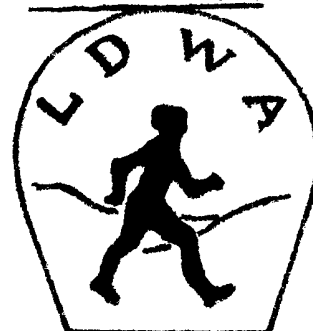


# LONG DISTANCE WALKERS ASSOCIATION

NUMBER NINE

SEPTEMBER 1974



## NEWSLETTER

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# 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. APPROX.</u>	<u>AREA</u>
SEPT. 7	ACROSS WALES WALK	45	Wales
SEPT. 22	CHILTERN MARATHON	25	Bucks.
SEPT. 28/29	THREE HILLS NIGHT WALK	18+	Sussex
OCT. 5/6	LONG MYND HIKE	50	Shropshire
OCT. 5/6	TWO MAN MOUNTAIN MARATHON	25 - 40	North
OCT. 5	TANNERS TO CROCKHAM WALK	28	Surrey/Kent
OCT. 12	VECTIS MARATHON	30	I. O. W.
NOV. 8/9	HIGH PEAK MARATHON	40	Derbyshire
JAN. 11 1975	RESERVOIR ROUNABOUT	22	Mid-Wales
Feb.	Three Peaks Trial	22	South Wales
Feb.	Tanners to Hindhead	30	Surrey
April	Manx Mountain Marathon	30	I. O. M.
April	Ten Tors Expedition	?	Dartmoor
April	Mid-Wales Marathon	25	Mid-Wales
May	Ridgeway Marathon	40	Wilts/Berks
May	Chevy Chase	17	Northumberland
MAY	DOWNSMAN HUNDRED	100	Hants/Sussex
May	Fellsman Hike	50	Yorkshire
MAY 11	BERKSHIRE 25	25	Berkshire
May	Parish Walk	80	I. O. M.
May	Royal Leamington Spa Walk	50	Warwickshire
May	New Forest Walk	32	Hants
May	South Wales Marathon	47	South Wales
June	Six Shropshire Summits Walk	35	Shropshire
June	Welsh 1000 Metres Event	20	North Wales
June	McGillycuddy Reeks Ridge Walk	11	Eire
June	Peak Marathons	25 - 40	Derbyshire
June	Castlebar Walks (Four Day)		Eire
June	Mourne Wall Walk	22	Northern Ireland
June	Lake District Four 3000's	45	Cumberland
June	Mallerstang Marathon	25	Yorkshire
June	Nymegen Marches (Four Days)		Holland
June	Purbeck Plod	26	Dorset
JULY 6	TANNERS MARATHON	10 - 30	Surrey
July	North Yorks Moors Crosses Walk	53	Yorkshire
SEPT.	Guildford Boundary Walk	22	Surrey

## OTHER EVENTS

OCT. 20	SORVIODVNVM XXV	25	Wilts/Hants
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## SURREY GROUP

SEPT. 15	TEN TOWERS KANTER	12 - 25	Hampshire
NOV. 20	WEY NAVIGATION WALK	20	Surrey
JAN 1	MID-SURREY INNS KANTER	18	Surrey
March	Springwell Kanter		Surrey
April	Surrey Hills Walk	50	Kent-Hants
April	Three Counties	28	Wilts/Berks/Hants

All members and friends are welcome to join the Surrey Group at the above events. Details from K. Chesterton

# EDITORIAL.

New events, new groups, new members seems to be the current theme of the Association. With a body so recently created as ours this is what one might expect but let us endeavour to maintain this virility throughout our formative years and beyond.

Already, this year, we have organised two ultra-long distance challenge walks and have been influential in others of a shorter distance being started. The longest walk of 1974, the "Peakland Hundred" was organised by the High Peak Group and over thirty people completed the test. More recently, in the south, the "Icknield Eighty" was held and fifty walkers successfully met the challenge here. Both walks attracted nearly ninety experienced walkers from all over the country. Such events, of course, are only within the capabilities of a small minority of members but a considerable amount of publicity is gained through them and many of the non members who take part soon join the Association.

Despite not having much "real" walking country in the south members have been very active in this area and at least half a dozen new events have been promoted this year and a few more are in the pipeline. One group has now been established and it is possible that two more may be in the near future. The Surrey Group has a full programme of walks from about 15 miles to 50, and has started a series of "Kanters" which are basically map reading walks from about 10 to 30 miles. The biggest project in the south is probably the "London Countryway" which is the LDWA's first long distance foot-path scheme. The first phase is now completed and we have a fully-surveyed walking route right around the capital. Many members have been involved in the work of checking the 200 or so miles route. One day we might even have a challenge walk along its entire length.

1975 will see the second promotion of the "Downsman Hundred" and in the next newsletter we will be asking for members to join the organising team or do duty on the day. If you wish to be a part of this event which is fast becoming a classic then keep the "Spring Bank Holiday" free. It is expected that up to 200 walkers will take part and there is a possibility of European participation.

With increased postal charges now in operation it costs the Association about £100 to despatch just three newsletters a year. Regretably we may have to increase the 50p minimum subscription to cover the growing expenditure. Many members have subscribed more than the minimum figure and we are grateful for their generosity. We hope that they will feel the cause is continuing to be worthwhile. Whilst on the subject of postage I would like to remind members that when they correspond with the officers of the Association they should enclose a stamped addressed envelope if they require a reply. This also applies when they send entries to organisers of walks.

Next Spring we hold our third Annual General Meeting and it has been suggested that more members might attend if the meeting was held the day before (or after) a suitable walk. Any ideas or suggestions regarding a suitable venue should be sent to me. At the A.G.M. we shall certainly be electing a new face to the treasury and possibly also for membership secretary although there may be a co-option soon for the latter. If any member feels capable of looking after the Association's accounts he should hold himself in readiness until the job becomes vacant at the meeting.

We still require contributions from you for this newsletter, especially reports of walks. The Editor will be willing to consider copy that relates to any form of non-race walking. Organisers should send full details of their event as early as possible and after the walk a brief story of how the event fared. It is hoped to appoint a member to co-ordinate all the challenge walk arrangements for next year, in which case a special form will be sent to all organisers.

## EDITORIAL CONTINUED

A "members movements" section was included in previous newsletters but so many people are on the move and some, with more than one move a year, are making it difficult to keep the records up to date. Unfortunately, several people have moved without letting the membership secretary know and are consequently not receiving their newsletters. If you change your abode please let us know as soon as possible. As indicated in Newsletter Eight, the country is divided into regions for members and we have lists of members for each region.

If any enthusiastic member considers starting a local group a full list of people in his area can be supplied by the membership secretary or myself.

As with May and June, September and October are very busy months for the certificate collecting walker but then comes the mysterious closed season where we have just one event in November, none in December, and one each in January and February (as far as we know). Are we fair weather walkers or the whole or is it that the organisers do not relish being out in bad weather? Perhaps we all stay at home planning the programme for the better months.

ALAN BLATCHFORD (IPW 2)  
(Assistant Editor)

NEW MEMBERS - please note - to save on postage membership cards are always sent out with Newsletters and not by separate post, so don't worry if you don't get yours right away.

## DO YOU WANT NUMBER ONE?

We are proposing to run off a limited number of copies of Newsletter No. 1. All members who would like a copy should send 10p to the Editor - Chris Steer and one day it will appear on your mat.



# REGIONAL NEWS

## MIDLAND REGION

A few points for members thoughts and comments.

- (1) The membership of this region at March 1974 being 79 (about 10% of LDWA) being centred as follows:-

Warwickshire	19	Leicestershire	10	Staffordshire	10
Worcestershire	9	Nottinghamshire	7	Northamptonshire	6
Derbyshire	5	Shropshire	4		

Oxfordshire, Lincolnshire and North Wales (all less than 3)

- (2) The region covers a fair selection of terrain, from remote and barren mountain ranges in the west, via farm lands and industrial areas to the agricultural lands of the east.
- (3) Long Distance walking breaks down to three basic groups.
- (a) A certain distance in a given time (i.e. Cross Wales Walk)
  - (b) Long distance footpaths (i.e. Pennine Way)
  - (c) And possibly hard days walking in mountainous terrain, backpacking, with peak or munro bashing.

Now what I would like to do is assemble a register of the walks in this region under (a & b but no objection to c). Not just the well known ones but all. The Northampton R.A. have way-marked a 12 mile route from Greens Norton Y.H. to Radby Y.H. and now the Eghy R.A. are planning an extension to this to Dunchurch.

I should also like to see local groups of the LDWA, where there are strong cells, and am prepared to assist as necessary (by passing on names and addresses to interested personnel). Unfortunately, due to present commitments, I shall not be able to lead a walk before September; but if there is sufficient support I am willing to arrange a weekend in September onwards.

EWEN HOGDEN (LDWA 744)

Midland Region Representative.

The names and addresses of the other regional representatives are:-

SOUTH EAST Peter Rickards (LDWA 176)

SOUTH WEST Anthony Rowley (LDWA 21)

NORTH Michael Smith (LDWA 336)

SCOTLAND John MacDonald (LDWA 497)

# GROUP NEWS

## HIGH PEAK GROUP

On 29th June the High Peak Group met for a circuit of the 40 mile Derwent Watershed route. Four members arrived for the 5 a.m. start, Dick Chell, (LDWA 273), Geoff Bell (LDWA 757), Roy Marlow (LDWA 654) and John Feist (LDWA 638). The party was rewarded with good walking conditions and successfully completed the route in a time of 13.08 hours. The next day the last two mentioned rounded off the weekend with a less strenuous walk along Dovedale.

At the beginning of October we are celebrating the first anniversary of the group. On Saturday evening, 5th October, we are having a dinner at the Bradgate Restaurant, Hathersage, Derbyshire. Numbers are limited to 15, so anyone wishing to come, send £2.50 to Dick Chell as soon as possible, in any case not later than 27th September. First come first served!

We will be camping and walking around Edale that week-end (4th-5th of October).

Details from Dick Chell

## NORTH YORKSHIRE GROUP

Meetings have been arranged on the following dates:-

- |          |   |
|----------|---|
| Sept. 21 | <u>HAWNBY</u> (G.R. 542908) N.Y. Moors south west of Helmsley. 20 mile walk - meet at 9.30 a.m. Arranged by Mike Smith, Betty and Colin Hood. |
| Oct. 27  | <u>SEDBERGH</u> (Car Park) 20 miles on the Howgill Fells. Meet 9.30. Arranged by Peter Riley, Mike Smith.                                     |
| Nov. 2   | <u>GOATHLAND</u> (G.R. 835014) Car Park. 9.30 a.m. start. Arranged by Betty and Colin Hood and Mike Smith.                                    |
| Dec. 8   | <u>A WALK IN YORKSHIRE?</u> S.A.E. to Mike Smith  |

During November I will circulate details to Regional members.

Any members in the Northern Area who may be interested in leading walks or submitting routes, or helping to arrange any kind of social event is also asked to get in touch with Mike.

MIKE SMITH (LDWA 336)

The Crosses Walk by Malcolm Boyes (LDWA 132) Dalesman Publishing Co. 60p. The book has finally been published after a year's delay, it contains chapters on 'How it all began', the first three walks, the organisation behind the walk and a detailed description of the route and history of the area. The book is illustrated with 16 photographs, 2 line drawings and 9 maps. If any LDWA member would like a signed copy they are available from Malcolm Boyes Price 68p post paid.

## WEST SURREY GROUP

The West Surrey Group of the LDWA went on an evening ramble on June 4th, and was led by Bill Corder. The ramble started from Shawley Green and followed tracks and lanes through Hodgehole, Winterfold, Willinghurst and Stroud Common. The walk was approximately 8 miles.

# THE PEAKLAND HUNDRED. 25/26/27 May, 1971

Among several long distance enthusiasts there was some doubt as to the wisdom of holding a hundred miles event over the peat bogs of Derbyshire, with the often inclement weather that is experienced in that area. Undaunted, however, over eighty people entered, including many who had taken part in the Downsman Hundred of the previous year. It was rather surprising that more relatively local walkers did not enter as it is from these areas we are told that the real hardwalkers come. A large slice of the entry actually came from the southern quarter.

At noon, on a dry but overcast day, sixty-six walkers and joggers set off from the old station yard at Hayfield. A few knew that they would finish but most had some doubt. The first half mile was along a rising road from the town and about a dozen super optimists were soon running at a pace that would surely see them home by midnight. Soon the route climbed away from civilisation and out over the moors, forcing all to assume a more judicious pace. Due to the prolonged lack of rain the normally strength sapping squelchy bogs were remarkably dry and some stretches were crusted over, thus giving good footing.

By checkpoint three at Worsendine Head the first retirements occurred and at each successive control a few more called it a day. When the route descended to the Derwent Reservoir most of the rough country had been passed and a number of lowland stretches lay ahead. At Rowsley village a resting and refreshing hall was laid on and some walkers spent an hour or two here, before pressing on through the night. On one of the later stages the way led into Cheshire briefly where there was a checkpoint at the famous Cat and Fiddle Inn, the second most elevated in England. The final stage led along the Goyt Valley and over a final hill before descending to Hayfield.

The first arrival at the village hall was Peter Dawes who, in recording 19.13 reduced his Downsman time by over three hours. Over an hour later in came David Rosen and a few minutes after Alan Blatchford clocked in. Another hour elapsed and in came 16 years old Paul Fitter who was some seven hours ahead of his father. Exactly half of the starters finished with some degree of success.

Although the route climbed to the 2000 foot contour and was often over the 1000 foot mark some of the Downsman veterans declared it to be an easier walk but, conversely, many strong walkers dropped by the wayside. This event, only the second of its type at a hundred miles, was organised by the newly formed High Peak Group led by Dick Chell. Despite a shortage of officials they somehow coped and for the walkers all went well.

## The Finishers were:-

(33 Finished - 74 Started)

Peter Dawes	19.13	Geoff Wood	34.15
David Rosen	20.34	Richard Puckrin	34.15
Alan Blatchford	20.45	Brian Cooke	35.00
Paul Fitter	21.52	Ann Sayer	35.26
Bill Millen	27.27	Chris Barton	35.31
Rob Knutzen	27.27	Michael Gregson	35.47
Gordon Smith	27.41	Rodney Smith	36.41
Roland Gibbard	28.01	Richard Pape	37.00
David Fitter	28.48	Tom Bestie	39.35
Bernard Hynes	28.49	Derek Dodd	41.16
Brian Covell	29.52	Diane Pegg	41.20
Geoff Bell	29.52	Barbara Blatchford	41.20
Roger Moher	30.02	James Newmark	44.58
Roger Cole	30.02	Pat Dobson	46.25
Brian Tims	33.21	Jack Spackman	46.25
John Lookes	33.23	Brian Fidler	46.25
		Don Allen	48.24

# THE ICKNIELD EIGHTY

27/28 July, 1974.

As the church clock in Ivinghoe village chimed 8.00 a.m. over sixty walkers set off to attempt to cover the eighty miles between there and Marlborough within the allotted 30 hours. In the party were four ladies, two or three senior citizens, and a sixteen year old.

For the majority of the route the way led along the recently opened Ridgpath long distance footpath. For the first part of the route the northern edge of the Chiltern Hills was followed, then the Icknield Way, and a section of Grims Ditch. At about 36 miles the way turned south to go alongside the Thames for a few miles before crossing it to reach the half-way house at Streatley Youth Hostel. From here the way led along the Berke. and Wilts Ridgeway which is traversed each year in the Ridgeway Marathon. Once, just north of Marlborough, the route left the Ridgpath and headed to the finish at Marlborough College.

The first finishers completed the distance before Saturday was out, but the other forty seven finishers arrived at intervals up until 2.00 p.m. on the Sunday. The event was remarkable in that 75% completed the eighty miles and all within the time limit. Although this route lacks the ruggedness of some of the more hilly events, it is no mean feat to cover 80 miles (actual distance just over 80m) in 30 hours.

This was the third ultra long event to be organised by the LDWA and the second longest in Britain. It is hoped to hold it again sometime but no plans are being made for the next year or two.

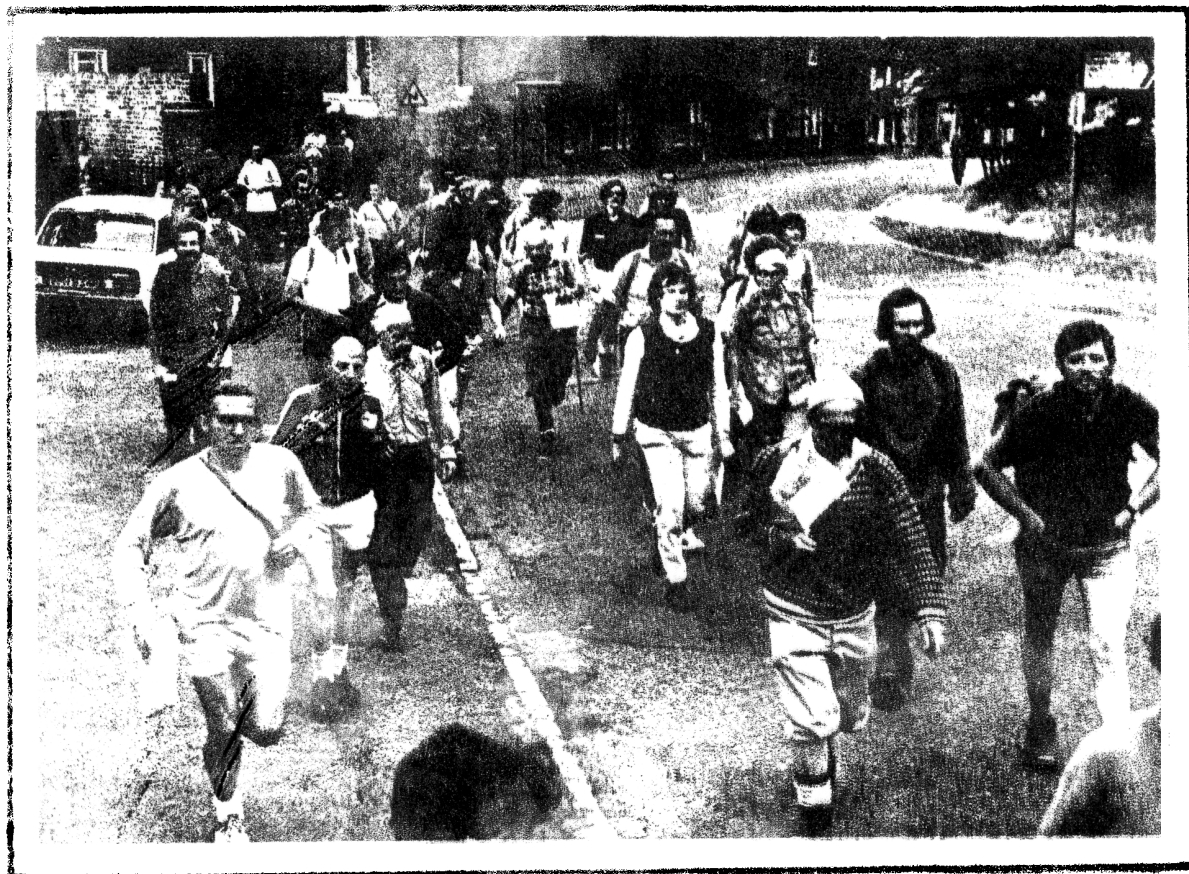
The finishers were:-

Jim Forrest	15.22	Diane Pegg	23.26
Paul Fitter (Age 16)	15.22	Keith Chesterton	23.26
John Leather	15.22	Max Smart	23.44
John Offley (started 2 hours late)	17.50	Mike Button	23.44
		Mike Powell-Davies	24.15
Ion Gardiner	18.15	David Hicks	24.39
Keith Jones	18.59	John Needham	24.50
Ron Jeans	18.59	Patricia Judd	24.50
Roger Maher	18.59	David Young	25.54
Roger Cole	18.59	Derek Dodd	25.54
James McQuillin	20.09	Jack Roseiter	25.54
Derek Funnell	20.09	Geraldine Burgess	25.54
David Fitter	21.24	Andrew Young	25.54
Alan Rosen	21.24	Chris Steer	26.00
Tom Beattie	22.55	Julian Newman	26.10
Ross Brewster	22.55	Mike Moore	26.10
Dick Chell	22.55	Graham Butler	26.59
Brian Tims	22.30	Thomas Harding	27.45
Tony Wimbush	22.30	Peter Sleightholm	28.55
Joe Teesdale	22.30	Julian Staunton	28.55
Doug. Sudbury	23. 1	Roger Clifton	29.15
Mike Gregson	23.01	Wynne Evans (age 68)	29.15
Chris Barton	23.14	Jack Spackman	29.42
John Rowley	23.20	Patrick Dobson	29.56
Andrew Lay	23.20	Kevin Coplen	30.00
Dick Potts	23.20		

A number of Icknield Eighty reports, route maps, and route descriptions are available. Anyone wishing to have a copy should send 10p and a stamped envelope to Alan Blatchford.

FOOTFELD EIGHTY

LEAVING IVINGHOE ON JULY 27th, 1974.



PRAYANT HUNDRED

LEAVING HAYFIELD ON MAY 25th, 1974.



# FUTURE EVENTS

## September 15th - TEN TOWERS KANTER (Hampshire)

As a follow on from the successful Kettlebury Kanter the Ten Towers Kanter will be held on the same basis. Walkers will set off from Chawton at intervals navigating between ten grid references at each of which is a tower. At each checkpoint a number or letter will be noted. Refreshments on route and at end. Two courses: 12 miles and 25 miles. Organised by the Surrey Group. Details and entries: Jeff Ellingham  
Map: 1" Sheet 169.

## 22nd September - THE FIFTH CHILTERN MARATHON

A new venue and new route for this popular Bucks walk. Starts 9 a.m. Sunday at Marlow Rugby Football Ground and includes some stretches of the Thames. Twenty five miles of tracks and bridleways (in nine hours if you can). Send s.a.e. for details from Vince Smith

Entry fee 30p. Refreshments provided.

## September 28/29 THREE HILLS NIGHT WALKING RALLY (Sussex)

Organised by the Kingston Y.H.A. Group, the Three Hills Rally is an 18+ mile night walk over the South Downs in the vicinity of the Sussex town of Arundel. Walkers should aim to finish within 10 hours and will require sheet 182 (1" O/S) or sheet 197 (1:50000). The walk will start and finish at Arundel Youth Hostel (G R TQ033074) but Y.H.A. membership is not essential to obtain hostel accommodation after the rally. Further details and entry forms from:- Alan Thorogood

## October 5th/6th - THE LONG MYND HIKE

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

## October 5th/6th - TWO MAN MOUNTAIN MARATHON

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

## October 5th - TANNERS HATCH TO CROCKHAM HILL (Surrey to Kent)

This is a new, unsophisticated walk, linking the youth hostels at Tanners Hatch, Surrey, with the one at Crockhamhill in Kent. The total distance is about 28 miles and for much of the way the line of the North Downs is followed. Details from Graham Peddie  
Map Sheet 187 of O/S 1:50000 first series required, or one inch sheets 170 & 171.

## October 12th - VECTIS MARATHON (Isle of Wight)

This 30 mile walk, to be completed within 10 hours, takes in some of the best coastal and inland scenery in the Isle of Wight. The start and finish are at Sandown Youth Hostel where accommodation is available for early entrants. It is essential that all intending walkers should arrive on the island by Friday evening. O/S map 180 covers the area. Full details and entry forms from Mark Tomlin

## OCTOBER 20th - SORVIODVNVM XXV (Sarum to Winton)

This is a 25 miles walk along the old Roman Road between Salisbury and Winchester. Route description sheets will be issued to all at the start but

## FUTURE EVENTS CONTINUED

walkers will then travel on as they wish. Devised by Wilf Lyman. For members in the Surrey area a coach will run from Guildford to the start and from the finish back, at a cost of about £1 return. Details from A. Blatchford

### November 8th/9th - HIGH PEAK MARATHON

The 1974 High Peak Marathon will take place on Friday night/Saturday, 8th and 9th November. The route is the 40-mile Derwent Watershed which traverses Kinder Scout, the Bleaslow Plateau and Derwent Edge. It is a demanding winter event for teams of four. Details and entry forms are obtainable from H. Prosser Please send a stamped, addressed envelope with enquiries.

### January 1st - MID-SURREY INNS KANTER (Surrey)

Similar to Ten Towers but different location and pubs (!) instead of towers. Distance probably about 18 miles. Map sheet 187 (1:50000) or Sheet 170 (1") Details from Jeff Ellingham

### January 11th - RESERVOIR POUNDABOUT - Wales (Builth Wells, about 15 miles)

A winter walk of about 20 miles set in the remote Elenith area of Mid-Wales. Using O/S maps 127 and 128 walkers choose their own route over moorland and hill between several checkpoints. Safety equipment to be carried by all starters. The route encompasses the Eilan and Caerwen Reservoirs. Certificates to all finishers. Full details from N Tandy

### THE NEW FOREST WALK.

It is hoped to hold a challenge walk in the New Forest in late May or early June 1975. It will be called "The New Forest Walk" and it is hoped that it will become an annual event. The first route is a circular one of about 32 miles with the start and finish near Brockenhurst, well served by trains and buses. The event is being organised by members of the Ordnance Survey Walking and Adventure Club who are also LDWA members. Any help from other local LDWA members would be appreciated. Anyone who wishes to help in the organisation of this event or who would like to take part should write enclosing s.a.e. to Richard Cooper

Full details of the event will appear in the next edition of this Newsletter.

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### RECORD BREAKER

We hear that Joss Maylor, in June, set up a new record for the north to south crossing of the Pennine Way.

His time for the 250 miles was 3 days 4 hours 41 minutes (76.41) missing his target of 3 days because of an ankle injury sustained on the second day.

We await, with interest, for news of a second attempt.

Better luck next time.

# PAST EVENTS

## BETTER TRAINING LED TO TROUBLE-FREE TEN TORS - April

Ten Tors, the Army's big Dartmoor exercise, was the most trouble free since the event was first staged in 1960.

The main factor for the low casualty rate was said to be the considerable improvement in pre-training and equipment carried.

The Ten Tors safety officer said that spot checks were made en route and again at the finish and, without exception, it was found that the standard of kit was greatly improved and that instruction on exposure, navigation drill and general safety factors conformed to a high standard.

In all, 2,172 youngsters, 30 more than last year, and representing patrols of six, took part in this wonderfully smooth Army operation and minor casualties brought in by helicopter or rescue vehicles, only 5 needed attention in the medical reception centre.

Altogether, 1,528 medals were presented and 27.9% of the walkers dropped out.

Twelve boys from St Bartholomew's Grammar School C.C.F. who were in patrols of 6, covered 35 miles and 45 miles respectively.

Only two of the boys were forced to drop out, and the rest were presented with bronze medals and cloth badges for their C. C. F. uniforms after successfully completing the course.

The 12 pupils who formed the two patrols - P. Light, N. Bingham, N. Foulis, C. Rutterford, R. Brown and M. Fitzpatrick, set off on the 45 mile course, and I. Crighton, S. Block, J. Oxenham, M. McCallum, R. Wilkins and P. Nicholls went on the 35 mile hike. Seven of the above boys went on the "25" Berkshire Ridgeway Marathon the previous week before the Ten Tors.

The 45 miles patrol finished the expedition 50 minutes within the allotted time (start 7 a.m. Saturday, finish 5 p.m. Sunday) but the other patrol completed the 35 miles with only 4 minutes to spare.

Manager - P.J. HAYSELDEN

## MID-WALES MOUNTAIN WALK - 20th April, 1974.

NEVILLE TANDY (LDWA 130)

This year's event was graced with near perfect 'marathon' weather, broken cloud, clear visibility and not too hot.

At 08.30 hours, after a kit check and quick briefing, 122 keen types were unleashed upon the unsuspecting hills behind Dinas Mawddwy. I was pleasantly surprised by the overall competence of this year's entry, only 3 having to retire, possibly a result of the ideal weather conditions. Not even the long slog out of Dolgoed, followed by the climb to the top of Cader Idris seemed to worry anyone too much.

Of the 119 finishers, Alan Hoare (Coventry) was first to finish in 8 hours 20 minutes, closely followed by G. Newton and G.T. White (Luton) 13 minutes later (not bad for 22 miles and 7,000 feet of ascent). Nine ladies started and all finished; first was Miss L. Mitchell (Buxton) in 5 $\frac{3}{4}$  hours, only about 40 minutes behind her father.

By 20.00 hours everyone had made it to the finish at 'Kings' Youth Hostel and that was it for another year.

Thanks are due to the wardens at Dinas Mawddwy and 'Kings', also to the Bridgend Mountain Rescue Team, who coped very well in spite of a vehicle breaking down. Without the help of these people the walk would not be possible.



THE SOUTH WALES SEVEN PEAK MARATHON - 26th May, 1974

The route traverses the three major ranges in the Beacons National Park; The Black Mountains, Brecon Beacons and Bannau Brycheiniog in the Carmarthen Fans. A total distance of 47 miles and 7 peaks over 2,500' in height. The start and finish is at Capel-Y-Ffin and Llandeusan Youth Hostels, the event being run in both directions.

The weather was perfect, in fact it was too good, several people succumbing to the heat in the middle of the day. For myself, starting at Capel-Y-Ffin, the memory of the rounded peaks of the Black Mountains illuminated by the early morning sun and set in a flawless blue sky was ample compensation for the long hot slog over the Brecon Beacons later in the day. This, and the crossing of the 2,000' high moorland of Fforest Fawr accounted for most of the retirements.

A total of 43 started and 35 completed the walk in times ranging from less than 12 hours up to 18 hours.

Thanks to Chris Barber and his helpers for their efforts in organising an excellent marathon.

NEVILLE TANDY (LDWA 130)

4TH ANNUAL WELSH 1,000 METRE PEAKS RACE - 1st June, 1974

Eighteen mile mountain race starting at the high tide mark on the N. Wales coast at Aber and finishing on the summit of Snowdon. The route passes over the two highest summits of the Carneddau and the Snowdon Horseshoe, the only four peaks in Snowdonia to exceed 1000 metres in height.

Although designed as a fell race, the event is split into classes B, C & D are of interest to walkers, these classes being for senior, junior and lady mountaineers. Normal hillwalking equipment has to be carried, and boots worn, the harrier types are entered in their own fell runners class. With this system, the average fit hill walker can enter, without feeling hopelessly outclassed, and enjoy his day out regardless of his final position.

Trophies are awarded and certificates are given to all who finish, gold standard certificates are given to those who attain a certain standard.

This year's event started in fine weather, giving a very hot sweaty climb above the Aber Falls and onto the northern flanks of the Carneddau. By now, the cloud was thickening and the wind rising, with a possibility of worse to come. Sure enough, after the descent to Ogwen and the stiff pull over Cwm Tryfan through rock, heather and bog, the weather closed down completely, the rain fairly bucketing down. By the finish, on Snowdon summit, the rain was being blown horizontally and the only desire was to get down quickly.

Unfortunately, a number of competitors retired without informing anyone. This resulted in un-necessary searches being instituted until the people concerned were located. This is an obvious transgression of elementary safety rules that causes untold trouble.

Apart from this incident, the event was very successful and seems to be gaining in popularity.

PURBECK PLOD - June 16th, 1974

In spite of the greatest care the "Plod" this year did clash with the date of another popular Marathon. But in spite of this the fine coastal and hill route through Purbeck produced a good entry of 128. Weather was good for the most part but that the 25 miles route is no sinecure was shown by the fact that only 70 finished and gained Certificates. An almost unbelievable

## PAST EVENTS CONTINUED

fact came to light in checking the Marshalls' Cards against the individual route cards, two of the cards handed in had been forged! I've never come across that before - for Certificates gained that way can give no personal satisfaction at all. Still - 68 people can look at the Certificates with a glow of honest satisfaction.

It is interesting to record that the first round took  $5\frac{1}{2}$  hours (Alan Hoore). Last round were two 11 year old Y.M.C.A. lads who were just over time - but only just, and they got their well earned Certificates. Others so nearly reached the end but went away when the sea mist blew on over Ballard Down, concealing the easy cliff path back down into Swanage. That was tough!

We look forward one day - perhaps when/if the Army restore the old cliff path from Kimmeridge through to Lulworth over the Battle Range - to putting the route right through from Swanage to Weymouth. That would be a superb route. We can dream!

FRED DALDRY (Organiser)

## MALLERSTANG MARATHON - 1974

The MM appears to be establishing something of a reputation for good weather as, for the third successive year, the event has been blessed by hot sunny conditions and, as many walkers discovered, not really ideal for this type of activity.

From a total of 74 entries only 64 actually left the hostel on Saturday 29th June and, of these, 7 decided to drop out en route and no doubt enjoy the sunny weather at leisure

Much to everyone's surprise the field spread out within the first few miles and unlike previous events, where the early checkpoints could close within a couple of hours of starting, it was well into the afternoon before the checkpoint at Lamps Moss signed their last walker through who was worried in case the refreshments had run out. Run out? They were not even being provided at that point!

No doubt due to the excellent weather, good visibility and firm conditions underfoot, there were no reported cases of anyone going astray and the "bring you back alive" vehicle had little to do.

Times varied tremendously from those put up by people who had so obviously run the walk to those verging upon the maximum time allowed of 12 hours.

Once more the Yorkshire Dales National Park Volunteer Wardens assisted with expert radio and rescue equipment and already requests have been received for next year's details which should be available at the end of this year.

PHILIP G. GILKS (LDWA 33)

## TANNERS MARATHON - July 7th, 1974

As in previous years the "Tanners" was very well attended and the overall number of participants was in excess of 800. At 05.00 70 walkers set off on a 20 miles circuit that was the first section of a 50 miles route. The aim was to cover the full distance within 15 hours. At 09.00 nearly 600 people set off on the fifteenth annual 30 miles-in-ten-hours event. Their course was the same as the second circuit for the 50 milers.

Each year there is a different route for the 30 miles and this year all the notable hills, with the exception of Box Hill, in the area were included. The fifty milers, however, scaled this hill before breakfast.

## PAST EVENTS CONTINUED.

As usual, the way led over the North Downs and onto the sandstone ridge. There were good views from Pitch Hill, Holmbury Hill and Leith Hill for those who had time to stop and look.

Back at the finishing point at Leatherhead the first to arrive was Brian Kemp (LDWA 287) who had covered the 30 miles in a fast 5.25. The third finisher was John Offley (LDWA 199) who completed the 50 miles in 9.31 the best time for the Tanners Fifty.

By 22.07 37 people had covered 50 miles (33 inside the 15 hours) and 508 the 30 miles (442 inside 10 hours). Over half the finishers on the longer event were LDWA members. No ladies completed the 50 within 15 hours but about 30 were successful in the shorter event, the first home being Cathy Meunier in 7.54. Perhaps the strangest participant was Jack Wilkinson who somehow managed to get around the fifty with his pedal cycle. This was no mean feat when you see the steepness of some of the hills and the many stiles to cross. One team had an 11 years old and a 72 years old (Harry Peel - LDWA 15) as members. Two more walkers were awarded plaques for having completed ten Tanners. Among the finishers were two famous athletes of the sixties - Don Thompson the Olympic walking gold medalist, and steeple-chaser-cum-orienteer John Disley. Besides the two long walks there was a mini-marathon of 10 miles for wives and children mainly. This was on the lines of a treasure hunt with prizes at the end. Longer distance enthusiasts should note that the Tanners Fifty is a bi-annual event and will not happen again until 1976.

A.W. BLATCHFORD (LDWA 2)  
Organiser.

## THE 4th NORTH YORKS MOORS CROSSES WALK - 13th July, 1974

On the 13th July, 197 walkers started off on the 4th N.Y.M. Crosses Walk. The weather was overcast with an occasional shower, but warm. One hundred and fortyfour walkers completed the walk, everyone being finished in under 24 hours.

The Moorcock Trophy for the winner went to Philip Puckrin who completed the course in a new record time of 9 hours 55 minutes. The Team Trophy was won by P. Puckrin, Richard Puckrin(2nd) and Louis Kulcsar (4th) representing the Lyke Wake Club. The Trophy for the fastest 16 year old went to Paul Fitter (3rd) in a time of 10 hours 47 minutes. The Ladies Trophy was won by Cynthia Bartle in a time of 19 hours 5 minutes. John Steinsby won the Old Man of the Moors Trophy, for the 3rd time. The prizes were presented by Geoff White (LDWA 366) recorder of the White Rose Walk. Two special Trophies were presented to John Steinsby and Harry Schofield who completed their 3rd walk; their ages are 70 and 69 respectively. Geoff White also presented a White Rose tie to Paul Fitter the first finisher of this years Crosses Walk to have also completed the White Rose Walk.

MALCOLM BOYES (LDWA 132)

I see you Footballers and Clubmen too,  
Tired and so weary,  
We Walkers go through Glade and Glen,  
Over hill and moor and plain.  
  
Our middle years are the best,  
The twilight ones nearly so,  
And when we reach the end of life's happy way.  
Our ashes be spread over God's own Country,  
Upon the lovely Howgill Fells.

To rest in peace for all  
eternity,  
But oh! you Footballers and  
Clubmen too  
Can never rest, having drunk  
your beer,  
In sinful bliss.....

(Title and author's name lost - will he or she please contact Editor.)

# SORE FEET.

by Ken Proudler. (LDWA 742)

For years I have suffered from sore feet when walking anything over 20 miles. I have met others with the same problem but have never met anybody with a solution. I resigned myself to it - a small price to pay for the pleasures and sense of achievement in long distance walking. Recently, however, I hit on the answer, and now willingly pass it on in the hope that my personal solution will be of help to others.

The trouble begins in the fleshier parts of the foot - the ball of the foot being the prime area - and seems to spread so that toes, feet, and even the lower half of the leg, feel swollen and sore. I say "feel" because there is normally no visible sign of genuine swelling; the toes look a bit puffed; the bottom of the foot looks red and very slightly swollen and perhaps there is a little difficulty in replacing boots after inspection of the feet, but it would be wrong to say that the feet "swell like balloons" - they only feel like that.

My solution lies in training - what to do, but more important what never to do.

Rule 1 Do some of your training on hard road surfaces whilst wearing ordinary thin-soled shoes and only one pair of thin socks.

Rule 2 Never, ever, immerse your feet in hot or warm water.

Let me explain this to those of you, perhaps fellow-sufferers, who have not collapsed in fits of laughter and passed on to the rest of the LDWA Newsletter.

My own training for Pennine Way (my obsession) had always consisted of 25 to 30 mile one-day sessions in the High Peak. These are excellent sessions for leg-muscles and general body-fitness but since I wear walking boots and two pairs of thick woollen socks the contribution towards the hardening of the feet is no better than six miles of road walking in thin socks and shoes - an activity easily carried out in the evenings, after work. A further aspect of my training sessions had been that on getting home I would lie soaking in the bath for an hour or so. This relaxed the leg muscles but, as I have now realised, it softened the feet to the point where all of the benefit of the day's effort was lost!

Having realised the above, I carried out some experiments. Over a period of one week I did three road-walks. Two were of eight miles in two hours and the third was twelve miles in three hours. Over this period my feet never touched warm water. After the first walk my feet were slightly sore. After the second, not at all, and after the third I felt I could go on for ever. (These distances seem short in LDWA terms but try it in thin socks and shoes). Two days after the third walk I deliberately had a hot bath. The following day my feet had soreness symptoms after only one mile and my point was proved to me beyond all shadow of a doubt.

I hope that what I have written is of help to any LDWA member who is a fellow-sufferer. In return for my efforts perhaps, Mr Editor, you will allow me this last paragraph. I am LDWA member 742. My name is KEN PROUDLER

and my telephone number is

I make regular Sunday trips and occasional week-end trips to the High Peak, all by car (170 miles or more round trip). I do all of this alone for want of a local companion. Will any LDWA member living within reach of me and interested in joining my expeditions please contact me. I would also be delighted to join any Midlands group making regular entries to the various marathons around the country. I offer very reliable transport.

(More views on this subject please. Nearly everyone suffers with their feet at some time or other. Ed.)

# LONDON COUNTRYWAY

by Keith Chesterton  
(LDWA 81)

The first traverse of this new round-London footpath was completed on June 30th. It was celebrated by drinking a bottle of wine on Box Hill Stepping Stones.

Volunteers from the LDWA (and one or two non-members) have been helping to pioneer this footpath round London. It is near enough in for public transport but sufficiently far out to go through, what we hope, is a variety of some of the best of London's countryside. A group of us, including Mike Brown, Jeff Ellingham and Alan Blatchford, plus the author, worked out a feasible likely route on the map. We then had a dozen or so volunteers trying out the route on the ground and suggesting changes if it wasn't too good, or if it went through a car dump or stretches of new suburbia. They then wrote up a description of it.

Groups of us have been walking out the route, using the descriptions produced, to see what it was like and if we could follow the descriptions. We started this on December 29th and have spent nine days on it. Distances have ranged 16 to 29 miles. With a couple of areas as exceptions, the paths made excellent walks and really good days and weekends out.

The route goes from Box Hill over Ranmore Common, White Downs and Hook-hurst Downs - excellent views south Leith Hill - then via farmland between Woking and Guildford to near Chobham, passing within 200 yds of Chris Steer's house (if the route gets popular he will be able to provide teas for thirsty travellers, in his spare time). The bit round Woking is a bit scrubby, though, with a good route now being built on by a housing estate, a square mile in extent! The route then goes across Chobham Common - really wild for Surrey - and through Windsor Great Park for about 6 miles to reach the Thames at Windsor. Up the Thames to Maidenhead, then via Cookham to Marlow - very extensive country - to start climbing the edge of the Chilterns behind High Wycombe to West Wycombe.

It then goes via endless ups and downs over the Chiltern ridges - really spanning marathon country - behind Great Missenden and Chesham, and south of Berkhamsted to St Albans. The Path goes by the Roman ruins north of St Albans and then south of Hatfield to go across the Lea Valley to Epping Forest. This stretch is beset by glasshouses and the litter of nearby towns and an alternative route is being looked at. It then goes through Epping Forest via attractive rolling countryside between Brentwood and Ilford to come to the flat Essex plain. Here the paths are very difficult to follow, but make a fascinating contrast with the previous route with its large sky lines. The path then goes via the Tilbury-Gravesend ferry across the Thames, by 2 miles of unavoidable Gravesend to Reapham to the start of the North Downs. The route could go north or south of the A25 as we are not yet agreed on the best route, but as currently planned, goes along the Pilgrims Way past Trotter's cliffe and Kemsing to Tatsfield and the start of the Surrey Hills walk. It then goes to Westerham, Oxted and to the Woldingham valley, where the Channel railway is planned and along the North Downs via Reigate Hill and Colley Hill to Box Hill.

The route is about 200 miles long in all and several Youth Hostels are on the route or very close to it - Tanners Hatch, Windsor, Bradenham, Lee Gate, St Albans, Epping Forest and Kemsing. There are a couple of gaps but by starting at Gravesend, LDWA members could do a Youth Hostel tour in a week or more, round the route. We expect the prime users, though, to be people who tackle it in sections, a week-end or day at a time.

Now we've walked it once, we're ironing out the difficult bits, testing out the descriptions yet again - it's amazing how difficult it is to write clear descriptions, as marathon goers know only too well! The LDWA intend then to publish it, though quite how and in what quantity we have not yet decided. Ideas for this will be very welcome and if you want further details contact the writer

# WAINWRIGHTS WAY.

E. HOG BEN (LDWA)

This seems to be the name that has been given to Mr A. Wainwright's "A Coast to Coast Walk" (Published by the Westmorland Gazette.)

The "Way" follows a route across England from St Bees Head on the Irish Sea, to Robin Hood's Bay at the North Sea. It passes through the Lake District where it reaches its highest point on Kidsty Pike (2560'), across the Westmorland Plateau to the Pennines. Follows the Swale through the Yorkshire Dale to the Vale of Mowbray, before crossing the Cleveland Hills and North Yorkshire Moors, to end on the east coast. Covering a total distance of 190 miles on official rights of way.

The "Way" may be undertaken using Youth Hostels, plus a few bed and breakfast places where necessary, or by camping (either carry your own gear or have a support party in a car). If using Youth Hostels and bed and breakfast, the daily walking distance varies from as little as 12 miles to as much as 20 miles.

After reading the book I decided to walk part of the route in reasonable daily distances, and to hostel not camp (due to weight, i.e. tent and sleeping bag plus primus = 12 lbs excess when not necessary); and so planned a 7 weeks walking inviting a few friends to join me (not LDWA members). For transport reasons it was decided to walk east to west and not as written, thus heading towards the Lake District where a few additional excursions were planned.

- DAY 1 ( $\frac{1}{2}$  day) - Richmond to Grinton via Marske and Marrick - 10 miles.  
" 2 - Grinton to Keld via Reeth, Gunnerside and Swinner - 11 miles.  
" 3 - Keld to Kirkby Stephen via Nine Standard Rig and Great Wharfedale - 12 miles.  
" 4 - Kirkby Stephen to Shap via Sunbigin Tarn, Robin Hood Grave and Oddendole, - 20 miles.  
" 5 - Shap to Greenside (Helvellyn Y.H.) via Hawes Waterfall, Kidsty Pike, High Street and Patterdale, - 19 miles.  
" 6 - Greenside to Grasmere via Patterdale, St Sunday Church, Fairfield and Greatrigg Man - 11 miles.  
" 7 - Grasmere to Borrowdale via Blea Rig, High Rise, Allonby Tarn, Allen Crag and Glaramara - 14 $\frac{1}{2}$  miles.  
" 8 ( $\frac{1}{2}$  day) - Longthwaite Y.H. to Keswick by Forest track and shore of Derwent Water - 9 miles.

During the first few days a considerable amount of time was spent investigating old mine and smelt workings, and early settlements.

I would advise anyone thinking of undertaking the entire "Way" to go from west to east, as navigation using Wainwright's book (bible) and necessary O.S. maps, is fairly easy, whilst when walking east to west one has to study maps etc. more carefully (i.e. Mr Wainwright has not written his "Coast to Coast Walk" in the same manner as his "Pennine Way Companion" which may be read both ways)

I, personally, found this a most interesting and enjoyable week.

## Bed & Breakfast Supplement

Mrs Kirkby  
Mrs Horrocks  
Mrs Finch  
Mrs Brass  
Queen Catherine Hotel  
Mrs Ayton

# EIGHT WHITE HORSES

by DAVID WILSON

Cut in the chalk of Salisbury Plain are hill figures, brilliant white gigantic drawings against the green turf behind. Although such figures are found in many parts of Britain, Wiltshire seems to specialise in horses. Only one of these is really ancient; that at Uffington, near Swindon, which gives its name to the Vale of White Horse. It is probably more than 3000 years old, and beside it, the next oldest, at Westbury, is a mere stripling cut in 1778.

The other horses seem to have been cut in imitation of the Westbury horse, as a matter of local pride, for another nine horses were cut in the next eighty years. Little record survives of how the cutting was done. One account, of the Cherhill horse, relates that a local doctor stood a mile away with a megaphone, and shouted commands ("Left hand down a bit!") to the workmen on the hill. What a voice! Others seem to have been pegged out first.

Once made, the horse needs 'scouring' every seven years or so. This was often the occasion of local revels, with the maintenance done in the morning, and the festivity and beer in the afternoon. Even so, no trace remains of a number of horses, at Devizes, Inkpen, and Rockley (N.W. of Marlborough). One, at Pewsey, was recut in 1937, and is the most recent of our horses.

I came across this information in a library book whilst doing research at Warwick University in 1966. The book may still be available from a large library: it is "White Horses and Other Hill Figures", M. Marples, Published Country Life 1949. Many details are given, not only of horses (of which there have been 18 in Britain) but also crosses (5) giants (5), a stag, a kiwi, and a lion. This fired my curiosity and, while at Bristol the following year, I had a chance to investigate further.

The Bristol University Explorers Club organises Sunday rambles. We wanted something, however, to celebrate the end of the examinations, and the idea of visiting all the local White Horses was taken up eagerly. We were offered the premises of Calne Youth Club, through the kindness of the local council, as an overnight halt, and this, taken with considerations of public transport, fixed the route. See sketch.

- (1) Uffington crossroads (303873). Arrived about 8 a.m. by bus from Swindon. Thirteen in party. A beautiful fine morning.
- (2) Uffington White Horse (301866). More like a dragon than a horse - in fact there is a Dragon Hill nearby, associated with St George. A good starting point for antiquity, views and walking. After nearly taking a false road for Lambourn, we set out along the Ridge Way. High summer, butterflies everywhere, not a cloud in sight, no houses or people. Marvellous!
- (3) About an hour and a half brings us to Liddington Castle (208797). The party is spreading out, so some wait, some go on. The disadvantages of a cloudless sky become apparent as the temperature climbs into the upper eighties. The route lies south along the ridge. Still good walking.
- (4) The main bunch get to Marlborough (190693) just before two o'clock, and raid the shops for pop and soft drinks. The cool water of the river Kennet is too much temptation for some who stay to paddle and are not seen until that evening in Calne.
- (5) The second horse (184682). Well preserved by Marlborough College, first cut in 1804. We feel a sense of achievement; two down, six to go. At least they come at closer intervals now.

## Eight White Horses contd.

- (6) Up through Manton to Hackpen Hill (128749). We pass through the Grey Wethers, stones, some of which were dragged from here to Stonehenge, 25 miles away. The horse (cut 1838) is a popular tourist spot and ices are available!
- (7) The next horse, at Broad Town (097780) is very faint, and sadly neglected (1863). Still, that's it for to-day - now for Calne and supper! (J.B. This horse is on private land: not marked on O.S. sheets).
- (8) Arrive at Cherhill, a bit footsore, and catch bus into Calne. Spaghetti for supper, eat, then collapse and exchange experiences. Total 38 miles.  
Next morning, only four members report fit for walking. The day promises to be another scorcher, and, alas! the author feels another 40 miles is too much.
- (9) The Cherhill horse (049696) (cut 1780) is a well known landmark on the A4. A pleasant scramble up, followed by paths through a country full of pre-historic works, tumuli and ditches.
- (10) One of these, the Wansdyke, provides the route to Alton Barnes where the horse was cut in 1812 (107636) (On private land?) The hill with the next horse is already in view on the far side of Pewsey.
- (11) This most recent horse (171581) was cut for the coronation of King George VI on the site of an older horse. Two more of our members drop out here - it's a long way to Westbury for just one more horse - but two go on for the honour of the club.
- (12) A long open stretch to the Westbury Horse (898516) with marvellous views but the occasional sound of artillery from the ranges to the south. This is again Ridge Way walking, apart from a little at the end. The Westbury Horse is reached at about 8 p.m. The two finishers, Ian Rouse and Ted Whatsisname, make their way into Westbury (13) for a well-earned rest in the train back to Bristol.

Day Total - 40 miles  
Grand Total - 78 miles

I would quite like to revive this walk (were I not in Manchester) and finish it this time. The eight horses can be visited by a shorter route (Uffington-Hackpen-Broad Town-Marlbrough-Pewsey-Alton Barnes-Oldbury-Westbury is 65 miles) and could be done in a day. Let me, seriously, offer the advice to take lots of water on a hot day: the ridge way is very dry and very deserted. The walking conditions are very good underfoot, perhaps a little exposed, but the views make the whole route worth while.

Other possibilities are suggested by the book mentioned above: for example in Sussex, there is the 'Long Man' at Wilmington, a regimental badge at Fittle, a horse at Litlington, and a cross at Ditchling. These lie on a (slightly circuitous) route of about 40 miles from Eastbourne to Brighton. Or what about hill forts in Dorset? From Maiden Castle to Cerne Abbas (the giant) to Bulbarrow, Hod Hill, and on to Busbury and Badbury Rings. Or ..... but perhaps I should stop before the Editor reminds me.

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## BACK O' SKIDDA

2000' PEAKS WAY  
DAVID W. HOWE (LDWA 363)

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We all met in Wigton in the early evening of 9th November 1973 - Donald Fawcett, Keith Irons, Neville Morritt, Peter Stanton, Kathy Howe and myself and drove to the Dash. Although it was raining in Wigton the Dash Valley was dry except for a covering of mist on the tops into which we plunged by the waterfall. Being full moon time the night was clear and torches were left inside rucksacs.

Soon we were at Skiddaw House and busied ourselves with **supper**. Our thoughts were on the weather for a poor day tomorrow could mean cancellation



## Back O' Skidda '2000' Peaks Way contd.

of the walk. But at about 10.30 p.m. the whole sky cleared showing the upper Caldew basin ringed by mountains - a sight not to be forgotten. This surely was the weather for tomorrow..

I rose early at 6.30 a.m. and woke the others. The weather had kept fine. An hour later after a good breakfast we set off loaded with provisions to see us through the long trek ahead. Our first peak was Lonscale Fell approached by Sale Beck. We were rewarded for the long pull up by a glorious view - from the Isle of Man round to the Pennines - with the peaks of Lakeland standing out proud above the valleys in ribbons of mist. Now, the fence took us across Jenkin Hill to the Tourist Track to Skiddaw, the highest point on the walk. A quick descent down scree brought us to the fence, from which a fox scampered away, and the Here Crag ridge down to the Supply Road.

By now the weather was changing and a belt of cloud was being blown over Bakestall, Dash and Calva soon to engulf us on the worst climb of all up to Great Calva through the heather and tussocky grass. Eventually the summit came into view!

From now on we walked in intermittent mist to Knott and down to Great Lingy Hill shooting box where lunch was taken as this was the half-way spot. Soon we left for High Pike and then across to Carrock Fell. The weather had turned even worse now with high winds and on Carrock itself it turned to heavy rain. Donning waterproofs we scurried away to lower ground at Mosedale, the only dry place to cross the River Caldew. As fate would have it the shop was closed so we plodded on towards Bowscale Tarn in the teeth of a gale.

Several of the party were now tired with the buffeting wind and it was decided, in the interests of safety, to miss out Bowscale Fell and Blencathra and to go back up the Caldew Valley. We contoured around the slopes of Bowscale Fell from the Tarn to the Blackhazel Beck and made a hurried dash for the small bothy due to heavy rain and hail. By now it was dark and we forded the Caldew by its granite slab bed to gain the track down from Wiley Gill. The way was somewhat easier now to the House silhouetted before us.

Time was now 6 p.m. and a good supper prepared in readiness for a restful evening in front of the log fire after a stiff day out - twenty miles, six peaks and five thousand feet of climbing.

Sunday dawned fine and we rose late. Blencathra and Skiddaw were capped with snow. Chores were done around the House and a goodly amount of wood cut for the fire. We walked out in the early afternoon after an enjoyable weekend.

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## LAKELAND THREE COUNTIES. JIM BARRIS (LDWA 169)

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Had you been in Great Langdale on the Saturday evening nearest the longest day last year, you would have seen a few unusually haggard walkers thankfully approaching a trim cottage next to Harry Place Farm. It was the finishing point of our own private marathon fell-walk, and in retrospect we enjoyed the route so much that I have recorded it here for any LDWA members who might be interested.

The idea was to reach the highest points of the three counties that comprised Lakeland before the boundary reorganisation of April 1974, namely Helvellyn (Westmorland), Scafell Pike (Cumberland) and Conistone Old Man (Lancashire), and link them by a continuous route. I'm sure that this idea is not original, and that other parties have done it before and since. But the route is open to considerable variation, depending on starting and finishing points.

## Lakeland Three Counties Walk contd.

My wife and I are lucky enough to have the use of the above mentioned cottage, and it seemed an ideal base. After enquiries amongst our friends, we formed a walking party of eight, all members or past members of Lancaster Rambling Club, and two wives to undertake the support party role so necessary for a happy marathon.

Route planning was great fun. It's so much easier to fellwalk on a one-inch map, sitting in your armchair than to execute the real thing. We had two guidelines: one was to cut down road walking to a minimum, and the other was to use our experience of the R.A. Four Three Thousand Foot Peaks marathon route, which most of the party had entered in previous years, and even had certificates to prove it.

After all the usual chaos of preparation and planning, everyone managed to be in the right place at the right time, and at two a.m. sharp on Saturday morning, we left, taking the back road through Chapel Stile to Grasmere.

The night air was anything but cool, and the track up to Grisedale Tarn was a humid purgatory, relieved by views of morning mist lying in the valley in the half light, and at least we had the Dollywagon zigzags to ourselves.

The purists amongst us visited Dollywagon summit, the tourists prudently ignoring the mild challenge and kept a straight course for Helvellyn. We entered damp mist-banks on top, and surprised a party who had come up to see the sunrise. It was twenty to six. The descent to Wythburn church was fairly rapid; we were spurred on by the thought of our first 'checkpoint' at the Steel End road junction, where we were met with coffee and sandwiches and encouraging words. Roy retired here since he hadn't done any serious fell-walking for a long time (significantly, he was the first amongst us to get married.)

The remaining seven headed up the Wythburn valley, a strange silent swampy place. Geoff sat down for a short rest, but was soon moved to follow us when the midges settled on his tranquil form.

We followed the reverse of the Four Peaks route: High Raise summit, Angle Tarn, Esk Hause then Scafell Pike, reaching Cumberland's top at 11.40a.m.

The weather was improving all the time, sunshine with cumulus clouds and postcard views of Gable. Back at Esk Hause we stopped for lunch, then took on the best part of the walk: the traverse from Esk Pike to Crinkle Crags via Bowfell. Our two wife support team met us at Three Tarns and accompanied us to Wrynose Pass, the descent of the Bad Step on Crinkles made all the more remarkable as Roy's wife was expecting her baby in three month's time. I'm glad to say that the baby seems to have thrived on such treatment. Roy met us at the Three Shires stone, where we stepped into Lancashire, and trod our first road after nine hours superb fellwalking. We stopped here for a half-hour rest, and Andrew decided that Two Counties were quite enough for him. The rest made a start on the long pull up to Great Carrs and Swirl How. At six o'clock we had all reached the trig. point on Conistone Old Man, just over twelve hours after leaving Helvellyn. Then back along the ridge in evening sunshine, to descend Prison Band to the Greenburn beck and the Little Langdale road, where the support car met us for the last time. Geoff was due to go on holiday in the Alps the following weekend, so we let him off the final road walk into Great Langdale, over the Blea Tarn road and past the Dungeon Ghyll, which is where we came in. To finish the day off, the books supplying the cottage were dry and we had about a gallon of water for eight baths. Still, it was enough.

Walkers: Geoff Edler, Richard Hunt, Nicholas and Joyce Snellgrove, Andrew Wilkinson, Roy Tuff, Jim and Harriet Barton.

Support: Margaret Hunt, Eva Tuff

Distance:  $38\frac{1}{2}$  map miles, probably about 42 miles on the ground. Over 11,000 feet of ascent.

Times: All around  $19\frac{3}{4}$  hours for the full route.  
Helvellyn - Conistone Old Man about 12 hours.

# NEW ROUTES

## The Essex Way - About 58 miles (O.S. Sheets 161 & 149)

Although launched last Spring by the CPRE and East Anglian Tourist Board and covered by five descriptive route leaflets I am not aware that the route (from Epping to Dedham) is being much used (I may be wrong). I followed the recommended route on some weekends last June and July and was surprised how difficult some of the terrain is, (e.g. almost impenetrable sunken lanes, completely overgrown bridlepaths, wearisome field-edge hugging when the crops are high etc.). Some route finding challenges do exist (unless waymarking has been much improved) but it is all delightful, gentle countryside and (in my opinion) more rural than, say, the heart of Kent.

There is also, in Essex, the Forest Way of which I think details have been given in the newsletter.

Much further afield a walking area which I think deserves more attention is in Mid-Wales - the area loosely called the Elenith. I recently went on a solo camp/walk in this area (parts Rads., Brecknocks., and Cards.)

## THE ANCIENT ROAD, TWYI VALLEY AND DRYGARN FAWR - About 50 miles (O.S. Sheets 127, 128 and 140)

Be based at Rhayader then follow the old monastic route 'The Ancient Way' westwards - Bryn Eithinog - Llyn Egnant - Strata Florida (optional) - Llyn Crugnant - Camddwr or Doethic valleys - follow Twyi valley northwards - through Nant-yr-hwch Forest to Irfon valley - Drygarn Fawr (2104') follow main watershed to Gorllwyn - down to Caban Coch Reservoir via Marchnant river - Elan Dam - Elan valley to Rhayader.

Surely this area must be the nearest 'wilderness' to London; I found it fascinating.

These are just some of the walking routes which interest me and which perhaps could form the basis of a more organized route-sketch. Please let me know if I can supply any further information.

FRANK THOMAS (LDWA 127)

## 'WORCESTERSHIRE WAY'

A route traversing the county of Worcestershire from North to South.

The W.W. uses public footpaths and bridlepaths shown on the latest edition of O.S. Maps Numbers 130, 143 (1" to 1 mile).

It is vital that anyone following the route take these maps.

Whereas no problems were encountered on the inauguration of the W.W., this unit cannot take any responsibility for the authenticity of the public rights of way shown on the maps, should these be challenged.

In selecting the route, the main criteria was that it should be as scenic as possible, for this reason, and because the W.W. uses footpaths almost exclusively, the route is not the most direct.

The W.W. can be walked in either direction or obviously just a portion undertaken if time is limited. In this event it is vital to start and finish where the W.W. crosses a public road. The length of the W.W. is 45 miles, and in parts a high level of competency in Map Reading is required.

In describing the route the conventional system of using 6 figures grid reference are used.

The Worcestershire Way contd.

START. Kidderminster-Bridgnorth Road (A442) at G.R. 783821 (Shropshire Border Signpost.)

Move south along rd for approx. 100m. Footpath on R of rd alongside wood. Follow footpaths on map to rd at G.R. 781807, and proceed on footpaths thro' Eymore Wood to river Severn at G.R. 766794.

At this point the river can be crossed by the disused Rail Bridge, or you can continue on the east bank. In either event the river is followed to Bewdley. From Bewdley follow the west bank of the river to outskirts of town. Pick up footpath at G.R. 787751 signposted Ribbesford Church, and follow this to the church, and take ridge path of Stagborough Hill.

Follow this path to the A rd at G.R. 795714, follow rd south and leave at G.R. 793704 on track on right to Hurtle Hill Farm.

Move by rd to G.R. 778694, and take track on left to Wordley Farm. Traverse Abberley Hill by the paths on map to Hundred House Hotel. Cross the rd opposite this Hotel, and take footpath to the top of Woodberry Hill and thence the direct path to Rodge Hill. Take path from top of hill to rd G.R. 749605. Cross rd and take path thro' Kingswood Common to G.R. 749585. Follow rd to G.R. 742581. Take footpath down valley to Horsham Farm, and thence by track to footbridge over river Teme by the Hotel.

Proceed by rd to G.R. 742542. Footpath to track junction at G.R. 750510 go east of Alfrick to public house at 753530. Take footpath to Hopton Court and then cross brook and proceed to Ashcroft House, go through orchards to main rd at G.R. 767501. Turn R along rd to Half Key, and by footpaths to G.R. 765476. Proceed by rd to G.R. 765466 where you leave the rd and gain the summit of the North Hill.

Follow the summit ridge of the Malvern Hills for the whole length of the hills to rd at G.R. 764369. As a point of interest the summit ridge forms the border between Worcestershire and Herefordshire.

Therefore, to be the 'Worcestershire Way' it is vital to keep to the left of Olwyns Dike which runs along the summit ridge.

Cross the rd and take track to rd at G.R. 763358, turn L along footpath to Carers Green.

Footpath to cross the rd at G.R. 780339, and go under M.50 at G.R. 792332 and thence by footpaths to church at 799312.

Go down track (i.e. S.E.) for 300m then take track on R. This path goes S.W. of Berth Hill then crosses rd at Lime Street, and to rd at G.R. 817500.

You are now in Gloucestershire.

'B' COMPANY (Worcestershire)  
MERCIAN VOLUNTEERS

Route prepared by Cpl G.V. Owen

# LETTERS.

## Walking is Normal.

In reply to Michael Ryan's letter in the May Number, I think this reply will be of interest to other walkers also. Ref. "Is Walking Normal?"

The answer is Yes! do it long enough, then all in your vicinity get to know you and will stop offering you a lift.

I have been walking the roads (no footpaths) of Oxfordshire and Warwickshire etc. for 25 years, and I find that now and of recent years the motorists are considerate and friendly with a 'toot', or at night (and day) with a headlight flash. And so one feels 'with it' and normal.

Two other points to note: wear a track suit 'upper' with a badge, perhaps; nobody can read it! Then you demand recognition and respect. I always feel that I am not out of place with this outfit. Secondly; I have studied statistics over 25 years walking and driving (personally) and find it safer to walk than drive. In the open country over, say, 2000 driving hours 6 driving incidents or accidents, over 10,000 walking hours: NIL incidents. 'USE YOUR LOAF!' and don't forget you, as a walker, can move sideways and hear round bends.

E. Leech (Centurion 283), (LDWA 325)

## Gods and Centipedes.

To most of us the Centurians are the elite of walkers - the Roman Gods - far above us mere mortals. We could never hope to try and join them. There is certainly a need for a second qualification. It must, of course, be difficult but it should be within the realms of possibility for a fair number of walkers.

If you look at last year's 'Downsman', 123 walkers considered it within their reach and made the start. 53 made it in 36 hours and 66 beat the 48 hours. The remaining 57, including me, fell by the wayside.

It seems to me that the 36 hour qualifying time is about right. It is a target just within the sights of a fair number of members. 53 qualifiers from a membership of nearly one thousand is a reasonable proportion. Ken Stead's time of 28.45 puts the Centipedes up with the Gods - and that would never do.

I must say that I like the name 'Centipede'. I agree entirely with Jack Spackman's comments and especially when he compares it with the Lyke Wake coffin. A Centipede badge would have just that right balance of individuality, interest and humour.

May I suggest that our committee co-opts a small sub-committee to discuss and decide on the issue. Perhaps members with opinions and/or ideas would write in so that the sub-committee could consider the feelings of the Association.

(LDWA 457) R.J.K. Smith

P.S. What do you call a female Centipede? - Centipode - Centipudette!

## Centipedes Confirmed.

I agree with the suggestion that the name "centipede" is an ideal one for a member of our hundred-milers' club. It has the advantages that the word is not a new invention and that it does lend itself to display as a badge. (Incidentally, the best types of centipede for use as a badge only have about forty legs!

## Letters contd.

With regard to the qualifying standard, I feel that we should grant membership of the club to all who complete a walk in the "standard" time. The fact that the Downsman Hundred badge was only awarded to 68 walkers tells me that the club will always be a select band without requiring completion of the walk in a "first-class" time.

David Parker (LWA 663)

### SUPPORT

It was nice to receive the Pennine Way "Special", but to one who seems to limit her hiking to the local shops and back, nothing but aggravation. More especially as it dropped through the post-box on one of those glorious spring mornings when the hills were already calling more loudly than the dusting anyway.

I was pleased to see the little reference to Mike Smith's effort. Though I was privileged to join in the capacity of 'Support', driving my Battered Bedford around all day in case transport was needed. I took along my boots, hoping for a leg-stretch - and my daughter borrowed them to accompany the hikers on the final half of the circuit!

On February 23rd I was again called upon to 'Support', this time a group of eight lads doing the 'Monks Trod' from Bridlington Priory to Kirkham Priory. It sounds as though I had the best deal on that day as they had some 30 miles of road walking, an enterprising Council has Tarmac-ed all the green tracks during the last few years. As the only other stretches were 'trespassed' over farm-land I don't see any great future for this walk.

Reading through the News-letters, I am surprised at the number of Walks being organised and routes planned in what might seem, at first glance, to be 'unlikely' places, i.e. around London. I find this most encouraging, especially where old rights-of-way are being opened up. We shall have somewhere to walk when the Lakes and Wales have been flooded and fenced off and Scotland is a vast oil-field! Seriously, though, these more 'Urban' walks will be very valuable for training, and much safer for young people to find their capabilities before venturing into the mountains. Besides, of course, the handiness of such stretches now when 'getting there' is becoming the most expensive item on a hike. We shall all have to think Local for our odd days and half-days.

Must close now. Looking forward to the next News-letter.

Betty Hood

### CRITICISM - JUSTIFIED?

I was in the Peak District at the start of the Peakland Hundred walk on 25th May, and felt prompted to write to you on what I saw and thought then. Firstly, there is little wonder that footpaths in the Peak District are in such a sorry state of erosion if people are encouraged to use them in such vast numbers as set out to do the walk. I can foresee the path from Hayfield to the top of William Clough becoming like the Grindsbrook path if this is allowed to continue.

Secondly, for people who climb hills for peace and solitude there was little if any to be found that day. There was an almost continuous stream of people right across Mill Hill to the Snake Road. In fact it was more akin to Blackpool promenade than a desolate moor!

The competitors themselves also caused me considerable annoyance. My party (of 5) set off at a reasonable, steady but not slow pace from Hayfield to join the Pennine Way at the top of William Clough. However, in a very short time competitors were coming up behind us and literally breathing down

## Letters contd.

our necks and forcing up our speed as we tried in vain to shake them off. We did not want to climb at 4 m.p.h. but had little option since in most places it is impossible to be overtaken. On one occasion I was jostled and pushed as someone passed me, and another person in the group was actually told "Move over please, I want to be past." To have waited for all the competitors to pass us before we continued would have held us up, and we also had a considerable distance to walk that afternoon. What better way to antagonise hill walkers than this?

As we had a short rest at the top of William Clough, one competitor with whom we passed the time of day adopted a very patronising manner, inferring that we were merely out "for an afternoon stroll". Why should he assume that he was the only hard walker on the hill? And so what if another competitor could still walk a long distance in his old age? There is no need to announce it in a superior manner to everyone within earshot. This did nothing to engender friendly feelings.

Although I do not see any point in using hills for competitive walking, I do not begrudge others their right to do so. However, I can foresee damage to footpaths, litter-strewn moors, and ill feeling between "competitors" and "others" if every long distance walk is the same as the one I observed.

Kathleen E Howe (Mrs)

(A suitable apology has been sent to Kathleen Howe which has been acknowledged.)

## LAST AND BEST !

I should like to thank Alan and Chris for producing the "Special" on the Pennine Way which I read with great interest. I walked the Way last June and intend to do it again before too long. The standard of the LDWA publications is, I think, very high. They are lively and bursting with enthusiasm!

Many thanks.

TONY YOUNGS (LDWA 626)

(No - thank you Tony - Ed.)

## RAFFLE TICKET WINNERS FOR CROSSES WALK

1st Prize of £20 to: Mr T. Jones  
(No. 09732)

2nd Prize of £10 to: Mr R. Woodmansey  
(No. 09647)

3rd Prize of £5 to: Mary Watkin  
(No. 10194)

4th Prizes of £1  
each to: John W. Champion

C. Bailey  
N.C. Pennington  
G. Leek  
Mrs Edwards

# MARSHALLING THE ICKNIELD

V  
(L)

The middle Thames Ramblers were approached by the organiser, Alan Blatchford, about helping out with the marshalling on the above lengthy marathon. We settled on manning C.P. No. 3, which was at Watlington; we duly received a sheet of info telling us what to do. A 'Fail Safe' scheme provisioned for having another party, besides ourselves, so it was that when we arrived about 11.00 on the Saturday morning and wondering what the day ahead would be like, we were greeted by two young ladies along with two kiddies, who had been there some two hours for fear of perhaps not finding the rendezvous. They were to have a special interest as they had men folk who were entering. It was less than an hour to the opening time (no pub in sight) but this very soon passed as we were very soon met by Ken Brown, along with his daughter, who were doing a really fine job, in going from point to point delivering the eats and drinks. While we were setting up camp, so to speak, he very kindly plied us with a hot drink and after a very nice chat, he proceeded on his way to the next CP.

The actual spot was on the Icknield Way about 200 yards from its junction with a road; this was to provide plenty of head scratching during the day, on the part of the helping team for they had record that we should be on the crossing but we could not be seen from there, so it was a case of seeking us out. The weather was cloudy, with the odd bright period, there was a moderate SW wind blowing, which of course was not favourable to entrants who were heading into it; we were looking down on the vale just outside Watlington, a very nice spot, with a lovely view.

The first to arrive was a runner, just a little after midday, having done the 26 $\frac{1}{2}$  miles in about 4 $\frac{1}{2}$  hours and looking amazingly fresh. Everyone rushed around, eager beaver like, trying to help all they could but it wasn't until about the half dozen had come in, that we settled to a smooth routine, serving drinks, washing up etc.

On the menu was lemon and lime also orange drink, the former proved by far the most popular. For a hot drink we were able to give tea, which was favoured by nearly half perhaps, to be followed by a further cold drink. The food consisted of a large tin of crushed grapefruit in juice, also three tins of creamed rice; the fruit was really relished, some liking that on its own, certainly the combination was ideal for the occasion and most of the 65 starters had some of it.

Something that was requested was salt tablets, which we happened to have, some favour the branded Acolade, the colour probably appeals. Another request was for plasters and padding, also the occasional massage, which with the application of a spray we were able to do in relieving pain and stiffness generally. Some had forgotten to get or bring such items but they could make all the difference - to success.

There was quite a variance of age groups, with a few ladies, all keen on completing the distance, if it was humanly possible and judging by the general high spirits of all - which was terrific - there being wise cracks coming out now and again, they all thoroughly deserved to complete the 80 miles.

We very soon became quite keyed up, in anticipation of when the next person would appear, sometimes it was a group, so we would spring into action, see to all their wants, then with perhaps time for a chat, see them on the way to No. 4 CP which was 8 miles hence.

The fact that we were in the open air, doing a seemingly worthwhile job, in assisting and encouraging everyone and at the same time making new friends (we even took the odd photo or two) helped to make the whole day a very memorable one on our calendar; so for anyone who has not sampled doing a stint of manning a checkpoint - it can be fully recommended; of course, it must be said we had an 'easy' point it being daylight and it was dry but even though it might have been raining we feel sure that it wouldn't have been too different.

All in all very satisfying, many thanks to all for 'Making our Day'



# NEW MEMBERS.

LDWA 683 RALPH LINDSEY  
" 684 DANIEL PETER COFFEY  
  
" 685 BRUCE TULLOH  
" 686 ANTHONY THOMAS CLAPP  
  
" 687 JOHN BERRYMAN  
" 688 WILLIAM CHARLES CORDER  
" 689 CHRISTOPHER JOHN BYERS  
" 690 KEITH FRANCIS DALY  
" 691 EDMUND BURKE  
" 692 JOHN HUDDY  
" 693 JOHN ALAN LAING  
" 694 DAVID ALAN EVANS  
" 695 CHRISTOPHER EDMUND BARTON  
  
" 696 DALE ROSS McCOLLUM  
" 697 JOYCE SNELLGROVE  
" 698 PAUL NICHOLAS SNELLGROVE  
" 699 MELVIN BOLDISON  
" 700 GEORGE HORSLEY FERNAN  
" 701 PHILIP JOHN POTTS  
  
" 702 JOHN ANDREW TESTER  
  
" 703 GRAHAM CHESHIRE  
" 704 DAVID RICHARD DALE BAILEY  
" 705 STEVEN ROWLAND HILL  
" 706 THOMAS HARDING  
" 707 BRIAN STRAND  
" 708 GRAHAM MARK TREVOR WALL  
" 709 SIMON ELLIOTT  
" 710 JACK FOSTER  
" 711 EDWARD THOMAS PERRY  
" 712 JANET MOTT  
" 713 ALISTAIR PATTEN  
" 714 ANTHONY PETER DRISCOLL  
" 715 FRED STEWART RICHARDS  
  
" 716 BRIAN RICHMOND  
" 717 GRAHAM JAMES ROBINSON  
" 718 JACK TRENDALL, Marloes  
" 719 RICHARD PUTTOCK  
" 720 DEREK CHAPMAN  
" 721 HERMANN KUHNLEIN  
" 722 HEIDE KUHNLEIN  
" 723 ANDREW IAN ZAGORSKI  
" 724 MICHAEL JOHN HODSON  
" 725 JOHN MARLAND  
" 726 FRANK LOFTUS  
" 727 RICHARD MICHAEL JONES  
  
" 728 OLIVE FRANCES BUTTERFACE  
" 729 BRIAN JOHN RUSH  
" 730 BRIAN DAVID LAMBARTH  
" 731 FREDA KATHERINE KEMSLEY  
  
" 732 DEBU BOSE  
" 733 DONALD ADRIAN BEDGGOOD  
" 734 PETER ARNOLD LINNELL  
" 735 JOYCE EVANS  
" 736 ARTHUR GRAHAM

NEW MEMBERS CONTINUED.

LDWA 737 BRIAN TIMS  
" 738 RONAL PHILLIPS  
" 739 BRIAN KEITH READER  
" 740 PHILIP NORMAN FENOLD  
" 741 ALAN EVANS  
" 742 KENNETH WILLIAM PROUDLER  
" 743 MIKE BIRD  
" 744 EWEN GEORGE DUNSMUIR HOGGEN  
" 745 GLYNNE WILLIAMS  
" 746 ROY CHAPMAN  
" 747 NIGEL BEPPEET  
" 748 MICHAEL ALEXANDER WARREN  
" 749 MARTIN JOSEPH RICKETTS  
" 750 WILLIAM PERRY  
" 751 KENNETH PETER RICHARDSON  
" 752 RICHARD VERNON WILSON  
" 753 T. L. RAMSBOTTOM  
" 754 DAVID JOHN CASHMORE  
" 755 EVELYN FAITH TILLIN  
" 756 GEORGE HOLMES WAGSTAFF  
" 757 GEOFFREY CYRIL BELL  
" 758 LYNDA BRINCKLOW  
" 759 PETER RICHARD WARD  
" 760 ROBERT STROPHAIR  
" 761 RICHARD CHARLES STEVENS  
" 762 LUBOR CESLAUS VELECKY  
" 763 KITTY SMITH  
" 764 KENNETH TAYLOR  
" 765 DAVID HOWARD RILEY  
" 766 ROBERT FORD  
" 767 COLIN MARK BRAITHVAITE  
" 768 GEORGE WILLIAM THREADGOLD  
" 769 HUGH WELSTED ROTHERO  
" 770 CHRISTOPHER HILEY  
" 771 PETER GRAHAM DAVIES  
" 772 MICHAEL THOMAS WILTER  
" 773 JAMES ALBERT SMITHURMAN  
" 774 IAN McLEOD  
" 775 HUW COLIN PAREITT  
" 776 ROGER FRANCIS VANDEE STEEN  
" 777 DR ROBERT C. EVANS  
" 778 JENNIFER MUSCHAMP  
" 779 DONALD JOSEPH FURNESS  
" 780 STEPHEN CHARLES MASON  
" 781 MICHAEL JOHN REDHEAD  
" 782 TERRY CUMMINS  
" 783 RICHARD PATRICK PAPE  
  
" 784 WILLIAM DUFFIN  
" 785 MICHAEL GREGSON  
" 786 BRIAN ANTHONY SMITH  
" 787 HELEN MARY DAVEY  
" 788 COLIN RODERICK MILLER  
" 789 ROY ALLAN  
" 790 MICHAEL PAGE  
" 791 JOHN STEVEN SHERBROOKE  
" 792 DAVID ALFRED IRONS  
" 793 MICHAEL BURTON  
" 794 NORA HOWES  
" 795 EDWARD ALBERT HOWES  
" 796 WENDY DODDS

Current membership is over 900. More names and addresses in Newsletter Ten.

# A PERSONAL BEST.

by MICHAEL GREGSON (LDVA 705)

## A HAZY RECOLLECTION OF THE PEAKLAND HUNDRED

"There's something wrong with the gearbox" said Alan Blatchford casually, "I can't get first gear at all now". He did, though, just long enough to establish the Commer Dormobile in a providentially-placed layby on the North Circular Road, where an ominous build-up of traffic was already taking place. Suddenly the problems of a hundred-mile walk around the Peak District became of secondary importance, compared to the problem of actually getting there in the first place. "There's something dripping underneath" announced Barbara, having already put the kettle on. "That's alright" said Roger, "I noticed it earlier, it's only a few drops of oil." It wasn't. It was hydraulic fluid, pouring in a disconcerting stream from the clutch slave-cylinder .....

"Yes" said the AA man helpfully, forty minutes and several cups of tea later "It's the clutch alright. Have to tow you in, can't do anything to-night." Consternation. Had he any suggestions? "Well, you could wait until the traffic dies down, crash the box, keep in one gear." 'Has he ever driven in Derbyshire?' I wondered.

This setback notwithstanding, the four of us were at Hayfield next day, having fallen back on reserve transport. A few hours making final arrangements, some noble exhortations from Dick Chell and away we went, winding past the church and into the cloud of dust already beginning to settle behind Pete Dawes and Co. The weather seemed ideal, overcast, fairly clear, not too hot. 'Maybe this bloke N Tandy isn't on this one' I mused. No problems on the first section, aside from the odd nest grough. Five minutes at the checkpoint, then away again with a group who seemed to know the route. They did, fortunately. Actually, only one of them did, and he wasn't always at the front, but it didn't matter. Down to Longendale well ahead of the three m.p.h. schedule I'd no real intention of keeping up with anyway. 'Feet can't really be hurting already' I decided 'Must be anticipation'.

A long haul followed to Black Hill; checked off Laddow Rocks a couple of times before we got there, just as well I wasn't navigating. My photocopies of Wainwright's Pennine Way guide were a Godsend - didn't need to use them on the walk, but handy for wiping the dipstick on the way home. Reached Wessenden at about five-twenty, tried to drink the checkpoint dry, but rationing was imposed after six cups each.

The next objective was defined - Flouch Inn before dark. Our group, fairly closely knit thus far, was gradually spreading out. Two fell behind, not to be seen again. One, seized by some kamikaze spirit, suddenly sprinted out of sight. Don and Brian, the pacesetters, strode out well, opening a further gap which I closed with a desperate burst of jogging. Too much. A policy decision loomed up - whether or not to stop for a quick pint. The decision took three seconds, the pint a further fifteen; things seemed easier after that. I even had enough energy to vault a barbed-wire-festooned stile - forgot my ventile anorak hanging from my haversack though.

"Can't have done much damage" said Brian "There's only a few strands on the wire." It wasn't too bad, both halves of the anorak were largely intact.

Flouch Inn reached two hours ahead of schedule, not that I really had a schedule. Now we encountered the phantom rice-pudding phenomenon - it was always one checkpoint further on. I didn't mind; I don't like rice pudding. A hasty foot operation, and away into the night, following Mike, who knew the area well. Don and Brian were still going well and we took over the lead, but where in hell had the path gone? "Over here" shouted Mike, striding past. The lesson was noted - stay with someone who knows the way. It only became apparent later how much time this saved us. "This track

## A PERSONAL BEST CONTINUED.

past Ladybower always seems never-ending" said Mike. I wished he'd let the realization creep up on us gradually". After three false alarms, mistaking well-lit buildings for the road, we reached the next checkpoint.

There was tinned fruit here for the ones quick enough to grab it. "They've got rice-pudding at the next stop" they said. Great. On again, down to four after Ladybower, became five when we woke up a runner asleep near Burbage Edge.

Left Fox House at dawn, fair going thanks to Mike. We were still four in number, Pat having been replaced by a walker who hobbled gallantly along despite enormous blisters, but went down to three as the blisters gained the ascendancy. Good psychologically was the thought of food at Rowsley, but it didn't help much physically. A long plod through Chatsworth brought us to Rowsley village hall, where the food lived up to expectations, judging by the way my companions polished it off. I couldn't face anything myself.

After Rowsley, things became more difficult. Gates were a problem; to open them meant to stop, and to stop was to seize up. At Monyash, a longer than usual halt was indicated in order to effect long-postponed foot repairs. Grateful thanks are due to the checkpoint officials who donated a whole roll of surgical tape to this end. "Good luck" they said as I hobbled away. "They don't really think I'll finish" I reflected. As it transpired, they didn't. Neither did I. For the next section I was alone, but a surprise awaited me at Dovedale, since Mike and Brian were there when I arrived. "Thanks for waiting" I said. "That's Okay" they replied, clutching an ankle and a knee respectively. Only two of us left Dovedale, struggling up the excruciating hill in Hollinsclough. Here the sadists among the route-planners took over and every step was uphill. Trouble was had locating the route to Three Shires Head, we scratched around among faint paths and tracks, ignoring the metalled road which was the correct route.

More uphill led to the A 54; Brian raced ahead throwing back encouraging glances. An attempt to ingest solid food at the Cat and Fiddle was an unqualified failure. Eleven miles remained, no problems on the next section until we had to find the bridge across the Goyt with no energy to squander looking for it. "Ask at that house" I suggested, knowing there wouldn't be anyone in. Wrong, there appeared a most attractive girl who gave detailed instructions, then recognised us as imbeciles and escorted us to the bridge. Another pause to rearrange feet, then on to the final checkpoint which Brian had already left. I moved on as fast as possible; there was no-one in sight ahead, no-one in sight behind as I plodded into the dusk. We'd lost a lot of time on the last section, good thing I didn't really have a schedule ...

'Shouldn't get lost now! I thought 'Not much chance for error here.' It didn't take much though, as a row of pylons that shouldn't have been there brought me to a puzzled halt. "Ninety-eight miles" gasped the farmer's wife taking in the washing, "Whatever for, charity is it?" A considerable communication problem relating the house to the map was followed by sudden inspiration and another escorted walk to the insignificant turning I'd deliberately ignored. There remained just under two hours of staggering in the dark over rutted bridle paths among disconcerted cows, finally homing in on Hayfield Village Hall. "You're lost too, then" called a youth encouragingly, running past. Not at all, just a case of down the track to the main road and ..... 'Hayfield 1 mile' announced the signpost uncompromisingly. An unwanted extra mile of effort brought me to the Hall. "Well done" someone said. I felt as if I had been. Collapsed into a chair, surrounded by helpers offering food and drink. Felt in need of a wash, but too far to the sink. A first aid man gently removed boots and socks, then suddenly ripped off plasters in a violent spasm. "I'll help you" I offered tactfully "I know some first aid". The final act of the hundred was the agonising ascent to

## A PERSONAL BEST CONTINUED

the loft of the hall - ten steps of ten seconds each. "Would you like this ~~matress~~?" asked an attractive female helper. Gallantry fought with exhaustion, but it was no contest. "Are you sure" I asked, moving in at once. Oblivion.

Next day, it was back down the ladder, breakfast, more bandages. Felt very stiff, but it wasn't noticeable unless I moved. There entered Jack Spackman, all set to go round again if they'd man the checkpoints. I muttered thanks to the helpers, then drove back to London with the radio blasting out at the pain threshold to ward off sleep. "Do anything over the Bank Holiday?" asked a colleague at work the next day as I staggered down the corridor. "Well, yes, as a matter of fact ....."

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Thank you to all who have sent reports, accounts, letters and articles for this edition.

We must have some artists! how about a few drawings? Size A4 in black and white, please. (We will get stencils made).

NEXT ISSUE Newsletter Ten will be despatched in early December. All copy in before October 30th, please.

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.