Genoa on the Italian Mediterranean coast, and is about 1,300 miles long. An extension to the north of Denmark is planned which may add a further 200 miles. Route five runs from Constance (Konstanz) in Germany to Venice (Venedig). Both of these routes cross the Alps and are now open.

The other routes to be opened later are: number two which goes from Ostend in Belgium to Nice (Nizza) on the Mediterranean coast of France. Number three which runs from Marktredwitz in Bavaria to a point about 40 miles west of Lyons where it bears west to terminate at Bordeaux about 25 miles from the Atlantic coast of France. Route four which takes walkers from Vienna (Wien) to Bourg Madame in the Pyrennees on the Franco-Spanish border. Route three also has a spur planned to link the main route from a point about 25 miles north east of Paris to Boulougne on the English Channel.

It is hoped to be able to give more information about these routes in a later newsletter but fuller details can be obtained from Dr h.c. Georg Fahrback. Enquirers to this source will receive information in German at present.

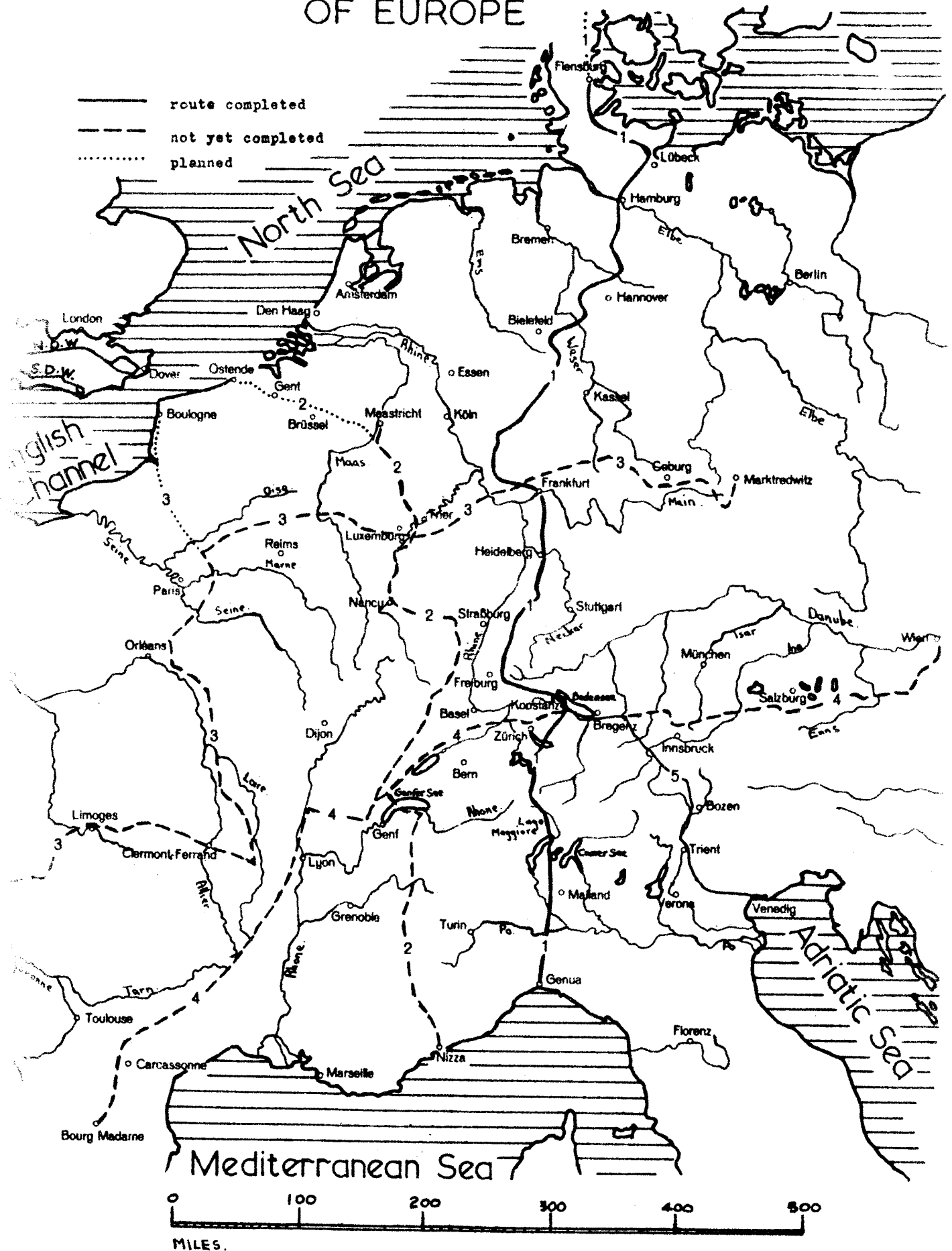
### CHALLENGE WALKERS HAVE YOU TRIED "SALTIN" YET?

An increasing number of marathon and ultra long distance runners in Britain and abroad are experimenting with the Saltin Diet. This is a low/high carbohydrate diet taken over a period of about 8 days following a severe, energy sapping run over a long distance, and was first propounded by B. Saltin. Basically, the diet tries to help accumulate a substance called glycogen in the muscles in greater amounts than normal which increases an individual's endurance. A number of our leading marathon runners have tried the system with success and it would be interesting to see whether "Saltin" has anything to offer the walker.

Like most dietary schemes and methods of training such things have to be tailored to suit the individual person. However, a basic trial for a walker might follow these lines: about eight days before the marathon or challenge walks, a depleting long distance walk (or run) should be made. During the next three days or so the diet should be almost wholly consisting of protein (meat, fish, eggs, cheese, butter, mushrooms, asparagus etc.) Things like bread, sweets, sugar, cakes, cereals, etc. should be avoided. There could be a few unpleasant side effects such as headaches, dizziness and a tired feeling, but a few knobs of sugar may relieve this. During this period the usual amount of exercise should be taken. Over the three or four days before the event the diet should be reversed and as much bread, cake etc. should be taken at and between meals. In this period exercise should be very curtailed. After the event return to normal diet. Many details of this method have to be investigated yet and it is not known (if the diet is found to be successful in its object) whether it will work on every subsequent occasion. Dr John Brotherhood, who is currently doing research into the effects of this diet on runners, would be interested to hear from any walkers who try the method.

This item is extracted from Dr Brotherhood's article in the Road Runners Club Newsletter Number 79.

# THE LONG DISTANCE FOOTPATHS OF EUROPE



# YORKSHIRE THREE PEAKS

## PLANS FOR FIRST LDWA REGIONAL MEETING

Members Mike Smith and Philip Gilks are currently planning a "north of England" meeting for LDWA members (and friends). The meet will take the form of a mountain walk over the famous Three Peaks of Yorkshire. The date fixed for the 21 miles walk is Sat. 16th June. The start will be at Pen-y-Ghent Cafe at Horton in Ribblesdale at 10.00 and the route will include about 9000 feet of ascent and descent. Time for walk is expected to be about 8 to 9 hours. To cater for those who come by car the route will be a circular one. Bed and breakfast and camping is available in the village and Stainforth Youth Hostel is 4 miles distant. It is hoped that those people on the walk may form the basis of a Regional Group. All those intending to join the party should contact Philip Gilks

A description of the walk follows.

### THE YORKSHIRE THREE PEAKS WALK

Whernside (2429 ft), Ingleborough (2373 ft) and Pen-y-Ghent (2273 ft) lie at the head of Ribblesdale, in the Yorkshire Dales National Park. The challenge of reaching all three summits within 24 hours and returning to your starting point seems to have originated within the Yorkshire Ramblers Club in the 1880's. Besides attempts by many fell walkers there is an annual fell race and a cyclo cross event held over the same course. Horton in Ribblesdale (O.S. Sht 90 810720) is the most popular place from which to start and finish the 21 miles walk.

An anti-clockwise route appeals to most, thus climbing Pen-y-Ghent first. From some angles this mountain resembles a crouching lion, with head upon paws and the shortest route is up the "lion's nose" with a descent down the "lion's side" to an area famed for its caverns and pot-holes. The Pennine Way traverses the mountain.

The stretch to the second summit is the longest section between peaks and crosses an area of ankle-wrenching tufts of grass, bog and deep water. Later, easier going along tracks leads to the Ribble crossing and the B6479 road, one mile from the isolated buildings at Ribbleshead. Famed for its high railway viaduct and gale force winds, Ribbleshead is the start of the climb up Whernside (not to be confused with Great Whernside over 20 miles away -Ed.) Past Ivescar Farm the open fell is reached and the steep gradient may deter some in icy weather. Although the highest of the Three Peaks, Whernside has no spectacular summit - just a long ridge crowned by a stone wall running N.E. to S.W. In mist there is little indication of which way to turn to reach the cairn and trig. point.

The descent is a two miles walk south west to Combe Scar, then a slippery way down to Hill Inn on the B6225 Ingleton to Hawes road. For many years Ingleborough was thought to be the highest mountain in Yorkshire and viewed from Hill Inn it is certainly one of the most impressive. Its ascent was once described as "climbing the side of a ship" and those tackling its "double deck" or two step face will appreciate the phrase. Once atop the first deck a scenic "edge route" leads to the second deck and after another but shorter climb Ingleborough summit, with its stone wind break containing a direction finder, is reached.

Leaving the final summit poses a tricky situation for many people because the huge semi-circular depression dropping away down to Gaping Ghyll (the deepest pot hole in England) has to be contoured, whilst aiming for a stile through a wall about two miles away. From this wall certain ways have been objected to but generally a route along the limestone cliffs of Moughton Scar and onto the right of way past Beecroft Hall is the most acceptable. After a mile or so the walker is back in Horton again.

Philip Gilks (LDWA 33)

# POINTS FROM MEMBERS.

11.

As a result of comments made by members on their renewal/application forms, it is hoped to include a number of new topics in future newsletters.

Several people asked for the names, addresses (and more details of the event) of challenge walk organisers. The current policy is to give an outline of all the walks in the "Calendar", and on other pages to give fuller details of walks that are to take place up to and about a month after the succeeding newsletter. Thus after a year every member should have a complete record of all the organised events. For the benefit of new members some such details may be repeated a year later. Another member asked about marathons in Scotland but the only one that we have on record is only open to local scouts.

Litter clearing and footpath clearance was suggested by a few members but until local groups are formed this does not appear to be practical from an Association angle.

Footwear and other walking kit, plus lightweight camping gear was a topic that quite a lot of members were interested in. If any members are specialists in the footwear or clothing line, or are experienced lightweight campers, a short article on the subject would be appreciated.

Regarding the Association, there were several people wanting to see local and regional groups of members set up and others want to see the organising of such things as an annual walk along one of the long distance footpaths, a national rally, walking holidays, teams for most of the challenge walks, LDWA challenge walks, participation in athletics, and the forming of parties to take part in the Wakes. Most of these ideas will be put into practice as support warrants, although the proposed constitution will put the staging of athletic events outside our scope.

Like most things, the newsletter will not suit everyone in its content especially when one member asks for more reports of marathons and another wishes for less. Details of canal walks are required by one person, whilst others want mountain walks noted.

Other miscellaneous items suggested for publication included the following: accommodation details for those walking the long distance footpaths, articles about walks abroad, data about lesser known routes, suggestions for new routes, a critical analysis of safety rules of the longer marathons, more book reviews, compass and map reading instruction, blister prevention and treatment, and exposure and survival technique. Again it is hoped to include most of these items in future issues.

Several folk are interested in the "lifts to walks" idea and it is hoped to arrange something on a regional basis soon. One member thought that it might be interesting to tabulate the ages of the complete membership. We did throw some light on this subject in an earlier newsletter when the percentage membership was given for each age group. The most senior member is over seventy but the most remarkable person, age-wise, must be the Fell Runner who has covered 57 miles but was apparently only born on 21.10.72!

Entry forms for marathons are the concern of many walkers and one suggested that we design a form that could be used for entry to any organised event. We could, of course, do this but only an agreement between the many organisers would make the paper valid. However, the matter will be looked into. Entry forms to be sent with the newsletter was also put forward. We have tried to do this from the outset but we can only distribute what we receive and some organisers receive too many entries without our help (Fellsman) whilst others may only want a small entry for various reasons.

Points from the Membership Forms continued.

The "part C" of the membership form was optional as regards completing the form, but nearly everyone did put something in this section. The main points are noted here and give us some idea of what you think that we should be filling these pages with. It was gratifying to see that a number of people were quite content with the newsletter as it is. If anyone has any further points to air or suggestions for articles or activities they will always be welcomed, and if you can expound upon any of the topics raised your contribution will be greatly appreciated.

SORRY!LIST OF MEMBERS OMITTED FROM PREVIOUS NEWSLETTER

LDWA	285	DAVID HINE
"	286	JOHN STEPHENSON
"	287	BRIAN KEMP
"	288	DAVID HANDS
"	289	IAN ADDISON
"	290	JEFFREY GREENLEAF
"	291	CHRISTOPHER DAVES
"	292	MRS BRENDA DAVES
"	293	ARTHUR NEALE
"	294	JOHN BENNISON
"	295	MISS GERALDINE BURGESS
"	296	MICHAEL WILLIAMS
"	297	BASIL PEACOCK
"	298	CLIFFORD PARKER
"	299	LAURANCE PARKER
"	300	WALTER CULLIS
"	301	TONY HULL
"	302	ALAN STEELE
"	303	GEORGE JAKEMAN

HIGH PEAK MARATHON

Plans to hold this forty miles walk around the Derwent Watershed in April have been thwarted by some of the local landowners. They consider that walkers would disturb the grouse in the nesting season. Because most of the marathon is not along rights of way, the respective landowners permission must be obtained in order to establish the checkpoints, many of which are quite remote. One can imagine the despair of a walker who, having traversed the peat hags of Bleaklow to an eagerly sought checkpoint, discovers that it has been hastily evacuated by an armed gamekeeper. The event will now be arranged for November and details will be in the next newsletter.

FELLSMAN CANCELLATIONS

So keen are people to get into the Fellsman that we have been asked to publish the following request: if any members who have booked for the walk find that they are unable to take up their places, Stewart Dutfield (LDWA 272) would be pleased to hear from them. His address is:

## PETERSFIELD RAMBLERS CLUB

On March 9th, 1970 an open meeting was held at Petersfield (Hants) Community Centre with the object of forming a rambling club within the town (population about 7,500 - Ed.) The local paper had given front page publicity and as a result fifty people attended, with the majority coming forward to form the nucleus of a club. Petersfield Ramblers Club was thus born.

The founder members were David and Sandra Turland, a young couple who had recently moved into the area from Northampton. Missing the pleasant walks that they had enjoyed with the Northampton Ramblers they were keen to start a local club and offered to undertake the administrative work and so were elected joint secretaries. Chairman Jack Tully was a young 72 and he and his rambling friends formed the original core of leaders and members. Initially the club had a high proportion of elderly members and the early programmes reflected this.

The first programme contained 18 walks, 6 led by the chairman, and 6 by the secretaries. It was hoped that other members would help in the future and indeed they did. Soon there were few regulars that were not also leaders. Walks were held at weekends, and in midweek, and those under 10 miles proved very popular. Longer walks, however, were only supported by a small but loyal band of members. To investigate means of strengthening this section a sub-committee was set up. As a result, in the Spring of 1972, a more strenuous programme was arranged, which included one walk of at least 15 miles each month and this was extensively publicised. As the year went on these longer events became more and more popular with members, and so the current series of rambles contains a 15 miles plus walk every two weeks.

A team of five completed the Tanners Marathon (30 miles) within ten hours in both 1971 and 1972 and this gave them the idea of organising a similar event themselves. A thirty miles marathon walk is being planned for the autumn. This will be held along the South Downs.

After three years Petersfield Ramblers Club has a membership of over 80 who give enthusiastic support to walks varying in length from 3 to 30 miles. There is often more than one event per week. The club is completely independent, although affiliated to the Ramblers Association. Annual subscription is 40 p. for adults (min.) New members welcome - details and programme from Sandra Turland

## LEADERS WANTED

Each year the Youth Hostels Association arrange many holiday weeks and fortnights, and activities during these holidays range from long distance walking, fishing, sailing, canoeing, riding, to birdwatching. For each holiday a leader takes charge of up to about fourteen people whose ages range from 16 to over 50. Leaders are volunteers who have specialist knowledge relevant to the particular holiday and although they are not paid for their services all their expenses are met. If any LDWA members have a spare week or two and feel that they are potential leaders for any of the above activities, they should contact Rodney V. Davis

Anyone accepting such a venture will be certain to have a memorable and enjoyable holiday. Of course, if you do not feel like leading, you may always join a holiday as a party member or, in some cases, assistant leader.

# THE SCOTTISH 4000s RECORD 1925

The following was sent in by F. Heardman who took part in the attempt and originally wrote this account for the 1926 Journal of the Rucksack Club. He believes that this record still stands, and also mentions that whereas his party drove between the two mountain groups, the whole journey has been done on foot more than once. The car journey was about 74 miles.

## THE SCOTTISH FOUR THOUSANDS

It will be remembered by those interested that four members of the club went up to Scotland during Whit-week 1924 to attempt to "bag all the 4,000 foot tops and also Aonach Mor (3,999) within 24 hours".

It was found about halfway through the expedition our objectives would be ticked off quite comfortably, barring accidents or errors of route finding, so we eased up and were content with the fourteen tops in 22 hours and 38 minutes.

We were all very pleased with this performance until R.S.T. Chorley (now Lord Chorley - Ed ) informed the club that he had forstalled us by a couple of days and had completed the round in 20 hours, 20 minutes. (He had overheard whispers of our proposed effort). This friendly and unexpected opening of competition was immediately frowned upon by Eustace Thomas as an excuse for further flying trips up north. With his usual big-heartedness and keenness to develop the younger end of the club, he invented some excuse for not wanting to do the round again himself and explained that he would drive Gilliat and myself in his car from Carlisle to the kicking off points and back - about 300 miles. Well, who couldn't fall to an extra trip to the highest in the Isles, and to Thomas? So the easy victims were again marshalled up on the 3rd June 1925 to see what could be done about Chorley's times.

At 1.30 a.m. on June 5th Thomas drove us off from Fort William to the starting point Achintree Farm. The following is a schedule for our time for the round:-

Achintree Farm	arrive -	depart 1.53 a.m.
Ben Nevis summit	" 3.44	" 3.50 "
Carn Mor Dearg	" 4.27	" 4.37 "
Aonach Mor	" 5.22	" 5.27 "
Aonach Beg	" 5.45	" 5.47 "
Glen Nevis road	" 6.34	" 6.45 " (tin hut below gorge)

Total Time - 4 hours 41 minutes.

Car from Glen Nevis to Glen More (including 31 mins breakfast stop at Loch Laggan.)

Glen More Lodge	arrive 10.21 a.m.	depart 10.23 a.m.
Cairngorm summit	" 11.59 "	" 12.03 "
Ben Muich Dhui	" 13.08 "	" 13.09 (Cairn No.1)
" " "	" 13.18 "	" 13.35 " " 2
" " "	" 13.45 "	" 13.49 " " 3E.
Cairn Toul	" 15.43 "	" 15.48 "
Angels Peak	" 16.06 "	" 16.07 "
Wells of Dee	" 16.28 "	" 16.28 (Cairn No.1)
" " "	" 16.34 "	" 16.34 " " 2
" " "	" 16.40 "	" 16.40 " " 3
Braeriach	" 16.50 "	" " "

Total Time - 6 hours and 27 mins.

then from summit of Braeriach (16.55) to Coylum Bridge (19.45). Total Walking Time = 11 hours, 8 mins, car time = 3 hours, 49 mins.



Gilliat and I enjoyed good weather apart from a thick mist which came up just as we approached the summit of Ben Nevis, and the route off Carn Mor Dearg had to be negotiated carefully by compass. The early hours were extremely cold on the Ben.

The mist lifted as we topped the summit of Dearg and revealed perhaps the finest sunrise we have ever seen outside the Alps. This sunrise alone made the trip worthwhile. It was pretty dull and heavy on the Cairngorms but the visibility was good enough and we had occasional spells of sunshine. The longest and most fierce spell came, of course, when it was least wanted, during the steep and long but delightful scramble out of Glen Dee to the summit of Cairn Toul. (There was much more snow than in 1924). The Ben Nevis observatory ruins were almost covered. It became very soft towards noon and entailed long plugs; one of perhaps a mile and a quarter between Cairngorm and the first cairn on Ben Muich Dhui about Lochan Buidle.

We arranged, during the first few hundred feet up Ben Nevis, that I should set the pace and Gilliat would call a check for speeding or slacking up, when it was deemed prudent, and in any case we should keep together until we had at least topped Cairn Toul. The idea worked admirably and it was pleasing to find that we had called discreetly on our energy and had satisfying reserves for the purpose of increasing the speed of each mile towards the end. The whole round was done in the ordinary type of nailed climbing boots. Our mascot was an extremely lucky one, and one, methinks, that knows a thing or two about records. It was nothing less than Thomas's left boot carried the whole of the way on Gilliat's left foot. (It was discovered, on arrival at Fort William, that Gilliat had brought up two right boots, but it was found that with an extra sock Thomas's right boot might do).

If any credit is due for this performance it goes to Thomas and Mannering. But for the generosity and help of these two club stalwarts, the expedition would not have been possible. They were responsible for all arrangements and detail necessary for such an expedition. We two were just taken to the foot of the hills and told to run, walk, hop, skip or jump over the routes carefully mapped out by these two enthusiasts.

I might mention that no special training beyond our usual week-end jaunts had been taken for this exceedingly interesting and enjoyable round of the Scottish "Fours".

THE FELLSMAN HIKE must surely now be the most popular organised walk in Britain in the longer category. One would think that the 400 places allocated for entries would be quite sufficient when it is realised that this is a real tough walk covering about 52 miles of rugged Yorkshire moorland. Although the event is not until May the entry book opens on the first of January and this year walker number 400 booked in just nine days later. It is reported that over 1000 entries were received but hundreds were returned. With such popularity among walkers there may be a good case for holding a second "Fellsmen" perhaps organised by an LDWA group. Certainly support seems assured.

#### TOO YOUNG TO WALK

Like most challenge walks the Tanners Marathon has a lower age limit and this is 14 years. A number of younger walkers do, however, slip in and successfully complete the test. One such prodigy finished the thirty miles and proudly walked off with his certificate. Several days later the organisers received his letter in which he stated that he had "read the entry form and found that he was now under fourteen and was his entry fee returnable!"

# TAN HILL TO CAT AND FIDDLE

## 16. COLNE TO ROWSLEY

In answer to Paul Blackburn's (LDWA 335) enquiry about the above walks, Roger Chapman (LDWA 18) has informed us that both are described in the book "High Peak" by E. Byrne and G. Salter (probably out of print but in most libraries). John Needham (LDWA 49) has supplied the routes of both walks and invites the enquirer to join his club sometime this year when they expect to tackle the walks.

Philip Gilks (LDWA 33) has also sent an account of the routes and the origins of the walks. The following notes provide the outline of the walks:-

### Tan Hill to Cat and Fiddle

This walk was originated by the Rucksack Club of Manchester to mark their Jubilee. The idea envisaged was a hundred miles non-stop walk between two of England's highest inns - The Tan Hill Inn near the Yorks/Westmorland border, and the Cat and Fiddle Inn near the Cheshire/Derbyshire border. The actual distance, however, was found to be nearer 120 miles. The date chosen for the walk was Thursday, 5th June, 1952 to Saturday, 7th June. From Tan Hill (1732 ft) the route was via Great Shunner Fell, Great Whernside, Grassington, Todmorden, Black Hill, Edale, to the Cat and Fiddle (1630 ft). See sketch map.

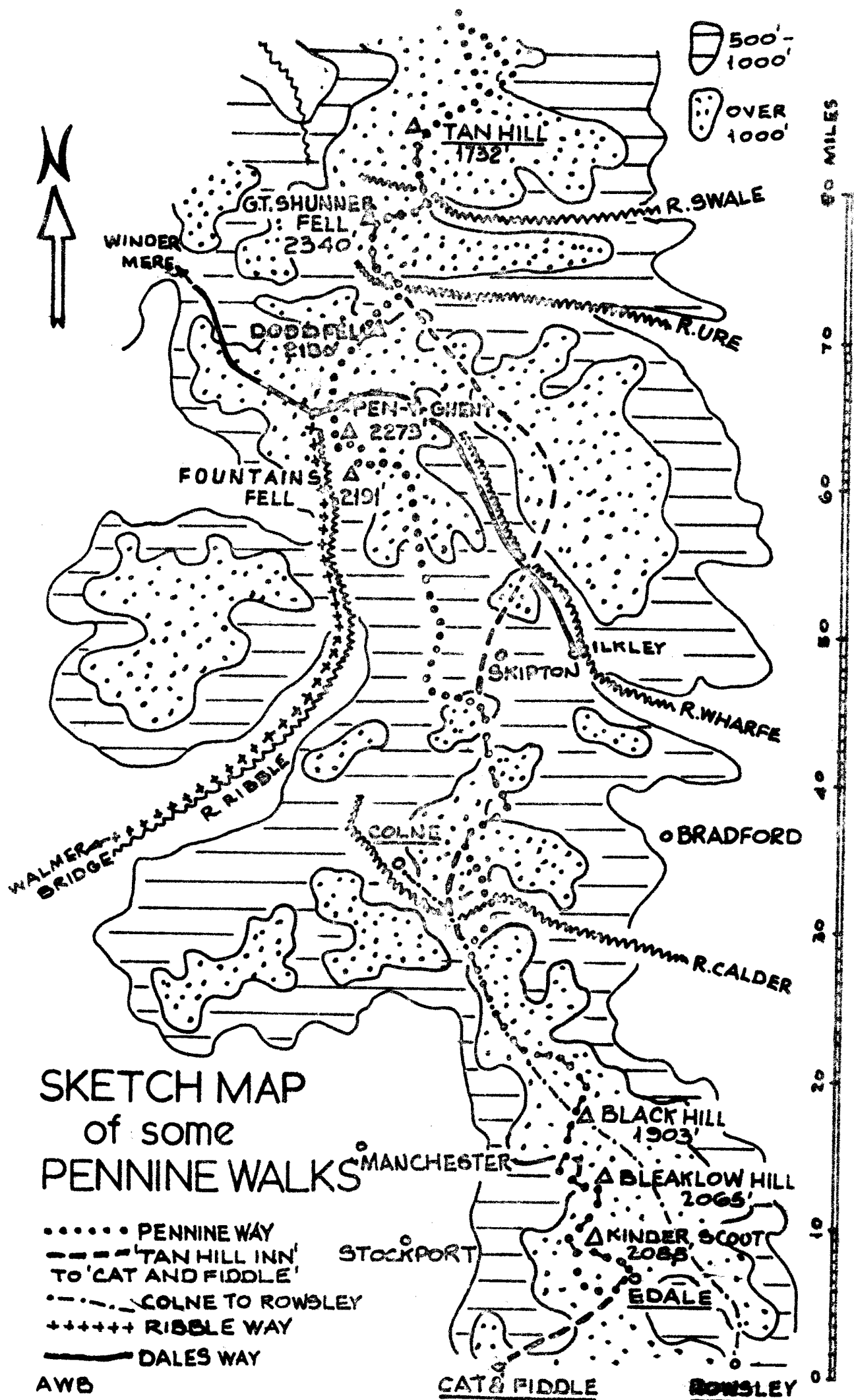
The route had been surveyed beforehand and the plan was to keep as high as possible. Meals were arranged to be taken at such places as pubs., farms, a Youth Hostel and a reservoir keeper's cottage. Departure appears to have been about 15.00 on the Thursday and the party reached Grassington early on Friday. By the afternoon Widdop was reached and later the same day Todmorden. At 15.30 on Saturday, Blake Lea, near Marsden was passed with the walkers now about three hours behind their schedule, and with sore feet. Near here they had a two hours rest, took food, and were given first aid. The first member of the party got to the Cat at about 21.00 on Saturday, with the remainder coming at 22.30. The pioneers of the long trek were Vin Desmond who took 54 hours 10 mins. and Frank Williamson and Ted Courtney who recorded 55.40. Two others had to retire en route.

Later the same walk was completed in 46.30 by members of the Hyperion Club and in 1954 a member of the Karbiner Club extended the walk to Flash, adding another four or five miles.

### Colne to Rowsley

For many years the Rucksack Club had enjoyed a fifty miles Colne to Buxton walk but early in 1926 a new route was devised. The Colne (Lancs) to Rowsley (Derbs) walk was the result. This followed the route of its predecessor as far as the now demolished Isle of Skye Inn. See sketch map.

The time recorded for the first attempt was 27.30 and the members participating were Harold Gerard, Fred Heardman and John Burton. The route is one of many that completely traverses the "Peak District" and like the Tan Hill-Cat Walk, the route incorporates some of the Pennine Way. In 1952 the walk was still very popular and it was in this year that the first winter crossing was attempted.



# BOOKS OLD & NEW

"THE PENNINE WAY" by Tom Stephenson (H.M.S.O.) Price £1.50 1969.

This is the first of the Long Distance Footpath Guides to be published for the Countryside Commission and the author is the originator of the Way.

The first two chapters of the 112 page guide contain notes on the routes, origin, geology, botany etc. The walk starts at Chapter Three describing the Edale to Malham section and in Chapter Six the journey ends at Kirk Yetholm. The whole route and its alternative stretches is shown on reproductions of the appropriate one inch O/S maps. Difficult sections over Kinder, Bleaklow, Black Hill and Cross Fell are also shown on 2½" maps, There are chapters on accommodation along the Way and hints for those attempting the walk. The Guide also contains a number of sketches, diagrams and photographs.

"THE CLEVELAND WAY" by Alan Falconer (H.M.S.O.) Price £1.80 1972.

This is the second of the L.D.f.p. guides and like the "Pennine Way" guide is 5" by 8" in size but contains a few more pages. Very similar to guide number one in layout but includes more sketches and diagrams and non-route material. After chapters on "How to do it", Geology, History, Natural History etc., the walk begins on page 59 in Helmsley. The complete route is shown on reproductions of the 2½" map and described in the text. Whilst the price is rather high for such a small book it is considerably less expensive than purchasing the 19 - 2½" maps required, although the more popular 1" maps would be cheaper.

"LAW OF FOOTPATHS" by Ian Campbell (Commons, Open Spaces and Footpaths Preservations Society) Price 25p.

A 62 page booklet that, although it may not command the attention of the majority of walkers, should be useful to organisers of marathons and leaders of walking parties. The ten sections deal with such topics as what a walker's rights are when on a footpath, what the law allows one to do in the case of obstruction, who should replace missing footbridges etc. The publication informs us that a farmer may be fined up to £50 if he fails to restore the original surface of a path after ploughing and that a walker whose coat caught on a barbed wire fence beside a path was able to recover the cost of the damage from the owner of the fence.

"THE WELSH PEAKS" by W.A. Poucher (Constable & Co.) Price £1.75.

The author spent over 20 years in gathering the 200 plus photographs contained within the 400 page pocket sized book. Superimposed upon the photos are the lines of practical routes for walkers and the names of the more notable features. The text describes each of the 52 routes in detail and several map extracts are included. All upland areas over 2000 feet are covered right from the Brecons to the Snowdonia peaks. A number of pages are devoted to equipment, rock climbing, place names, and mountain photography.

In the same series and by the same author are the following: "THE SCOTTISH PEAKS", "THE LAKELAND PEAKS" and "THE PEAK AND PENNINES". The three books also abound with excellent photographs and all contain many maps and useful tips on walking and navigation.

# SOME RECENT PAST EVENTS

19.

## RESERVOIR ROUNDABOUT - 20th January.

After eight years it happened - we got snow instead of the usual rain and wind. It was a foot deep on the tops and quite a blizzard developed before the day was out. Fortunately, there was not much wind, otherwise the conditions would have been interesting to say the least! The lack of wind probably accounted for the high number of finishers - 55 out of 61 starters, including three women.

The fastest time was the 4 hours 20 minutes by Ted Morrish of Coventry and Dennis Eccles of Manchester.

The route, as usual, encircles the Claerwen and Elan Valley Reservoirs, giving 20 miles of "moorland bashing" and some interesting navigational problems.

Thanks are due to the Bridgend Mountain Rescue Team and the Ehrenzellars of St Christophers, Llandrindod Wells - without their help the event would not have been possible.

NEVILLE TANDY (LDWA 130)

## THREE PEAKS TRIAL

This popular South Wales event took place on February 10th and a record 170 or so walkers set out from Crickhowell Youth Hostel from 8.0 a.m. onwards to walk the route in either direction to their pre-requested choice. The weather was very kind, though icy keen on the summits, with an occasional burst of sunshine. The organisation was faultless, as usual, and our thanks go to this year's leader, Jill Turner, and her many willing helpers.

We understand that this event, after being held bi-annually for a couple of years, is reverting to an annual fixture in February and will not now be run in the Autumn owing to the increased numbers taking part.

Chris Steer (LDWA 1)  
p.p. NEVILLE TANDY

## TANNERS TO HINDHEAD WALK 24th February - Surrey.

Nearly a hundred walkers started from Tanners Hatch Hostel end, whilst ten set out from Hindhead Hostel to walk the 25 miles. The weather was fine, cool but sunny and about 70 people completed the course.

The route consisted of a series of carefully selected footpaths and lanes between check points, at Pubs in the morning and churches in the afternoon. The fastest time recorded (again) was by D. Rosen who took 4 hours 10 mins. in going from Hindhead to Tanners. Two Northants policemen, who were the first finishers at Hindhead, took 4 hours 30 mins.

Next year the walk may be optionally held over two days enabling walkers to do a double walk, staying overnight and returning next day, or walking one way only.

Thanks to Graham Peddie and his helpers for a very well organised event.

---oOo---

CONGRATULATIONS to our Treasurer, Jeff Ellingham, who was married to Marion Vinall on Feb. 17th. Jeff, who is a member of Aldershot, Farnham & Dist. Athletic Club, and the Occasional Orienteers, is currently inactive due to an enforced lay off through injury but hopes to be back in sporting circles soon. Marion, also an athlete, is a member of Woking A.C. and is coached by Jeff.

# COASTAL PATHS

## S.W. PENINSULAR COAST PATH - USERS ASSOCIATION FORMED

At Newton Abbot, Devon, on the 27th January, 1973, an Association was formed to further users interests in the proposed South West Peninsular Coastal Footpath. This splendid idea of a long distance footpath was born some 22 years ago but, despite being authorised by Parliament, it is still unfinished.

The S.W.P.C. path is not a new idea like the Pennine Way: until about 1913 it was an established path patrolled on foot by coastguards and many old coastguards cottages still remain and in places there are stone stiles to provide further evidence of usage. The path, when finished, would extend from Minehead, Somerset, via Lands End, to Poole, Dorset. It would be the longest of our long distance paths and be about 515 miles from end to end, well over twice the length of the Pennine Way.

The provisional Association believe that the Countryside Commission are in error in two respects: firstly they are not making it a continuous path despite their own words, and secondly the path has been diverted from the coast in several places for no apparent reason. The Association believe that it would be scenically more interesting, less hindrance to agriculture and physically safer if kept on the coast.

It is also surprising that local walking associations have never been consulted about the path. Members of the Association contend that being reasonable people they cannot expect to have everything their own way, but without discussing plans with the people who know best is altogether wrong. A second public meeting is to be held to discuss the situation. This will be at Newton Abbot Community Centre at 2 p.m. on Sat. May 5th. Christopher Hall (R.A. Secretary) will address the meeting. Anyone interested in the Association should contact P.H. Carter

(Based on a press release from the provisional Association)

## PROPOSED COASTAL PATH IN EAST ANGLIA

The Countryside Commission have informed the Norfolk County Council that efforts will be made to designate a coastal path within the county. Norfolk has a coastline of about ninety miles extending from the Wash to Great Yarmouth. Although generally low the coastal scenery does include some interesting cliffs around Cromer. Apart from Cromer the only towns of any size on the route are Sheringham and Hunstanton. We hope to give more information in a later newsletter.

## INVITATION

July 7 WHITE ROSE WALK (Yorkshire)

As mentioned in Newsletter No 3 the White Rose Walk is one that can be accomplished at any time for the purposes of obtaining a certificate from the Yorkshire Wayfarers. The walk is either 34 or 40 miles depending upon which variation is taken and the North Yorks Moors Tourist Map covers the route.

On the above date the Y.W.'s will be arranging a walk over the accepted route going from north to south. LDWA members are invited to join the walk and the probable cost will be about £1 to cover transport from York, and support. Enquiries to G. White (LDWA 366)

# NEW MEMBERS

21

LDWA 317 Miss L. MITCHELL

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"	365	N.A. CREWS
"	366	F.G. WHITE
"	367	H. MACHIN
"	368	G.K. COLLISTER
"	369	H. D. MARTIN
"	370	W.M. MURRAY
"	371	J.N. HARRISON
"	372	G.G. GOODAIR
"	373	J. D. JENKINS
"	374	MRS E.M. CONWAY
"	375	S. GREER
"	376	L. ROBERTSON
"	377	B. KING
"	378	B.M. BREACHER
"	379	R. MALLEY
"	380	P. CLEGG
"	381	MISS J.H. CRICK
"	382	D. ATKINSON
"	383	MISS F.M. WHITE
"	384	J.D. HUCHENSON
"	385	MRS A. TYRELL
"	386	J.L. MACKENZIE
"	387	D. LONG
"	388	C.G. WILIN
"	389	MISS M. BURTON
"	390	D. ROGERSON
"	391	D.J. TEASDALE
"	392	M.E. MILLINER
"	393	R. RAY
"	394	F. KIENER
"	395	D. PEPPERDAY
"	396	D.E. FUNNELL
"	397	J. CRANE
"	398	G. TREVOR
"	399	R.A. WHITEAKER
"	400	B.M. HYNES
"	401	A.E. EAVES
"	402	W. JAMES
"	403	MISS H.D. HARVEY
"	404	REV. D. HUTCHINGS
"	405	A.J. ROLLEY
"	406	G.B. WALKER
"	407	J. AINSWORTH
"	408	A. EMMOTT
"	409	R.W. SHAW
"	410	P. JUDD
"	411	A. WILLIAMSON
"	412	D. BUXTON
"	413	N.J. HOLLIDAY
"	414	D.P. DODD
"	415	J.A. SLEVIN
"	416	E. HORROCKS
"	417	D. LEWIS
"	418	M.J. ROSE
"	419	J.B. GLOVER
"	420	A.D. YOUNG
"	421	G. SCOTT
"	422	J. ROSSITER
"	423	G.P. BAILEY

FOUNDERS PAGE.

It has been suggested that members would be interested to know something about the personalities involved in the organisation and the following notes are to introduce the founders.

LDWA 1 CHRIS STEER. 53 years old. 6'3". Born near Woking and resided thereabouts since. Left school at 14 and trained in plumbing and heating. R.A.F. 1940-1945. Active service in Persia (walking the Elburz Mountains), Iraq (Shaibah Blues), and Cyprus (walking the Kyrenia Range). Started in business with brother after the war - now grown to sizeable Plumbing and Heating Contracting concern, operating throughout Surrey. Married Margaret 1948 - three children, girl 23, girl 21 and boy 18. Has always walked but took up eventing about 5 years ago after seeing a Tanners Marathon poster in a village shop window. Now averages 30 miles a week, 1,500 miles a year, and 8 events. Hobbies: gardening, camping, archeology, badminton, art. Collects: fossils, certificates, maps, money. Holidays: tour camping in Europe, R.A.S. walking in Alps, hostelling. Member: Y.H.A., R.A., L.D.W.A. R.A.F.A., Art Society, Tanners Committee, Local Common Preservation Societies.

LDWA 2 ALAN BLATCHFORD. Born 1936. Married (to LDWA 3) with two children. Employed as an aircraft design engineer at B.A.C. First interested in long distance events after seeing a film of the 1948 Olympic Marathon but between school and the R.A.F., football was his main outdoor activity, with cycle touring a close second. In the late fifties weekend rambling and road running gradually took over and in 1960 organised the first Tanners Marathon walk and later that year completed first London to Brighton run. In 1963 he covered 100 miles in the Brighton to London and Back Walk in 22.10 to become Centurion 350 thanks to the attendance of Don Turner (LDWA 245)

Soon after moving from Epsom to Guildford Alan coaxed the local athletic club to assist him with the Punchbowl Marathon and later the Guildford Boundary Marathon. By the mid sixties Orienteering had been tried and a gradual addiction followed which led to organising O events and mapping. Recently some marathons have included the "Long Mynd", "High Peak" and "Chilterns." Likes to complete at least one different walk a year. Hobbies include: natural history, history, house maintenance and matchbox label collecting. Ambitions include walking every long distance footpath, completing the London to Brighton race 25 times, and to see the LDWA thrive as a national body. Is a member of the R.A., R.R.C., Y.H.A., Centurions, Occasional Orienteers, Epsom and Ewell Harriers, Guildford & Godalming A.C. Currently the LDWA Hon. Sec. and Newsletter Editor.

LDWA 3 BARBARA BLATCHFORD. Married to above. Main sporting interest at school was lacrosse but at weekends cycling was the main outdoor activity. Like husband, was a member of the Epsom and Ewell Y.H.A. Group and whilst he was outdoor organiser, she was magazine editor.

Whilst at Oxford was captain of the ladies cycling club. Later obtained Honours degree as a botanist and became a schoolteacher. Is one of the only two known active walkers who completed the first Tanners Marathon. Has also completed the "Ridgeway", Chiltern Marathon, Tanners-Hindhead and Tanners Fifty. Due to husband's sporting fixtures, and care of children, Barbara's walking activities have been limited in recent years.

Hobbies and interests include archaeology, orienteering, natural history history. Ambitions include: to walk in all areas of the British Isles and visit the remoter parts of the world. Is a member of the Surrey Naturalists, Surrey Archaeological Society, The Conservation Society, Occasional Orienteers.



# FINAL NOTES

23.

1. Due to the resignation of the Membership Secretary, all communications regarding membership etc. should now be addressed to Alan Blatchford.
2. It has been suggested by Betty Hood (LDWA 17) that we might "set up shop" at some of the major walking events to advertise the Association, sell badges, distribute information etc. Depending upon the date, Newsletters could also be taken along for collection to save on the postage which now amounts to about £12 per issue.
3. We have a quote for car stickers (plastic adhesive) which would help advertise the Association and identify members cars, and also bring in some small profit to funds. The stickers would be three colour and cost about 15p each. (Have you seen the orienteering stickers?)
4. FIRST ANNUAL GENERAL MEETING as mentioned earlier will be at Edale village hall on Saturday, April 7th. All members may attend, especially those with views to air. Be there at 2.00 p.m. for a 2.30 start. One topic for discussion will be the insurance - is it worthwhile at a cost to us of £40 (this year)? Members with interesting colour slides about walking and routes etc. should bring them along for the evening slide show. Bring walking gear for Sunday walk. To help everyone to know everyone else, please wear your name on your lapel.
5. Transport to A.G.M. from South East - if you have spare seats in your car and can take passengers, or if you yourself require a lift, contact Alan Blatchford, giving number of seats spare and starting point, or make request for lift.
6. DOWNSMAN HUNDRED. Help is required for duty at checkpoints so if you (and any friends or family) can lend a hand please complete the accompanying form and send in as soon as possible.

To help cover expenses for the walk we are still pursuing the possibility of obtaining sponsors. However, it has been suggested that we set up a fund to raise a little money and Jack Spackman (LDWA 104), the proposer, has donated the first £1. All further donations to DMH Sec.

7. If trends continue it will not be long before we require to run off a thousand copies of the Newsletter and so we are currently investigating the possibility of supplying the typed work plus any maps or sketches to a commercial printer. If any members are in the printing trade or know of competitive (pricewise) litho printers, we would be pleased to have quotes for 1,000 copies.

## H E L P

PENNINE WAY Marjorie Burton (LDWA 389) is currently in training for a walk along the Pennine Way and she would be pleased to hear from any members with similar ideas.

FELLSMAN REQUEST NO. 2 Another request for a "Fellsman Hike" cancellation comes from a recently enrolled member, D. Millington.

24. AMENDMENTS TO MEMBERS' ADDRESSES to March 1973

LDWA	27	HILARY CLARK
"	44	BRIAN CURLE
"	56	KENNETH CLOUGH
" 65	66	PETER & MICHAEL ROBSON
"	67	JOHN WOODS
"	94	JOHN DEFT
"	111	KEITH WILKINSON
"	117	DR BERT ROBERTS
"	158	JOHN ROBINSON
"	162	JAMES BARTON
"	208	ALEC HORN
"	217	B. TOMLINSON
"	252	PETER MATTHEWS
"	301	TONY HULL
"	322	HUGH McALLISTER
"	337	DAVID LONGMIRE

THREE PEAKS MAP

Last year the Ordnance Survey published a new 2 $\frac{1}{2}$ " (1:25000) map called "The Dark Peak" and despite its relatively high cost of 95p it has proved popular. Now the O.S. plan to publish another map in a similar style - this will be called "The Three Peaks" and cover an area of about 200 square miles of Yorkshire. The three peaks being Whernside, Pen-y-ghent and Ingleborough (see article). The new map should be of great interest to all who visit the area, especially walkers. Its features include a part of the Pennine Way, the Yorkshire Dales National Park, rights of way, youth hostels and cave rescue stations. The publication should be available from April this year.

TEN TORS EXPEDITION

We have had two offers from "senior walkers" to help with any team that was formed from LDWA members for this two day walk on Dartmoor, but no interest has been shown by members under 20 to whom the event is restricted to date.

S.W. PENINSULAR COASTAL PATH - May 19/20

An official opening of the Cornish section is to take place on May 20 when the whole of the long distance path will be walked in a series of about seventy separate walks. Cheap travel and accommodation packages are being arranged for members of walking clubs who wish to participate. There is to be a mass walk from Newquay to Watergate Bay and the actual opening ceremony will take place in the afternoon there. Further details are expected to be available soon from the Ramblers Association, 1/4 Crawford Mews, York Street, LONDON W1H 1PT (01-262-1477) See also item on the S.W.P.C.P.

Purbeck Plod

Don't forget the date has been changed to July 15th, and bring your bathing trunks - swift plunges are recommended at Dancing Ledge, Winspit, Chapman's Pool, Kimmeridge, and Swanage too at the end of course.

NEXT ISSUE will be despatched in July. All communications and copy for the Sixth Edition should be sent to Alan by June 14th, 1973.

This Newsletter was edited by Alan Blatchford  
and printed by Chris Steer.