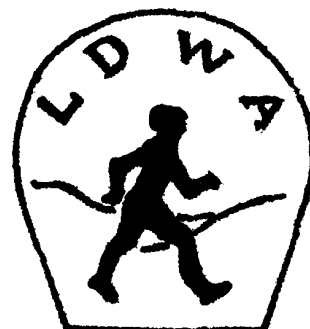


# LONG DISTANCE WALKERS ASSOCIATION

NUMBER EIGHT

MAY 1974



## NEWSLETTER

### CONTENTS

#### PAGE

COVER	CALENDAR
1	EDITORIAL
2	A.G.M. IVINGHOE
3	GROUP NEWS
4	REGIONS MAP
5 6 7 8	FUTURE ACTIVITIES
9 10	PAST EVENTS
11	ARCHAEOLOGICAL WALK
12	DIYTO MAP
13 14 15 16	WORLD'S RECORD
17 18	THE NEW MAPS
19	RIDGEWAY PATH
20	DALES WAY
21	VIEWPOINT
22 23 24	PLACE NAMES
25 26 27 28	LETTERS
29 30	NEW MEMBERS
31 32	BADGES

# CALENDAR

This feature is updated at each issue of the Newsletter as information is received. Where the event is in capitals details are confirmed. Members are invited to send in details of any events not previously included.

<u>DATE</u>	<u>EVENT</u>	<u>DIST.APROX.</u>	<u>AREA</u>
MAY 4th	RIDGEWAY MARATHON	40	Wilts/Berks
MAY 5th	BRENTWOOD WALK	20	Essex
MAY 18th	FELLSMAN HIKE	50	Yorks
MAY 18/19	WALTHAM WALK (under 20 years only)	20	Essex
MAY 25/27	PEAKLAND HUNDRED (LDWA)	100	Derbyshire
May 25/26	Parish Walk	85	Isle of Man
May 11th	Royal Leamington Spa Walk #	50	Warwickshire
JUNE 1st	WELSH THOUSAND METRES PEAKS RACE	20	North Wales
JUNE 2nd	CHEVY CHASE	17	Northumberland
JUNE 8th	PEAK DISTRICT MARATHONS	25 & 40	Derbyshire
JUNE 15th	LAKE DISTRICT FOUR THREE THOUSANDS	45	Cumberland
JUNE 16th	PUNCHBOWL MARATHON	30	Surrey
JUNE 16th	PURBECK PLOD	26	Dorset
JUNE 16th	SIX SHROPSHIRE SUMMITS WALK	35	Shropshire
JUNE 27/30	CASTLEBAR INTERNATIONAL WALKS	Variable	Eire
JUNE 29th	MAILERSTANG MARATHON	25	Yorkshire
June	Mourne Wall Walk	20	Ireland
June	McGillycuddy Reeks Ridge Walk	11	Eire
JULY 7th	TANNERS MARATHONS	30 & 50	Surrey
JULY 14th	COTSWOLD CRIPLER	40	Gloucestershire
JULY 13th	NORTH YORKS MOORS CROSSES WALK	53	Yorkshire
JULY 16/19	NYMEGEN INTERNATIONAL MARCHES	Variable	Netherlands
JULY 27th	ICKNIELD EIGHTY (LDWA)	80	Herts/Wilts
AUG. 3rd	LEICESTER TO SKEGNESS (RACE WALK)	100	Leics/Lincs
SEPT. 7th	ACROSS WALES WALK	45	Wales
SEPT. 22nd	CHILTERNS MARATHON	25	Bucks.
OCT. 5/6	LONG MYND HIKE	50	Shropshire
OCT. 12th	VECTIS MARATHON	30	Isle of Wight
Oct.	Mountain Marathon (two day)	40	Not known
Nov.	High Peak Marathon	40	Derbyshire
<u>1975</u>			
Jan.	Reservoir Roundabout	22	Mid-Wales
Feb.	Tanners Hatch Walk	27	Surrey

## OTHER EVENTS

July 6th	LYKE WAKE RACE	40	Yorkshire
Sept. 15th	TEN TOWERS KANTER (LDWA)	28	Hampshire
Oct. 20th	SORVIODVNM XXV	25	Hants/Wilts

## SURREY GROUP

May 19th	Walk from Leatherhead - 20 miles - Leader A. Blatchford.
June 4th	Evening walk from Shamley Green - Leader A. Radley.
June 30th	London Countryway final section - 16 miles - Leader K. Chesterton.
July 4th	Evening walk from Horsley - Leader K. Chesterton.

# Entries to Amenity Officer  
Cost 25p.

# EDITORIAL

For the majority of walkers there is no season as such, as they are able to enjoy their activity all the year round except in extremely inclement weather. In most parts of Britain so far this year the weather has been mild and dry, giving unusually good underfoot conditions for lowland walking and no doubt many members have taken advantage to get in some long walks. If any period can be called "The Season" it must surely be centred on May and June if one goes by the number of challenge walks that are held at this time.

Looking down the list of walks in the Calendar the connoisseur will note that one or two events are missing (due to their termination) and that there are new events to take their place. Two new events are the Peakland Hundred and the Icknield Eighty, both organised by members. Like the Downsman of last year, these walks will be the longest to be held in this part of the world this year, but unlike that event these two may be once only events. From the interest shown it looks as though both should be well supported: enquiries have come from as far away as France, Eire and Scotland. Although taking part as a walker in an ultra event may not be every members cup of tea, the organisers of both walks would welcome the attendance of any member who could offer his services as checkpoint official etc. Having "checkpointed" every year since 1960 I can say that it is every bit as interesting as walking but possibly more exhausting.

Like most A.G.M.s these days our recent one at Ivinghoe was not particularly well attended and I think we only just exceeded last year's figure. At the meeting several members of the first committee stepped down and some new faces took their places. The new combination of age and youth embraces a number of hundred miles walkers and the organisers of some of the successful challenge walks so there should be plenty of experience for guiding the association through the current year. A list of committee members appears over the page. There was one amendment to the constitution and this was to admit clubs and groups as affiliated members on payment of an increased subscription.

After the meeting there was a slide show of scenes from the Downsman Hundred and other events, followed by an interesting set of films shown by R. Cooper. On the Sunday several members walked the first section of the Icknield Eighty route.

Soon to be seen at most organised walks will be the association notice and publicity board. This was recently completed by T. Harding (now the Treasurer). If any members wish notes to be displayed on the board they should send the note to the Publicity Officer who will arrange it. Notices should be the size of this page or less.

By the time that you read this we shall probably have enrolled member No. 800. This does not mean that we have that amount of members because about forty never renewed after the first year and a few more have yet to re-subscribe for this year. Please check that you sent a sub. for this year otherwise you may not see the next Newsletter. If you subscribed for the first time after September you are covered for this year.

Many members keep their Newsletters for interest but how to store them in a satisfactory way may be a problem. The committee have been looking into the possibility of obtaining binders at suitable prices but no reasonably priced line has yet been found. Some stationers sell a packet of four plastic binding strips plus a clear plastic cover for 40p. This would take care of about three or four years Newsletters.

Copy for the Newsletter is arriving steadily but the emphasis is rather on the Challenge Walks. If you have notes on any unusual walks or private walks that you have made, the Editor would be pleased to include these also.

Good walking this summer.

A.W. BLATCHFORD.

# A.G.M. IIVINGHOE

At the second AGM held at Ivinghoe, Bucks. on April 6th, the following members were elected to act as committee for the coming year. As in the previous committee there is one lady, but the age range now covers about 46 years so there should be plenty of experience there.

CHAIRMAN	Haydn Morris (LDWA 155)	
SECRETARY	Alan Blatchford (LDWA 2)	
TREASURER	Thomas Harding (LDWA 204)	
EDITOR	Chris Steer (LDWA 1)	
MEMBERSHIP SEC.	Mike Brown (LDWA 319)	
PUBLICITY OFFICER	Ernest Foster (LDWA 26)	
COMMITTEE MEMBERS	Geraldine Burgess (LDWA 295)	Jack Spackman (LDWA 104)
	Alan Hoare (LDWA 131)	Jeff Ellingham (LDWA 173)
	Keith Pennyfather (LDWA 96)	

The Chairman, Secretary, Editor, Membership Secretary retain their positions and the former publicity officer and treasurer relinquish their offices and are now ordinary committee members. The other three ordinary committee members are new to the committee.

## GROUP NEWS

### WEST SURREY GROUP

At a meeting on 12th March it was agreed to set up a local group for Surrey members and an initial programme was drawn up. The next events will be:

April 21st	Meet Pewley Hill, Guildford (GR 005490) 9.30 a.m. Walk to Pitch Hill - 15-20 miles.
May 18th	West Horndon Station (Essex) 10.08 a.m. Walk to Kemsing (Kent). London Countryway walk-out - 25 miles.
May 19th	Otford Station (Kent) 10.52 a.m. Walk to Waldringham. London Countryway walk-out - 15 miles.
May 19th	Leatherhead football ground (GR 163560) 9.30 a.m. Tanners walk-out - 20 miles.
Tuesday, May 21st	Group meeting to decide future activities

All would be members very welcome.

Tuesday, June 4th	Evening walk. Meet "Red Lion", Shamley Green, Nr Guildford 7 p.m. 10 miles.
-------------------	---

For further details, please contact the provisional secretary Keith Chesterton

FIRST WEST SURREY GROUP WALK April 21st saw the first walk in a programme of events organised by the new West Surrey Local Group, in the form of a pleasant 18 mile ramble in the environs of Guildford, admirably led by Arthur Radley. The walk included a wide variety of scenery, starting on Pewley Down and visiting St Martha's, Blackheath, Pitch Hill, Hurtwood and Albury Downs, to finish at Arthur's house, where he was obliged to make four pots of tea to cater for our thirsts. Unfortunately, only six members turned up, but it is hoped there will be more support for future walks.



# GROUP NEWS

## HIGH PEAK GROUP.

This thriving local group - the first of many LDWA Groups - always welcomes keen walkers, Programme for the next few months is:-

Wednesday, 1st May - 20.30hrs: final meeting to organise Peakland 100 at the home of Haydn Morris

Everybody

welcome!

25th-27th May

Peakland 100.

Saturday, 29th June, 05.00hrs: Yorkshire Bridge Inn below Ladybourne Reservoir, 40 mile Derwent Watershed (Rushup Edge, Kinder, Bleaklow etc. Starting and finishing at Yorkshire Bridge - the route followed in the High Peak Marathon) Contact Dick (below) if you intend doing the walk.

Sunday, 21st July, 10.00 hrs: Kettlewell by the Youth Hostel. 20 mile walk in the Yorkshire Dales. Details from Dick Chell

The High Peak Group met for its second walk on Sunday, 17th March, at Greenfield, for a circuit of the Saddleworth 5 trig. points. There were six members to set off on a tough 20 miles over Broadstone Hill, West Nab, Black Hall, Featherbed Moss and Alphin Pike. The party was led by Peter Riley who set a cracking pace which resulted in a good time of 7½ hours. An enjoyable slog but not to be recommended for the inexperienced in walking over long stretches of peat hags and groughs.

The walk, linking the triangulation points is a recognised walk, starting and finishing at Greenfield, walking the circuit in either direction. Further details and certificates for successful completors can be obtained from:

Mr R. Tait, Physical Education Department,  
Oldham College of Technology, Rochdale Road, Oldham.

Mr Tait informs us that our walk was the first reported successful circuit this year.

The walkers were Nos. 463, 340 343, 329 and George Threndgold prospective member. Dick Chell also came along but dropped off the route early.

## PEAKLAND 100

This hundred mile super-marathon will take place in the Peak District between mid-day Saturday, 25th May and mid-day Monday, 27th May (Spring Bank Holiday). Preparations by LDWA's High Peak Group are well under way but MORE HELP IS NEEDED - many hands make light work, especially over a period of 48 hours and spaced over a hundred miles! If you can help for all or part of the time, especially at the start and finish, please get in touch with Dick Chell

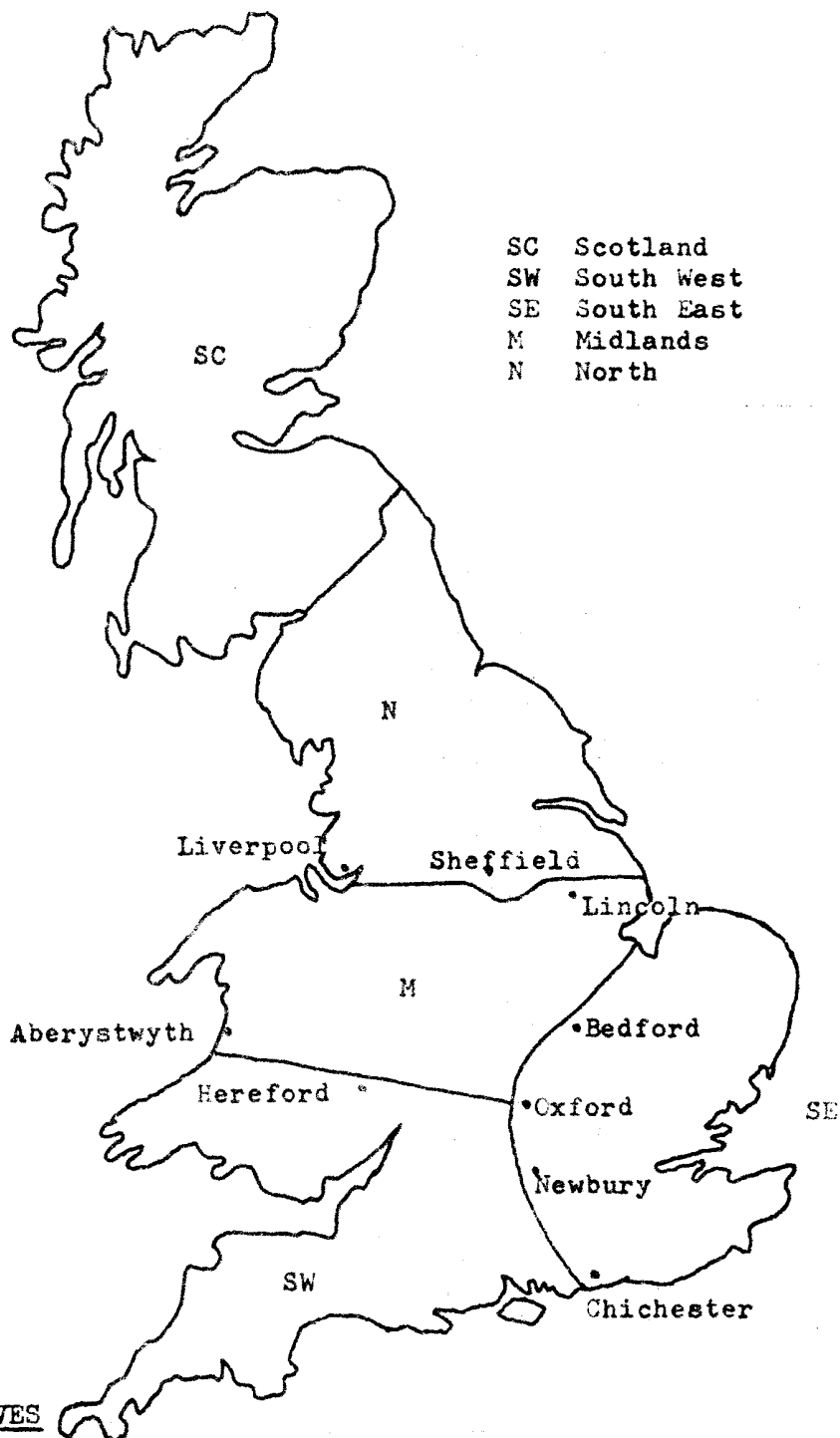
## THE LONGEST AND THE SHORTEST

THE FIRST HUNDRED MILER OF THE YEAR? Before the start of the recent Across Saddle Walk (50 miles) at Easter, Sue Raynor (LDWA 282) walked the 25 miles to get there from home. After completing the walk with the party she elected to walk the 25 miles back home, thus covering 100 miles in 39.08 hours. This must have been some consolation after her two unsuccessful attempts at the Downsman Hundred route last year. Peakland Hundred next?

MID-WALES MOUNTAIN MARATHON. Alan Hoare (LDWA 131) set a new fast time of 4.40 on Saturday, 20th April, for this rugged route and when conditions were near perfect. Full report in Newsletter 9.

PEAKLAND HUNDRED ACCOMMODATION. Members Mr & Mrs Marlow are kindly offering bed & breakfast to a couple of walkers taking part in the Hundred.

# REGIONAL MAP



## REGIONAL REPRESENTATIVES

SOUTH EAST	Peter Rickards (LDWA 176)
SOUTH WEST	Anthony Rowley (LDWA 21)
NORTH	Michael Smith (LDWA 336)
MIDLANDS	Ewen Hogben (LDWA 744)
SCOTLAND	John MacDonald (LDWA 497)

# FUTURE EVENTS

## May 4th RIDGEWAY MARATHON (Wilts-Berks)

A 40 miles walk along an ancient trackway atop the Wilts and Berks chalkhills. Walk starts near Marlborough but YHA members (and others) staying at Streatley hostel are taken there by coach. Finish is at Streatley hostel. There is a generous time limit allowed. No entry restrictions. Route instructions issued but maps Sheets 157 and 158 to be carried (or 1 $\frac{1}{4}$ " maps Sheets 174 and 175). Full details from Norman Griffin

## May 5th ROUND BRENTWOOD WALK (Essex)

The Brentwood Local Group of the R.A. invite all walkers to participate in the seventh R.B.W. This is one of the few challenge walks held in this part of the country. The walk starts in Brentwood at 9.45a.m. and is 20 miles in length. Send 3 x 3p stamps to Mrs D. Knight for full details.

## May 18/19 WALTHAM WALK (Essex)

This event is more of an expedition than a straight forward long distance walk. It is open only to teams of three between the ages of 15 and 20 years inclusive (on 31.8.74). Teams must be equipped with food and camping gear for two days. Teams walk between checkpoints (in Epping Forest) and there will be several "incidents" to take part in, ranging from climbing ropes to ??????. The first team will be awarded the W.W. Boot and there will be a number of other prizes. Entries close May 6th. Further details from M J Wilding. Entry fee of £2 20 covers cost of Sunday meal, log book, camping fees and certificates etc. How about an LDWA team!

## May 25/26/27 PEAKLAND HUNDRED (Derbyshire)

The longest challenge walk of the year. The 100 miles circular route is organised by the LDWA first local group - the High Peak Group. Start and finish at Hayfield. Peak District 1" map covers the route. Entry fee is £2.50 to members who must be over 18 to enter. Route includes Bleaklow, Black Hill, Derwent Valley, Lathkull Dale, Upper Dove Dale and Goyt Valley. Time limit 48 hours. Entries must be received before April 30th. Full details from Dick Chell

## June 1st WELSH 1000m PEAKS RACE (Caernarvonshire)

There are four categories for this event which, although being basically a race, has some scope for the tougher walker. The principal class is for fell runners and they have to cover a course of about 18 miles (2700 ft asc.) within 4.40 for a gold standard certificate. Previous experience of fell running necessary. Class "B" is for men mountaineers who must be dressed as such during the event. They use the same course and the same control points. 15lbs to be carried. Time limit ten hours. Class "C" is for juniors who are expected to cover half the senior course distance. Class "D" is for lady mountaineers who do the same route as juniors. Competitors supply own maps - Sheet 107 (1") or Sheet 115 (new 1 $\frac{1}{2}$ "). H.Q. at Nant Peris, start at Aber, finish Snowdon Summit. Fees 50p senior, 30p junior. Full details and entry Mrs J.H. Jones

May 28

## June 8th PEAK MARATHONS (Derbyshire/Staffordshire)

This year the traditional walks to Ilam are discontinued and instead there will be a 25 miles circular walk from Ravenstor youth hostel, and a similar distance walk based in Dimingsdale hostel. The 50 miles walk has been replaced by a 40 miles event, said to be as tough, that is a circular from Crowden hostel. For all events the entry fee is £1.35 and this includes hostel bed plus light refreshment en route. No time limit for the 25 milers but 17 hours for the 40 milers. All finishers receive a badge (and plaque if they pay £1 extra). Age limit for 40m. is 16 years min. O/S Peak District Tourist Map covers. Organised by YHA Peak Region. Further data and entry to

(Disdale walk only)

June 15th LAKE DISTRICT FOUR THREE THOUSANDS (Cumberland)

Open to all over 18 but 16 and 17 years olds must travel in pairs. The total distance is about 42 miles and the circular route starts and finishes at Keswick. Lake District Tourist Map covers the route. About 14 miles of the route is along roads. Time limit is 24 hours. Promoted by the Ramblers Association. Further details and entry forms from Mrs E. Hillary

June 16th SIX SHROPSHIRE SUMMITS WALK (Shropshire)

This tough walk was first pioneered by Vivian Bird (LDWA 196) and has now been completed several times. The route may be tackled at any time and a certificate awarded but this year there is again to be an organised walk of the route. The event is mainly for Fire Service personnel but LDWA members are welcome to join the party. Some transport to the start may be arranged and a small charge made. Entry fee £1. Full details from D. Ramsay

Map O/S 1" Sheet 129 covers

(Sheet 138 at 1:50000). Time limit 20 hours, age limit 10 years!

June 16 PUNCHBOWL MARATHON (S.W. Surrey)

For the seventh bi-annual Punchbowl Marathon there is to be a new venue and an improved route. The 30 miles walk will start from Witley village hall and the described way will lead through a number of villages and circle the Devils Punchbowl. Walkers should aim to complete the route within ten hours. A sketch map will be provided but O/S map Sheet 169 (1:63360) and Sheet 186 (1:50000) cover the area. Entry 25p. Certificates to individuals and teams. Full details from A.W. Blatchford

June 16th PURBECK PLOD (Dorset)

The Purbeck Plod will start and finish in Swanage and cover a similar route as last year. The 28 miles pass through some of the most scenic sea and landscape in Dorset. On route are Durlston Head, Chapmans Pool, Kimmeridge and Corfe Castle. Certificates to all finishers. Map 179 (1") or 195 (1½") required. Details from Fred Daldry

June 27 to June 30th CASTLE BAR INTERNATIONAL WALKS (Republic of Ireland).

The Castlebar Four Day International Walks are based upon the famous Nymegen Marches of Holland and are attracting an increasing number of walkers each year. On each day there are several walks graded to suit age groups, i.e. 14-70 years olds walk a max. distance of 26 miles. Entry fee to cover all days is £1. Entry forms and details from The Secretary, International Four Days Walks

June 29th MALLERSTANG MARATHON (Yorkshire/Westmorland)

Possibly Britain's most scenic challenge walk, the 25 miles route encircles the Mallerstang and upper Wensleydale Valleys of Yorks. and Westmorland. The route keeps to the "edges" and the summits of High Seat (2328), Nine Standards Rigg (2172) and Wildboar Fell (2324) are ascended. Entry only open to YHA members over the age of 16. Running is not allowed and all walkers must wear clothing suitable for the hills. Entries close on May 31 and full details are available from Philip Gilks

Entry fee is 20p. O/S 1" map No. 90 required.

July 7th TANNERS MARATHON EVENTS (Mid-Surrey)

The Tanners Thirty is the most popular challenge walk in the south. This is probably due to the fact that it is within easy reach of the capital and that there is a new route each year. This year, in addition to the annual 30 miles in ten hours walk, there will be the bi-annual fifty-in-fifteen hours event and an experimental 10 miles walk for families and others. The 50-miler will comprise a 20 miles loop and the circuit that the 30 milers will tackle. Most of the notable hills in the area will be climbed. The 10 miles walk will be rather on the lines of a treasure hunt where the walkers will have to answer questions along the route. Full details from A.W. Blatchford,

#### July 13/14 NORTH YORKS MOORS CROSSES WALK (Yorkshire)

A tough 53 miles trek over the moors between ancient crosses. North Yorks Moors Tourist Map required. Start and finish at Goathland. There are several awards to be made, including trophies for the fastest man and the fastest lady. Some of the route is along private property for which permission is granted for the event. Details from Mrs A.E. Hood

#### July 14th COTSWOLD CRIPPLER (Gloucestershire)

A new walk and probably the first in this county. The route will follow the Cotswold Way with a few deviations. Start at Chipping Campden and finish at Princeswick. Map O/S one inch sheet 144 covers (163 at 1:50000). The length of the walk is 40 miles and the entry fee £1. Promoted by the Fire Service S and AA. LDWA members are welcome to enter but there may be some restriction on numbers. Full details from D Ramsey

Time limit 20 hours, age limit 10 years!

NOTE: "The Cotswold Way" by Mark B. Richards (Thornhill Press, 85p.) describes the complete Cotswold Way that unofficially extends from Chipping Campden to Bath. This route is 100 miles long. There is no text: the way is described by maps at about 2½" to the mile.

#### July 16-19 NYMEGEN INTERNATIONAL MARCHES (Netherlands)

This year sees the 58th renewal of the now world famous Nymegen Marches. Although not to be classed in the same category as the general style of challenge walks all who take part will be sure to enjoy the tremendous atmosphere that these walks create. Depending upon age, sex and whether civilian or military so the daily distances to be covered vary from 30K to 50K (about 19M to 31M). The predetermined routes are along roads and there are often thousands of spectators lining the way to watch the walkers pass. The number of participants exceeds 10,000 and their start times commence at about 04.30 until 08.00. The entry fee is 18 Dfl. and a gilded bronze cross with ribbon is awarded to those who take part the first time. Each further year a different award is given. Extracts from the rules include "it is forbidden to march arm in arm, to quick walk and double quick". For contravention of rules a yellow card is given (a la soccer!) The walks are organised by the Royal Netherlands League for Physical Culture (KNBLO) and further information and entry forms can be had from Secretariat, 18 Volkenbosplein, The Hague, Holland. Entry closes June 20.

#### July 27 ICKNIELD EIGHTY (Bucks, Berks, Wilts)

The walk will start at Ivinghoe (near Leighton Buzzard) and follow the Ridgeway Path to Marlborough (Wilts). The total distance is just over 80 miles and time limits will probably be 24 hours (first class) and 30 hours (standard). Awards will be certificates and "once only" badges. Entry fee £1.50 for members. O/S 1" Sheets Nos 157, 158, 159 cover. Further details from A W. Blatchford

#### August 2nd LEICESTER TO SKEGNESS ROAD RACE. (Leicester - Lincolnshire.)

This event is the next Centurions qualifying race. All interested members should note that the walk is strictly under race walking rules (e.g. only walking action as opposed to any trotting is allowed) and the whole route which will be adequately signed is along metalled roads. Only a few of the starters will have any possibility of winning and many others will be walking as a part of their club team. A few entrants will be individuals with the only object in mind being completion of the 100 miles within 24 hours to join the exclusive Centurions. Full details and entry forms are available from Jeff Nott

#### September 7th ACROSS WALES WALK

The walk starts on the Welsh border and the route goes west via the Kerry Hills, Plynlymon, and Borth Bog to finish at Borth youth hostel. Entry is

limited by the accommodation at Clun and Newtown youth hostels where walkers are required to stay prior to the walk. The route is about 45 miles in length and certificates are awarded to all who complete the course within 18 hours. 1" O/S maps Nos. 127 and 128 (new maps Nos. 135 and 136) cover the route. Details from T. Culwick

#### September 22nd CHILTERN MARATHON (Buckinghamshire)

There is a new venue for the fifth Chiltern Marathon: Marlow Rugby Ground - with added attraction of a bar. The 25 miles route leads through Medmenham, Stonor and Cadmore End. A few Thameside stretches are included in the new route. Maps Sheet 159 (1") and 175 (1 $\frac{1}{4}$ ") cover the route. Entry is open to all and the entry fee is 30p. Details and entry forms from Vince Smith  
Organised by the Middle Thames Ramblers.

#### Sunday, June 2nd 1974 - ANNUAL CHEVY CHASE (Northumberland)

Start is from Wooler Youth Hostel, Northumberland. Full details from Race Secretary, Alan Gardner

BACKPACKER COMPETITION. "Mountain Life", the official organ of the British Mountaineering Council is running a backpacker competition in 1974. The idea seems to have started with a report by John Offley (LDWA 199) who tackled the Pennine Way a few months ago. Basically the scheme is as follows: the entrant will make a journey of six days or more in Britain or Ireland and later send his log in, plus a list of equipment etc. carried or used. Prizes will be awarded for the most enterprising and entertaining journey made. There will be two classes - the junior (under 18 years) and the senior. Last year The Rev. Dennis Hutchings (LDWA 404) of Stepney, London, won the first competition with a walk from Duncansby Head to the Kyle of Lochalsh, a distance of 170 miles in 10 days. Full details for the competition are included in the April edition of "Mountain Life" which costs 25p or £1.90 per years subscription (6 issues). M L. can be obtained from the Editor, Chris Brasher,

HELP, HELP! As most members will realise the association is promoting the two longest cross country walks in Britain (and possibly Europe) this year. To organise these events requires the services of many people and so the organisers appeal to you the members for your services for a few hours at either walk. Duties (for which we regret there is no salary) include dispensing drinks, checking walkers through control points, and whispering encouraging words into their ears in the later stages of the walk.

As shown elsewhere the date of the first ultra long distance event is May 25, 26, 27, and the venue for the Peakland Hundred is in Derbyshire. Organiser is Dick Chell. The second "superwalk" is on July 27/28 and the route stretches from Bucks through Berks to Wilts. Organiser of this challenge is Alan Blatchford.

If you can spare time to support either walk as an official please contact the respective organiser stating your time of availability and whether you have transport.

DEAD EVENTS? Due to difficulty in recruiting people to organise, the recent Petersfield Border Walk held last year for the first time will not be held this year, or possibly again. To take its place the Surrey Group will be arranging another Kanter. This will be the Ten Towers Kanter in Hampshire.

Another event that may have been held for the last time is the Tanners to Hindhead walk although its popularity really demands that its continuation be established. A possible replacement walk would be a Tanners Hatch to Crockham Hill (Kent) walk. Further details will be published in the next newsletter.

# FAST EVENTS

## RESERVOIR ROUNDABOUT - 12th January, 1974.

This year's event had typical Tandy weather again, squally showers, very wet and boggy underfoot, just bad enough to be interesting and to save my reputation as a bad weather marathon organiser.

65 started, including 7 ladies, 2 eleven year old and 1 ten year old, (also the youngest ever to finish the walk). The 3 young lads finished in 7 hours accompanied by fathers and for the 10 year old his mother. First to finish this year, were R. Malley (Newcastle-on-Tyne) and A. Hoare (Coven-try) in a very fast 3 hours 40 minutes. The fastest time to date, and done in full kit, boots, waterproofs etc., and carrying rucksacks. Most noticeable this year was the overall strength of the field, only two failed to finish, both due to injury problems.

Thanks are due to Carl and Marion Ehrenzeller and the Bridgend Mountain rescue team for their invaluable help.

N.W. TANDY (LDWA 130)

## KETTLEBURY KANTER - 10th February, 1974

Despite the very wet and windy weather well over 100 people took part in this event which is the first of a series of "kanters". The idea behind these events is to give members more of a challenge on the map reading side as opposed to a straight forward walk.

The KK comprised two courses, one of about 11 miles and a longer one of about 20 miles. Each course had a number of checkpoints to visit such as a trig. point, a road junction, a hill etc. and at these points participants had to note a letter or number. No checkpoints needed to be manned but there was a refreshment point at halfway.

Apart from one or two snags like the headquarters not being open at the start and the refreshments not arriving at the mid-point until after some people had passed, all went well.

Most people preferred the longer course and over 70 took part with 41 teams and individuals finishing in times ranging from 3 hours and 5 mins (D. Rosen) down to 8 hours 27 mins. Twenty five teams and solo entrants completed the other course in times extending from 2.01 to 6.27. Most of the performers with fast times were orienteers for whom the map reading presented no trouble.

This type of event is easily arranged by a small number of people with the minimum of organisation, and can provide an interesting day out when there are few other events on the calendar. Members in other regions should consider staging something similar.

ALAN BLATCHFORD (LDWA 2)

## THREE PEAK TRIAL - 16th February, 1974

126 walkers started from Crickhowel in fine weather, to traverse the three peaks that encircle Abergavenny, the Blorenge 1833', Skirrid 1595' and the Sugar Loaf 1955'. A distance of 22 miles and approximately 4500' of ascent, finishing back at Crickhowel. The event is quite popular, with entries from Newcastle-on-Tyne to Pinner in Middlesex, and all points in between.

Fastest time was approx. 6 hours and everyone had finished within 12 hrs. Oldest to finish was Basil Pogson from Church Stretton, accompanying him was the youngest at 9 years of age, also from Church Stretton (must be something in the air in those parts). Only 8 people failed to finish this year, it seems that everyone is getting fitter, I really must start training harder.

Past Events continued.

TANNERS - HINDHEAD WALK (Surrey) February 23/24, 1974.

Walkers had the option on the first day of this event to either follow a route sheet between Tanners Hatch youth hostel and Hindhead hostel, or to answer a question at four grid references having made their own way between the points. For the return journey the route in reverse was followed.

Despite the winter date the weather was almost summerlike and the underfoot conditions were remarkably good generally. There was no official start and people simply drifted off when they were ready to leave although they were given start times. A few people set off with the intention of running the 25 or so miles whilst the majority, possibly in the true spirit of the event, opted to walk all the way.

The first to arrive at the finish was David Rosen who took the remarkably short time of 3.41 (LDWA 152). Soon after, the next runners - Alan Blatchford and Jon Jackson, came in (4.14), followed by a few more runners and then came a steady stream of walkers. In all, 69 finished in times ranging up to 10.40 and many of these were LDWA members. Although Gibbet Hill is quite close to the finish several people were unable to locate the hostel finish accurately from there and thus went up to a mile astray.

A small number of the finishers spent the night at Hindhead hostel and then made the return journey to Tanners Hatch on the Sunday. Of the 15 starters 11 reached the finish and 9 of these had then completed "the double" including founder member Chris Steer. The first home on this day was Alan Hoare (LDWA 131) who took 5.30, and the only lady taking part was Barbara Blatchford.

The organisers of the event were Graham Peddie (LDWA 667) and Grierson Collister (LDWA 368)

A. BLATCHFORD (LDWA 2)

THREE COUNTIES WALK (Wilts to Hants) March 16th, 1974.

There was a good attendance for the first informal LDWA walk in the south: 17 members and three friends made up the party. The meeting place was Basingstoke and from there a hired coach took the group 30 miles, into the depths of Wiltshire

In bright sunny weather, with a strong tail wind for assistance, the walkers set off from Botley Down to traverse the high chalk ridge back to Basingstoke. Local member Rod. Smith had previously surveyed the route and a copy of his route description was handed to each walker. The way was, however, well defined and there was little need to refer to either the description or the map. With some members wanting to step it out and others content with a lesser gait the party soon fragmented into groups of two or three..

After about five miles the way left Wiltshire and entered Berkshire soon passing the Gibbet on Inkpen Beacon (974') the highest summit in the county. About 3 miles on, the route passed into Hampshire as Pilot Hill (937'), the loftiest hill in Hants, was reached. This section of the ridge is the highest chalk elevation in the country, although far less walked than either the North or South Downs.

For most of the way there were extensive views to both north and south. To the north the Chilterns were clearly visible as were several other hills north of the Thames. The walk proper finished about 2½ miles outside Basingstoke to give a distance of about 25 miles. It is hoped to repeat the walk next year at about the same time. T

The members in the party were: C. Steer (LDWA 1), A. Blatchford (LDWA 2), C. Dawes (LDWA 291), K. Pennyfather (LDWA 96), D. Lothian (LDWA 269), T. Lothian (LDWA 318), C. Abbott (LDWA 321), M. Collins (LDWA 320), D. Sparks (LDWA 432), R. Smith (LDWA 456), R. Gage (LDWA 602), R. Cooper (LDWA 605), A. Youngs (LDWA 626), C. Barton (LDWA 695), Brian Smith (LDWA 786), Keith Wilkinson (LDWA 111).



# A DORSET ARCHAEOLOGICAL WALK

SELECTED BEST ENTRY IN COMPETITION - by John Loakes (LDWA 546)

It is likely that some form of accommodation could be arranged in Dorchester.  
This walk is rich in archaeological features that are easily seen and appreciated whilst journeying past.

Ordnance Survey Map 178.

Leave Dorchester by A.354. Shortly turn R. along a metalled road, then track to west end of Maiden Castle (Iron age hill fort and Roman settlement.)

Walk around ramparts of Maiden Castle, back to west end.

Follow bridle path to Clandon Farm, and past Clandon Barrow (bronze age round barrow).

Cross minor road and take footpaths north of Martins Town running parallel to road to Rew Manor.

Climb Rew Hill on bridle path passing round barrows.

Follow minor road to about 200 yds short of Hardy Monument.

Follow tracks westwards through Blackdown Forest.

Cross minor road at 604 883 (neolithic long barrow on right).

Follow minor road to spot height 564 and turn right to White Hill Barn.

Follow bridle paths and then track NW past round barrows and long barrows to Martins down bank barrow at height 632 (trig point).

Descend to cross minor road by junction with A 35.

Follow footpaths SW to minor road to Litton Cheney.

Past Litton Cheney Church, turn L to White Cross Inn.

Turn L along minor road.

Turn R along bridle road at 555 899.

Fork L in about 300 yds and follow bridle path to height 488, (round barrow).

Follow field tracks SE to Kingston Russel stone circle (bronze age circle of standing stones).

Follow tracks SE to height 672 (noting The Grey Mare and her Colts in field to R of path - a neolithic chambered long barrow).

Descend field path SW to Portesham.

Leave Portesham by paths and bridle way NE and follow tracks through National Trust scrubland to Hardy's Monument (Thomas Masterman Hardy - captain of Nelson's flag ship Victory).

Descend minor road NE and turn R along bridle track passing round barrows on Brankham Hill.

Follow the track E to cross a minor road and then S E to cross A 354.

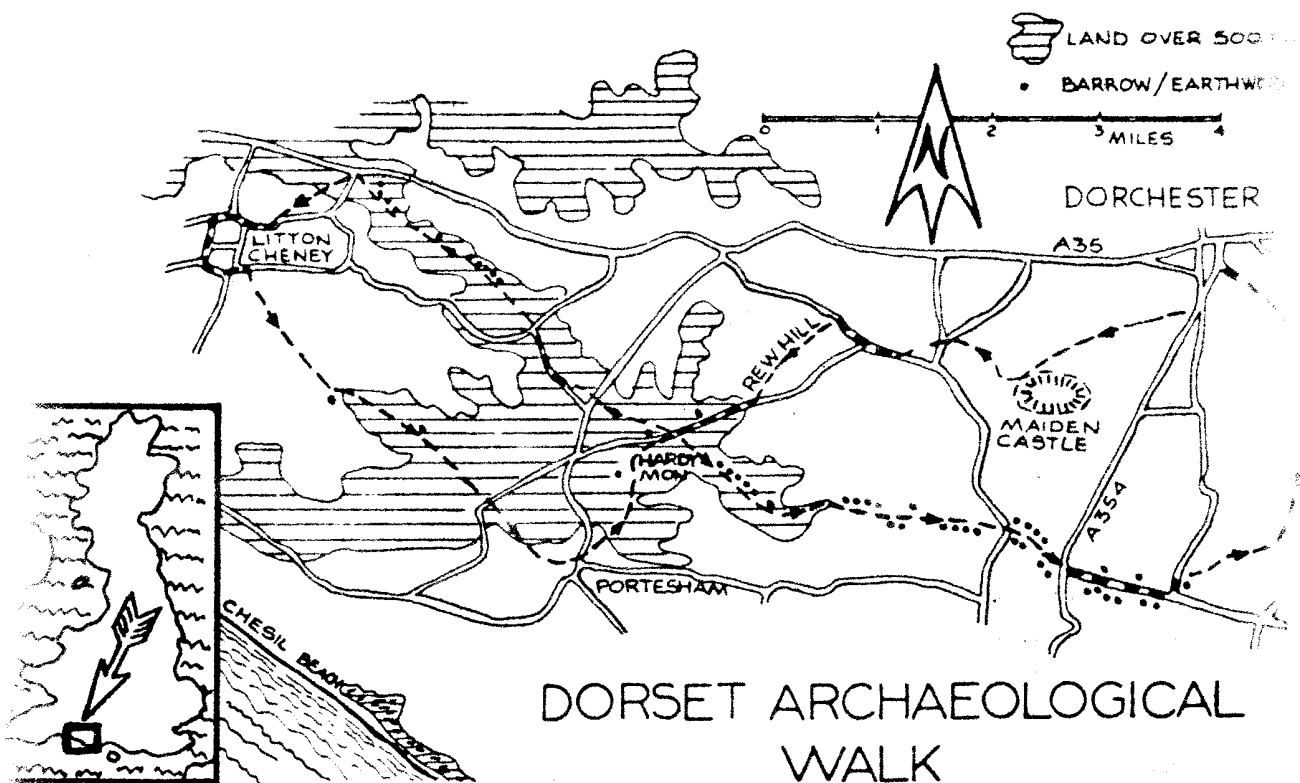
Follow minor road E crossing railway line in tunnel.

Turn L along minor road at W end of Came Wood and shortly fork R along path to Warren Barn.

Follow path NE then bridle path to 702 867

Follow track NE Winterbourne Come.

Follow track N and then path NW to Dorchester.



## WALKING SHORTS

NORTH YORKS MOORS CROSSES. - (Betty Hood). I would be most grateful if you would bring the following to the notice of your members. Someone has taken it upon himself to paint 'CW' on some gates etc. on the route. These are none of our doing, no-one has any right to do this kind of thing. As we have said many times before, we must, as a Rescue Team, keep in the good books of the Landowners. This lettering could be taken to mean that a foot-path was indicated, where in fact there is no right of way. If a Landowner took this the wrong way, it could mean not only the end of The Crosses Walk, but that someone was getting a bad case of exposure while we were unable to search for him on Private Land.

WORCESTERSHIRE WAY. Have you heard of the Worcestershire Way? If you have not you may have something in common with most other long distance walkers. This unofficial long distance route has been apparently devised by "B" Compton (Worcestershire) Mercian Volunteers and it traverses the county from north to south using existing rights-of-way. The total distance is about 45 miles. More details in a future newsletter.

WHITE HORSES WALK. An interesting walk that was recently sent in by a member was along a route that linked up several white horses cut in the chalk hills of Wessex. The expedition was undertaken by the Bristol University Explorers Club in 1967. The walk started at Uffington White Horse (the Icknield Eight symbol) and meandered in a generally south west direction to finish at Westbury White Horse.

PARISH WALK (Isle of Man) May 25th. This is the longest annual walk in the British Isles and it is unique in that it has a church at every checkpoint. The 85 miles route begins at Douglas and goes clockwise around the island passing every parish church (17 in all), to finish back at Douglas. The route is along roads. The event is somewhat on the lines of a race although running is not allowed and the majority of the walkers are not athletes. The first three men home are awarded prizes as is every lady who finishes. There is also an award for the first veteran. Entry fee is 25p and should be sent to A C. Jones. Closing date 16th May. Time limit 24 hours.

SOUTH EAST TO PEAKLAND HUNDRED? There are a few seats available in a vehicle going to the Peakland Hundred for members from the London area, and return. Contact Alan Blatchford.

# BREAKING THE WORLD'S WALKING RECORD

by The President L.D.W.A.

Lt Col R. Crawshaw, O.B.E., TD, DL, MF.

It is probably true that for the shorter distances people at an early age set their sights on gaining a world walking record. I do not believe that anyone under 30 years or so is capable of the physical strain of walking a distance of 250 miles because they lack the mental training necessary to accomplish the distance.

From this it might be obvious that I never thought that I would ever break such a record - certainly not until the last few years. It was only then that I began to think this was a possibility. It became a reality this year when, because of the support given by a wonderful team of helpers, I was able to walk non-stop for 255.84 miles in 76 hr 21 min.

In case it be thought that world beaters are born and not made, I must go back 45 years in my life. I believe that by doing so, I shall give hope to many people who feel that they lack the necessary physical attributes.

## Personal Challenge

As I had had pneumonia three times before I was five years old my family began to despair as to whether or not I would survive. This concern was intensified when, at the age of nine, I had a serious illness which kept me in bed for 12 weeks. As a result, the doctor told my mother that I must not run upstairs in case my heart became affected. I recall my words when told this - words which did nothing to allay my mother's fears. I said: 'If that is the case I might as well die now'. As a result, from that day onwards I did the opposite of what my doctor had advised. I ran, swam, climbed and took part in every sport it was possible for me to enter. For several years, whenever the opportunity arose, I would run several miles and have a swim before breakfast. Everything I undertook in the physical field became a personal challenge. It was not whether I could climb a mountain, but in how short a time could I run up it and down again!

During the war I transferred to the Parachute Regiment. We had a certain motto which proved very useful for instilling determination - 'The impossible is done immediately - miracles require 24 hours notice'. This association with parachuting has continued and almost 30 years after commencing parachuting I still take a couple of weeks in the summer to improve upon my previous best in free falling.

I had my first encounter with long distance walking in 1956 when I was commanding a TA parachute battalion. In order to select a battalion team for the International Walks at Nijmegen in Holland. I arranged a 107-mile walk from Goole to Liverpool in full battle order. We completed this walk in a week-end, as planned. The publicity given to this event resulted in a number of similar walks undertaken by the Army and others, among whom was the redoubtable Dr Barbara Moore.

Five years ago I was asked to start the competitors in a 52-mile marathon organised by the St John Ambulance Brigade. I decided to take part as well and managed to come in fifth. Having failed to get either the Government or the military authorities to sponsor an international walking week at some suitable centre, I managed with the help of the Toxteth Community Council, of which I am President, to arrange an annual 24-hour walking event which now has many hundreds of entrants from toddlers to old-age pensioners. On such an event is an individual 100 miles in the 24 hours. I have managed to complete this in each of the past two years and this is what set me thinking about the world record attempt.

## Sponsorship

As pleasant as it is to hold a world record, I do not think that this, in itself, is sufficient to warrant making the attempt. I have always associated my walking with sponsorship for charities and was determined that if I did make the attempt it would be in aid of charity. My wife is chairman of the local branch of the NSPCC and the area organiser is one of my former

## Breaking the World's Walking Record contd.

majors in the parachute Regiment.

Last year it became clear that the NSPCC was running a heavy deficit, and the cause seemed to recommend itself. After some discussion with the area organiser, the matter was taken up at national level and my offer of help was accepted. Without the help of the NSPCC the attempt would not have been possible.

Dealing with the general aspects of training which I believe necessary for anyone wishing to undertake such a challenge, a good pair of legs is one of the main requisites but this in itself is not sufficient. It is necessary to ensure that every part of the body is in 100% condition. A strong pair of arms and shoulders can take a lot of the effort off the legs and, of course, a good pair of lungs is essential. This requires daily exercise with some suitable spring-loaded bar night and morning.

The next essential is to make sure that one is carrying only muscle and not an excess of fat. Again, the scales must become a twice daily habit - not to be slavish about diet, but to correct any tendency for these excess pounds.

### Training

A 25-mile non-stop walk in five hours each Sunday morning has been my only real training each week apart from about another 25 miles walked in daily stints of  $3\frac{1}{2}$  miles from my home to the House of Commons and back each week day.

Most of my training has been unaccompanied. The advantage of this is that one sets a target in one's own mind. If one can do it on one's own it is easy when accompanied by other people. I have always trained the hard way and even if I do up to 40 miles non-stop I don't have anything to eat or drink during this time. As a result I generally suffer greater hardship during training than I did at any time during my record walk.

Because the great enemy of sustained physical activity is cramp, I train in shorts and as light a kit as possible, even when it is snowing. It was only after I had walked for 36 hours and with the advent of the second night that I was persuaded to put on my track suit trousers. I never got cramp although I felt there was a possibility of this happening on the last two circuits after walking the previous ten laps at an increased speed.

### Diet

What diet is necessary to attain the peak condition? I must admit that there is nothing that I don't eat at some time or other. Basically I rely on milk and eggs and usually drink about three pints of milk a day. For some time now I have had Complian as a part of my staple diet. I find that this can provide the nourishment which one could get from a heavier meal, but without the worry of getting overweight. Complian was also one of the main ingredients of my diet during the walk. It is equally pleasant, whether taken hot or cold, and I am sure that this provided a great part of the energy required for a walk which lasted 76 hours. I have frequently been asked what were my main worries about undertaking this walk. The main difficulty lay in the fact that the most I had ever done previously non-stop was 100 miles. Although I felt that I was capable of doing a much greater distance, it would have been very conceited to have asked for the race track for four days which was what was eventually required. This resulted in our having to get extensions to the time we were permitted to remain on the track and I was worried during the walk that we might run out of time before I had completed what I felt was possible.

### Target

It was a great pleasure to have Bob Thirtle, a previous world record holder and the present European champion, taking part in the walk with me. Unfortunately this also brought its worries. We had decided that provided we were both still walking we would break the record by going across the line

## Breaking the World's Walking Record contd.

together. Bob decided, however, that as soon as we broke the record he was going to stop. I had set my sights on reaching 250 miles - the limit that medical knowledge had placed on the extent of human endurance.

For hours I wondered what to do if we both broke the record together. Could I, in all fairness, continue when he stopped? I had not resolved this issue when Bob did by having to give up after completing 155 miles.

On the third day I was still feeling reasonably fresh and came to the conclusion that the 'limit of human endurance' must refer to the ability to remain awake. I felt this was going to be the main problem, although at this stage I had not felt that this was so. This conclusion brought about a decision which caused me some considerable discomfort later.

I decided that in order to ward off sleep I would walk cold during the third night and I did not put on the extra smock which I had worn the previous night. As a result I caught a chill on my stomach which was extremely unpleasant during the last twelve hours of the walk. My brain remained so alert that during the last six hours I was able to cross-check mentally the distance I had to cover in order to beat the previous record by 25 miles. As the track was 1.64 miles per circuit this meant that I had to work out mentally the distance to two points of decimal. If anything was proof of my excellent diet, this was surely it.

I had a wonderful team of helpers who not only paced me each lap but saw that I was provided with the drink I required each time I passed the main check point. That there were so many people to cheer me on made my task so much lighter. Many of them, including my medical adviser, Colonel Hobday, for whom no praise can be too great, spent three cold and uncomfortable nights on the track.

## Lack of Balance

The only amusing incident - amusing only in retrospect - occurred on the last morning, when I paid my third toilet visit. By this time I had lost the ability to stand still and keep my balance. As a result I fell in the toilet dragging the hessian screen down with me and almost landing in the latrine bucket. Because I was unable to regain my feet I had to be helped up by my pacers. The same thing happened later when I tried to get out of the bath at home. Only the arrival of the local vicar retrieved the situation and I remember thinking that as he dragged me naked out of the bath, it was all rather like a Jordan baptism!

Although I did not have one blister or piece of skin off the underneath of either foot, both of the smallest toes on each foot were badly damaged on the top. Those on the left foot had merged with each other and had already started to rot.

After a bath I took a 'knock-out' pill before getting into bed, as I have found from experience that it is possible to reach such a state of exhaustion that it is impossible to sleep because every nerve in the body is pulsating. I left my feet protruding from the bed and my wife doctored them while I was asleep - thus saving me what I am sure would have been a rather unpleasant and painful session.

## Restored

After 5½ hours' sleep I awoke feeling as though I had slept for ages. I read and watched TV for five hours before repeating the pill process and a further six hours sleep. I was up at 7 a.m. and felt on top of the world. At this stage I realised that some of this was false buoyancy in that the excitement was counteracting the exhaustion. Later in the week I did feel less lively but part of this was caused by stomach trouble. During the morning I was interviewed by several newspapers and radio before going out for a short stroll in a local park. On the following day I was able to drive to London.

## Breaking the World's Walking Record contd

### Stamina

Summarising the salient points that this walk has brought home to me, I believe that as one gets older, provided one keeps exercising, one becomes fitter. Stamina increases with age, together with the mental ability to face up to challenges which would daunt one at an earlier age. My advice to those thinking of undertaking physical ventures of this kind is: Do a lot of training alone. Set yourself a challenge and never cheat yourself. Train under conditions which are more severe than you will be called upon to face when accepting the challenge. Don't smoke and never touch spirits except medicinally.

Remember that more people in Britain die from over-eating than under-eating. Have a balanced diet with emphasis on proteins. A pint of milk with two eggs mixed in and Complian is worth two 'meat and veg.' meals.

Exercise so that the blood surges through the arteries and removes the fat deposits which cause so many heart attacks. Train because you want to feel fit and well. Whatever your job, you will be able to do it better if you feel fit. Do this for 45 years and I believe that anyone can beat the 'endurance barrier'. It is certainly worth a try.

---

## TWO MOORS WAY

---

The proposed long distance route linking and crossing Dartmoor and Exmoor has been rejected, at least for the time being. Although the Countryside Commission supports the idea of The Two Moors Way there is opposition from the Devon and Somerset County Councils reputedly acting in the interests of a few large landowners. Devon C.C. is not opposed to a long distance route on Dartmoor itself and the Countryside Commission are to concentrate on the implementation of this part of the proposed route.

As a contribution to the protest group, Don Allen (LDWA 205) led a Dartmoor Rambling Club walk along a part of the National Park route on Sat. 16th and Sun. 17th March. Brief details are as follows:-

Started in Oakhampton and walked via Lydford to Bellever. Stayed overnight at the youth hostel there. Next day walked to Widecombe, Holne and Scurriton, ending at Plymouth. Distances were about 15-17 miles each day. Don urges all members to protest at the decision not to go ahead with the new route by writing to the Countryside Commission or the Ministry of the Environment.

(Apologies to Don for not being able to print this before the event) Ed.

---

## EQUIPMENT

---

Radcom are now marketing a distress light suitable for climbers and walkers to carry. Its weight is  $6\frac{1}{2}$  ounces and it is about 6 in. long by about  $1\frac{1}{2}$  ins. x  $1\frac{1}{2}$  ins. It will flash about 50 times a minute for up to nine hours continuously and is 150000 lumens brilliant. Its makers claim that it can be seen for up to 10 miles in good visibility. Mercury batteries will last about 2 years if not exhausted. The most disappointing feature is the price which is £15. Full details are available from Radcom Ltd, 23 Chantry Lane, GRIMSBY, Lincs. DN31 2LP.

# THE NEW MAPS — ONE

by Richard Cooper (LDMA 605)

The Ordnance Survey has published a new series of maps at a scale of 1:50 000 (Approximately  $1\frac{1}{4}$ " to 1 mile) to replace the popular one-inch maps of Great Britain.

## Historical Background

The first one-inch map was published in 1801 covering the county of Kent, and in the next seventy years the map was extended to the rest of the country. It continued to be produced in black and white until about the end of the century when colour was first introduced. Thereafter the one-inch was developed as a coloured map until it reached its final form in the Seventh Series; the first sheet of this series appeared in 1952 as a ten colour map although the number of colours was later reduced to six.

Since 1952 most of the sheets in this series have filled up considerably because of building development and the construction of new roads. At the same time, many map users have asked for more information to be included. Taken together these circumstances have indicated that there were benefits to be gained from an increase in scale. The 1:50 000 scale provides this increase with the added advantage that it will be a suitable scale (2cm to 1 km) when the metric system is generally adopted in this country.

## The 1:50 000 Map

The First Series of this map has been produced by photographic enlargement of the existing one-inch map, compiled on new sheet lines and printed in new colours. By using a special technique it has been possible to avoid much of the effect of enlargement on the thickness of the lines.

The main advantage of basing the new map on enlarged one-inch material has been that it has made it possible to produce all the sheets of the First Series within two years. However, it is intended gradually to replace the First Series with a redrawn map made to a new specification which will be known as the Second Series. This specification includes a number of new features which, according to market research, will be welcomed by map users. A few Second Series sheets have been produced in time for publication with the first issue of the 1:50 000 maps. Every sheet published in the First Series style will be converted in due course to the Second Series specification as and when it is fully revised.

The map will cover Great Britain in 204 sheets. The first 103 sheets were published on 7th March 1974 and are now on sale throughout the country. They cover an area south of a line from Morecambe to Bridlington. Sheets north of this line will be published early in 1976, completing the change-over to the new scale within a two year period.

## Metrication

The decision to publish a map at a scale suitable for use with metric units of measurement was taken in conjunction with the gradual introduction of metrication in other fields. The 1:50 000 scale is already extensively used on the Continent. The new map shows contour values and other heights in metres instead of feet and sheet edge distances to nearby towns are indicated in both kilometres and miles.

## Colouring

Motorways, which with first class roads were shown in red on the one-inch map, are distinguished by a blue infilling to associate them with the colour of motorway signs on the ground. Town fillings are in orange (grey on the one-inch map) making close detail in urban areas easier to read. Woods are shown in green but without tree symbols to improve clarity.

## Presentation

The landscape style of presentation, which makes it easier to use folded up, has been adopted in place of the one-inch portrait style. Sheets have been named so that they relate not to the largest town on the map but to a description of the area covered by each sheet. The colour of the cover is a shade of magenta known technically as rodamine red.

## Revision

Maintenance of the map will be on a cyclic system similar to the one-inch but modified to enable special revision of roads and other major features in areas of rapid change to be undertaken within normal revision cycles. This will help to keep the map more up-to-date.

Details of this and all other Ordnance Survey maps are in the free catalogue available from Ordnance Survey, Romsey Road, Maybush, Southampton. SO9 4 DH, and from many stockists.

---

# THE NEW MAPS — TWO

by Phillip Gilks (LDWA 33)

---

Walkers and other map users who keep a cartographical ear to the ground will no doubt be aware that for some years now the Ordnance Survey has been working upon the publication of a metric scale map to replace the 1" map and the early part of March finally saw its arrival. With a representative fraction of 1: 50 000 this gives a convenient scale of 2 cm. representing 1 Km. or, if you are still walking miles, 1" represents 0.78 miles. The maps so far cover that part of Britain south of a line between Morecambe and Bridlington and are known as The First Series. Technically they are photographic enlargements of the 1" Seventh Series with various changes and updating so the effect is rather like looking at a magnified 1" map. Those who have difficulty reading small detail at speed will find this a benefit but it does lead to an unusual situation with contours since the interval between them is still 50 feet but their heights are of course in metres. Although the sheet size is larger, about 1000 mm x 890mm (39" x 35") the area covered is less owing to the slightly larger scale and obviously, since more map covers less territory, there is an increase in the total number of maps (204 as against 189 1" sheets).

The most significant changes are - house shading from grey with black stipple to orange stipple, contours and 'B' roads from brown to orange, motorways from red to blue, grid lines, trig points, latitude/longitude intersections from black to blue. Omission of tree symbols from woods and orchards with the latter now shown in a green stipple.

Gradually, however, it is intended to replace the first series with a second series of which a few have already been published from new surveys, new drawings and using a clearer more modern print. In addition to the above changes these also include - some conventional signs in English, French and German, new symbols for telephones, golf courses, level crossings, administrative boundaries and the addition of parking places, picnic sites, view points, camping and caravan sites, beauty spots, country parks, heliports, information centres, public conveniences and some public buildings such as schools and hospitals in a heavier outline.

One very useful map in the second series is Sheet 115 Caernarvon and Bangor, so that if you wish to climb a 1085 metre high Snowdon - now is your chance.

(I make no apologies for printing both these articles as they seem to compliment each other and round off the picture.) Ed.



# THE RIDGEWAY PATH

by Ernie Foster (LDWA 26)

The Ridgeway Path, 85 miles of long-distance route from near Avebury in Wiltshire to Ivinghoe Beacon in Buckinghamshire, was officially opened at 3 p.m. on Saturday, 29th September last by Lord Nugent of Guildford, Chairman of the Thames Conservancy. Under threatening skies a large assembly of ramblers gathered on the exposed top of Coombe Hill above Wendover to hear John Cripps, Chairman of the Countryside Commission introduce Lord Nugent and supporting speakers. These included Baroness Young of the Department of the Environment; Sir Aubrey Ward, Chairman of Bucks County Council; P.R.A. Ensor Vice-Chairman of Wycombe RDC and Don Gresswell Vice-Chairman of the Chiltern Society. At first the public address system failed to function, but some 5 minutes and one new microphone later the speeches were being blasted forth loud enough to be heard in Aylesbury. Verbal bouquets were flung back and forth concerning the excellent co-operation and general bonhomie which existed between the Countryside Commission, the local authorities and the DOE. Don Gresswell recalled the prodigious efforts of the Chiltern Society's Rights of Way Group in the clearance of all overgrown sections of the Ridgeway route in the Chilterns as their contribution to European Conservation Year, 1970. This took about 6 months' weekend and spare time labour and included a fearsome length of Grim's Ditch between Nuffield and Mongewell Park which bristled with natural and man-made obstructions. (I have vivid memories of this bit, having been a member of a party from West London Group of the R.A. who did one of the early surveys of parts of the proposed route).

An appeal was made to anyone in the gathering who owned, or knew of, a suitable building situated somewhere midway between Bradenham and Streatley in order to provide another badly needed Youth Hostel to serve the route. Mr Ensor, Vice-Chairman of Wycombe RDC, appealed for the provision of cosy licenced premises at suitable intervals and for the waymarking to indicate the number of miles to the nearest hostelry so that thirsty ramblers could put on an extra spurt in order to arrive before closing time. This proposal was greeted with acclamation. He also referred to a "certain chequered footpath" in the vicinity. (I wonder what he meant). Soon after this heady stuff we all trooped down the hill to Wendover in a slight drizzle of rain. Some of us made our way to the railway station, others to their cars, and the favoured few got a free tea at the John Colet School.

In its embryo stage the route was known as the Chilterns/Ridgeway footpath which I think described it very well. Starting from the western extremity the A4 trunk road at Overton Hill about 4 miles west of Marlborough (better known to Ridgeway Marathon walkers as the Ridgeway Cafe) - the path follows the crest of the Marlborough and Berkshire Downs for some 40 miles to Streatley-on-Thames. On the way it reaches a height of 900 feet on Hackpen Hill and continues by way of Barbury Castle, Fox Hill, Wayland Smith's Cave, Uffington Castle and White Horse Hill, Segsbury Camp and Lowbury Hill. This stretch, a continuous right of way for walkers, horse riders, and cyclists, passes by, or close to, many prehistoric sites of the Bronze and Iron Ages and gives wide views over the Vale of the White Horse. A string of villages lie at the foot of the downs, several containing racing stables because this is "racehorse country" and long stretches of green turf beside the route are used as training gallops. The path drops down to cross the Thames by the road bridge between Streatley and Goring, a distance of about 45 miles. From here, the right of way is for walkers only. The path turns northwards up the Oxfordshire bank of the river to Mongewell Park and then eastwards along the ancient earthworks known as Grim's Ditch to Nuffield village. Then north again by Nuffield Common, Ewelme Park and Swyncombe Downs dropping down to join the ancient Icknield Way near Britwell. This broad pleasant path is followed in a north-easterly direction as far as the county boundary with Buckinghamshire at Hempton Wainhill, passing near to Watlington, Lewknor, Aston Rowant and Chinnor. In Bucks the Icknield Way is mostly a motor road so the path swings south-east and climbs over Lodge

Hill, drops down to cross the railway line and road south of Princes Risborough where the Icknield Way is rejoined for a short distance before climbing Whiteleaf Hill. Continuing in a generally north-easterly direction, the route takes in the Chequers Estate, (another) Lodge Hill, Coombe Hill and Bacombe Hill before descending into Wendover. It continues towards Tring skirting wooded country at Cocks Hill and crossing into Hertfordshire near Hastoe. Across a strip of Hertfordshire the route goes by way of Tring Park and Pendley Manor to cross the railway line and the Grand Union Canal near Tring Station and ascends downland again on the wooded slopes of Aldbury Nowers to re-enter Bucks. at Pitstone Hill. The line ends in a northerly direction over downland of great beauty to Ivinghoe Beacon. So there it is, 85 miles of up and down scenic walk, not as steep as the South Downs Bridleway perhaps, but offering the makings of another LDWA long-distance event. Get going!

---

## THE DALES WAY

by Pete Dewes (LDWA 516)

The Dales Way is part of an old packhorse route, starting in Ilkley and in principle follows the rivers Wharfe, Dee, Lune and the Kent, to end at Bowness-on-Windermere, a distance of  $77\frac{1}{2}$  miles.

From Ilkley the Way follows the River Wharfe to Beckermunds, (O.S. Sheet 90 874802), first on one side of the river and then the other. This is a very interesting part of the Way, passing through the grounds of the ruined Bolton Abbey, across old stone bridges and through many fascinating villages - cobbled Grassington, Kettlewell, tiny Buckden and Hubberholme. At Beckermunds follow the road to Oughtershaw, and by the ancient stone cross turn left, following Oughtershaw Beck to Cam Houses, crossing the route of the Pennine Way, down to Gayle Beck, and then over Gayle Moor to the River Dee, where the riverbed is solid limestone. The Dales Way follows the Dee over stiles and bridges, past the historical village of Dent. At Rash Bridge the Way leaves the riverside crossing the fields to the River Rawthey, then through more fields to the River Lune.

The Lune, famous for its fishing, is followed for  $2\frac{1}{2}$  miles and then over the narrow Crook of Lune Bridge to the hamlet of Beckfoot, and then west through fields, crossing the Mint and the Sprint, tributaries of the River Kent which is met at Burnside. Turning right at Burnside Mill, the Way follows the Kent for  $3\frac{1}{2}$  miles, passing Bowston Bridge. Leaving the Kent just before Staveley, the remainder of the Way is cross-country till the final downhill footpath with panoramic views of the Lake District Fells, then through a series of pedestrian gates to Bowness and the official finishing place - the Glebe, the park near Bowness Bay.

The highest and the loneliest point is Cam Houses, 1700' above sea level, while the majority of the Dales Way follows the valleys. Where the Way leaves the rivers there is often no obvious path and it is hard to follow, but now there are several Dales Way books giving the detailed route.

---

## NORTH BUCKS WAY

It is a safe bet that all but the real connoisseur of long distance paths will have heard of the N.B.W., despite its closeness to the capital. The 30 miles route runs from the Chilterns, at Chequers Knapp, to Wolverton with most of it being along rights of way. Where these did not exist diversions have been agreed to and the Way is now continuous. The N.B.W. has been developed by the Ramblers Association and by Jean Jeffcoate (LDWA 121) in particular. A 12 page leaflet which includes photographs and O/S maps and describes the route is available from the Ramblers Association, 1/4 Crawford Mews, London W1H 1PT, at 10p.

---

# VIEWPOINT

by David Hine (LDWA 285)

---

## A RUNNER'S VIEWPOINT

After reading the article by Dianne Pegg in the recent Newsletter concerning running on Marathons.

Most walkers and all runners jog down hill and a little on the flat. All competitors WALK uphill.

Hence to prevent competitors from running on marathons would be very difficult. After all, running is the natural step after walking.

If you decide to run on a marathon you must wear boots and carry the same gear as walkers. The rules are the same for everyone.

I believe if runners were made to walk on marathons the positionings would not alter. Admittedly the gap between winners and followers up would be much closer. Runners who can run with pack and boots are very fit men and when not running can walk uphill and down VERY fast.

Before one decides finally or plunges into marathons as a way of life at some time or other, they will surely have questioned their motives for participation in such events. I think if you questioned most runners you would find most would like to be first man home and the same for walkers but they would probably not admit it so freely.

However, overall, you would find the greater incentive is to beat their time for the previous year and to participate in healthy competition.

However, if you decide your sole ambition is to become a prize winner hours must be spent on training and every weekend spent on hard walking in the Fells. Beer consumption must be reduced considerably and patience and perseverance of the highest order exercised.

One must, therefore, question what one would like out of a marathon. Myself, I enjoy running and usually tag on with a group of runners. If I do well I'm satisfied and if I don't I'm not as satisfied but content to have finished the course and enjoyed good companionship and fresh air.

Men at the front running are not hideous supermen with only one incentive. If you are with a good friend you pull each other through bad patches.

Marathons are for you and your own satisfaction. You learn about yourself, your own limits, your failings. They develop your character, well being and respect for fellow marathoners.

---

## DISCOUNTS

---

Camping and Caravan Distributors Ltd are offering a 10% discount on walking and camping gear purchased from their Macclesfield Centre by members. They are stockists of Karrimor, Berghaus, Robusta, Hawkins, Vango etc., as well as maps, guide books, and outdoor magazines. To obtain discount from their "Pennine Centre" at Brookside Mill, Elizabeth Street, Macclesfield, Cheshire, members should produce their current membership card.

# WHAT'S IN A PLACE NAME?

by Alan Blatchford (LFWA 2)

Have you ever wondered, as you passed a sign post or studied a map, how some of the odd sounding places got their names? Possibly like most people you just take the name for granted much the same as you would not ask why a house or a mouse is so called. Whilst some names such as Ashford, Ivybridge, Goathill etc. may betray their origins, others such as Abloads, Hurstmonceux, Gresty etc. may cause the wildest guesses to be made without even approaching the real meaning. To confuse the issue a name like Boarhunt would at first glance seem to indicate that at some obscure time in the past wild pigs were chased in this vicinity. However, in this case the first element is a corruption of the Old English word "burh" meaning a camp or fort, and the second part is from the Old English word "funta" which meant spring or stream. Hence Boarhunt translates roughly to "camp by the spring".

The majority of town and village names were already in existence by the time the Domesday Book was written (11th century) although their present form was not assumed until sometimes as late as the 19th century. When compiling the Book the authors had to include names that were Celtic, English, Scandinavian, Germanic etc. and many of these included sounds that had no exact equivalent in their French language and so many spelling changes occurred. Since then, as the spoken word changed, so the place names evolved to reach their current form. Even in recent years there have been name changes such as when Cranleigh (Surrey) changed from Cranley to avoid confusion with nearby Crawley.

Many place names resulted in a parcel of land being called after the local chieftain or landowner and later any settlement there took this name. Kingswood, Kingsley, Pepper Harrow (Piperas' temple), Benenden (where Bionnas' people lived) are examples of such names. Many places evolved names because of their associations with certain animals: Catcleugh is where wild cats lived in a ravine (clough), Wolley, Woolpit go back to the time when there were wolves in this country. Alford, Elham and Ely derive their names from the presence of eels (Old English ael). Cullercoats is synonymous with dovecoats (O.E. "culfre" = dove) Gosport translates to "goosemarket" and Bagshaw means badgers (bagga = badger) copse (sceaga = copse). In the Middle Ages the name for a rabbit was "cony" thus Coneyhurst probably means "rabbithill" (hurst = hill or wooded hill).

A great many names stem from something peculiar about their geographic location, e.g. Saltmarsh, Blackbrook, Sherborne (clear stream). Some of the oldest names are river names and a lot of these such as Esk, Usk, Axe, Exe, Avon, simply mean water. The river Camel has nothing to do with the desert animal but in common with other waterways such as the Cam (in Gloucestershire) and Cambeck is a survival of the Old British word "cambo" meaning crooked.

Often it may appear that a town name has been taken from the river upon which it stands (e.g. Dartmouth, Doncaster, Brentford, Weybridge, etc) but this is not always true as in the case of Arundel and Cambridge. The old name for the River Arun was Tarrant and on it stood Arundel (Arun is derived from O.E. "harhune" = horehound, a plant, and del means a valley from O.E. "dell"). At some time in the Middle Ages the back formation "Arun" superseded Tarrant as the river name. In the eighth century Cambridge was called Granta-caestir (camp or fort on the Granta river.) Later this became Granta-bridge, and eventually evolved to the present spelling, with the river taking the name Cam about mid sixteenth century.

### Place names continued.

Until recent times the main occupation was tilling the land and harvesting its produce and, therefore, where a particular crop or wild plant was found it sometimes gave its name to the nearby settlement. One cereal that was important to the Saxons was barley (bere) and this, combined with farm (tun) gives the name Barton which is found in nearly every county. This name also has come to mean "cowshed" in some parts. A storehouse for barley etc. was "bere-aern" which gives us the present day "barn" and the names Barnes and Barnfield. Rye also lends its name to several place names: Ryton, Royton, Ruyton, Ryhill and Roydon are examples of this. Clover (O.E. clæfre) appears in the names Claverton, and Claverdon, and cress (O.E. caerse) in the names Carswell, Caswell, Creswell and Kerswell. At Waddon and Watton woad (wad) was grown, whilst at Croydon the autumn crocus or saffron (croh) grew. Hay was very important to earlier communities and this too appears in many place names such as Haydon, Hayton, Hayford, and Hailey. A number of indigenous trees were of some significance to our ancestors and like cropped plants these also figured in the formation of geographical names. The widespread oak (O.E. ac) is remembered in Acton, Aughton, Acomb, Oakley, Aysgarth, and in the second part of Matlock. The elm is the first element of the many places such as Elmley, Elmham, Elmstead etc. and Wishford derives from wych elm. The willow (O.E. salh) is prominent in the names Salford, Sale, Saltley, Selbourne, Selby, Selworthy and Silchester. Some of these names, however, have been formed from the Norse word for willow "selja". Aspen trees crop up in Apsley, and alders are commemorated in Aldershaw and Alresford. Trees bearing thorns occur in many places that begin with the word thorn, e.g. Thornton, Thorney, Thorne, Thornhill, Thorness. The timber of the lime tree (O.E. lind) was, one time, of importance and it gave rise to the places Lindhurst, Lyndhurst, Lindfield, Lindley, Linwood etc. Tree fruits such as the nut are apparent in names like Nutley, Nuthurst and Nuthall, but less obvious in Slaughter where the blackthorn or sloetree (slahtroew) is referred to. Plums were grown at Plumpton and Plumley, and pears at Parham, Perton, Pirton and Purton, and at Appleton, Apley, Appley and Appleby apple trees were cultivated.

A very common name either by itself or compounded with a suffix is "Stoke" which is a derivative of O.E. "stoc" meaning simply "place" or sometimes "monastery cell", or of O.E. "stocc" meaning "stock", a tree trunk. Often, where "Stoke" is followed by another name, e.g. Mandeville, S-Poges, S-Rodney, S-Damarel, it indicates that the place was held by a person of that name. Thus Stoke Poges was held by Hubert de Pugeis in 1255. Often a place (stoc) was dependent on a nearby settlement and it added this name to its own, e.g. Calstock (near Callington), Basingstoke (near Basing) Chardstock (near Chard) etc.

Sutton is another name to occur frequently, although generally in the south of the country. It is evolved from O.E. Sūp tun = southern enclosure (around a house or village). Like Stoke it stands by itself sometimes but is commonly followed by the name of the lord of the manor, a saint, or river upon which it stands, e.g. S-Valence, S-St Michael and S-St Nicholas, S-upon Derwent.

Probably the most common name in England is Newton, either by itself or compounded. As the name suggests it means new town (O.E. neowa tun). Identical in origin are the places Newnton, Newington, Naunton, Niton, Nyton, and of course Newtown. Sometimes it occurs with a prefix e.g. Maiden Newton, Kings Newton, Welsh Newton etc., and Westnewton, Kirknewton.

A large number of places have a common element in their name such as "ham", "ton", "don", "ing", "chester", etc. Here are a few of those most often seen:

LEY from "leah" originally meaning an open place within a wood. A plural form is seen in Lees, Leighs and Leam. Examples are Bentley, Hadleigh, Leamington.

## Place names continued

HAM means village, manor, or home. Hamm and Homm meant meadow, especially a low lying area and in some cases the second m has been lost thus appearing to be "ham". This element may appear at the beginning of, the middle of, or the end of the name, e.g. Hamton, Leckhamton, Birmingham.

ING generally this meant "place of" e.g. Nottingham was the home of Snots people, and Billingham the home of Billas folk. Ing derived from ingas or ingum, but where a river name such as Guiting and Leeming include "ing" the original meaning is not clear.

DON is evolved from O.E. "dun" a hill and appears now as don, dun, down, ton. Examples are Brendon, Dunton, North Downs, Sandon.

THORPE is a Scandinavian derivative generally meaning farm or small settlement set up by invaders from N.W. Europe. Examples are Scunthorpe (Skuma's thorpe), Mablethorpe (Malbert's Thorpe.)

WICK meant something similar to thorpe but probably applied to a larger settlement as well as a farm. Other forms include wich, week, wyke, wix etc. Examples are Chiswick, Droitwich, Ipswich. Sometimes wick took a suffix and variations appear as Wycombe, Wighton, Wyton, Wigford, Witchampton etc.

DEEN is from O.E. "denu" a dene or valley and is seen in several forms such as den, dean, dene, done, dane etc. Examples are Swinden, East Dean, Rottingdean etc.

HURST is from O.E. "hurst" and meant hillock or knoll, especially a wooded eminence. Variations are herst, hirst. Examples are Billingshurst, Chislehurst, Sandhurst, Herstmonceux. In the names Ashurst, Ewhurst and Muthurst, hurst probably means wood.

To those that see certain names for the first time they may appear amusing or odd. Curious names include Tucking (place of Tucca's people) in Essex, which is close to Messing and Matching. Great Snoring (Snear's people) in Norfolk, and Sock Dennis and Old Sock (O.E. soc = marsh) are equally odd. Wormshill (Wyrme's Hill), Wyre Piddle (on the Piddle Brook) and Unthank (O.E. unthances = squatters farm) are not among the most attractive names. Contrasting with the short names of Ely, Eye, Ham etc. are the less-quickly-said places such as Skutterskelfe (from Old Norse, probably meaning ledge by a chattering brook), Shellow Bowells (O.E. Sceolgan-winding place + Bueles - a surname), Llanvair Waterdine (Welsh - church of St Mary + river valley), Willoughby Waterless (place of willows, and "by" settlement).

Some places seem to have alternative spellings and pronunciations e.g. Wiseton or Wyseton (Wigswiths tun) Wyrardisbury or Wrayisbury (Wigric's burr) Northaw or Northall (north haga = enclosure), Hextells or Extall (O.E. hege-steall = place with a hedge). The place in Hampshire called Herne is apparently spelt alternatively Heron or Hurn and the meaning is from O.E. "hyrne" a corner or angle.

With our place names having evolved from such diverse sources (Gaelic, Brittonic, Welsh, Cornish, Scandinavian, Anglo-Saxon, Roman, Norman etc.) their study can prove to be a truly absorbing subject. Books have been published for most counties giving the origins of their place names but one that makes interesting reading is G. J. Copley's "English Place Names and Their Origins". A standard work is E. Ekwall's Dictionary of English Place Names (Oxford).

# LETTERS

## CENTRIMAN OR CENTIPEDE ?

When I read the suggestion of a name to apply to those of us who have walked a cross-country 100 I was very keen on the idea, but not at all happy with 'Centriman'. I was puzzling myself to find something better, and also trying to decide why I didn't like that, and what requirements should be fulfilled to produce a better name. I got this far: that the word should not be a 'made-up' word, but should be a word or name, appropriately misused as in the case of 'Centurion', notably. Then, at work, I was discussing the problem with Paul Emms, and he said: "What about CENTIPEDE?". It fitted my 'requirement', and the more I think about it, the more I like it. It also helps towards another idea of mine, for a small badge to be worn anywhere, and a tie, parallel with the Centurion's tie; not immediately self-evident, except to the initiated, but, like the Lyke Wake tie, bound to cause enquiries - What? Why? and so on. I am taking steps to find an illustration of a centipede from which a badge design could be produced. If others like the name, I'll go ahead, working on it, and if necessary I think I could finance the acquisition of a supply of badges and ties, to be sold by the L.D.W.A. to those entitled to wear them.

Jack Speckman (LDWA 104)

## OR CENTIPEDESTRIANISM ?

In the December Newsletter (which incidentally I found very interesting) mention is made of the suggestion that a name be given to those who complete LDWA or similar 100 mile events. Since the two Centurions in whose company I found myself for much of the Downsman both said that it was a far more gruelling effort than their centurion qualifying road walks had been, I think that the suggestion is a very reasonable one: and perhaps a badge (which unlike the Downsman badge could be worn, worn out and then replaced) might also be considered?

I have given some thought to a possible name, with a view to finding something which reflects the fact that those concerned have done 100 miles on foot. My conclusion is: if rugby (Union) can have The Wasps, rugby (league) The Hornets and soccer (Swiss) The Grasshoppers, why shouldn't long distance walkers have the CENTIPEDES? Unlike 'Centurion' it's even etymologically sound - according to my dictionary 'Latin centum, a hundred, and pes, pedis, a foot'; and if anyone were daft enough he could regard it as an abbreviation of 'Centipedeistrans' !

Mike Collins,

## OR AN OLD ENGLISH PIP JIGGER ?

The proposal in the last issue of the L.D.W. for a "Status Club" awarding membership to persons carrying out a 100 mile non-stop walk is good but the suggested name 'Centriman' is, to put it mildly, atrocious.

First the name is obviously a crib from the Centurions and hence by implication second rate. Personally I don't consider that 100 miles cross country is any less a feat than 100 miles toe and heeling on a metalled road.

Secondly, the word Centriman is derived from the Latin and the Romans, as everyone knows, drove massive roads through previously unspoiled country; this is the very opposite to everything the L D.W. stands for.

I suggest we forget any play on the Latin and endeavour to find a name from a base more appropriate to our principles. May I further suggest that from the Greek (the original marathon runners) Old English or Shepherd's numerals a suitable name can be derived.

Greek could provide various variations on the "Hecto" theme.

Old English apparently only counts up to twenty but the double barrelled word "five score" has a long and honourable history.

Shepherd's sheep counting numbers vary from district to district and again only go up to twenty. Jigger seems to be the median name for twenty and Pip for five. Is 'Pip-Jigger' a possibility?

I am neither a Historian or a Philologist so the above reasoning is rough and ready; maybe some of our more erudite members could apply the necessary polish, and suggest a suitable name which is both unique and appropriate.

Next the qualifying standard, this ought to be 100 miles non stop, cross country. To define non stop I would suggest the distance has to be covered at an average speed of around 4 m.p.h. and at this speed, by modified Nais-Smith formula, 2000 ft of climbing is equivalent to 1 hour. Hence a period of 24 hours plus one hour per 2000 ft ascent would equate otherwise different events to the same standard and on a typical route would give an overall time of something less than 30 hours. For example, relating this to the Downsman 100 would give a qualifying time of 28 hours 45 minutes and thirteen original members of the (????) club. A suitable number for starters.

P.S. I regret that my formula for the qualifying standard places me just inside the 13 eligible but I assure you this is accidental.

Kenneth Stead, (LDWA 122)

---

#### ACROSS WALES

With reference to J. Edwards (LDWA 281) report on The Across Wales Walk, the undersigned also finished the walk in  $10\frac{1}{2}$  hours, together with Cedric Lawton and Paul Fitter. We finished as a group of 3 as I am sure the records for the walk will show. I was annoyed about the report, after surviving the conditions and managing to keep going well enough to finish at the front, and then not to be mentioned.

Regarding your suggestion about the wearing of shorts, I would say that during the Across Wales waterproofs were carried and crossing Plynlymon were worn by the leaders; by waterproofs I mean jacket and overtrousers, and I think these were adequate for the walk in question, but if I may make a suggestion, trousers or tracksuit bottoms could be carried as well. I am sure this could be added to the rules of this particular walk, because we were only walking within those rules, nothing being mentioned about carrying trousers.

Will you please publish the correction to the Cross Wales Result in your next issue.

Colin Chadwick (LDWA 223)

---

#### PENNINE WAY ACCOMMODATION

I have just read with great enjoyment (and memories) your L.D.W.A. publication on 'The Pennine Way'.

One of the greatest problems of the walk is the shortage of youth hostels. They are often not conveniently placed for anyone trying to cover extensive mileage in a day. Also, if one arrives after 9.00 p.m. late on a long summer evening, it is more than likely that some of the hostels will already be full and this type of accommodation cannot, therefore, always be relied on.

You may be interested to learn that an 'Accommodation List of the Pennine Way' has been compiled and is available from: John Needham, 23 Woodland Crescent, Hilton Park, Prestwich, Manchester. This could be useful to any LDWA members contemplating the walk.

Jeff Greenleaf (LDWA 290)



Further to page 28 of the LDWA Newsletter December issue. In the first place it is good to see the Pennine Way recorded as a 270 miler (which it certainly is) and not the 250 round figure number so often quoted. As far as records are concerned it is rather a pity that these do enter at all into consideration when discussing the challenge of Long Distance 'Footpaths', but nevertheless, in answer to your enquiry here are some details perhaps of interest to a few members.

In 1969, with a colleague, I walked 'Stephenson's Way', or should it be 'Wainwright's', in 16 walking days, carrying full rucksacks and using Youth Hostels, Farmhouses and Inns, accompanied by ten boys of whom three were 13/14 years, two actually being under 14 at the time of their achievement.

More recently, in 1973, a second Pennine Way Party from this school accomplished the walk in fifteen walking days and again there were three boys in the 13/14 years age bracket. The latter party camped throughout but were assisted by a support party of 'Tent Erectors' and 'Meal Providers' and of course the use of the minibus eased the rucksack load!

D. Doherty (LDWA 548)

(The "270 miles" was in fact an error and we have now reverted to the "official" 250 miles. Most walkers regard this figure as a purely nominal and probably minimum mileage I am sure - Ed.)

#### IS WALKING NORMAL ?

I ask this question from my walking experiences in the last two years and wonder if other people have found similar incidents. As I walk to the bus stop in the morning, about 2 miles away, if I hurry often people stop to give me a lift. Likewise, when I walk home from work, sometimes, at Spendon near Derby about 9½ miles from my home, people often stop to give me a lift; in fact I have almost run out of alternative routes to avoid them.

Sometimes if I have gone out for a walk in the evening and have to walk on the (right-hand side of the) road, because there is neither a footpath nor a suitable grass verge or pavement by the road, then a large proportion of motorists sound their horns as if one is insane or doing something wrong.

If it is dark when one is walking then not only will motorists flash their lights and sound their horns, as if main beam headlights weren't enough, but they may report one to the police as being an obvious criminal type. Shortly after, one may be having a pleasant chat with a couple of nice chaps in a patrol car. It is a very unlikely explanation that one is out walking "just for the hell of it".

Dogs also tend to become active at dusk especially out of town at isolated farms or houses. Sometimes I think that they are not fed at all but merely trained to wait for passing ramblers.

I sometimes ponder whether, in the interests of the motorist and the financial interest of the transport companies, walking on roads may be made illegal for the reasons of "safety".

Michael Ryan (LDWA 574)

#### N.Y.M. CROSSES WALK

We have had complaints recently on the NYM Crosses Walk of it being way-marked. The complaints have come from landowners and farmers whose co-operation we need for the smooth running of the event. I don't know who was responsible but aren't people capable of finding their way over a route with a map and compass without needing signposts, or is it just a matter of laziness. They will probably be disappointed on this years event, the marks will be blacked out shortly before the event.

Incidentally, the 'short' in the last newsletter about a luminous stake on Dodd Fell. I don't doubt the complaints about that eyesore will go back to the Tellsman Hike Committee and not to the person who thought up the daft idea.

Malcolm Boyes, Dep. Organiser N Y.M. Crosses Walk.  
(Ye Gods! Malcolm, you don't think someone took my little joke seriously?! Ed.)

I have given considerable thought on your comment column page 20 of the December issue with regards to the Lakes 4 - 3000's Marathon.

I feel rather disappointed that Dianne Pegg should feel that strongly about the organisation of the event that she should write to you instead of to the organisers who would have given her all the answers she is looking for.

The event is strictly not a race so if a person decides to run or walk that is entirely up to the individual. Nine cases out of ten the competitors are competing against their own time or times of previous years. Whether a person runs or walks it is human nature to endeavour to beat one's own time.

Dianne can't have taken part in the marathon or she would know that we don't care whether she finishes first or last as long as she enjoyed herself. If she completed the course in 21 hours 59 minutes she would get exactly the same as Joss Naylor who did the fastest time ever - 8 hours 24 minutes. The only recognition for all her sweat and pains would be a certificate signed by the **secretary** of the current event with the time taken written on. No prizes are given whatsoever. Who has been telling you that rubbish?

This 15th June will be the 10th running or walking of the event, and I have assisted in the previous nine in some way or other. This year I have decided against helping, instead I am going to endeavour to drag my fat self around the course. Maybe Dianne would care to enter and then she would find out the organisation isn't that bad, in fact she might even say it's very good.

Incidentally, we have a limit of 200 entrants.

J.B. Walker (LDWA 512)

#### A NEW CHEVIOT ROUTE?

With reference to the above article in the December '73 edition, I would like to endorse the enthusiasm of David Howe for the Cheviot 2000 ft circuit, and add my name to those who have completed the 23 miles of very rough walking. I have 'done' the Cheviot 2000 ft circuit on several occasions by myself (in both directions) and my best total time in each direction was 5hrs 40m & 5hrs 51m.

Apart from magnificent views interspersed by occasional swirling mist, my most vivid memory was when I surprised a fox, apparently scavenging, among the peat bogs near the trig. point on Cheviot summit.

Alan Morgan (LDWA 74)

#### PENNINE WAY RUNNING RECORD?

As author of "A Guide to the Pennine Way", published by Constable & Co., some 6½ years ago, I was very interested in receiving your special edition of Newsletter 1/74.

There is little for me to add to this excellent little summary of the route (except that for Mickie Fell read Cross Fell (p.1) and that my friend Alfred Wainwright is accurate (p 13, twice)), but may I contribute further to Alan Blatchford's final piece on Pennine Way racing records.

In the mid-summer of 1972 (June 24/25) Lakeland Orienteering Club, of which I am chairman and founder member, ran a Pennine Way Relay and established a new record which does not seem to have reached the record books - a time of 37 hrs 32 mins, 30 secs from Kirk Yetholm to Edale. The objective was to beat Ranelagh Harriers 1971 South-North time of 33-41-15, but bad weather on the Saturday in the South Pennines forced down the pace and meant that we began to loose time from Hawes southwards. On the same weekend Sale Harriers were attempting the record by the 'usual' route - i.e. Edale to KY, but the heavy going on the grit-stone moorlands forced them to retire at Gargrave as they were well behind schedule.

Your readers may be interested to hear that I am planning a solo traverse of Offa's Dyke in 36 hours on the eve of publication of my forthcoming book "A Guide to Offa's Dyke Path".

Chris Wright (LDWA 500)

# NEW MEMBERS

LDWA 564 ROGER LESLIE COLE  
" 565 PHILIP CHARLES MARTIN  
  
" 566 ALEXANDER FRANK GILMOUR  
" 567 MARTIN JOHN BIENVENU  
" 568 ROGER PHILIP BIRCH,  
" 569 SYDNEY WALTER HADFIELD  
" 570 PETER JOHN JENNINGS  
" 571 DEREK WHITTLE  
" 572 TREVOR PHILIP CULWICK  
  
" 573 DONALD WALTER OLIVER NEW  
  
" 574 MICHAEL RYAN  
" 575 JOHN SHAW,  
  
" 576 ROBERT WILLIAM HAZELL  
" 577 RICHARD DENBY  
" 578 GEOFFREY STRUTHERS  
" 579 ROBERT JOHN CARTER  
" 580 NIGEL DAVID SMITH  
" 581 DAVID SADLER  
" 582 IAN McNICOL BRAY  
" 583 JOHN JOSEPH O'SULLIVAN  
" 584 HERBERT KEITH JONES  
" 585 WILLIAM WINSTONE  
" 586 MISS MARGUERITE LOUISE PENNELL  
  
" 587 ARCHIBALD CLIFTON FIELDER  
" 588 PETER SLEIGHTHOLM  
" 589 JOHN RODERICK HADFIELD  
" 590 GWEN STOTT  
" 591 HENRY GULY  
" 592 TADEUSZ ZBIGNIEW KLINCZAK  
" 593 ALAN WAKELING  
" 594 DAVID THOMAS WEATHERHEAD  
" 595 RODERICK JOHN PROUT  
" 596 JOHN DUCKETT  
" 597 DENIS BOYES  
" 598 BRIAN JOHN SMITH  
" 599 JIM C P. NEWMARK  
" 600 JOSEPH MARTIN CULLEN  
" 601 JOHN MICHAEL MARKEY  
" 602 ROBERT THOMAS GAGE  
" 603 JOHN FLORIAN LENNOX HENDERSON  
  
" 604 LYDIA EMMERSON WALKER  
" 605 RICHARD COOPER  
" 606 STUART GRAHAM NELSON  
" 607 ARTHUR RADLEY  
" 608 GUNTHER ALTVATER  
" 609 THADDEUS STANISLAW RYTWINSKI  
" 610 PHILIP MICHAEL O'CALLAGHAN  
" 611 MARIE GILL  
" 612 ROGER LANCE MAHER  
" 613 BARRY JOHN MAHER  
" 614 KENNETH GRIERSON BROADHURST  
" 615 ROY STEWARD GILES  
" 616 JOHN ROFFE SMITH  
" 617 J. G. SLAUGHTER  
" 618 GEOFFREY ROWDEN  
" 619 STUART MARSHALL  
" 620 PETER BRIAN COOKE

LDWA 621 ALAN CAYGILL  
 " 622 JOHN MYLES  
 " 623 W. LLOYD JENKINS  
 " 624 LANCE JAMES MAYBERBY  
 " 625 ELIZABETH BARNES  
 " 626 ANTHONY YOUNGS  
 " 627 JAMES MAKIN  
 " 628 CHARLES EDWARD MORRIS  
 " 629 ROY G. SEAL  
 " 630 JOHN INNES DUDGEON  
 " 631 SIDNEY ARTHUR LOMERGAN  
 " 632 ALAN LOMERGAN  
 " 633 ANTHONY WIMBUSH  
 " 634 RAYMOND HOLT  
 " 635 DAVID FITTER  
 " 636 JAMES JOSEPH ADAIR  
 " 637 BOB ROGERS  
 " 638 A. JOHN FEIST  
 " 639 EDWARD DALTON  
 " 640 MARTIN HUDSON  
 " 641 BRYAN JOHN OLIVER  
 " 642 W. STEPHEN PALMER  
 " 643 MARK STEPHEN PALMER  
 " 644 PAMELA M. PALMER  
 " 645 MARJORY HELEN PEIDER MAIR  
 " 646 ANN ROSEMARY SAYER  
 " 647 GEORGE A. PHIPPS  
 " 648 BRIAN RICHARD GRAVES  
 " 649 CLIFFORD FREDERICK CLARK  
 " 650 ALAN JOHN CUMMINGHAM  
 " 651 DAVID INGLE WATTS  
 " 652 JOHN MALCOLM HALL  
 " 653 STUART LILLEY  
 " 654 ROY MARLOW  
 " 655 RAYMOND ARTHUR FROMMONGER  
  
 " 656 JOHN DENNIS HALL  
 " 657 DAVID ROBERT BARNARD  
  
 " 658 SIMON EDWARD VICKERY HOLROYD  
 " 659 TERESA ANNE JONES  
 " 660 JOHN BAINBRIDGE  
 " 661 PHILIP HELLIWELL  
 " 662 MIRIAM GRUNBAUM  
 " 663 DAVID PARKER  
 " 664 COLIN CAMPBELL  
 " 665 MICHAEL JEFFREY GARRATT  
 " 666 CHRISTOPHER BRADLEY LLEWELLYN  
 " 667 JOHN GRAHAM PEDDIE  
 " 668 A. CHRISTOPHER S HORDEN  
 " 669 HUGH WALTER BATESON  
 " 670 DOUGLAS ARNOLD  
 " 671 ROBERT WILLIAM BATEMAN  
 " 672 DAVID COLLINS  
 " 673 STEPHEN JOHN GARDNER  
 " 674 BRIAN VREN LEE  
 " 675 PHILIP CARTER  
 " 676 MICHAEL JOHN MOORE  
 " 677 AUDREY JEAN BROMAGE  
 " 678 GEORGE M. DAWSON  
 " 679 JOHN RALPH WESTCOTT  
 " 680 PETER THOMAS FRIGHT  
 " 681 IAN GORDON CAMPBELL  
 " 682 M. J. HALL

# BADGES

Having successfully completed a walk, especially a long one, many people are appreciative of being able to obtain a badge to commemorate the achievement. Some will adorn their rucksacks or their clothing with these badges and some will keep them in a drawer not knowing quite what to do with them.

Badges come in all sizes, colours and shapes. Some are awarded "free" and some have to be paid for. Not all walks, some will be pleased to note, issue badges but a growing number of the challenge events now do, and so do several other "try it at any time" walks.

Referring to the page of sketches: 1 is, of course, the popular Lyke Wake Walk badge awarded for a "crossing". The coffin-shaped badge is black and white and here about actual size. 2 This is actually a medallion, slightly larger than real size. It is bronze and is attached to a green ribbon. This is presented for completing the Castlebar Walks in Eire. 3 This is the Centurions badge and is given to all who walk 100 miles within 24 hours under certain conditions. Here it is shown actual size. The handsome blue and white badge is suitable for wearing upon a blazer. 4 The Mourne Wall Walk of Ireland. This is a blue, yellow and green embroidered badge issued by the YHA of N Ireland. Actual size. 5 This is the first event badge awarded by the LDWA and only 68 people are eligible to wear it (with the year 1973). The 1975 badge here is for the next promotion. Actual size, colour pale blue, orange and dark green. 6 The Tanners Marathon thirty miles badge, light blue, green and brown. Sold to finishers. There is also to be a Tanners Fifty badge this year. 7 The Rosedale Circuit Walk of Yorkshire. This may be claimed upon completing the walk. Shown here about two thirds size. Orange and white on black. 8 The Fellsman Badge of Yorkshire. Can be bought by those who complete the tough 50 miles walk. Actual size. Colour black and yellow. There are other badges for organisers and helpers in different colours - I think black and green and black and red. 9 This badge is not yet in existence but it is hoped to award it for successful finishers in the associations Icknield Eighty walk in July. Shown slightly larger than size. Probably a white horse (of Uffington) on a grass green background and white letters. There are many other badges, some of which are now out of commission. If any members have samples of badges they may care to send them to the editor for a further sketch page.

AWB.

## DENIS McQUILLIN (LDWA 89)

As reported in the February "Newsletter Extra", it was a great shock to learn of the sudden death of Dennis McQuillin who passed away on Christmas Day.

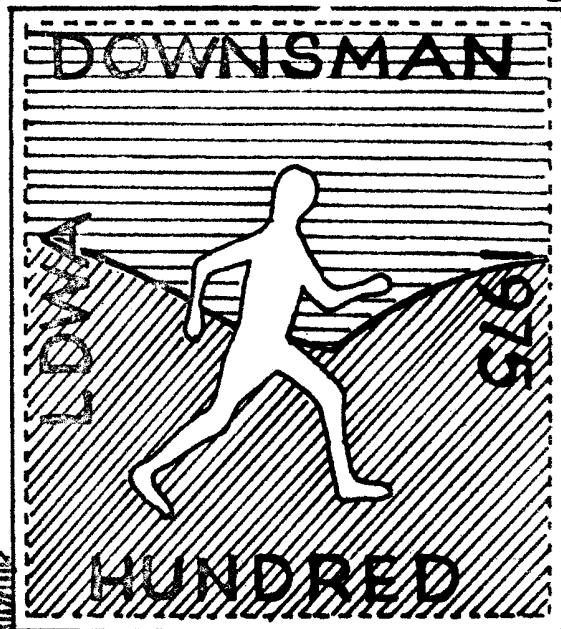
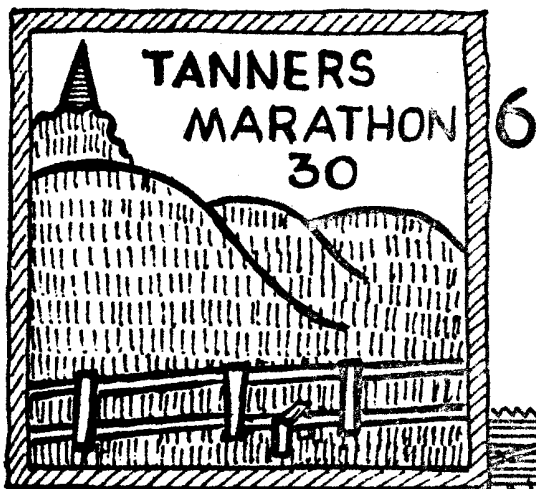
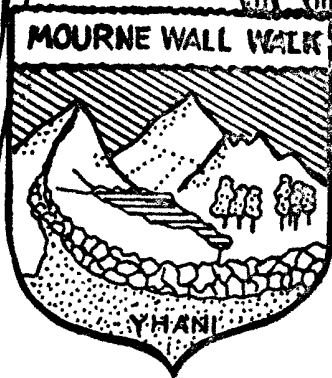
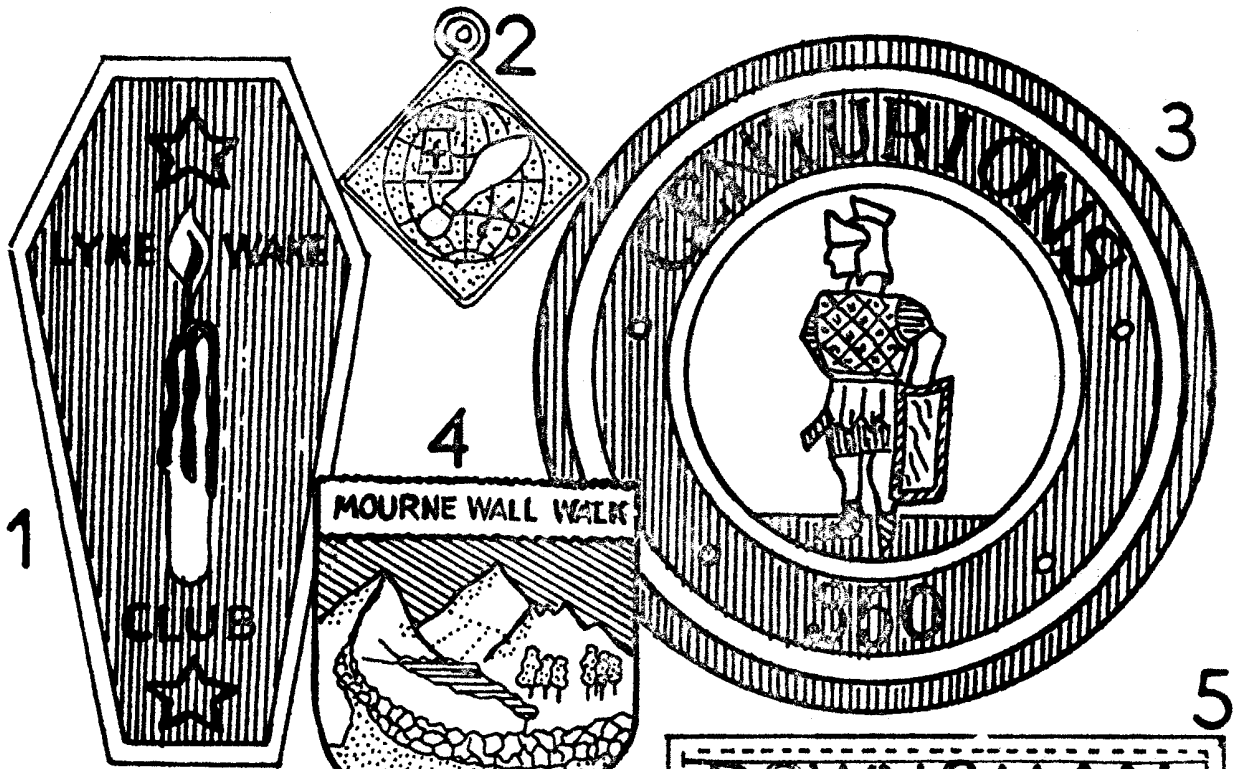
Cheerful, likeable Dennis was one of the earliest supporters of the LDWA. For several years he had taken part in such events as the Tanners and Punch-bowl Marathons, often accompanied by his gigantic dog - "Titch"! About two years ago he ventured into the highly competitive world of road and cross country running. Just turned forty, he joined the Epsom and Ewell Harriers and was soon taking part in ten mile races. In only his second season (1973) he ran in the tough Isle of Wight Marathon and finished with a respectable time. In September he had a go at the longest annual race in Britain - the London to Brighton (52 $\frac{1}{2}$ m) and recorded the good time of 6.32. He also, with his brother Jim, successfully walked the Downsman Hundred in 27.26 to finish ninth home. (Those who took part may remember him by his bushy beard.)

Long distance circles in the south are less rich as a result of the loss of one of its most friendly characters.

AWB.

NEXT ISSUE The Ninth Newsletter is expected to be despatched in early Sept. Contributions should be sent to the Editor by the end of July.

This edition was edited and duplicated by Chris Steer assisted by Alan Blatchford and Margaret Steer. Collated and despatched with the help of local members.



BADGES  
for  
WALKS

