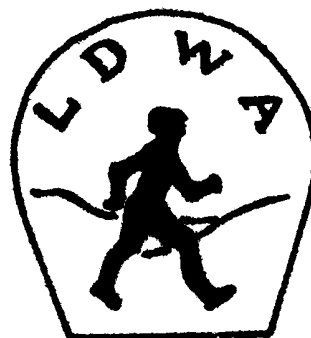


# LONG DISTANCE WALKERS ASSOCIATION

NUMBER SIX

JULY 1973



## NEWSLETTER

### CONTENTS

#### PAGE

COVER	CALENDAR
1	EDITORIAL
2	A.G.M. REPORT
3 4	FUTURE EVENTS
5 6 7 8	PAST EVENTS
9	NEW ROUTE?
10 11	AVOIDING ACORNS
12	BOOKS
13	MEMBERS CLUBS NO. 3
14 15 16 17	COLNE TO ROWSLEY
18	INSTRUMENTS
19 20 21 22	MEASUREMENT
23 24	LETTERS
25 26	NEW MEMBERS

# CALENDAR

This feature is updated at each issue as information is received. The Editor will be pleased to have details of any other event that anyone considers warrants inclusion. Capital letters indicate confirmation of date etc.

<u>Date</u>	<u>Event</u>	<u>Approx. Distance</u>	<u>Area</u>
Sept. 1/2	ACROSS WALES WALK (and back)	45 (90)	Wales
" 2	PETERSFIELD BORDER WALK	30	
" 16	GUILDFORD BOUNDARY WALK	25	
" 23	CHILTERNS MARATHON	25	Bucks.
Oct. 6/7	LONG MYND HIKE	50	Shropshire
" 13	VECTIS 30 MARATHON	30	Isle of Wight
" 13/14	MOUNTAIN MARATHON (2 day, 2 man)	30-45	N. Wales
Nov. 9/10	HIGH PEAK MARATHON (teams)	40	Derbyshire
1974 Jan. 12	RESERVOIR ROUNDABOUT	22	Mid Wales
Feb. 23/24	TANNERS-HINDHEAD (and back)	25 (50)	Surrey
"	Three Peaks Trial	22	S. Wales
April	Four Inns Walk	48	Yorks/Derbys
"	Manx Mountain Marathon	30	Isle of Man
"	Mid Wales Marathon	22	W. Cen. Wales
May	Ridgeway Walk	40	Wilts/Berks
"	Chevy Chase	17	Northumberland
"	Fellsman Hike (enter in January!)	50	Yorkshire
"	Parish Walk	85	Isle of Man
"	South Wales Marathon	47	S. Wales
"	L.D.W.A. Ultra Long Distance Walk	85	S. England
"	Royal Leamington Spa Walk (road)	50	Warwickshire
June	Six Shropshire Summits Walk	35	Shropshire
"	Punchbowl Marathon	30	S.W. Surrey
"	Welsh 1,000 Metres Event	20	North Wales
"	Mourne Wall Walk	20	N. Ireland
"	McGillycuddy Reeks Ridge Walk	11	Eire
"	Peak District Marathons	25/30	Derbushire
"	Lake District Four 3,000's	45	Cumberland
"	Nymegen Marches (road)	Variable	Holland
July	Mallerstang Marathon	25	Yorkshire
" 7	TANNERS MARATHONS	30 & 50	Surrey
"	North Yorks Moors Crosses Walk	53	Yorkshire
"	White Rose Walk	40	Yorkshire
"	Purbeck Plod	26	Dorset

## OTHER WALKS

Members are invited to send details of any "informal" walks that they propose to arrange. Such walks may vary from attempts at the Lyke Wake route, a long distance path, or several days along the Pennine Way. Proposed walks in the south include:-

Surrey Hills Walk  
Three Counties Walk  
Basinstoke Canal Walk

# EDITORIAL

1.

In the first half of this year several milestones contributing to the build up of the Association were passed. The most important being the A.G.M. which, although not being well supported, produced our first official committee and approved a Constitution. The Constitution finally accepted was an amended version of the draft sent to all who were members prior to the meeting. The revised edition will be issued before the next A.G.M. As a result of this meeting the minimum sub. is now 50p.

Over the Spring Bank Holiday Weekend we promoted our first open walk, which, as noted in the report, proved to be an outstandingly successful venture. As far as is known, the Downsman 100 is the longest walk of its kind ever held, (any rivals?) Financially the event was self-supporting, and the walkers who finished received a badge, certificate, plaque etc., and food for up to two days. Spin-off from the event came in the form of publicity for the LDWA And the enrolment of many participants.

Earlier in the year, Chris Steer had organised and led two attempts at the Surrey Hills Walk. Twelve members completed the west to east walk and eleven the later east to west trek. More recently Philip Gilks and Mike Smith arranged a Three Peaks Walk in Yorkshire.

The membership is continuing to grow and over 560 cards have now been issued. The current membership, how ever, is less than this figure due to deaths and non-renewals. Later this year we hope to introduce a small publicity scheme to ensure the movement maintains growth.

For the early newsletters there was a scarcity of contributions but we are now in the happy position where there is a good inflow of copy. One or two members have sent interesting, but rather lengthy, articles, and we may have to produce an extra issue to publish them. One also supplied the stencils prepared for printing which was a great help. Please continue to contribute articles, sketches and maps, but try to limit the work to a maximum of two pages.

It is regretted that this summer edition of the Newsletter is a little late reaching you - this is inevitably due to holidays and other summer activities of the volunteer helpers.

Alan Blatchford (Assist. Editor)

## OFFICERS OF THE ASSOCIATION

GENERAL SECRETARY	Alan Blatchford
TREASURER	Jeff Ellingham
MEMBERSHIP SECRETARY	Mike Brown
EDITOR	Chris Steer
PUBLICITY OFFICER	Keith Pennyfather

## 2. TWO FIRSTS

The first ANNUAL GENERAL MEETING of the LDWA was held on April 7th. at Edale village hall in the Peak District. Although the occasion provided members with the opportunity to voice their suggestions on future policy, the meeting was not well supported. The venue was chosen because of its central position and it was disappointing that so few of the Yorks. and Lancs. members joined those from the South who were in a majority.

After an introduction and report by the founder members a proposed constitution was presented. This was accepted or amended section by section and was the longest item on the agenda. Following the tea interval these members were elected to serve as the inaugural committee:-

Haydn Morris (155)	Chairman	Alan Blatchford (2)	Gen. Secretary
Jeff Ellingham (173)	Treasurer	Mike Brown (319)	Membership Sec.
Chris Steer (1)	Editor	Keith Pennyfather (96)	Publicity Officer.

Barbara Blatchford (3)	Geoffrey Bailey (423)	John Stephenson (206)
Thomas Harding (204)	Steve Covney (489)	

One point in the constitution affecting all members is that the annual subscription is now at 50p (minimum).

Later that evening a slide show on long distance footpaths was given by Keith Pennyfather and Haydn Morris. The next day some of the members took part in a hill walk.

### THE DOWNSMAN HUNDRED - May 26th - 28th.

Attracting nearly 140 entries, our first ultra-long distance promotion proved to be a great success both for the walkers and the organisers. The weather was fine and warm when the 124 starters set off from Winchester to attempt to walk the 100 miles along the South Downs that was to end at Eastbourne. Too fast an early pace, the continuing hot weather, and the hard walking surface led to the retirement of 58 people.

22hrs and 20 mins after the start David Rosen, aged 20, arrived at the final checkpoint to become the first qualifier for the Downsman badge. Over the next 24 hours individuals and small groups intermittently checked in, with Wynne Evans. 66. the oldest finisher, closing the door at 48 hrs 25 mins. Of the seven ladies who set out, three finished, with Dianne Pegg leading them home in 34½ hrs. Half of the starters were LDWA members and it was interesting to see that 67% of these finished, whereas only 42% of the non-members succeeded.

After the walk several enquiries were made about "next year's Downsman" but it is not proposed to hold another until 1975. If support continues it could become a regular biannual event. Anyone wishing to have a fuller report, route map and checkpoint times of every starter, etc. should send 10p and a request to Alan Blatchford. (Walkers and helpers should have received a copy)

ALAN HOARE (LDWA 131) of Coventry successfully completed a double crossing of the Six Shropshire Summits in 19 hrs 30 mins on April 1st (8 hrs 16 mins West/East, 11 hrs 14 mins East/West.)

## September 1st - ACROSS WALES WALK

From the Welsh border a 45 mile route is followed over the Kerry Hills, Plynlymon and Borth Bog to the finish at Borth Youth Hostel. A short section of the route is on surfaced roads. Entry is limited to about 50 by the accommodation at Clun and Newtown Youth Hostels where the walkers are required to spend Friday night. Refreshments are provided en route. Certificates awarded to all who complete the course within 18 hrs. Entry fee probably £1. O/S maps 127 and 128 cover the area. The organisers are West Birmingham Y.H.A. Group, and further details can be obtained from Mrs K. Cherrington

Note: enthusiasts can walk the route in the reverse direction on the Sunday.

## September 2nd - PETERSFIELD BORDER 30 (Hants/Sussex)

A new 30 mile walk organised by Petersfield Rambling Club. The route, which follows South Downs footpaths and bridleways, starts and finishes at Petersfield and will probably include Butser Hill the highest point in the area. Entry fee 20p. Closing date for entries 1st August. Certificates to all who complete the course within 10 hrs. O/S map 181 required. Details and entry forms from David Turland

## September 16th - GUILDFORD BOUNDARY WALK (Surrey)

A 22 mile lowland walk promoted by Guildford and Godalming Athletic Club. It starts and finishes on the Downs above Guildford and the route which is never more than 4 miles from the town centre takes walkers through a great variety of scenery, ranging from sandstone hills to a riverside section. Start 10 a.m. Entry fee 15p (20p on day). Certificates to all finishers. Route descriptions issued. O/S map 170 covers the area. Details and entry form from Alan Blatchford

## September 23rd - CHILTERN MARATHON (Bucks)

Starting and finishing at High Wycombe the 25 mile route, mainly on footpaths and bridleways, passes through some of the most attractive parts of the Chilterns. This year the route is mainly a new one with less road walking than in previous years. There is a 9 hr time limit and certificates are awarded to all successful finishers. Route descriptions and a sketch map are supplied. O/S map 159 covers the area. Entry fee 25p. includes the provision of drinks en route. The event is organised by Middle Thames Ramblers and details and entry forms can be obtained from Vince Smith

## October 6th/7th - THE 7th LONG MYND HIKE

50 miles of Shropshire Hills, with 15 checkpoints en route mostly on summits from 1,200' to 1,700', including Stiperstones, Corndon and Caradoc. A well organised and well run event with certificates for finishers under 24 hours. Details from Mrs W. Tranter

## October 13th - VECTIS MARATHON (Isle of Wight)

This 30 mile walk, to be completed within 10 hours, takes in some of the best coastal and inland scenery in the Isle of Wight. The start and finish are at Sandown Youth Hostel where accommodation is available for early entrants. It is essential that all intending walkers should arrive

#### 4. Details of future walks continued.

on the island by Friday evening. O/S map 180 covers the area. Full details and entry form from Mark Tomlin

#### October 13th/14 - MOUNTAIN MARATHON (North Wales)

Basically a giant orienteering event, including an overnight camp. Two classes - standard and elite - with total distances of about 25 and 35 miles, for two-man teams only. Details from L.F. Clarke

#### November 9th/10th - HIGH PEAK MARATHON (Derbyshire)

A "High Level" event for teams of four. The 45 mile circuit starts on the Yorks/Derby border and traverses the Derwent watershed, taking in Kinder Scout and Bleaklow. Full details from Dr H.J. Prosser

PLEASE SEND A STAMPED, ADDRESSED ENVELOPE WITH ALL ENQUIRIES

## COMPETITION

Can you "design" a long distance walk? You are invited to submit your ideas for a new walk of about 20 to 25 miles that can be attempted by groups and individuals at any time. The guide lines are: the proposed walk should not follow the course of any established walk, it will have a minimum of metalled surfaces, it will be scenically (and possibly historically) interesting, it will be along rights of way, or over areas where the public have access, the start and finish points will be at some definite map feature and will be fairly accessible by those with or without their transport. A sketch or map tracing should be sent, showing the described route etc. The walk must be in Britain. Send entry to Editor by September 25th. Submissions will be judged and published in the next Newsletter.

#### FAST GUY

The Manchester to Blackpool road race walk was won by Guy Goodair (LDWA 372) on June 2nd. His time for the 52 miles course was 8.07. The following day he ran in the Maxol Marathon and recorded 3.03 for the 26 miles.

#### JOHN O'GROATS - LANDS END RECORD

A new record for this walk was set up by John Pounder of Blackpool when he arrived at Lands End after walking for 11 days, 17 hours and 45 minutes. This beat the previous fastest time by about six hours after averaging about 72 miles a day. Twenty-three years old John is now attempting the trans America walk of over 2,800 miles which stands at 53 days and 12 hours. Later he hopes to try the non stop walking record of 255 miles.

---oOo---

Jack Spackmen sent the following:-

Ye rash men who go up the Glyders,  
Not one of you ever considers  
If you see a thick fog when  
You start from Lake Ogwen,  
Your wives may be changed into widders!

# PAST EVENTS.

5

## SURREY HILLS WALKS - 17th/18th March and 14th/15th April

As noted in a previous issue, the S.H.W. can be attempted at any time; the object being to travel across the complete breadth of the county of Surrey (about 50 miles) within 24 hours. Partly to fill-in a quiet period and partly to give 100 mile contenders an opportunity to train, two attempts were made, both arranged and led by Chris Steer.

The first walk attracted 12 members and they covered the west to east route in 17.57 hrs (one group) and 18.15 hrs., after a mid-day Saturday start. Members of this party were: Miss P. Morris (LDWA 77), Messrs Addison (289), Blatchford (2), Chesterton (81), Funnell (396), Gray (246), Harding (204), McQuillin (81), Sudbury (197), Wilson (147), Rossiter (422) and Steer (1).

The second attempt was in the reverse direction and included "a little more hill". Time was 19.00. For this walk there were 13 starters and 11 finished, four of these having taken part in the earlier walk. The finishers were: Mrs Blatchford (3), Messrs Addison, Chesterton, Sudbury and Steer, Bailey (423), Cavanah ( ), Moffatt (356), Ring (184), Smith (457) and Welch (236).

For both walks the weather was fine and on each occasion Arthur and Elsie Steer provided half-way refreshments. (They will be remembered by the Downman 100 walkers for their superb arrangements at Check Point 4) Neither of these walks was an attempt to break the record, although the west to east crossing was the fastest done by a party and, incidentally, Pat Morris became the first lady ever to complete.

## MID WALES MARATHON - 14.4.73.

The day dawned damp and overcast, to greet 105 assorted walkers from Yorkshire to Devon and all points in between.

After a hectic hour checking equipment and allocating numbers, everyone was away by 08.15 hours.

By this time a lightening sky held the promise of a fine day, which indeed we got - just for a change!

This fine weather, cool but clear, helped Neil Heaton from Bolton to finish first, in a very creditable 5 hours, a record to date. Altogether 83 finished, the majority of the field taking 9-10 hours.

As usual, Cader Idris was the main obstacle, there were many anguished faces contemplating the 2,000' of steep rock and heather to Cader's 2,927' summit.

Thanks are due to the Bridgend Mountain Rescue Team for providing checkers and rescue facilities, also the Wardens at Dinas and 'Kings' for their co-operation.

NEVILLE TANDY (LDWA 130)

## MANX MOUNTAIN MARATHON (I.O.M.) April 21st (Easter)

39 out of the 45 starters completed the tough 30 mile course. Starting at Ramsey and finishing at Port of Erin, first runners home were Joss Naylor and Dennis Weir in 4 hrs 20 mins, 1 and 8 seconds respectively; but whilst clocking in at each checkpoint they failed to follow the prescribed course at one point thus avoiding a steep descent into and ascent out of Fleshwick and shortening their times. First home to follow the approved route was Bob Meadowcroft in 4 hrs 44 mins, 4 secs. The time limit of 10 hours for walkers was hard to beat and half a dozen or so ran out of time. Scenically a very fine and stimulating walk.

## PAST EVENTS CONTINUED

### SOUTH OF THE ISLAND TREK - April 23rd Isle of Wight.

The poor Easter weather and the transport arrangements deterred some people from joining the party and only a few mainlanders joined the handful of islanders for this walk led by veteran Harry Peel. The start was at Bembridge on the east of the Isle, at 09.00. From here the route led across Brading Marshes to Brading, over Brading Down and into Arreton Valley. Later a disused rail-track was used to reach the island's central ridge. After a half hour stop for lunch at Carisbrooke, the Tennyson Trail was followed to the western extremity at Alum Bay and The Needles. The 30 miles plus took about 8 hours. Among the group were members Ivor Peach (37) and Roy Dilliway (83). Roy has the distinction of being one of the few people to have walked round the complete island coastline, swimming where creeks and inlets stood in his way. This took about three days.

### RIDGEWAY WALK (Wilts/Berks) - May 5th

Last year the weather conditions for the walk were described as "the worst ever" and this year could hardly have been any improvement. The forecast was "rain with bright intervals": one of these occurred about starting time and any others scarcely gave time to remove one's cagoule before donning it again.

Two coaches transported walkers over the fifty or so miles between Streatley (the finishing point) and the start some six miles west of Marlborough. The majority of the starters set off on the forty miles hike between 8.05 and 8.20. Some, attired in running gear, soon disappeared ahead, to be followed by the fast walkers who in turn led several groups of less speedy walkers. Keith Chesterton (LDWA 81) had set out the previous night to do the walk in the opposite direction and was now setting out to complete a double. The atrocious conditions, however, forced him to retire at about 55 miles.

The route along the ancient trackway is obvious and references to map and route sheet were seldom required which was fortunate as one leathed to get either out in the incessant rain. The underfoot conditions gradually deteriorated and some sections were turned into sticky morasses where boots and shoes quickly attracted many pounds of mud. Due to staffing problems some checkpoints were unmanned but others were havens where such delectable titbits as fudge and peanuts and raisins were handed out with soup or squash.

The walk ends at Streatley Youth Hostel near where the old Way crosses the Thames. Here the first man arrived at about 2.00 p.m. having sped over the course in a new "record" of 6 hrs and 2 mins. This was 19 years old David Rosen (LDWA 152). It was nearly an hour before anyone else arrived and a further three quarters of an hour before the third man finished. The first true walker to finish was probably Tim Mozley of Croydon who took 8.34. The first lady home was Di Pegg (LDWA 279) in 10.15.

Of the 120 starters 104 finished. Many of these were members of the Association. The walk is organised by the Reading Y.H.A. Group and the Secretary is Norman Griffin (LDWA 267) who has held this office since the event was first held in 1962.

ALAN BLATCHFORD (LDWA 2)

### CHEVY CHASE (Northumberland) May 13th.

86 out of the 100 starters completed this 17 mile walk and 6 teams of 3 were successful. Finishing times ranged from a record 2 hrs 50 mins recorded by Neil Heaton (LDWA 82) to 8 hrs 44 mins. The first lady, Marjorie Hall, took 4 hrs 53 mins. The event is organised by Border and Dales regional group of the Y.H.A.



THE 12th FELLSMAN HIKE - 19th/20th May, 1973

I was there - with a place in the most popular event on the Calendar - and very glad I was too - had dreamed about it for years and now we were chatting in the school yard in the sun and then, at 12 o'clock, spilling out into the road and sweltering up the side of Ingleborough. It was hot and dry, hadn't rained for ages, and the boggy bits held up too!

It was too good to last, however, for at 01.00 a.m., on Dodd Fell, it started to rain and it kept on for ten hours, I swear without a break! The dawn didn't help either because mist replaced the dark and Fleet Moss reverted to what it had always been. I think 395 started. The first hero man back was Alan Heston in 16 hrs 17 mins, followed, within the next 34 mins, by William Smith (LDWA 101), Neil Heston (LDWA 82) and David Hine (LDWA 285) 122 finished - I wonder what happened to the other 273?

Me? I finished, and very glad I was too!

CHRIS STEER (LDWA 1)

SOUTH WALES MARATHON - Sunday, 27th May, 1973

The day dawned fine and clear as 28 out of an entry list of 30 started off from Llandeusan Hostel at 4.30 a.m. (at least 2 people had some sense!)

The route traverses Fforest Fawr, the Brecon Beacons and the Black Mountains, covering 47 miles and some of the best scenery that S. Wales has to offer.

To me, the high-light of the day was the climb up to the summit of Bannau Brycheiniog on Fforest Fawr at 6 o'clock in the morning, to be greeted by the early morning sun, hanging in a fiery red sky. An inspiring sight that made me glad that I had started off at dawn instead of a more usual hour.

Performances varied from a frantic 12 hrs 5 mins by Pete Lee of Coventry to a more sedate 19 hrs and longer. The last group came in after midnight having walked past the hostel at Capel-y-Effin; they saw the lights blazing over the hillside and thought it was too good to be a youth hostel. No comment!

Thanks to Chris Barber and all his helpers for a grand day.

NEVILLE TANDY (LDWA 130)

WELSH 1,000 METRES PEAKS RACE - Saturday, 2nd June, 1973

The event is organised as a race, but is of interest to walkers as it is split into classes, one of which caters for Mountaineers as opposed to Fellrunners. The route is 18 miles in length and touches the 4 peaks in Snowdonia that exceed 1,000 metres in height, Carnedd Llewelyn, Carnedd Dafydd, Crib-y-Ddysgl and Snowdon - interesting!

The mountaineers class stipulates a minimum weight of 15 lbs for equipment, also boots are compulsory, this enables walkers, as well as fellrunners, to enter the event without feeling out of place.

Unfortunately the weather had the last word this year, the event being called off during the afternoon due to high winds and heavy rain making conditions on the tops very hazardous.

119 people started, and some were able to complete the event before it was stopped, including a team of Gurkhas, one of whom completed the route in 5 hours 17 mins, wearing full army combat kit!

Thanks to Dr Ieuan Jones, his wife and their many helpers for their efforts in organising the event.

NEVILLE TANDY (LDWA 130)

## 8. THE MOST RECENT

### THREE PEAKS WALK - June 16th, Yorkshire.

This walk, arranged by Philip Gilks and Mike Smith, was intended to be the launching off point for a proposed LDWA group based in the Leeds-York area. Possibly because the Three Peaks is a popular walk anyway, and also the fact that the Lakeland Four 3,000's was on the same weekend, disappointingly few members turned out. However, the walk was completed in hot hazy weather taking about  $9\frac{1}{2}$  hours. The members who comprised the party were Messrs Judd (410), Bennison (309), Jewell (68), Emerson (447), Long (387), Smith (336), and Gilks (33). Not discouraged, another walk/meeting will be organised, probably later this year. Anyone in the north who may be interested should contact P. Gilks

### TANNERS MARATHON (Surrey) July 1st.

Continuing as the most popular lowland walk, this years "Tanners 30", the 14th, attracted over 800 entries. The area in which the event is held is pleasantly rural and easily accessible from the nearby metropolis. Although large parts of Surrey are enclosed, there are hundreds of miles of footpaths enabling the organiser to design a new route each year, and it is still possible to walk for several miles without seeing a road.

From the start at Leatherhead walkers climbed over Mickleham Downs and Box Hill, and then covered a flat section of about 10 miles through the Weald, before turning north to ascend Leith Hill and later the scarp of Ranmore. The temperature rose to over 80° F. and contributed to the retirement of many of the 700 starters. The first to finish were D. Sudbury (LDWA 197) and D. Mullen (LDWA 455) who took less than 6 hrs. Over 350 qualified for the under-10 hours certificate, and a further 96 finished out of time. Croydon Group regained the Y.H.A. Shield, and Nicholas Hawksmoor School won the schools trophy for the first time. A comprehensive report, including route map can be obtained from Alan Blatchford for 10p.

### THE SECOND MALLERSTANG MARATHON- June 30th

54 set off from Garsdale Head Youth Hostel to walk Britain's most scenic marathon - some of the entrants coming from as far away as Devon and Surrey. Only two people failed to complete the 25 miles course and the "drop out" drivers had almost nothing to do. All finishers received certificates for getting home within 12 hours. Dales Park wardens provided radio communication and stood by to give fell rescue service.

Although this event is held every last Saturday in June, the walk can also be attempted at any time. It is customary, however, to use the Garsdale Head Youth Hostel as a base.

This is a much abridged version of Philip Gilks' (LDWA 33) report which appeared in Newsletter No. 4 with full route description.

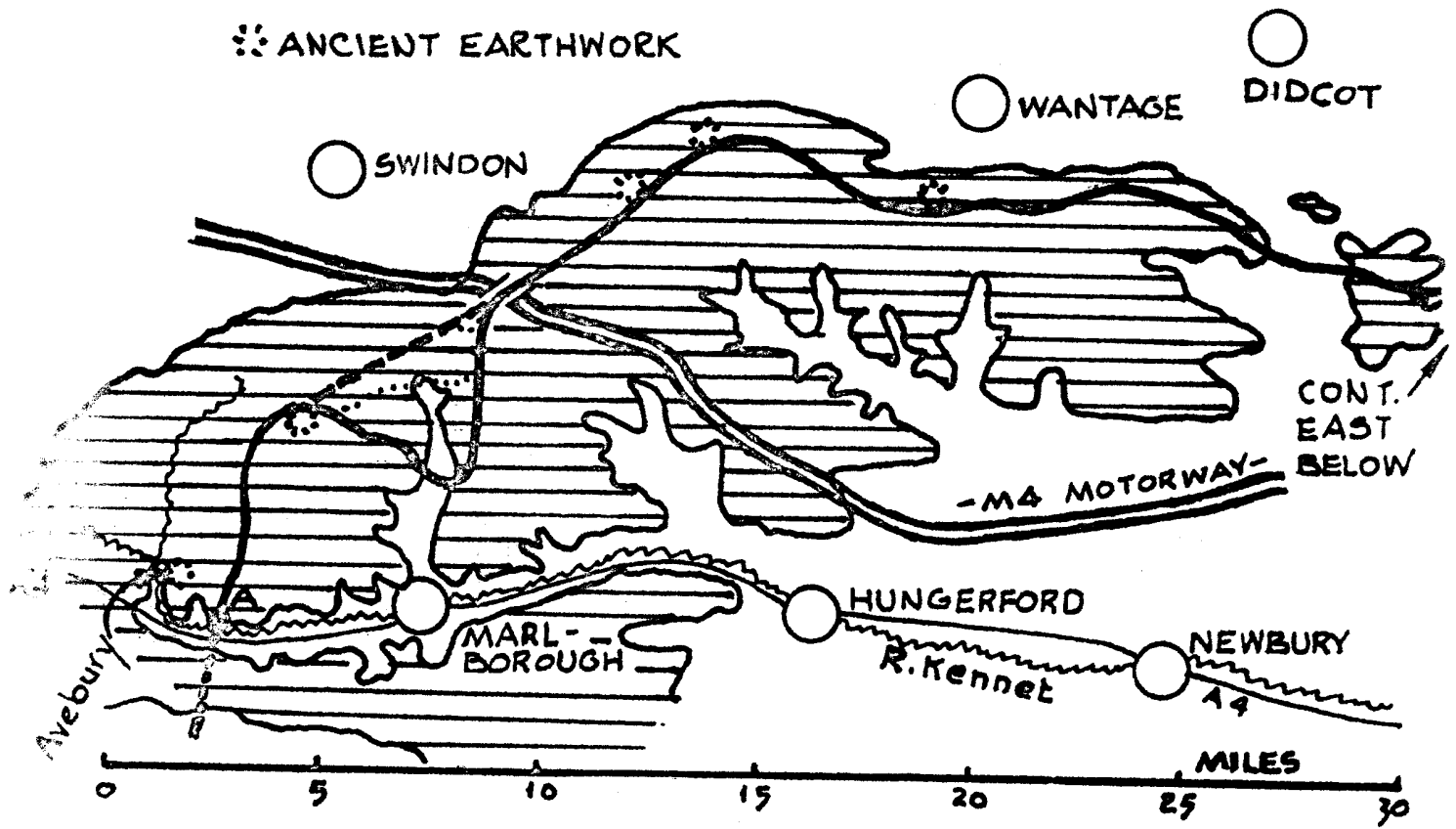
### THE THIRD PURBECK FLOD - Sunday, June 15th.

Compared with last year's event the third was a great success when 77 walkers set out at 9 o'clock from Swanage sea front while most holiday makers were still having their breakfasts. About half the entrants were Association members, mostly from Hampshire, Surrey and London and points even further afield. The weather, dull at first, cleared up in the afternoon and glorious views rewarded the walkers on the homeward stretch of the Purbeck Ridge. Most of the finishers took  $8\frac{1}{2}$  to  $9\frac{1}{2}$  hours for the 25 miles and some were heard to remark that it was harder than expected, especially me!

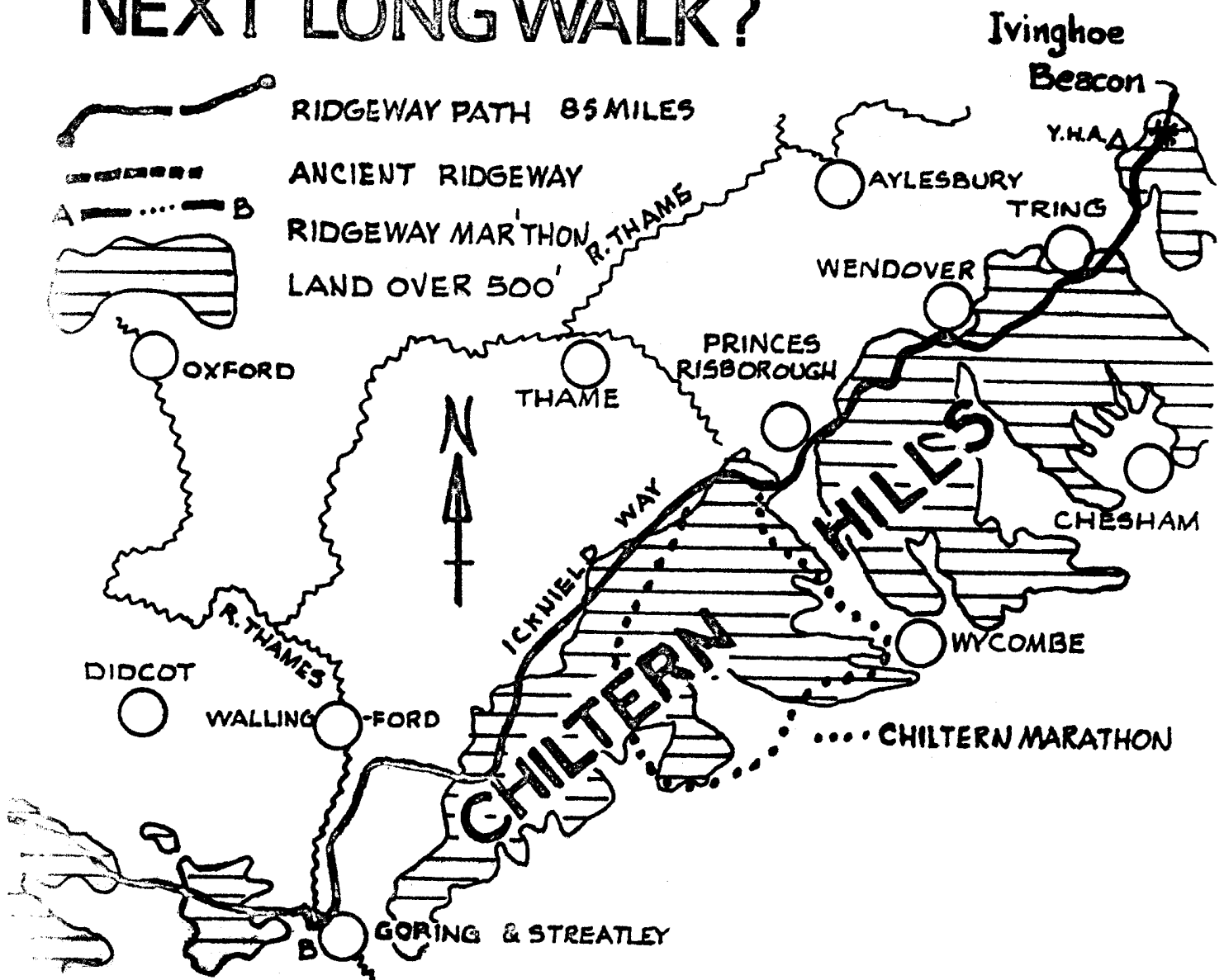
Many thanks to our Dorset friends for making this a very enjoyable day out - we hope to see you next year.

MARGARET STEER (LDWA 501)

# ANCIENT EARTHWORK



## NEXT LONG WALK?



# 10. AVOIDING THE ACORNS.

Alfred Wainwright's latest pictorial guide, "A Coast to Coast Walk" (Westmorland Gazette, Kendal, £1.05) breaks new ground in that it describes in great detail a long distance route which is not one of those normally recognised as a long distance footpath.

Dedicated to ".... the second person (unidentifiable, as yet) to walk from St Bees Head to Robin Hood's Bay", this pocket-size guide of nearly 200 pages, each painstakingly hand-drawn with maps and 200-odd sketches in inimitable Wainwright style, contains strip maps of the 190-mile route at 2" to 1 mile, together with a running (sorry, long distance walking) commentary, as well as drawings and diagrams. Coming from the same stable as "Pennine Way Companion", "Walks in Limestone Country", "Walks on the Howgill Fells" and, of course, the seven volumes of "Pictorial Guides to the Lakeland Fells" which started it all, the book is printed entirely from photographed reproductions of the original manuscript, and not a single piece of printer's type is used anywhere.

One of the main aims in this latest guide has been to encourage readers to devise with the aid of maps their own similar cross-country marathons, and not just to follow routes like the Pennine Way and similar "official" paths. In this, one hopes it will succeed, although this alone would be an expensive way of illustrating a fact which must be obvious to most LDWA members, if it were not also possible to follow the actual route Wainwright has selected by means of the detailed directions, maps and bird's eye views, in a similar fashion to the "Pennine Way Companion".

The route selected can be walked at any time by anyone without any formalities, and has all the ingredients of a good long distance walk. It literally stretches across England, in a more or less direct line, with a definite objective (the sea) at each end. It traverses the Lake District, the Yorkshire Dales and the North York Moors National Parks, offering spectacular and varied scenery. It avoids towns and keeps to high ground wherever possible, following rights of way and open access land throughout. Now, how many official long distance footpaths can offer all that? The Pennine Way starts and finishes at points which are both quite arbitrary, and in Wainwright's opinion this Coast to Coast Walk, for sustained beauty, variety and interest, puts the Pennine Way to shame. It is, he says, "Immeasurably superior in scenic qualities". (He ought to know: He's walked them both).

A skeleton log of the route is included at the end of the guide for the walker's personal record, with spaces for dates, times and accommodation details. For the convenience of those who are unable to undertake the walk as a single expedition, the route is divided into 12 sections, each suitable for a day's walk. LDWA members might, for instance, tackle two or more per day.

Apart from the witty comments in the text, which are a feature of these guides, LDWA members will read with special interest the author's "personal notes in conclusion". In this guide he has some pertinent comments to make on "official" long distance footpaths, which he feels are too well publicised, and over-used, and as well as becoming eroded are losing their appeal as 'wilderness walks' on account of the blazed tracks and the litter. In his plea for avoiding these acorn-waymarked official routes, and encouraging readers to do their own thing, he has this to say:-

"You don't need to have an official route to get you out into the open air. You don't have to wait for the Countryside Commission to say 'O.K., you can go'. You don't have to follow the crowds. In this country there are thousands of long distance routes for walkers that have never suffered an official blessing (and are all the better for that) and any walker with

### Avoiding the Acorns continued.

initiative can plan his own itineraries simply by linking the public rights of way recorded on current issues of the 1" Ordnance maps. There is positively no end to the routes that can be worked out. You may follow high level tracks over the hills, or circuit mountain watersheds, or march the boundary of your county, or any other; or trace old drove roads ... or cross the country on canal towpaths, or follow rivers from source to sea. And all on foot, using rights of way, causing no trespass and needing no permissions."

Who can fail to be stirred by words such as these? They echo precisely the points in favour of informal long distance walking that were made in the article on page 7 of Newsletter No. 3. Let's hope that they encourage a spate of 'do it yourself' walking. LDWA could set the pace here, perhaps.

Purely as a source of inspiration, "A Coast to Coast Walk" has much to commend it. It's also extremely well written, with numerous snippets of interesting information about places along the route. As a work of art and a pictorial guide to a walk across England it can scarcely be bettered, and is good value at present day prices. These reasons alone would justify its purchase. But there's more to it than that. Even if few would care to follow Wainwright's exact route from St Bees Head to Robin Hood's Bay, LDWA members will find there is raw material here for numerous long distance walks: an alternative return route across the moors for Lyke Wake Walkers, or a high-level traverse right across the Lake District, for instance.

This, surely, is what long distance walking is all about.

KEITH PENNYFATHER

### SUMMARY OF MEMBERS 1 to 364

The following statistics are the result of some research by Keith Pennyfather.

9.6% of members were under 21, 45% between 21 and 34, 31.8% between 35 and 49, and 13.6% over 50.

Females accounted for only 7.2% of the total.

Members who were subscribers to other active clubs totaled 63.4%, 20.9% were members of two other clubs and 5.6% were members of three or more clubs or associations. Of the LDWA members who were also in other clubs, 30.1% were in athletic clubs, 23.6% in rambling clubs and 15.2% in orienteering clubs. Eight members were centurions.

78.7% of the membership has taken part in some form of organised walk. 21.1% have only tried one such walk, 18.7% two walks, and 14.2% have completed more than six events. One member has taken part in 29 walks. The most popular event for members is the Tanners Marathon with 232 having "had a go". Next in line are Fellsman (151), Ridgeway (81), Three Peaks-Yorks (73), Punchbowl Marathon (51). Sixty people have participated in walks overseas.

16% have walked along one or more of our long distance routes. The Lyke Wake (236) being the most popular, followed by the Pennine Way (30) and the Cleveland Way (20)

The furthest distance walked by any member was reported as 120 miles. 12% have walked between 20 and 30 miles, 18% 30-40 miles, 24% 40-50 miles, 28% 50-60 miles, 15% over 60 miles.

## 12. BOOKS

"THE WHITE ROSE WALK" by Geoffrey White (LDWA 366) - Pub. Dalesman Books, 20p.

A Dalesman Mini-book describing the route and variations of the 40 miles long White Rose Walk. This walk links two well known spots on the Yorkshire Moors - Roseberry Topping and The White Horse, from which it takes its name. In addition to the route details, the booklet also contains a history of the walk and notes on some individuals and clubs who have completed the trek, with their times. A number of sketches are included.

"BIRDS EYE VIEW: THE MIDLANDS" by Vivian Bird (LDWA 196) Pub. Roundwood Press £2.5

A two hundred page hardback packed full of things to interest the walker and indeed all out-door types. Vivian Bird, the originator of the Six Shropshire Summits Walk, seems to have walked in every corner of the Midlands and this book is a result of his observations over many years. He leads off with an enthralling section about his walking heartbreaks and triumphs, and follows with a chapter on the merits of maps. Other pages give an insight to Inn signs, Heraldry, Cathedrals and the great Midland families. In a somewhat macabre but nevertheless intriguing chapter, the author visits numerous churchyards and records many curious epitaphs and the stories behind them. The text is liberally illustrated with photographs.

### BEDS

---oOo---

#### YORKSHIRE THREE PEAKS STRINGBOARD.

Recently subscribed member Donald New offers accommodation to parties, male or mixed, at Twistleton. His farmhouse is situated about 3 miles from Ingleborough and about 5 miles from Wharfedale Peaks. It is ideally sited for exploration in an area that abounds with good walking country - and pot holes. The accommodation offered comprises one bedroom with six single beds and another with two single beds and two double bunks. Down sleeping bags should be brought. Cooking and eating are in the kitchen/dining room which has ample facilities. There is also a common room with a wood burning stove. There is no T.V. distraction, although the house is "electrified". Parking space for up to four big cars. Fee: £12 Friday evening to Sunday evening. Besides being interested in walking, Mr New also has a keen interest in caving and potholing.

### OBITUARIES

---oOo---

VICTOR SELLARS (LDWA 41) It was with deep regret that we learned of the death, in May, of Victor Sellars of Ilkley, Yorkshire. In his younger days he was a successful long distance runner but in recent years he had taken an interest in walking and, as his low number shows, he was one of the earliest members. Before moving from London he was a regular participant in such walks as the "Tanners

FREDERICK HEARDSMAN, B.E.M. Many members will be sorry to learn of the death of Fred Heardman at his home in Edale on May 3rd, aged 77 years. He was a great walker and countryman.

---

THE YORKSHIRE WAYFARERS

The club was formed in May 1964 when a Lyke Wake Walk was led by Bill Brooke, already an experienced dirger from his T.A. days when he was C.O. of the 5th West Yorks, and organised by the writer of this article.

Nearly sixty members of the staff of the Yorkshire Insurance Co. (now Yorkshire-General Life) and their families and friends took part, the day being such a success that another LWW was held in June, after which a programme of rambles has been held on the first Saturday of every month ever since, the only break being during the foot and mouth epidemic.

Most of the rambles are on the North York Moors or in the Yorkshire Dales and there are always two parties, "A" usually walking 15 miles or more, "B" 14 miles or less. But one of the club rules is to have at least one long distance walk a year, usually in June or July; for these events a coach is hired and there are several willing supporters with cars. On all other occasions transport is provided by members, the enthusiastic Walk Secretary acting as liaison officer to make sure non-drivers are given a lift.

Popular extensions of the original concept are weekends in the Lake District and, in the summer months, short local evening rambles.

The size of parties eventually became too clumsy to handle; with reluctance, a limitation had to be placed on membership but visitors are welcome to join the long distance walks. This year, on July 7th, as reported in Newsletter No. 5, the route chosen is the White Rose Walk, from Roseberry Topping to the White Horse, a route devised by the Wayfarers and first walked as a whole in 1968, the year before the opening of the Cleveland Way, much of which it follows. Last year, as an alternative, a thirty three mile circular route, NYMROD (North York Moors Route of Dales) was walked by the club, including the youngest member, Jim Judges, aged 7. Ian Angus was the deviser of the walk in and out of Farndale, Bransdale, Bayesdale, Great and Little Fryupdales, Glaisdale and Rosedale. Rights of way were used all the time. Enquiries about the route could be made to Ian Angus, Yorkshire-General Life Assurance Co. Ltd., Rougier Street, York; send s.a.e. He also issued certificates, at 5p, to successful walkers.

More club favourites are Yorkshire's Three Peaks and the Dales Way. The Pennine Way, apart from being walked by individual members, was once walked as a whole by the Club in a weekend - by splitting into small sections.

Log books have been kept since inception, logs being submitted by members in turn (more or less) and suitably illustrated and, at the annual general meeting, the evening is usually completed with a slide show.

GEOFFREY WHITE (LDWA 366)

---oOo---

PROFILE NO. 4 - NEVILLE TANDY (LDWA 130)

To those who take part in challenge walks, especially in Wales, the name of Neville Tandy will be familiar. As organiser of the Mid-Wales Marathon, and The Reservoir Roundabout, in addition to being a successful participant in many other walks, he is well qualified to be our "Welsh Correspondent" as his reports appear regularly in the Newsletter.

He has a keen interest in Mountains, mainly from a walking aspect, although he also dabbles in snow and ice climbing when the conditions are suitable. Aged 33 and married with two children, he says "All the family are mountaineering enthusiasts". When not in the hills he is employed as a buyer with a local company that manufactures materials-handling equipment. From his Stourbridge home in Worcestershire he is within easy reach of the mid and south Welsh mountains.

After leaving school he became an enthusiastic cyclist and joined the local club. Here he met his wife-to-be. "Suddenly", he says, he developed an interest in mountains and walking took the place of cycling. In the last 10 years he has taken part in 40 events only failing to finish on 3 occasions. Such events as the Mountain Marathon, High Peak Marathon, Tanners 50 etc. have all been taken in his stride. To keep fit he trains 30-40 miles a week.

## COLNE-ROWSLEY WALK

by

Geoffrey W. Wood

To the uninitiated Colne and Rowsley might appear to have little in common. Long distance walkers, however, recognise them as the start and the finish of a classic long distance (70 miles) walk. The walk was first completed in 1926 by Fred Heardman and John Firth Burton. It is often regarded as a suitable test or training walk for those who have completed many of the traditional 50 mile marathons and wish to attempt one of the super walks of over 100 miles. To regard it as such is a mistake on two counts. Firstly because it is easier and less demanding than some of the 50 mile walks and secondly and more importantly it is a fine walk in its own right and should be judged as such.

In the 1920s and 1930s when many walkers relied on public transport and in particular on the then excellent railway system, Colne and Rowsley were both of easy access by train from Manchester and this accounts for their choice as starting and finishing points of this walk. Today, with private transport and the luxury of a support party to collect one at the finish, the walk could be considered to start and finish at the villages of Trawden and Baslow respectively, thereby eliminating nearly all the road walking. Fortunately, tradition dies hard and most people use the old starting and finishing points.

A study of the appropriate 1" O.S sheets shows that many of the Gritstone Edges are laid out in echelon on a line running S.S.E. from Widdop to Baslow Edge. This is the line followed by the walk and its *raison d'être*. It has been a favourite walk of the Rucksac and Karabiner Clubs under both summer and winter conditions and well deserves its popularity. Although no longer considered a super walk, it requires determination and if attempted by a party of two or three without any support from friends at the several main road crossings, is guaranteed to provide a few trying moments. All except the very fast men undertaking the walk in mid-summer can expect to walk through a whole night. The climbing literature contains several amusing accounts of mishaps with torches failing on the night section. Our own attempt was dogged with the same misfortune and because of this nearly ended in failure.

Leo and I elected to try the walk in mid September as a training event for the 1971 Mountain Marathon. We stumbled out of Colne, our eyes still full of sleep, before dawn intending to walk to Trawden and over Boulsworth Hill in the dark and then to descend to Widdop Reservoir at first light. My torch shone brightly as we padded along the tarmacadam in our vibrans. We missed a few heartbeats as we tried to negotiate the fields between the village and Boulsworth Hill. At one point we crouched in the dark on the top of a dry stone wall, listening anxiously to the eerie whinnying of a horse, which Leo swore was a stallion mad with lust, and trying to decide which side of the wall it was on.

As we climbed Boulsworth Hill a cold grey mist enveloped us. When the ordnance survey tower appeared out of the gloom we both felt heartened and



touched it for luck. We both took this early success as a good omen and confidently set off on a new compass bearing for Widdop Reservoir. Not a ripple disturbed the glasslike surface of the Reservoir as we jogged down the last slope to the road. The peace of the early morning was, however, shattered by the raucous barking of two ferocious dogs at the Waterman's House. We hoped that their chains would hold as we passed in front of the house. As an insurance we both spontaneously picked up some loose rocks in case the chains proved to be as rusty as they looked.

We now joined the Pennine Way which we were to follow with the aid of our Wainwright as far as Black Hill. We passed Stoodley Pike and trotted over Blackstone Edge and Standedge enjoying and taking advantage of the easy going. The Windy Hill wireless telegraph station on Bleakedgate Moor looked like a moon rocket squatting there in the wilderness of peat and heather. We paused for a while on the footbridge which arches gracefully over the M62. We watched our fellow citizens as they sped beneath us cocooned in their shiny steel boxes insulated from and oblivious of the wild moors they traversed and thought how much richer our day and experience was than theirs. Whilst on this section of the Pennine Way, we met several groups of people, perhaps a dozen souls in all, exploring these high moors. Many expressed surprise and some concern when they learnt what we were about. All wished us well as we parted. We crossed the moors near to the graves of the young children who were murdered and then buried hereabouts and we speculated on man's inhumanity.

When we reached the triangulation station on Black Hill we noted that the Peak District Tourist Map covered the rest of the route and that the other sheets could be folded and packed at the bottom of our sacs. We were glad to leave this desert of peat, surely one of the most desolate summits in England, and set course for the Holme Moss T.V. transmission station. As we approached the road Leo was sure he could see a mirage, but as we drew nearer we both were pleased to admit it was a real life mobile coffee stall which had pulled into the nearby layby. We ordered four of the largest cups of coffee the van could provide and gratefully took advantage of this unexpected but welcome refreshment halt. Feeling like two new men, we left the road and traversed the moor by Britlands Edge before following a stream down to Salters Bridge on the Woodhead Penistone Road.

As we began to climb over Bleaklow towards Lady Cross we noted that the moors had gone strangely quiet. It was now about 6.30 p.m and we realised we were alone and that with darkness not far ahead we should need all our skill and determination to traverse Bleaklow. We set off as fast as we could through the deep heather towards Horse Stone and then Outer Edge. Most people have their own private section of moorland which seems endless and is perhaps a foretaste of their own personal purgatory after death. This section of Bleaklow to the west of Outer Edge is mine. As we stumbled and tripped through the heather occasionally falling into holes cunningly disguised and covered by the heather, bad temper heightened the misery caused by my increasing fatigue.

At last we reached Outer Edge, our pre-arranged supper halt. Now Leo is the most equable and friendly of companions and it is impossible to nurse a bad temper for long in his company. As we drank the last of our hot soup my spirits revived and I began to talk enthusiastically again about our walk. We spent ten minutes or so talking and watching the last traces of sunlight disappear over the western rim of Bleaklow. As we sorted out our lamps and

16  
extra clothing for the night, we were both aware of our complete isolation on this one of the blackest nights we had ever experienced. Leo's lamp powered by no less than five U2 batteries shone like the Eddystone Light and I was relieved to see it functioning so effectively. On an earlier walk Leo had carried it switched on all day in his rucksac and at night the batteries were exhausted.

Majorie Hill summit was passed in fine style and then for some unaccountable reason Leo's light began to fade rapidly. Thumping and cursing it produced no improvement and we had now to rely on my torch, the batteries of which had lost their initial freshness. The descent in the darkness into the deep ravine holding Abbey Brook was a nightmare. In the bottom by the water the darkness was oppressive and pressed in on us like a black velvet shroud. As we climbed out of the ravine, up slopes which seemed to approach the vertical, on independent routes parallel to each other, we came in the darkness onto some loose boulders. Soon they were crashing down behind us as we hauled ourselves upwards. So preoccupied were we with our own problems that we were oblivious of the other's difficulties. It was with mutual relief that we both reached the edge of the open moor above safely.

We found the track and followed it over Back Tor and Dovestone Tor and then at the next track junction turned east towards Moscar. To avoid following the path through a farm yard and perhaps disturbing the farmer, we decided to cut across the fields towards the A57 road. With our remaining torch almost exhausted, we negotiated innumerable gates and walls between tiny fields full of inquisitive cows which kept looming up out of the darkness in front of us. A swamp with head high rushes and reeds almost made me deviate from the bearing indicated by the luminous dots on my compass. One last wall and we were on the road. We had now only to follow paths and tracks with the exception of one short moor crossing beyond the Cowper Stone to reach our objective. A relatively easy task but made more difficult and perhaps impossible by our lack of adequate spare batteries.

As we walked along the A57 towards Moscar Lodge, we heard voices from behind a wall. Investigating we found three scout leaders and seven scouts sitting and drinking hot soup and coffee. Introductions were briefly made and mugs of scalding soup were quickly thrust into our hands. After combining with the scouts we were escorted at a spanking pace along a path bathed in the light of many torches, via Stanage End and High Neb to the causeway which cuts through Stanage Edge. Here we said goodbye to our escort but not before the scouts had first generously given us fresh batteries so that we could continue through the moonless night with one torch shining brightly. Several times during the night we blessed those unknown scouts from Sheffield for their invaluable moral and material support.

Apart from the occasion when Leo nearly walked over the edge, I think it was near Mississippi Buttress, we negotiated Stanage Edge without incident and duly arrived at the Cowper Stone. Here a longer than scheduled rest, some cold bacon sandwiches and rich fruit cake together with a perceptible lightening of the eastern sky, drove fatigue from <sup>our</sup> legs. On moving off again we quickly crossed a swampy section of moor to the minor road at the start of Burbage Edge. On a good path and almost level ground, we made good progress in ever improving light to Fox House and then through the grounds of the Longshaw Estate. I tried to tempt Leo to try Valkyrie on the Froggat Pinnacle but he would have none of it. The valleys were full of an early morning mist but

we were bathed in bright but weak sunlight as we traversed Froggat and Baslow Edges. We paused for a short time at the Wellington Monument and listened to the church bells ringing in Baslow which was hidden from view below us by the cotton wool like clouds of mist. We confirmed our safe arrival at Baslow by a telephone conversation with Cyril in Bolton and made arrangements to be picked up in Rowsley in just over an hour's time. A gentle walk on the road through Chatsworth Park, past the charming unspoilt village of Edensor and we were walking through the outskirts of Rowsley. At the road junction where we had agreed to meet Cyril someone had thoughtfully provided a seat. Whilst I removed my boots Leo went into a nearby refreshment hut. His bizarre appearance prompted the owner to ask him if he was out rambling. On having our mission explained to him he first stared open-mouthed in disbelief and then offered us refreshment on the house. Very soon Cyril arrived with the car boot full of assorted hot and cold drinks, sandwiches and tinned fruits. After an al fresco breakfast we changed into clean clothes, climbed into the car and feeling like lords were chauffeured back to Bolton.

---

#### OVERSEAS MEMBERS

Since our previous Newsletter we have had a number of enquiries from abroad, some of which have led to membership. Our most distant member and first American resident is James R Hare who is currently editing a book about the 2,000 miles Appalachian Trail.

Other overseas members include Forces stationed in Cyprus and Germany and walkers in Ireland.

#### THE ROSEDALE CIRCUIT

A new walk in some of the finest North York Moors scenery has been devised by "Hawkers Walkers" the rambling club of Hawker Siddeley Aviation at Brough. The walk is 37 miles in length and starts and finishes at the village of Rosedale Abbey. Whilst many members are capable of completing the circuit in one day it is suggested by the organisers that, due to the places of interest on the route, it should be considered as a two day affair with an overnight camp at Westerdale which is about half way. One place of interest on the way is Botton village which is a centre for the mentally handicapped. On completion of the walk a certificate can be obtained for a small donation to the Camphill Trust which administers the centre in Botton. For further details contact: The Rosedale Circuit Secretary, Hawker Siddeley Aviation Ltd, Blackburn Welfare Society, Rambling Club Section, BROUGH, Yorks.

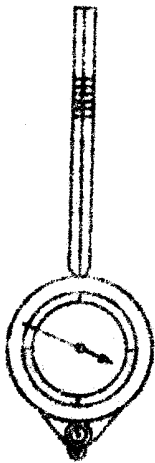
#### WELL YOU ASKED

In the questionnaire follow up to the Downsmen Hundred, all starters were asked "did you feel any ill effects during the event?". At least two finishers replied "Yes, I felt tired near the end"!!!

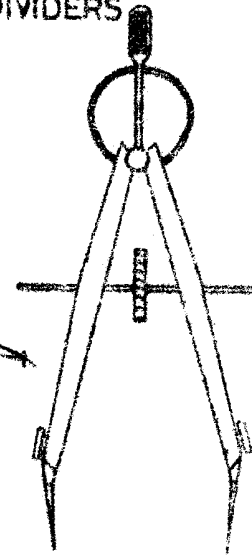
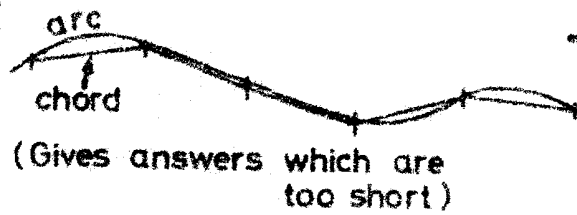
#### POSTCODE

The organiser would like to thank the member who, with four spare seats in his car and a tent for night duty, offered his services in connection with the hundred miles walk. Unfortunately he did not supply his name and address.

MAP MEASURER  
not recommended at all)

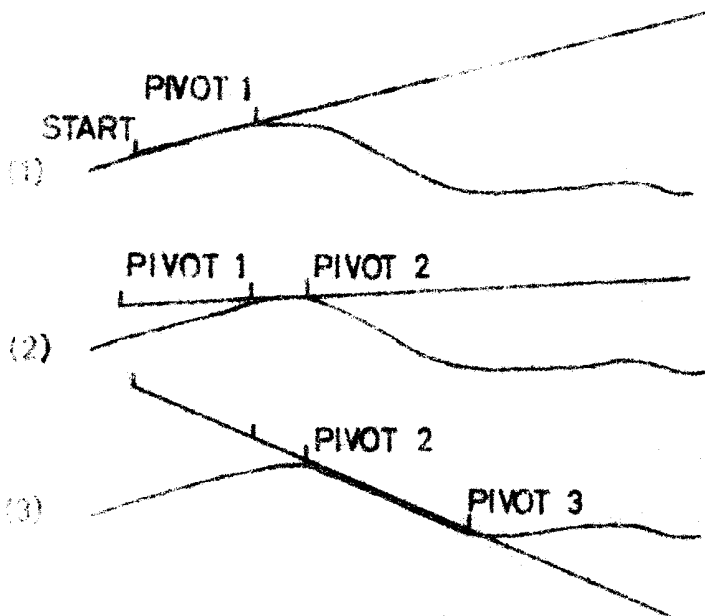


SPRINGBOW DIVIDERS

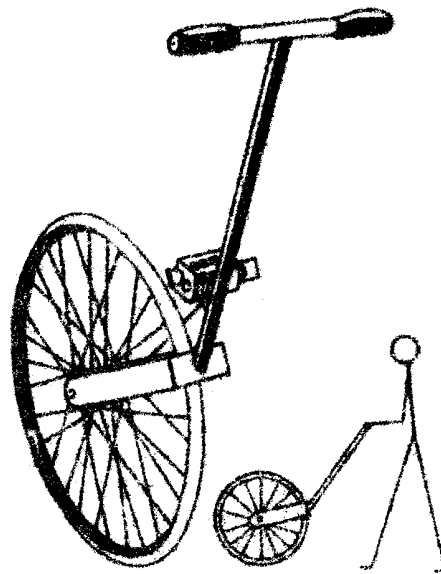


USING A STRAIGHT LINE DRAWN ON  
TRACING PAPER

(The best method)



THE TRUMETER  
LAND MEASURER



EFFECT OF SCALE OF MAP



1/250,000

Tracing from 1/250,000 magnified  
(result too short) tenfold

THE EFFECT OF A 1 in 5  
SLOPE



It may not look steep but try  
walking up it !

Slope distance is only 2%  
more than the plan distance

# THE MEASUREMENT OF DISTANCE

19

By OLIVER DIXON (LDWA 53)

One important aspect of the organization of a challenge walk is the measurement of the length of the course, and in view of the number of rumours concerning the lengths of some established marathons, I would like to describe some of the methods of measuring courses accurately which should be within the capacity of everybody.

The first thing to appreciate is that there is no measurement without error, in the same way as there is no life without risk. Our answers will always be subject to a degree of uncertainty. The quality of a result may be defined by two measures - the accuracy and the precision. Although in popular usage, these may mean much the same, they have quite distinct meanings in statistical parlance.

An accurate result is one which is close to the true value. Unfortunately, there is no way of ever finding the true value with certainty or of assessing the accuracy rating of any particular result. Even if we do by some lucky chance stumble on the true value, there is no means of knowing that we have found it. If different methods of measuring yield different results, then we can only conclude that all but one, if not all, methods are inaccurate. If a method is inaccurate, then there will be some systematic error or bias in the measuring method. Sometimes this bias is self-evident, sometimes we intuitively realise that a method is crude and probably inaccurate. But even with those methods which we think may be accurate, we never know for sure.

By comparison, it is quite easy to obtain a measure of the precision of any method by making repeated measurements by that method. We will not always get the same answer, as small random errors in the measuring device or the actions of the operator are sure to occur. If the spread of results is small then we say that the method is precise, in that it produces consistent results. We normally accept the average of several measurements by any one method as a working value. If a method is known to be precise we are justified in basing our average on fewer readings than with a method known to be imprecise. Unfortunately, high precision is absolutely no guarantee at all of high accuracy.

In any measuring routine, we must also build in safeguards against mistakes. These are due to the use of faulty instruments or carelessness on the part of the operator and can be very large. They must be distinguished from random and systematic errors, which must be accepted as part of the measuring process. Mistakes on the other hand must be identified and rejected.

Despite this underlying element of uncertainty, I would suggest that, with due care, it is perfectly feasible to measure courses to within 1% of their true value.

Although it is possible to measure the length of a course accurately on the ground, it is much simpler to do so on a map.

## Map Methods.

Where a course is between control points with competitors finding their own way (as in orienteering), the usual method is to measure the straight line distance between controls. This should be done by taking off the distance of each leg with dividers and comparing them with the line scale on the map. This will, of course, be much shorter than the route actually followed.

Alternatively, the course setters may work out the distance between controls by what appears to be the shortest practicable route. In this case, as with walks over fixed routes, the problem comes down to one of measuring a sinuous line on the map.

For this purpose, many people favour the use of the map-measurer or opisometer, and cherish the fond belief that it is very accurate; an impression encouraged by extravagant claims for the instrument in, for example, the Y.H.A. sales catalogue.

In its simplest form, the map-measurer consists of a little wheel mounted on a threaded spindle. The wheel is run over the course on the map, and is threaded along the spindle in the process. The wheel is then run in reverse along the line-scale of the map until it reaches the end-stop.

A much more common device is that in which the measuring wheel is geared to a needle which traverses a dial on which are inscribed distances according to a number of different map-scales. Such instruments may be bought for about £1. They are speedy in use, but poor on manoeuvrability. A general objection to cheap opisometers is their poor mechanical construction. In particular, the length of the circumference of the measuring wheel may be suspect, and the bearing of the wheel, or the gearing of the needle tend to stick. I have personally found map-measurers which yield results which are a full 10% or more away from the true value, and I would strongly recommend people never to use them unless they are prepared to accept errors of this magnitude. Better quality opisometers which are quite accurate have been manufactured in the past, but I am not aware of any on the market in this country at present. They usually have larger measuring wheels than the cheaper versions and tend to be unmanoeuvrable and much slower in use.

In scientific circles, the classical method of measuring length is the use of dividers at a constant setting. The dividers are 'walked' round the course. The number of steps multiplied by the setting of the dividers gives the distance. It is most important that proper draughtsman's springbow dividers be used, in which the divider legs are held rigidly at a constant setting on a threaded spindle. In practice, it is very difficult to set dividers to an exact separation of (say)  $1/10$  inch; the actual setting should be determined both before and after the measurement by stepping off 100 steps along a straight line. The total length so marked out will almost certainly not be exactly 10 inches - but will provide an accurate indication of what the setting actually is: for example, if 100 steps cover a total of 9.65 ins then the divider setting is actually 0.0965 inch.

As this method involves approximating to a sinuous line by a series of straight chords, it is inevitable that corners are cut off, and the overall result must invariably be too low. The discrepancy will be the worse, the larger the divider setting. For this reason, settings larger than about  $1/10$  inch should never be used. At  $1/10$  inch, the result will be between 1% and 1.5% short. Accuracy may be improved by reducing the divider setting still further, but this will increase the danger - already considerable - of making a mistake in counting. Accuracy will also depend on the sinuosity of this course - and will be worse on a course which includes many sharp bends, as in this case one is more likely to cut corners. On the credit side, I should mention that this method rates highly on precision.

The method which I personally favour is that which involves stepping off the course along a straight edge of paper. A mark on the edge of paper is lined up with the start of the course on the map, and the paper is oriented so that it coincides with the route up to the first significant bend. Pivot the paper about this bend using a sharp pencil point as a pivot, until the line lies along the next 'straight' on the route and so on until the course

is completed. The total length may then be compared with the line scale on the map. An improvement is to use a fine line drawn on tracing paper, as you can then see better where you are going. As tracing paper is liable to considerable dimensional changes due to changes in atmospheric humidity, this introduces a new source of error; but this can be eliminated by the use of polyester draughting film, which is much more stable. A divider point may be used instead of a pencil as the pivot.

Although, as in the last method, this routine involves approximation to a sinuous line by a series of straight chords, and will, therefore, give an answer which is always too short; at least in this case, the chord lengths are adjusted to suit the varying curvature of the course. This method should yield results which are more accurate (though possibly less precise) than the method of fixed divider settings. I would guess - and it can only be a guess - that this method gives results not more than 0.5% short of the true value, as long as it is done carefully.

In the interest of completeness, I should mention one other map-measuring method - the damp thread method. The method of laying a moistened thread along the route suffers from the grave disadvantage that it calls for a quite impossible degree of manual dexterity for anyone with less than 30 fingers. In addition, the thread is liable to shrink as it dries out.

A consideration common to all map-measuring methods is that the paper on which the map is printed is liable to stretch with humidity and temperature up to 0.5%. It is, therefore, advisable to measure off the final result from the line-scale printed on the map, rather than against a graduated ruler. It is also advisable to make measurements from paper-flat copies of maps if available, rather than from folded maps.

It has been assumed so far that measurements of map distance (which as we have seen is subject to a certain amount of error, part predictable) when multiplied by the scale factor of the map will give the ground distance. This assumption is not entirely justified, as the map itself may not give a very faithful representation of the route on the ground. The greatest accuracy can be achieved by the use of the largest scale maps, but the tedium of measuring a 30-mile course on (say) a 6-inch map could well prove counter-productive. Measurement on the 1/25,000 ( $2\frac{1}{2}$  inches to the mile) should not, at a guess, be more than 1% short. Relatively straight courses (such as the Ridgeway) can be satisfactorily measured on the 1-inch map, but intricate courses may well be 2 to 3% short, as the generalization and simplification associated with the compilation of these maps, invariably leads to a straightening out of the bends.

Another source of discrepancy between map and ground is that measurement from the map is necessarily plan distance - that covered in a horizontal plane. In fact the slope distance up or down hill will be greater than the plan distance. The discrepancy is, however, much smaller than is popularly imagined. For gradients of  $8^\circ$  (1 in 7) it is only 1%, and for  $11\frac{1}{2}^\circ$  (1 in 5) only 2%. For steeper gradients, the error increases quite rapidly thereafter. Perhaps some ruling is required as to whether a course should be measured according to plan or slope distance, but it is largely an academic question as, apart from mountain trails in the Lake District, Snowdonia and areas of similar terrain, it is unlikely that gradients will persistently be of such magnitude as to increase the course by more than 2% over the plan distance. As a rough guide, this corresponds to a total 15,000 ft of climbing and 15,000 feet of descent over 30 miles - which would be a tough course indeed!

#### Ground Methods

It remains for me to describe methods of measurement on the ground. It is quite unrealistic to think in terms of the normal surveying methods - the use of tapes or chains - for measurements over 30 miles. The one surveying instrument which may be of use is the measuring wheel, available commercially under the name 'Trumeter'. This essentially resembles the

front forks and wheel of a bicycle, but is shod with a solid tyre and attached to a revolution counter. Although expensive (£20-£30), a number of local authority engineer's and surveyor's departments use them and it may be possible to borrow one.

There are two models - the 'road Measurer' which has a diameter of 12" and is only usable on roads or paths where the surface is tolerably smooth. For ploughed fields and rough country, the 'land measurer' with a 24" diameter wheel is much better, as it should ride over most of the furrows and hollows. The results from either model will necessarily be too long; the accuracy decreasing, the rougher the terrain.

An essentially similar method is the use of a car or cycle mileometer. However, apart from restrictions on where you can take the vehicle in question, and the lower accuracy, due to the deformation of pneumatic tyres, the recording devices are much less sensitive (usually only being graduated to one one-tenth of a mile). These ground methods will, of course, yield a direct reading of slope rather than plan distance.

Finally, I must mention methods based on pacing. The length of any one person's pace is surprisingly constant over paved surfaces, but will inevitably lessen over rough country and towards the end of a 30 mile stint. One authority considers that pace-length is uniform to within 2%, but I would think that 5% is a much more realistic figure. For any individual, the length of a pace must be calibrated by pacing out a known standard length of at least half a mile. The pace must be natural, and not a self-conscious one. The counting of what might well amount to 50,000 paces or more is best not done in your head. A tally counter, costing only a pound or two can be used, as long as you can remember to press the button every time your foot comes to the ground. Pacing remains useful for rough and ready distance judgement - in orienteering for example - but is of no use for accurate measurement.

To eliminate any conscious action on the part of the pacer a pedometer, costing about £2 to £4 can be used. In this a pendulum is activated by the jolt every time your foot hits the ground, and this drives a needle round a dial calibrated in miles. In one model, the dial has a number of scales to suit a variety of pace lengths; in another, the instrument can be set for pace length by adjusting a knob. The dials on both are only graduated to a quarter of a mile. My own experience with a pedometer has been most unsatisfactory. This may be due to the pendulum motion being either over - or under-sensitive to movement. If we combine the effects of the mechanical limitations of the instrument with the variability of pace length, the accuracy of the pedometer falls way outside the standards suggested.

### Summary.

Those who have read this article so far may well have reached a state of despair. How should a course be measured? To summarise, I suggest the following do's and don'ts:-

1. Don't use a pedometer.
2. Don't use a map measurer.
3. Plot the course on the 1/25,000 map.
4. Using a fine straight line drawn on a piece of draughting film, follow the straight-edge method described above, as carefully as possible. Measure off against the line-scale on the map.
5. Repeat three times. If the spread of answers is more than 0.5% of the total distance, there is probably a mistake in one of your results. In this case, take two more readings to help you determine which are the 'rogue' results.
6. Take the average of the sound results.
7. Add 1.5% to the result.
8. If you had to use a 1" map, instead of a 2½", add a further 1.5% to
9. Your result should now be within 1% either way of the true value. your answer.
10. As a precaution against any personal bias, you could get another person to repeat the whole process.



AM/27: LDWA 85

Dear Editor,

31st May, 1973.

To all those who helped to provide the "lumiere" for a possible Son et Lumiere on Dodd Fell in the middle of the Fellsman this year I should like to put this question: Why? Why did you find it necessary to bathe the eastern slope of Snaizholme and the western slope of Dodd in incongruous white light? Why were you so keen for your trails to be seen from afar off like giant glow-worm sorties? Why were you so ready to rope the still, dark peace of a country night, than which nothing is more pure, and cherish instead an imitation of a city centre?

Those thirty or more allegedly experienced walkers, many of whom were probably LDWA members, evidently had no more idea of how to enjoy night walking than the orange-peel-scatterers among us have of how to preserve the countryside. Those thirty or more walking searchlights with whom I had the misfortune to be at about 1.00 to 2.00 a.m. on the 20th May would never dream of driving their cars through fog with their headlights on full beam yet there we were in the mist, blind. Those thirty or more incandescent idiots blundering about the Fell in ever increasing confusion cost me, I reckon, about half an hour of walking time.

If you were not there yourself you can have no idea of the absurdity of the situation. The first party wander on to the shapeless top of the Fell looking for a small orange tent and a tiny light. They get to the other side and cannot find it so turn round to backtrack and soon see lights ahead. The lights ahead are the second team who take the first team to be the checkpoint and at once charge over. The same exercise is then repeated several times until all the walkers in the area are accumulated into one immense candle sending beams in an infinite number of directions, each beam illuminating a patch of mist in front of it and precious little else.

A cry goes up "There's a light over there" and thirty or more powerful torch beams saturate the mist and frustrate for ever the chance of an eye seeing any pinprick of light there may have been. Surely we are not all so bedevilled with light at home that we can never see without? Can we not agree to save our torches for map reading and leave the Torchlight Serenade for the romantics?

Yours sincerely,

ANDREW MELLING

-----oOo-----

Dear Editor,

You might find the following few lines of interest for your next Newsletter. At the end of last century Robert Dick the well-known botanist lived in Thurso, Caithness, working as a baker. He is famous for the long walks he took in pursuit of rare plants, in particular for one walk in which he set out from Thurso and reached Morven (2,300 ft) and returned in a single day. This is a walk of well over sixty miles through the desolate plain of Caithness, an area where the walker may find himself up to his knees in bog for substantial periods of time. The walk was done in November in very bad weather; Dick made mention in a letter of encountering rain, hail, sleet and a thunderstorm! To the best of my knowledge the feat has never been equalled, perhaps some member might like

Letters continued.

to try it sometime? There would be no medals or awards, just the feeling of satisfaction to be gained from what would undoubtedly be a spectacular achievement. Though scarcely as spectacular as Dick's original feat, the Thurso baker wore a tall stove-pipe hat on his walking excursions! Sufferers from sore feet might like to try Dick's answer to the problem, he always soaked his socks in cold water before he set out for a jaunt!

Hoping this proves of interest to you,

L. VOLWERK

---oOo---

May 14th, 1973.

Dear Editor,

Could you get the following in the next LDWA Newsletter?

Round London Long Distance Footpath.

I wonder how many members would be interested in a round London circular footpath of about 250 miles? It would provide a considerable variety of scenery and be capable of being done in a succession of weekends. There are a great number of possible routes but one that I would think a good one would be:

Gravesend by hills to Cobham and Meopham (the "Wealdway"), and then the North Downs Way (or south of it) to Reigate, Leith Hill, Godalming, Farnham, Basingstoke to Goring and the Chilterns. Along the Chilterns to Princes Risborough, Tring, Harpenden, by rolling hills to Bishops Stortford, then east to Brentwood, to Tilbury and back by ferry to Gravesend.

All of this route could be good country, except perhaps near Tilbury. I know a few people who have said they are interested in developing a route. Would anyone else who thinks this is a good idea, and has alternative suggestions or who would like to help, contact me?

KEITH CHESTERTON (LDWA 81)

---oOo---

BACK IN SHAPE

Hoping to resume his active participation in sport soon is our treasurer Jeff Ellingham. Two years ago he had a promising athletics career cut short by a spinal injury, but "repairs" carried out recently during a period in a London hospital should enable him to make his debut at some of the events in the "Calendar".

GOOD LUCK STEVE

Congratulations to Steve Coveney (LDWA 489) who marries on July 21st. This is a good enough excuse for his non-attendance at the new committee's first meeting.

# NEW MEMBERS

25.

LDWA 424 D.R. TALBOT  
" 425 I. ENZER  
" 426 E.R. TERRY  
" 427 J.F. GIBSON  
" 428 D.J. TAYLOR  
" 429 D. MILLINGTON  
" 430 K. CLAPSON  
" 431 S.P. KING  
" 432 D. SPARKS  
" 433 J.H. DAVIES  
" 434 C.J. FROST  
" 435 J.R. HEROD  
" 436 D. CORNWALL  
" 437 P.G. THOMSON  
" 438 B.H. POGSON  
" 439 W. ROSS EVANS  
" 440 JANET LAWLESS  
" 441 F. NORTH  
" 442 A.F. PERKINS  
" 443 J.M. WOODSFORD  
" 444 S. MACDONALD  
" 445 J. STEPHENSON  
" 446 D.D. WESLEY  
" 447 D. EMMERSON  
" 448 D.W.J. BOYCE  
" 449 M. CLARK  
" 450 R.J. QUINNELL  
" 451 S.W. HONEYBALL  
" 452 CATHERINE JANEL HILL  
" 453 M. KRUGER  
" 454 R.G. REED  
" 455 D.C. MULLEN  
" 456 M.J. GORICK  
" 457 R.J.K. SMITH  
" 458 MISS LYNNE MITCHELL  
  
" 459 M.J. McLOUGHLIN  
" 460 F.E. STEER  
" 461 K.C. WESTLEY  
" 462 RUTH CHAMBERLAIN  
" 463 R.E. BAUMEISTER  
" 464 P. EMMS  
" 465 PHILOMENA ANN PERRY  
" 466 RAYMOND RAYNOR  
" 467 DAVID CAVANAGH  
" 468 C.J. MORGAN  
" 469 R.D. OLIVER  
" 470 H.J. DeBOSSART  
" 471 W.A. WARD  
" 472 T.M. BURNETT  
" 473 R. ASHER  
" 474 T.R. JACKSON  
" 475 D. SWIFT  
" 476 W. SWIFT  
" 477 J.M. HARROP  
" 478 J.E. SMITH  
" 479 A.P. BAREHAM  
" 480 P.J. BAREHAM  
" 481 G.H. WARDLOW  
" 482 J.C. WILSON  
" 483 E. SMITH  
" 484 D. BRUTON  
" 485 W.B. MILLEN

New Members continued.

LDWA 486 C. HODGSON  
 " 487 R. BALL  
 " 488 B.C. COLE  
  
 " 489 S.R. COVENEY  
 " 490 R.J. POTTS  
 " 491 D.J. BARTON  
 " 492 MARJORIE OLIVE HALL  
 " 493 D.R. ROBERTS  
 " 494 B. SMITH  
 " 495 D.J. Keeble  
 " 496 E.G. DALEY  
 " 497 J. MacDONALD  
 " 498 D.J. DALTRY  
 " 499 E.T. HAWKINS  
 " 500 C.J. WRIGHT  
 " 501 MARGARET G. STEER

AMENDMENTS TO MEMBERS' ADDRESSES

" 10 JOY GODSELL  
 " 32 R. GOURLAY  
 " 85 A. MELLING  
 " 105 S. JAMES  
 " 106 MARJORIE JAMES  
 " 173 J. ELLINGHAM  
 " 212 T. MILWARD  
 " 214 D. BLACKETT  
 " 229 D. JAMES  
 " 239 H. PROSSER  
 " 243 MERLE MARSDEN  
 " 264 R. BURLEY  
 " 273 R. CHELL  
 " 281 J. EDWARDS  
 " 282 SUE RAYNER  
 " 333 W. BENTLEY  
 " 364 J. BALDEY  
 " 379 Issued in error, see Number 31.

Members whose addresses change should notify the Membership Secretary.

NEXT ISSUE

The Seventh Newsletter will be despatched in December and will include items on "The Cheviot Two Thousands", "Walking in New Zealand", "The Forest Way", walking the "Pilgrims' Way", and 'close up' of the Middle Thames Ramblers. Copy should be sent to the assistant editor by October 31st.

This edition was edited and duplicated by Chris Steer assisted by Alan Blatchford and Margaret Steer.