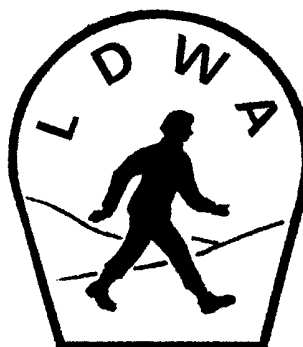


Long Distance Walkers Association



Newsletter

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CALENDAR

OF FUTURE EVENTS

This feature is updated at each issue of the Newsletter as information is received. Where the event is in capitals the dates 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>
JAN. 1st	SURREY INNS KANTER	11-18	SURREY
JAN. 11th	KAMAKAZI MARATHON	14	SUSSEX
JAN. 11th	RESERVOIR ROUNDABOUT	22	MID-WALES
February	Three Peaks Trial	22	South Wales
FEB. 22	TANNERS TO HINDHEAD	27	SURREY
MARCH 16th	BASINGSTOKE CANAL	27	HANTS/SURREY
MARCH 8th	ALFRISTON ROUNDABOUT	25	SUSSEX
MARCH 30th	SEVENDAKS CIRCULAR WALK	25/30	KENT
APRIL 12th/13th	LONDON COUNTRYWAY	55	SURREY/BERKS
APRIL 19th	MID-WALES MOUNTAIN WALK	25	MID-WALES
April	Four Inns Walk (Scouts)	48	Yorks/Derby
April	Ten Tors Expedition (Under 21's)		Devonshire
April	Manx Mountain Marathon	30	Isle of Man
MAY 3rd	RIDGEWAY MARATHON	40	WILTS/BERKS
May	Chevvy Chase	17	Northumberland
MAY 11	BERKSHIRE 25	25	BERKSHIRE
MAY 17/18	FELLSMAN HIKE	50	YORKSHIRE
MAY 18	NEW FOREST WALK	30	HAMPSHIRE
MAY 24/26	DOWNSMAN HUNDRED	100	HANTS/SUSSEX
JUNE 6th/7th	EWHURST 100 (Centurions)	100	SURREY
June	South Wales Marathon	47	South Wales
JUNE 21st	LAKE DISTRICT 4-3000'	45	CUMBERLAND
June	Six Shropshire Summits	35	Shropshire
June	Peak Marathons	25/50	Derbyshire
June	Welsh 1000 Metres	20	N. Wales
June	Mallerstang Marathon	25	Yorkshire
June	Purbeck Plod	26	Dorset
JULY 6th	TANNERS MARATHONS	10/30	SURREY
July	North Yorks Moors Crosses	53	Yorkshire
August 2nd	Tanners to Crockham	26	Surrey/Kent
Sept. 7th	Guildford Boundary Walk	22	Surrey

We appeal to organisers to confirm dates before February 1st if possible so that the next Calendar can be right up to date.

*Details from Alan Blatchford.

EDITORIAL

LONG DISTANCE WALKERS ASSOCIATION - President: Col R. Crawshaw, OBE TD DL MP

A wit recently remarked "The increase in petrol costs should see Britain back on her feet soon", and if the present trend continues he may well be right in more than one sense. Walking, although irksome to the average pampered motorist, might be rediscovered as a great national pastime.

Can you imagine it? Walking ousting football and cricket as the great weekend activity, competitive races from one town to another, challenge walks up and down every range of hills, queues for tickets to get on the Pennine Way, and every hoarding advertising boots and dubbin. All car parks in the countryside might become camping areas for lightweight backpackers and families might spend every holiday completing a new long distance path. The membership of the LDWA might pass that of the declining AA and RAC. We might be asked to operate a walkers breakdown service and a 'get the walkers home' scheme. Probably nothing dramatic will happen for many years so let us get back to reality.

Our membership has continued to grow and as yet shows no sign of levelling out. We have at last issued membership Number One Thousand which puts our publicity sheet out of date. Due to about one in ten members not renewing each year we have not actually achieved a thousand current members, but this should occur next year. As mentioned in Newsletter Nine, we must seriously consider the raising of the annual subscription, possibly to one pound. As no plan has been made to hold a special meeting to amend the fee any alteration will not be made until the next A.G.M., so it will pay members to renew early, although the 50p is a minimum and anyone may send more! Any increase is made necessary to cover the extra cost of postage and paper.

In October the Wessex Group came into being when a meeting was held at Southampton University. This, the fourth local group, will draw its members from Winchester, Southampton and the surrounding area. Other groups have been proposed for Manchester, North London and Bristol. We hope to publish news of these schemes in due course of time. To encourage local group formation the Association may hold a one day team walk which will be a competition to test walkers on all aspects of hiking and trekking. Details of this event, which will also be open to other teams, will appear in a future newsletter.

Although it is still a few months away, the committee have made plans for the next A.G.M. of the Association and details are given on another page. The Constitution requires the Secretary to give all members at least 28 days notice of any such general meeting and so the notice in this newsletter should be taken as the formal notification. As yet the issue date of the next Newsletter has not been finalised but it is hoped to have it ready for the A.G.M. This would have been too late to give notice of the meeting and to send memoranda to all members would have cost something in the order of £30!

As in previous years, I ask all members to make an effort to attend this annual gathering. Most people find meetings rather a bore but at our first two A.G.M.s several interesting points have been brought up and the committee do have an opportunity to discover what the members expect of the Association. This year, to back up the meeting, we had a cine and slide show in the evening, and a walk on the following day. We hope to arrange something similar next year.

Whilst gloom prevails in many spheres, the walker may still stride out into the countryside and forget all his cares. Let us continue to stride towards health in the new year. Until then, on behalf of the President and Committee, I wish all members a Happy Christmas.

ALAN BLATCHFORD (Asst.Ed.)

NEWS FROM THE REGIONS

THE SOUTH EAST REGION.

This region stretches from a few miles east of Portsmouth in the south and extends north as far as the Wash- it has the largest concentration of members in and around the capital.

So far in the region we have established two groups - the West Surrey and the newly formed Kent Group. There are possibly two more forming in the very near future, one in Hampshire, the other in Sussex. All of these groups are south of the Thames. I feel sure that there are some members north of the river who are interested in getting together to form some local groups. If so, would they please contact me and I will give them all my possible support:-

Peter Rickards (176)
South East Region Representative,

THE SOUTH WEST REGION.

It is proposed to hold a series of walks within the Bristol-Bath-Avon-Cotswold-Mendip Area, on the third Sunday of each month, commencing in January 1975 until April 1975. If support for the walks is readily forthcoming, then the walks can continue throughout the summer months, though one must remember there then begins a glut of organized walking events.

Each tramp will be some 25 to 30 miles, which could be shortened to allow for severe adverse weather conditions, short daylight hours or other unexpected obstacles on the day. It is hoped to hold an informal meeting at each of the walks, either during the middle part of the day or in the evening on the conclusion of activities, at a local Inn or other suitable abode. Initially, walks will be circular and aimed at being social, acquaintance making. Later on it may be possible to organize competitive events if demand amongst members is present.

Listed below are the January to April, 1975 walks:-

1. Sunday, 19th January, 1975 Meet Bath Railway Station Entrance at 9 a.m. Route will be Cotswold Way as far as Dyrham Deer Park, West Littleton, the delightful picturesque village of Castle Coombe, Colerne, Batheaston and back to Bath Station.
2. Sunday, 16th February, 1975. Meet Neptune Statue at the Centre, Bristol at 9 a.m. Walk through Avon Gorge, village of Pill, across Gordano Valley for coastal walk from Portishead to Clevedon, along range of hills and woods incorporating Tickenham, Wraxall, Failand and Long Ashton villages, back to Bristol.
3. Sunday, 16th March, 1975. Meet Neptune Statue, at the centre, Bristol at 9 a.m. Walk via suspension Bridge across Avon to Ashton Park then through North Somerset villages of Long Ashton, Flax Burton, Backwell via Brockley Combe onto the Mendip Hills. Circuit Blagdon and Chew Valley Lakes before re-enter Bristol.

4. Sunday, 20th April, 1975. Meet Bath Railway Station Entrance at 9 a.m. Walk along Kennet and Avon Canal to Bradford-on-Avon, via villages of Farleigh Hungerford, Hinton Charterhouse, Wellow, Coombe Hay, South Stoke and back to Bath.

All these walks traverse delightful undulating, wooded Gloucestershire and Somerset countryside. Walks are planned to start and finish at convenient points for access to public transport, parking facilities and even overnight accommodation. It is hoped that these walks will encourage greater participation amongst members within the Region.

Those who require information on these walks and who wish to participate, please contact me. Those interested in walks, either by participation or in organizing, across more strenuous country such as Exmoor, Dartmoor, the Black Mountains or Brecons in South Wales, etc., please let me know.

Tony Rowley (LDWA 21)
Souty West Region Representative,

COMMITTEE CHANGES

Since the issue of the September Newsletter a number of committee changes have taken place. Chairman Haydn Morris has now moved

Mike Brown has resigned from the office of Membership Secretary and his job has been taken over by John Feist who was co-opted at a recent committee meeting. John's address is

Another resignation is that of committee member Jeff Ellingham who was Treasurer last year. As yet his position remains vacant but a co-option may take place later this year. Committee member Gerry Burgess has moved

OFFICERS OF THE ASSOCIATION

CHAIRMAN	Hadyn Morris (155)	
SECRETARY	Alan Blatchford (2)	
TREASURER	Thomas Harding (204)	
EDITOR	Chris Steer (1)	
MEMBERSHIP SECRETARY	John Feist (638)	
PUBLICITY OFFICER	Ernest Foster (26)	
COMMITTEE MEMBERS	Geraldine Burgess (295) Pennyfather (96)	Jack Spackman (104) Keith Alan Hoare (131)

REGIONAL REPRESENTATIVES

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

GROUP NEWS

KENT

Our first Group walk was held on Sunday, 27th October, and attracted nine members. The route taken was the first part of our Sevenoaks Circular Walk, from Otford to River Hill via Oldbury Hill and Ightham Mote.

The next Group walk will take place prior to the newsletter being circulated but we look forward to meeting readers on our Third walk on January 5th. This will leave from Sevenoaks Station at 10.00 a.m., led by Len Wilson.

The Kent Group was formed with the aim of promoting informal group walks in the Kent area and promoting an Organised walk in the Sevenoaks area. All of our walks to date have been aimed at routing our Organised walk and we are proud to announce that the Sevenoaks Circular Walk will be held on Sunday, March 30th 1975, starting from Otford Village and covering between 25 and 30 miles. Details available by the end of February.

SURREY has been planning one outside meeting a month. In August a 20 mile walk went from Dorking, and in September the Group organised the Ten Towers Kanter (as reported elsewhere). In October we combined with the Wessex Group to walk the Sorviodynum route from Sarum to Winchester.

By the time this issue is printed we will have walked the Wey Navigation from its junction with the Thames to Godalming - floods permitting.

Future activities include the Surrey Inns Kanter to celebrate the New Year on 1st January. For February we are going through Windsor Park and by the Thames, and on March 16th we complete our trio of waterways with a walk along the Basingstoke Canal. In April we start the marathon season going with a 55 mile walk along the Surrey Section of the London Countryway.

Now that we have been going for a little while, we are having a 'get together' to see how we should continue and also to enjoy ourselves on the 10th January, at Arthur Radley's

1st Jan. Surrey Inns Kanter, 11 - 18 miles.

10th Jan. Meeting 7.30 p.m.

9th Feb. Royal Roundabout. Virginia Water Station 10 a.m. 20 miles

16th Mar. Basingstoke Canal. Hook Station 9.8 a.m. 30 miles.

12/13 Apr. London Countryway, Surrey Section, Woldingham Station, 11.44 a.m. 55 miles.

Further details of the above from Keith Chesterton.

London Countryway volunteers still needed to help check alternative routes - particularly in the Kent and Essex Areas.

ESSEX + HERTS

PROPOSED NEW GROUP

It is proposed to form a new LDWA Group covering the counties of Essex and Hertfordshire. This should also be of interest to members living in North London. An inauguration meeting is to be held on Friday, 10th January, 1975 at 8.0 p.m.

Any interested members will be very welcome. If you intend to come it would be very helpful if you could let the organiser Frank Duerden (LDWA 75) know by letter or telephone

WESSEX

A successful meeting at Southampton University on 19th October launched the Wessex Group. The meeting was attended by 16 members.

Alan Blatchford and Chris Steer braved a wet night to come and give us their enthusiastic encouragement.

Chairman: Denis J. Daltry Treasurer: Frank C. Sharpe
Secretary: Rod Smith

An inaugural walk took place on Sunday, 24th November, when Tony Farrell led the 23 mile "Tichborne Doddle" over the Hampshire Downs to Cheriton and back to Winchester. Other informal walks arranged are:-

Sunday, 19 Jan. 1975. New Forest Heights", 22 miles, devised by George Sims. Meet - The Royal Oak, Fritham, Hants, 08.45 a.m.

Sunday, 16 Feb. 1975, S.E. Wiltshire Chalkland, 23 miles, devised by Ray Holt. Meet - Car Park, Fordingbridge, Hants, 08.45 a.m.

Sunday, 23 March, 1975, "The Mardens and The Downs", 22 miles, devised by Bill Spears. Meet - Car Park, Harting Hill (SU 791181) at 9.15 a.m.

Details of walks from: Wilf Lyman

DEVON

Charles Baldey (LDWA 14)

would be glad to hear from Devon members who would be interested to meet other members resident in the county. Suggestions regarding meeting place would be welcomed. Will those interested please send s.a.e. with reply.

HIGH PEAK

See Newsletters 9 and 11

NORTH YORKSHIRE

See Newsletters 9 and 11

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### NUMBER ONE THOUSAND

Although our publicity handouts say membership is approaching one thousand, we have actually enrolled member Number 1000. This milestone occurred during October when Amanda Bailey sent in her application.

### CHECKCARDS FOR EVENTS

To cut printing costs, it is proposed to order a large quantity of check cards suitable for use during challenge walks. However, to suit all interested organisers and standardise on format, we should like to hear of the requirements of the various events. Organisers should send details to Alan Blatchford stating size, number required annually, and what printing is needed.

IDENTITY BADGES? A member has asked if it would be possible to obtain members lapel badges with name and number prominent so that we would get to know each other better. Would a badge help? What to you think?

# A.G.M. 75 MALVERN.

This is formal notification of our third Annual General Meeting which will be held at 2.30 p.m. on Saturday, 15th March at The Institute, Old Wyche Road, Lower Wyche, MALVERN, Gloucestershire, GR 779440.

For YHA members staying overnight there is a youth hostel only a few minutes away, and you are advised to book early. All members should make an effort to attend this once a year gathering because it is here that you will have a chance to air your views about the policy of the Association and to elect the committee to run the LDWA. It is also the time to make any changes to the constitution that are felt necessary. One such amendment will be a proposal to raise the annual subscription to £1. Even if you cannot get along to the meeting you can propose a member for election to the committee or put forward an amendment to the constitution, but these must be sent to the Hon. Secretary by January 31st, 1975. Copies of the constitution are available from the Secretary.

There will be a slide show on Saturday evening and a walk of around 16 miles is being arranged for the Sunday.

## SURREY GROUP

All members of the Association in the "Surrey Area" should have received a programme of events with this Newsletter plus an invitation to subscribe 20p to the group and thereby receive details of all events in the area several times a year. Walks and other events organised by the group are open to all LDWA members and anyone wishing to become a member of the group from outside the area is welcome to do so. Name, address, 'phone no. and LDWA no. should be sent to the Group Hon. Secretary: Keith Chesterton

## SUBSCRIPTIONS

- Due on January 1st, 1975. A renewal form is enclosed with this Newsletter, and we hope you will want to renew



"They told me it was a bit boggy but this is RIDICULOUS"



# FUTURE EVENTS.

## SURREY INNS KANTER (mild Surrey) - 1st January, 1975

This will be the third in the series of "Kanters" to be arranged in the south. The event will start and finish at the village hall, West Horsley, Surrey, and the object is to complete a route of one's own choice that passes through (!) a number of pubs. Course lengths - 11 and 18 miles maximum. O/S map sheet 170 (one inch) or sheet 187 (1:50000) required. Further details from K. Chesterton

## KAMAKAZI MARATHON (Sussex) - 11th January, 1975.

A new event but probably not as lethal as its name suggests. Based on Arundel Youth Hostel the walk involves walking about 14 miles across rough country (no paths) through the night. Accommodation available at hostel. YHA membership not necessary. Small trophy for winner and YHA stickers for others. Map O.S. sheet 197 (1:50000) or sheet 181 (one inch) Entry fee 10p Details from David Nichols

## BASINGSTOKE CANAL WALK (Hants/Surrey) - 16th March, 1975.

An informal walk, organised by the Surrey Group, to follow the major part of the defunct Basingstoke Canal. The walk will start near Greywell, Hants, and finish at Byfleet, Surrey. Distance 27 miles approx. Further details from Alan Blatchford

## SEVENOAKS CIRCULAR WALK (Kent) - 30th March, 1975

A new event of 25-30 miles to be organised by the new Kent Group. Details from Peter Rickards

## LONDON COUNTRYWAY (S.W. Sector) Surrey/Berks - 12th/13th April, 1975.

This walk, organised by the Surrey Group, is taking the place of the Across Surrey Walk that is usually held at this time of year. The distance of this part of the London Countryway is about 55 miles and it will be the first time that such a long length of the proposed footpath has been walked at one time. The walk will start at Woldingham and finish at Windsor, and will take about 19 hours. For those contemplating taking part in the Downsman Hundred, the next month, this will be a good try out. For further details contact K. Chesterton

## MID-WALES MOUNTAIN WALK - 19th April, 1975.

This walk covers twenty-five miles of mountain country, including Cader Idris between Dinas Mawddwy and Dolgellau. Details from N.W. Tandy

## NEW FOREST WALK (Hants) - 18th May, 1975

This is a 30 mile circular walk in the heart of the New Forest. The route, starting and finishing near Brockenhurst, follows paths and tracks with only short stretches on roads. The Ordnance Survey New Forest Tourist Sheet covers the route, on 1:50000 sheets 195 and 196. The entry fee of 35p will cover all costs including refreshments at one or more checkpoints. Full details and entry form may be obtained from Richard Cooper

enclosing S.A.E. and will be issued in late January.

## EVENTS REVIVED?

In our May Newsletter we suggested that two events - the Tanners to Hindhead, and the Petersfield Border Walk - might be dead walks. However, we have information from Graham Peddie that the former will be held again next year (see details elsewhere). Also, we have reason to believe that the Petersfield event may be promoted again, possibly supported by the newly formed Wessex Group.

# PAST EVENTS

## LAKE DISTRICT FOUR THREE THOUSANDS - 15th June, 1974.

The maximum number of entries (200) were received for the tenth Annual Marathon Walk and at 2.00 a.m. 183 of these left Keswick Rugby Club to attempt to conquer the four 3000 feet high peaks of the Lake District within 24 hours. Among the starters were twelve ladies.

Unlike typical Lakes weather, it was dry and warm - in fact so warm that two people retired with heat exhaustion.

By the close of the event 130 people had met the challenge successfully, the shortest time being recorded by Peter Walkington of Bolton (8.51). The first lady home was Lynne Mitchell of Buxton with 13.45.

The event is organised by the Ramblers Association Lake District Area.

Alan Blatchford (based upon report in R.A. Area News).

## CROSS WALES MARATHON - 6th September, 1974.

56 people gathered on the Welsh border near the Anchor Inn, west of Clun, at the ungodly hour of 5.0'clock on an extremely wet and windy morning. Everyone bleary eyed but ready for what proved to be the hardest "Cross Wales" yet. I almost believe in this "N.Tandy" weather reputation myself after the "Cross Wales", and all I wanted was a good walk!

Seriously, though, with reported ground winds of 60 mph this had to be an epic. The traverse of the Kerry Hills, soon after the start gave us a taste of things to come, even at a modest 1000', it was sometimes difficult to stand. After 14 miles of mixed track and moorland it was a relief to descend to a tarmac road and a welcome cuppa at Checkpoint 2, a village school near Llanidloes. The next 11 miles on roads sorted us out. By Checkpoint 3, at the foot of Plynlimon, everyone, checkers included, were soaked, cold and tired, and the hardest part still to come!

It was here that half the field retired, put off by the extreme conditions and the fact that some of the fast lads had found it necessary to retreat in the face of gales, hail and rain. Indeed, Plynlimon's huge rounded whaleback was a maelstrom of screaming wind and hail, making it necessary almost to crawl at times. Fortunately, after leaving the Nant-y-Moch Dam, conditions improved. So much that the last few miles to Borth were almost an anti-climax. Personally I like good weather for the last few miles of the "Cross Wales". A saddle between two low hills has to be negotiated and from this point, one can see the sea and the finish at Borth. To my mind a most logical and satisfactory finish to a marathon.

All told, 16 people finished, including Marjorie Hall from Wolverhampton, the only woman to finish. Fastest was Robin Smith from Aylesbury, in a time of approx. 11½ hours. The extreme weather was reflected in the very high retirement rate (70%).

Fortunately, events proved the value of fitness and experience. Most people either mastered the conditions or retreated in good time. As a result there were no serious mishaps, although a few people experienced slight exposure.

Thanks are due to the organisers, they did a good job in very difficult circumstances, their efforts are greatly appreciated.

Neville Tandy (LDWA 130)

## THE FIFTH CHILTERN MARATHON - 22nd September, 1974.

The fifth Chiltern Marathon was fortunate in being held on one of the few fine days in a very wet period. The day was generally ideal for walking and the slight shower troubled no one.

Having moved the venue to Marlow Rugby Club there was plenty of scope for a new route. After passing through the pleasant town of Marlow the route led along the bank of the Thames for a while and then climbed into the low Chiltern Hills. The 25 miles circular route brought walkers back to the Thames-side

path where there was a mile trek along the river to the finish.

As a result of publicity a record 300 entries were received and of these 260 set out to complete the course within the allotted nine hours, and 123 were successful in their aim. The first to finish was David Rosen (3.30) but late starter Alan Blatchford recorded 3.20. About 30% of the finishers were LDWA members - the youngest being seven years old Ian Blatchford who took 8.37.

The event is promoted by Middle Thames Ramblers with the main organiser being Vince Smith (LDWA 342)

Alan Blatchford (LDWA 2)

#### THE THREE HILLS NIGHT RALLY - 28th/29th September, 1974.

The rally was back again this year, organised by a revitalised Kingston Y.H.A. group, and held for the first time at Arundel, Sussex.

After a week of almost continuous rain, a major obstacle proved to be the flooded and very muddy footpaths. However, despite the adverse weather conditions, 44 of the 48 starters completed the twenty mile course.

The winning team were LDWA member Brian Smith, and Mark Anderson alias the Kamakasi Duo, who flashed round the course in 7 hrs 2 mins., and still only dropped one point on the observation clues. A very close second were the Arundel Work team - Dave Nichol, Mad Fran, Dave Stone and Og the Dog, who scored the same number of points for observation, but took slightly longer.

Special mention must be made of LDWA member Patrick Maher who made a very creditable solo effort in a time of 7 hrs 43 mins to finish in equal fifth position with Crawley Y.H.A. GROUP.

The twenty members of Kingston Y.H.A. group who organised the event all managed to enjoy themselves, and would like to thank the Warden at Arundel Youth Hostel and to congratulate all those who completed the rally.

Phil Welch (LDWA 236 S.E.)

#### TANNERS - CROCKHAM HILL WALK - 5th October, 1974.

Considering that this was a "first" and that it clashed with the "Long Mynd", combined with the wet weather during the preceding week, the entry of 10 was not too disappointing.

Small entry aside, Don Lothian, myself and a young hosteler from Tanners Hatch, plus Graham's dog Dusty, set off at 8.30 a.m. Either the map reading or the instructions (probably the former) went wrong early on and one mile extra saw us back on route. The instructions said "over the stepping stones". What stepping stones? The flooded river hole had decided that they should not be crossed. So, by road and up Box Hill and a little more surveying to get back on route.

Having dreamt of a large pint at lunch time it was willingly substituted for two large teas at the top of Reigate Hill. After a short break, onward to our goal at Crockham Hill. We arrived, after another "detour" or two at 18.20 having covered the 28 miles, plus about 4 more for luck. The only member of the party not worn out was "Dusty" the dog. Kevin, the Warden, at Crockham, made us a delicious "bucket" of tea to nicely round off a hard walk.

The walk took in some good countryside of Surrey and Kent and the conditions underfoot, i.e. mud and slippery chalk, made a shortish walk hard work but recommendable to anyone who may have thought this would be a doddle.

Via the grape vine I hear this is to be an annual event, hopefully to become a Standard with certificates to the finishers. Keep it in mind for next year.

Brian Smith (LDWA 786)

There we were among about ninety fit looking types, Roger Cole and I attempting the standard event. We waited for 9.30a.m. Time to go, and we were on our way. First stop the bridge where we received grid references. By the time the decision had been reached as to direction, the leaders were already swarming up the Preston Hill, 1,724'

Our turn was soon to follow. Once on top we dropped down through bracken. Then climbing and contouring as we went we made our first boob. Instead of on the shoulder running up to Cold Law 1485' we shot past. We ran to the top of Blackseat Hill 1,502'. At the time I thought everyone else was wrong. A definite case of "Look Mum, Dad's the only one in step". The outcome of our mistake was a loss of at least half an hour.

From Cold Law, 1485' (A) we ran down to the road passing Langleeford. This before fording the river, plodding up to the stream bend and Checkpoint (C). The leaders by now were on top of the Cheviot 2,674'. No time to hang about.

We ran down, fording the Harthope Burn for the second time. Then the long flog up to the knee deep peat bog of the Cheviot Checkpoint (B). With the wind gusting, Roger made the V/S climb on to the trig point to punch our card.

Feet oozing we sped downward to a quiet valley at the head of which we passed Law Bleakhope and climbed upward to Little Dod, Checkpoint 5.

Retraced our steps back to the shoulder and keeping Bloodybush Edge on our right. Incidentally I thought at the time it's name summed up the terrain. Pushed on through heather, bog gullies, wumble grass and newly planted trees. Eventually we found the gap and Checkpoint (6).

And so onto the Pennine Way. A few hundred yards down we sighted the camp. We were soon in and brewing up. The time was just after five p.m.

Day two, Roger got me up with a brew. Hasty breakfast, packed our gear and got to the start with two minutes to spare, 7.30 a.m. The whistle blasted us into action. Envelope marked 121 was grabbed from the sticky tape. Like a nasty dream we were off. Legs aching, back we went the way we came to the Pennine Way, over Windy Gyle 2,032'. Here number two boob was made. Running on to the summit of Mozie Law, 1812', realization dawned that we should have turned off a mile back. I remember Rog mumbling something to the effect, "I don't know why we don't go in the elite class, we always end up doing half their bl..... course". However, all was not lost, going due north the lake was soon spotted. By contouring across got back on course. When we eventually reached Checkpoint 1, the leaders had been through one hour ahead of us. Now in twenty-seventh position, convinced ourselves how much we were enjoying the event!!! Down the hill into the valley; along the track we hit the Spur in approximately half an hour. We were at the 1,000' contour (2) and only twenty two had been through. Spurred on by this, we ran over Windy Law 1117' and down steep grass. Ahead we could see other competitors making their way to the Ruin (3). After crossing two streams and battling through bracken, arrived there too. Up and over yet another hill, ran down the road through Attonburn Farm, up the track and so to stream junction and (4).

What seemed now endless more and more running. Once up over the Curr, 1850' we could see our next stop the ruin Halterburnhead (A). Here we met people seemingly going in all directions. For us it was the last long plod up to the Schill 1985'.

On the final slopes to the Checkpoint (B) a couple of lads came close on our heels. It is unprintable what they said as we headed for home and they still had Checkpoint (A) to complete. Oblivious to light rain or anything else for that matter, we ran down the road and so to the finish. The hall was full of steaming wet talking competitors. At that moment I'm sorry so say that I did not notice who won our class. Won't attempt to describe the fatigue but when our names went up for sixteenth place, we were well pleased. Must just finish by saying credit to all concerned involved with the organisation of event. Yet another great mountain marathon course.

ADDED NOTE: To those who read my wife's blurb, it is all a figment of her imagination. Any rude answering letters will be welcomed. Of course, it is not to be disputed that Fred Astair's shuffle hop tap step has nothing on mine. The rest is all a pack of lies, lies, lies!

#### 6TH VECTIS MARATHON WALK - 12th October, 1974.

The sixth Vectis 30 Marathon Walk took place on 12th October in perfect conditions. The sun shone all day, but a stiff breeze stopped the 141 walkers from getting overheated. Buses conveyed the entrants to the early morning start at Ventnor Pier. The route started westwards along the coast, but soon turned inland to climb the cliffs above Orchard Bay. After crossing Stenbury Down, the precipitous descent of Gats Cliff brought walkers to Godshill from where the route lay across low-lying land to Arreton. Here the walkers climbed over the Central Downs and through wooded country to the lunch stop at Wootton Bridge.

The second half of the walk kept to the official coastal path throughout passing through Ryde, Seaview, St Helens, Bembridge and Culver Cliff, and including considerable stretches of both open beach and exposed clifftop. The route finished at Sandown Youth Hostel, where many of the walkers were accommodated.

Oliver Dixon (LDWA 53) Organiser.

#### SORVIODVNVN XXV - 20th October, 1974

On a fine October day over forty members and friends set off from the ancient British and Roman settlement of Old Sarum (Sorviodvnn) to walk in the wake of the Romans to Winchester, Hants. A coach party of 22 from Guildford met an equal number of Hampshire members at the starting point, and here each walker was given a route description and a sketch map of the route.

Where possible the route followed the line of the Roman road. Although several stretches are metalled lanes today, the cross-country sections provided some interesting walking and in many places the agger of the old road is still visible. The way is generally flat but at a number of elevated points there were excellent views across Salisbury Plain to the north, and towards the coast in the other direction.

After a few miles walkers were well spread out, all going at their own pace. About half completed the trek right into Winchester whilst the remainder were picked up at Farley Mount (approx. 20 miles). The route was surveyed and noted by Wilf Lyman who also drew the sketch map.

Alan Blatchford (LDWA 2)

(A number of route descriptions and maps are available for the SORVIODVNVN XXV. Anyone requiring copies should send two 3½p stamps to Alan Blatchford.)

#### HIGH PEAK MARATHON - 8th-9th November, 1974.

This year's event lived up to its reputation as an extraordinarily tough winter challenge. The weather is the typical conversation piece for two Englishmen, but for Britons on Kinder that night you couldn't really get away from it, or the wide open spaces of soggy peat. A hundred and thirty-two walkers, in teams of four left the old Yorkshire Bridge Inn and ran hopefully towards the "first nail", win Hill. The dry, calm air made us doubt the miserable pronouncement of the Met. Office, but even that was proved optimistic a few hours later as the wind strengthened, the waters flowed and tents on Bleaklow vanished into the blackness.

Most teams traversed Kinder, but only half ventured onto Bleaklow and just six contoured below the steep crags of Stanage and returned to Yorkshire Bridge under their own steam - one-fifth of the men and half the ladies - Miss L. Hudson! E.W. Dance, J.H. Richardson, D.Talbot and M.Cuddy of the Rucksack Club finished first, taking 11 hrs 48 minutes.

Casualties included a few pulled muscles, a couple of "hard-boiled" eggs, which gradually soaked through a well-packed rucksack, and a certain gent who caught the fast train from Sheffield to Manchester, when the marathon started at Edale .....

Hadyn Morris (LDWA 155)

# MEMBERS IN COMPETITION

Alan Blatchford  
(LDWA 2)

September 7th saw the annual London to Brighton Walking Race. Like the run, this event starts from "Big Ben" and finishes at the Aquarium, Brighton, to give a distance of 52½ miles. LDWA member John Lees took part and led for much of the way only to be overtaken in the latter stages. He finished third in 8.41.43.

Later in the month the annual running race took place and, oddly, when compared with the walking race, ten LDWA members were entered for this event. The race was won in 5.16.07 and the first of the LDWA members was T. O'Reilly who finished fourth in 5.25.54. Other members to finish were D. Funnell (6.04.28), J. Forrest (6.20.13), R. Meadowcroft (6.21.25), A. Blatchford (6.47.20), A. Storey (7.05.51), B. Kemp (7.37.12) and D. Coffey (7.37.15). J. Offley retired at half-way with a pulled muscle and D. Turner was unable to start due to a heavy cold. Had Turner completed this race he and Blatchford would have tied for the most completions. The latter now has 13 notched up.

On the same day as the Brighton run, the Accolade Eight was held. This was an eight hours track walking race at Haringay, London. The idea behind the promotion was to attack several World records. 16 of the best long distance walkers in Europe faced the starter and among them was John Lees who, last year, trekked across the U.S.A. to set up a new record of 53½ days for the 2,876 miles journey. The previous record for this trip was held by member Bruce Tullloh.

As in the Brighton walk, John Lees led for several miles in the Accolade Eight but at about 26 miles he was caught by the eventual winner, R. Middleton. At 40 miles K. Harding also overtook John. These three walkers all broke a number of World records set up as long ago as 1935. At the end of the eight hours Middleton had covered 53 miles 352 yds, Harding 52 miles 642 yds and Lees 51 miles 1353 yards.

The first weekend of August was the date of this year's Centurions qualifying race. The event was the Leicester to Skegness walk. We had no members in this event. The winner was Boxall of Brighton who recorded a fast 17.50.01 and 21 new Centurions were created to bring the number up to 546.

On Nov. 2nd the Road Runners Club promoted a 30 miles track running race at Walton, Surrey and four members were among those who faced the starter. The winner of the event was Irishman Mick Malloy who set a new World record with 2.44.47. Three members completed the distance: T. O'Reilly fifth in 3.00.55, A. Blatchford tenth in 3.11.32 and R. Jeans thirteenth in 3.23.01, D. Coffey reached 28 miles.

Any members with aspirations of qualifying for the exclusive Centurions club should note that the next eligible race will be the Ewhurst (Surrey) event on June 6/7. The course will be ten laps of ten miles on roads. The previous weekend will be the date for the second Downsman Hundred!

FOREIGN EXCHANGE? Recently-joined member, Mrs Mary Sheldon, has suggested that there might be among us a member who would like to visit the U.S.A. on an exchange basis. Mary is interested in visiting England for a walking holiday whilst her exchange partner(s) would have a chance to hike in California". Mary's address is:

She thinks that a month or two might be a suitable period of time for such a visit's duration.

# THE DALES WAY.

by DAVE BAILEY (LDWA 704)

Three LDWA members, Keith Pennyfather (LDWA 96), Philip Gilks (LDWA 33) and Dave Bailey (LDWA 704) decided to walk the Dales Way over the August Bank Holiday period this year. After much discussion it was decided to walk from Greyrigg Foot (Near Kendal) to Ilkley as we thought it would be easier to get home from Ilkley rather than Kendal on a Bank Holiday Monday.

We had planned to meet at Kendal Y.H. on Friday night, but due to a train breaking down at Leeds (Phil), and an awkward warden refusing to let Dave into the hostel at 11.20 p.m. (due to a late train by courtesy of B.R.) we did not meet until 10.30 a.m. on Saturday morning (Dave) having slept on a park bench and Phil setting off from Leeds at 4.30 a.m.)

After a somewhat eventful twelve hours we all met at Kendal Station at 10.30 a.m. and got a taxi to Greyrigg Foot where the days walk was to begin. The first day of the walk turned out to be the longest (in time) possibly due to the vast quantity of gates that had to be negotiated and also the number of detours that had to be made to avoid very mobile bulls. As the reader has no doubt gathered the first days walk was through farmland and because of this a set of 2½" maps is vital. The path is not waymarked for its full length, only in dribs and drabs and one, therefore, tends to use a map rather than the marks. The most interesting walking of the day, unfortunately, took place in the gathering dusk and pouring rain and we were very pleased to sight the village of Dent. It was at this point that we had to decide whether to continue to the hostel to cook our own food (we were self catering all the way to allow for early starts and late arrivals at hostels) or to stop at the local hostelry and buy some food. We decided on the latter and I can well recommend the sausage and chips. We finally arrived at the hostel at 10.00 p.m. (no - you are wrong we only stayed in the pub for an hour!) somewhat tired - two of us hadn't had much sleep the previous night, but with 21 miles of the way under our belts.

We awoke on the Saturday morning to a cloudy sky giving us the first sight of the Yorkshire Dales and after a good breakfast we set off for Cam End and Cam House Pasture (of Pennine Way fame). Unfortunately, whilst crossing the latter the heavens once again opened and stayed that way for the rest of the day. Our route took us over Cam House Pasture and down to Beckermonds and so into Langstrothdale. We made a slight detour into Buckden to find that tea etc. was only being served to those with dry clothes and lighter shoes, and so we pressed on towards Kettlewell along the very muddy path, or stream as it was in some places, which follows the river. The evening brought us a rather watery sunset over the fells but we were hopeful for a fine day the next day after our very wet 19 miles bringing the total to 40 miles.

The morning dawned bright and sunny and we even considered wear-shorts! The Dales Way continues to follow the river via Grassington (excellent cup of coffee there) on to Bumsall. The rest of the route is very easy walking along the riverside the only great problem being sunbathing tourists and bank holiday motorists. I would not recommend the Strid at Bolton Abbey on a bank holiday Monday -- it is too much like an obstacle course.

On leaving Bolton Abbey, yes, you've guessed, it started to rain! and continued to do so until our soggy arrival in Ilkley having completed the 64 miles in 3 days.

The walk is a good one, requiring good navigation, especially in the fields at the beginning. I just hope that other Dales Way walkers have better weather than we did.

# SORE FEET TWO

-EDGAR LEECH - LDWA 325 -

I am glad to put my views forward on the strength of experience on this all important matter of foot comfort. I have had no advice on this matter but worked on a trial and error basis. So let us get to the cause and remove it, (that is, if there is only one reason for sore feet after one has done many years of walking) I feel that I am odd man out in treatment and outlook because I don't look for hardening of the feet, but what I consider to be softening, BUT no hard dead skin.

So let's remove the killer - FRICTION- caused by movement between flesh under the skin and skin; and between the skin and outer covering - the socks.

The aim is to hold the foot very tight in the shoe (poor bloody feet - they can't swell- your ankles might)

Smooth Terylene sock next to the skin, make sure any ribbing (finishing join) does not cross the toes. Then put on a further 6 pairs smooth or soft wool. Yes, 6, or as many as your shoe size allows (Buy shoes one or two sizes too large).

If you are on the move 12 hours or more, pack a little best quality cotton wool between every toe. Of course, you can pack a thick pad of cotton wool under a loose shoe sock in the shoe. (That is if there is any room left). The foot moulds its shape to this. Now to the shoes, light weight, soft leather uppers, hard thick soles. I wear the best quality (they are the most economical) road running shoes for any road distance, walking; and over the years always go out knowing I can forget about my feet, and that there will be no abrasion or blister after any period of time; and it was 1948 when I achieved centurion standard.

Of course, you all know the biggest problem apart from feet is keeping up MORALE over long sustained periods and this is a personal problem you alone can solve (if it is solvable).

Anyway, we have to consider the varied terrain we traverse, and being inexperienced on rough ground work, wet or dry or 'stoney', you have your individual choice of boots or shoes.

So after all the time spent in preparation you might say is there any time left for the walk. It is always a standing joke at home and amongst friends that I wear so many pairs of socks (Yes, even when I am not out for a walk!) It's a job of work to take off and put on daily, so it doesn't get done - I sleep with them on and find it is for preservation sake (my family says Yes! they are mummified).

Strange as it may seem, the feet stay soft and clean, warm in winter and cool in summer. Hope some of you stalwarts may glean some inspiration, and be able to forget about your feet.

I browse through the Newsletter once again, and consider what gigantic performances are being achieved on Marathon events. Perhaps I am getting old and must stick to the easy going Macadam.

P.S. This foolproof system may not apply if the feet get wet inside the shoe; in which case - boots?



Each year Percy and I take leave of our wives, don our rucksacs and totter off in search of time past and our lost youth. Last year we failed to find them on the Pennine Way. This year, in July, they eluded us on the Offa's Dyke Path.

Unlike medieval pilgrim routes the modern long distance footpaths go nowhere in particular. Kirk Yetholm is a pleasant place; but it is not the new Jerusalem. And Prestatyn is no Santiago de Compostela; indeed it is a place better to walk from than to. So we decided to defy the Countryside Commission and walk south, the wrong way, down the Offa's Dyke Path. Thus we planned to avoid being swept up in the camaraderie, and competition of the road. Another vain hope.

The path is 168 miles long. For only 60 of the 168 miles does the path follow the great earthwork built by Offa of Mercia in the late eighth century to mark the western boundary of his kingdom. For many of those 60 we wished that it did not. Except for some splendid stretches between Lower Spod and Kington the dyke does not give good walking and for too long we fought through wet bracken and brambles on a switchback to follow the dyke across the grain of the country. We found the best walking on the sections where the path does not follow the dyke: from Prestatyn over the Clwydian Hills and on to Llangollen - and, later, on the Black Mountains. There are about 3,000 stiles on the route and in Flintshire each is 30ft high; or so it seemed.

The Offa's Dyke Association, Old Primary School, West St. Knighton, Powys, whose aim is "to promote the conservation, improvement and better knowledge of the Welsh border region along the Offa's Dyke Path", sells some useful publications. As the path wanders down the edges and across the corners of the Ordnance Survey one inch and 1:50,000 maps, and as in the farmland stretches the 1:25,000 maps showing field boundaries are essential to speedy navigation, the Association's Strip Maps (photo-litho copies mainly of OS one inch and 1:25,000 maps) are invaluable. We took only the strip maps and saved much money and weight. But we wished we had taken a 1:50,000 sheet covering the Black Mountains which we climbed from Hay in thick mist. By a slight navigational error which we blamed on the inadequacy of the map (not a copy of the OS but a sketchmap for that bit) we found ourselves, when the mist lifted and the sun shone, singing joyfully as we marched with springy steps along a fine track 12° off course and heading for the wrong ridge.

The Association's accommodation list was a great help, leading us to such remarkable people as Mrs Buxton of Buttington who welcomed us when we were soaked to the skin, washed and dried our clothes, stuffed our boots with newspaper, fed us and talked to us, all while entertaining her friends, helping her husband learn his part for the village play, preparing for her son's wedding, cosseting the two young men who had been rescued from an attempt to camp on the Long Mountain, and watching television. We had no trouble finding accommodation or meals anywhere and were made welcome everywhere even, on the last night, at a motel.

Another useful snippet of information. The Aqueduct Inn at Pontcysyllte does not close until 3 p.m. Had we known, we would not have sprinted across the aqueduct with no more than a cursory wave at a narrow boat adorned with roses and castles and a crew of girls in bikinis. But we would have missed one of the best overheard conversations of the journey: "Dead, isn't he?"

## LLWYBR CLAWDD OFFA CONTINUED

"I hope so; they have buried him, haven't they?". If some LDWA member, skilled in research, would compile a guide to the opening hours of the public houses of Great Britain he would deserve a specially designed gold lame badge to sew on his rucksack.

The Offa's Dyke Association sells handsome gilt badges with enamel inlay, based on a coin of Offa Rex: green for members, red for associates, and blue for those who can produce evidence of having walked the Path from coast to coast - usually the Association's 'Walker's Card' signed by two ODA members living on the route.

Like Wainwright in 'A Coast to Coast Walk' I am beginning to have second thoughts about official long distance footpaths. The acorns begin to fall; the finger posts start to direct rather than guide. And delightful people though walkers are, we did see rather a lot of them last year and this, on what will no doubt soon come to be known as the F1 and F4. Next year, unless someone writes a book about it first, the Harrow Way, the Lunway, the South Hampshire Ridgeway, the Oxdrove and the Great Ridgeway will provide us with a lonely way to Devon and the sea. But we shall have to do without badges.

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## A BRIEF ACCOUNT OF OUR PRESIDENT'S SPRING BANK HOLIDAY RECORD ATTEMPT.

The event went well with about 30 starting. The longest distance covered was by an Army Colour Sergeant named Brooks who did 291 (although I don't think he qualified to have it counted nonstop owing to certain undue stops on the way.) Another Sgt Major covered 198 miles before dropping out (literally.) I again managed to get a bad back after 200 miles and was ordered to stop by the doctors. However, I managed to do another 25 miles to beat the absolute non stop record of 230 miles set up in New Zealand four years ago. I did 231 without a single stop. This still leaves the world record for non-stop (that is with certain recognised stops) to the Mexican Jesse Castandea who did 302 miles last year in Mexico.

LT COL R. CRAWSHAW, O.B.E., TD DL MP.

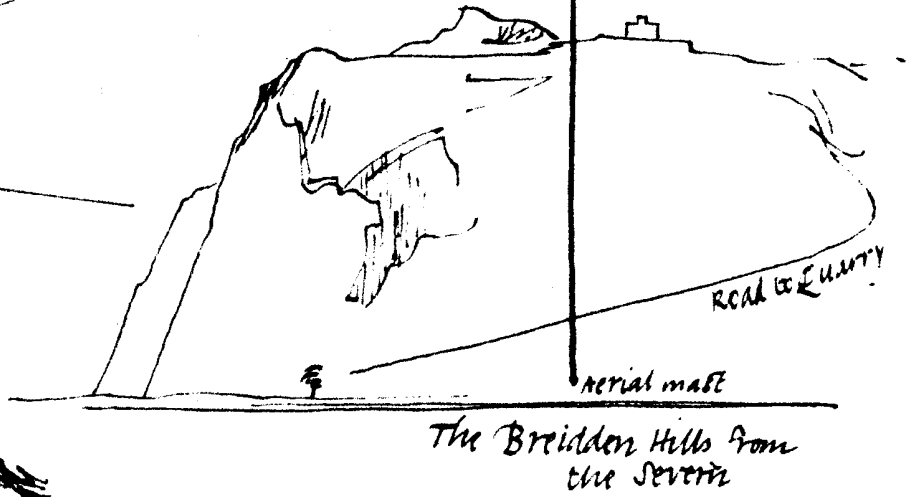
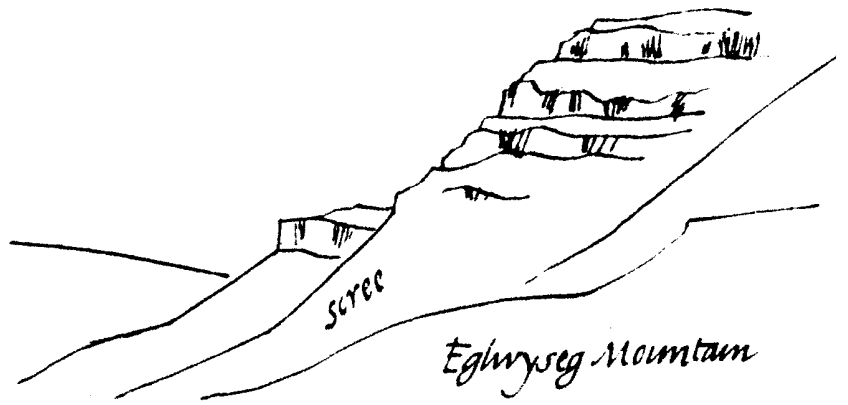
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## SOUTH DOWNS WAY LINK INSTALLED.

Earlier this year the long awaited footbridge over the River Adur, near Steyning was put into place thus completing the official line of the South Downs Way. No longer will walkers have to divert through Beeding and Bramber along main roads. The Downsman Hundred route will not use this part of the Way, however, because in this section it leaves the Way to pass through the Steyning Checkpoint. For economists: the bridge cost £25,000.

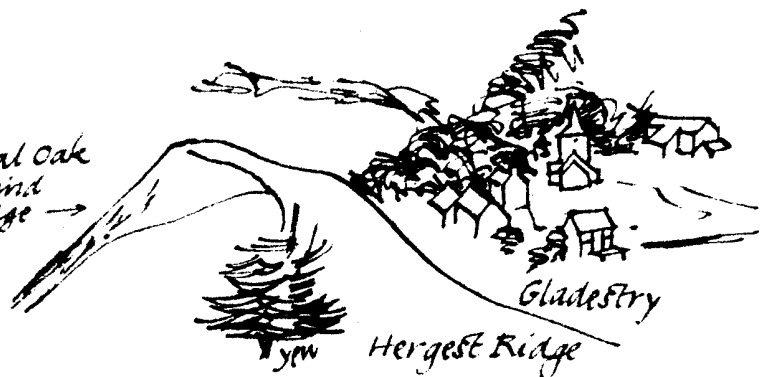
## LUCKY FOR SOME?

We were dropping down off Pontesford in the dark. A glimmer of torches by the track and a group huddled round a stretcher; a Tandylike voice out of the blackness -- "Shove some five star down him, that will soon warm him up" ! !



From an Offa's Dyke sketchbook AY

Royal Oak behind ridge →



## THE ANNUAL MEETING OF THE EUROPEAN RAMBLERS ASSOCIATION, 4/5 Oct. '74

In commenting on this conference I would like to protest very strongly against what I have for some time regarded as the commercialisation of long-distance routes; their standardisation, overpublicisation, and their consumption in packaged form by the public. Given the centralised power of organisations responsible for our national footpaths, and the effectiveness of the media in selling their ideas, it is inevitable that this commercial process, applied to non-commercial ends, impoverishes both the environment and the individual through localised over-use of paths and restriction of the freedom of choice of the walker. The current fashion of 'doing the Pennine Way' or one of its successors in the national footpath programme, certainly contains the undeniable physical challenge to complete the distance, but there is surely a great deal more to be gained from a personal and original approach to long-distance walking, planning one's own route rather than walking along with one's nose in a guide book.

I can do no better here than to quote Alfred Wainwright... "You don't need to have an official route to get you out into the open air. You don't have to wait for the Countryside Commission to say 'O.K. You can go'. You don't have to follow the crowds. In this country there are thousands of long-distance routes for walkers that have never suffered an official blessing (and are all the better for that) and any walker with initiative can plan his or her own itineraries simply by linking the public rights of way recorded on current issues of Ordnance Survey maps. There is positively no end to the routes that can be worked out."

And to recommend the articles already written by Keith Pennyfather in LDWA Bulletins 2, 3, and 6, where he also stresses the diversity and number of possible 'throughroutes'.

Obviously our footpath resources are such that we can tolerate a few superpaths for those who need planned recreation, but there is a danger that the unfortunate tendency which we have seen to promote certain routes as the longest, toughest, most scenic etc., will be continued not only by national, but also by supra-national planning and the development of further footpaths to fit in to an international scheme. Any such development can only mean more restriction of the freedom of the individual walker, and neglect for our network of paths in favour of a motorway system.

The European Ramblers Association, briefly described in Bulletin No. 5 together with a map of proposed European routes, has the following aims:-

- (a) To promote rambling.
- (b) To unite the membership of European walking organisations under its own umbrella-organisation.
- (c) To establish an international network of paths.
- (d) To define and describe these paths in its own publications.

The affiliated organisations in Britain are Remblers Association, Country-wide Holidays Association and Holiday Fellowship.

The overall impression given by the ERA's business meetings on the first day of the conference was that of imposing a master-plan on countries affiliated but not all directly represented in the ERA Council. There was no mention of the real or imagined need for such long routes (the impetus of the movement comes from

Germany, France and Switzerland, where, as in the case of Britain, the basic network of paths was already there); nor any mention of the purpose, apart from a few words about contributing to peace, breaking down barriers between countries, etc. There was no discussion of national policies, or difficulties of member-countries in providing the desired link-ups, and only the Scandinavians (Finland, Denmark and Sweden were represented) hinted that the idea might not be worth putting into practice.

The British affiliated organisations, left to themselves, would probably not have promoted the ideals of the ERA; the whole conference was somewhat underpublicised, and the opinion was expressed to me by officials of both the Ramblers' Association and Countrywide Holidays Association that "it's quite a good idea to get together with our continental friends occasionally", a statement which says more about Britain's attitude to European movements than the most eloquent of speeches.

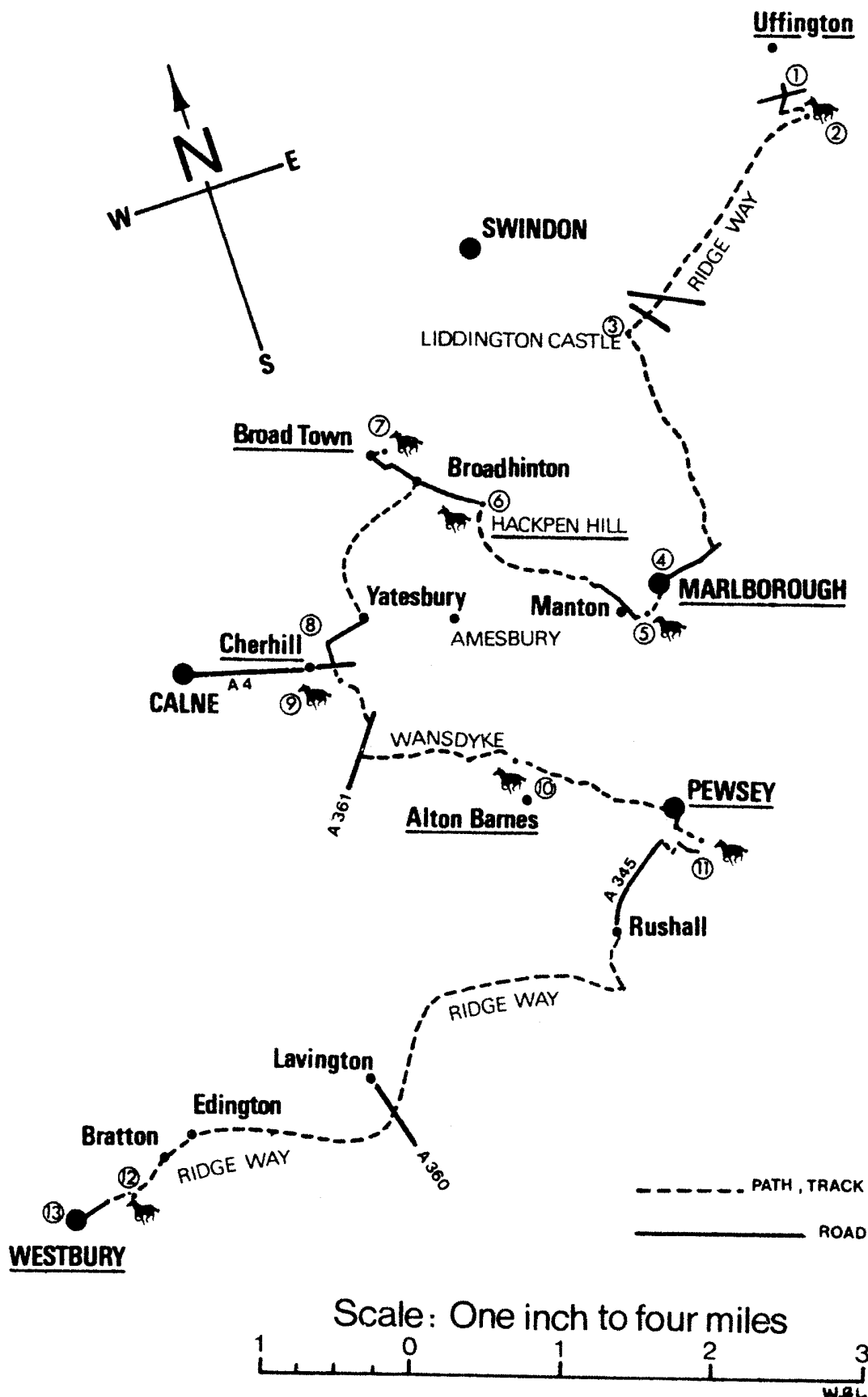
However, in his opening speech at the public rally on the second day, the chairman of the Ramblers' Association, Mr Ritchie, called for link-ups with the European routes so that the inhabitants of Kirk Yetholm, or perhaps even Edinburgh, might have the mind-boggling prospect of a way-marked path and an official guide-book all the way to Vienna or the Mediterranean, and asked the Countryside Commission to do something about it. It is, I think, regrettable that the Ramblers' Association, which has such a basically sound footpath policy, should occasionally make such recommendations in the name of its members, but fortunately the Countryside Commission is now considering for itself how far the present system of long-distance footpaths meets the needs of walkers (see LDWA Bulletin No. 7) and expects to publish the findings of its consultant, Mr Brunsdon Yapp, in the new year. Since this report could well determine the broad lines of the Commission's policy in the future, its chairman, Mr John Cripps, was not anxious to commit himself in his address, saying only that all suggestions would have to be looked into very carefully. The final speaker, Christopher Hall, now Director of the Council for the Protection of Rural England, put the entire conference in perspective by stressing the importance of maintaining all our existing paths as means of access to the countryside, a sentiment which parallels the recommendation of the LDWA committee to Mr Yapp: "that the concept of routes should be geared to a national network rather than the creation of 'perfect' routes in isolation".

So perhaps we may yet be spared the worst excesses of central planning. But if we are to have central planning, at either national or international level, surely it must serve the needs of the majority of walkers rather than the beauty of the concept. As I have said before, in most countries in Europe the rights of way are already there- the real need is for protection and maintenance. The 'official' routes, in Britain or on the continent, are certainly not the only ones, nor even the best ones. Planning your own itinerary is what long-distance walking is all about.

#### LOL CLARKE

It was with great sadness that climbers, orienteers and walkers learned of the death of Lol Clarke at the early age of 48, in September. Although he was not an LDWA member many members knew him and had taken part in events that he had helped to organise. In recent years he was mainly involved in orienteering but he still had an interest in his earlier loves, climbing and fell walking. LDWA members will remember him as the organiser of the popular Karrimor Mountain Marathon.

# Eight White Horses



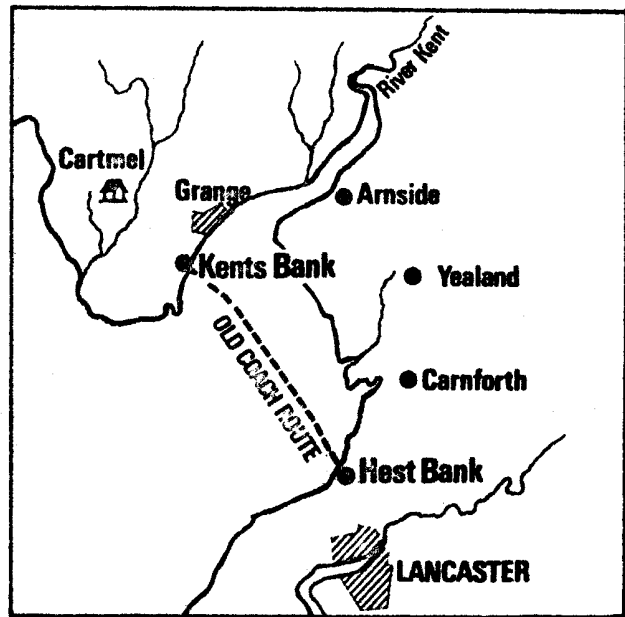
THIS ROUTE OF THE EIGHT WHITE HORSES WALK WAS DRAWN BY WILF LYMAN (LDWA 238) AND IS INTENDED TO BE USED IN CONJUNCTION WITH THE ARTICLE ON PAGES 16-17 OF NEWSLETTER 9.

# MORECAMBE BAY WALK

C. RICHARDSON  
L.D.W.A. 230 N

This a walk of only 9-10 miles, depending on the state of the river channels which one has to cross where they enter Morecambe Bay. Of course, people can attempt a double crossing, in this case you have a race against the incoming tide.

The route is from HEST BANK to GRANGE-OVER-SANDS following the old coach route which was used to avoid the long journey around the coast line. This is a family walk, but I recommend all long distance walkers and fell walkers to attempt the crossing because it is so different from the usual run of things.



Morecambe Bay Walk

The Morecambe Bay guides are walking the sands every week and thus know the route in all weathers. One has to walk over the, or near, quick sands to realise the danger involved, in this respect always cross with a guide on one of the public walks. These are held on several Sundays, usually in the summer when it is low tide.

This year, my wife, 2 children aged 7 and 8 years and a friend, did the crossing, along with about 250 other walkers. Owing to the deep channel of the Kent river estuary, we had to walk in a Westerly direction parallel to the coast, this put an extra 2 miles on the walk. This made a double crossing impossible, but to my surprise the guide said he would walk back to Silverdale and we agreed to go along. Out of the 250 walkers only the guide plus a friend and our small party did the return journey to Silverdale; how pleased I was.

Anybody interested to walk the Bay in 1975 season should write to the chief guide (plus a S.A.E.) for the date and times.

Mr Cedric Robinson,

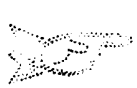
When you have selected your date, send 10p for each person about 3 weeks before, he will then send you pre-signed certificates which you complete after the walk.

It is advisable to arrive 1 hour before the start to get ready (pumps and shorts are recommended plus waterproof clothing, also food.)

When the whole mass of walkers move out to the sands, you are on your way. Very exciting in my opinion.

# "MOTHER WAS RIGHT"

by BARBIE MAHER



or "DID I FALL ASLEEP DURING THE MARRIAGE SERVICE"  
or "CONVERSATION WITH ANYONE WHO WILL LISTEN"

"Till death do us part" yes, I remember that bit. THE QUESTION IS: did that good looking bloke with a beard I married bribe the vicar? Was it "till death do us part AND the odd week-end away for events!"

HE goes off every now and again clutching maps, fit and enthusiastic and Oh so eager. Did the congregation unwittingly chant "And he will return clutching strained muscles, mumbling "never again" Aaah Men."

HE comes back not quite so fit, not quite so enthusiastic and Oh so eager ..... to sleep for three days.

That honour and obey bit, it really meant, love, honour and obey and never question his sanity.

The vicar never mentioned blind acceptance. Eyes glowing with memory of happiness (at least two days have to pass) he almost convinces me that cold rice pudding followed by hot soup followed by lemonade followed by tea, IS the end in cordon bleu. Maybe at checkpoint 6. I challenge long distance walkers of the world: would you enthuse if above menu was offered for Sunday tea?

How about the incessant rattling of maps during favourite tele programme? Only the saga of "Peyton Place" can equal the preparation routine.

That tracksuit .....Unthinkable to show distaste at a beloved tracksuit hanging in the lounge. BITTER, who me? no, no, no, not at all. I tell you I have NOT a pathological hatred for royal blue tracksuits because my mother forced me to eat prunes. It's the smell you see. What smell? Well he sprays it you see. With what? Oh a magical solution. Apparently, a sailing enthusiast friend advised the spray as a wonder water repellent. I have news for our sailing enthusiast friend. Hung to dry, the treated garment expels an odour that even moves the dog to escape into the garden. It also brings about our children voicing their opinion of scent: "Yuk" "Ugh" "Poogh" they chorus, "Dad's off again" (OFF) being emphasised with hilarious laughter.

After dinner conversation pre event ..... "Inflation?" "State of the country?" "What election?" .... "Must ring Alan Blatchford" Need I say more?

What about those socks. The socks given for washing on return. Poor things, they've been tortured to death. They're not socks; that's wool which has committed suicide.

It's like the feet routine, no not that tap step I taught him. Yes, yes he can shuffle hop step quite well. Back to his feet, no I haven't a great interest in feet. Blistered; less yet another layer of skin; fringed by rather pretty bluish toes. - I HAVEN'T a great interest in feet, none at all, it's just that when Rog relates his fortitude against all odds, he waves his feet, brandishing them like medals as proof of his courage. Personally, I prefer Steve Macqueen's eyes.



Enough is enough. What's wrong with golf? I ask him. You've hung for your life on rocks, mountaineered, parachuted out of planes: I've seen those hand glider manuals hidden in your hanky drawer. Now it's a new game called "If I'm not back in three days, tell them I'm lost" I can see it now: picture a young mother clasping her children to bosom - ignoring the sinking bog, (he was last seen there), brave, refusing to wear black - slowly she raises megaphone to tremulous lips - her voice rings forth across the Cheviots, amplified as far as Bognor (he could have turned left), she calls:

"COME IN NUMBER TWENTY SIX"

Epilogue: "Till death do us part" I have no doubt, marathon runner Roger Maher and I will make many more happy anniversaries together. It takes one to know one. Mind you readers, not sure whether he took kindly to my shriek of mirth at his pregnant penguin type walk. Directing his mind and body toward place of employment Monday, 7th October, he wasn't quite the running Rudolph Nureyev of Shoreham that left for the Cheviots on Friday, 5th October.

Courage, wives and girl friends. After all they could have been enthusiastic Morris dancers practising with bells and hankies all over the place.

P.S. My apologies to any runner or walker that practised his Morris Dancing at any check point at any time on any event.

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HARRY WALKS 66 MILES ON 73RD BIRTHDAY

Incredible veteran walker Harry Peel (LDWA 15) has done it again. To celebrate his SEVENTY THIRD birthday, he and two other walkers set out from Newport in the Isle of Wight at 14.30 on Saturday, September 15th to walk around the island. Last year on his birthday he completed a similar walk and he hopes to repeat the trek for several years to come. He would like to see the walk become an annual challenge event.

This years walk led through Whippingham, Wooton Bridge, Ryde, Seaview, Bembridge, Sandown, Shanklin and Ventnor (Harry's home). On the way to Freshwater in darkness their torches began to fail so they resorted to the military road to reach Alum Bay the extreme western end of the island. From here they travelled east to finish at Cowes after 21 hours and 50 minutes. One of Harry's companions was lost en route and so only two finished. As a result of the walk £7 was raised to aid the British Heart Foundation.

CHALLENGE WALK ALONG THE CLEVELAND WAY?

It has been suggested by two Lancashire members that the Cleveland Way (or part of) long distance footpath would lend itself to being used for a long distance challenge walk. The walk could start at Filey and go up the cliff path (in daylight) and then from Saltburn go inland and along the Cleveland Hills, and down the Hambleton escarpment. The proposers of this idea are Geoff Wood and Peter Sleightholm. Anyone with any ideas or offers to help organise such a walk should contact Peter

Any support northern members?

BOOKS OLD AND NEW

Two publishers that have supplied many good books for walkers are The Westmorland Gazette and Dalesman Books. The former has published a score of handbooks by the almost legendary A. Wainwright and the latter has issued a number of books by various authors on long distance footpaths.

To many walkers in the Lake District and Pennines a "Wainwright" is as indispensable as a map and compass. The books are quite unique in that each is entirely handwritten even to the extent of the price on the dust jacket. Between 1955 and the present year Wainwright produced seven handbooks covering almost every route up and down just about every peak or summit in the Lake District. His first volume (1955) is entitled "The Eastern Fells", and the final one in this series "The Western Fells (1966).

Probably his most widely read book is his "Pennine Way Companion" (1968). This is based upon the original fieldwork undertaken by four experienced fellwalkers who each checked a particular section of the Way, before the author collated the information. For some reason the start of the description of the Way commences at the end of the book and proceeds backwards to end at the front. Each page is completely filled with words, sketches or maps. The sketches being taken from photographs are a true record of what can be seen en route. The sketch maps show each mile point and anything of significance to the walker (e.g. fences, cairns, grass, gates, rushes etc.) At the foot of most pages is a note about the section e.g. "charming scenery at first, "you will question your own sanity" etc.

Other books in similar vein are "Fellwanderer", "Walks in Limestone Country", "Walks on the Howgill Fells", "A Coast to Coast Walk", and his most recent - "The Outlying Fells of Lakeland". In addition to these he has produced five sketchbooks of the Lakes and "Scottish Mountain Drawings". The walkers books are all priced (1974) at around £1 each, measure approx 4½" x 7", and contain about 200 pages. Once having picked a Wainwright off the bookshelf, a connoisseur will feel compelled to purchase it.

The Dalesman series of books come in more conventional form, being typeset and containing photographs. Several of the books deal with walks in particular areas, e.g. "Walking in Airedale", "Walking in South Yorkshire" etc. but those that cover the long distance walking routes may have wider appeal. In this bracket are such titles as "Lyke Wake Walk" and "The Cleveland Way" both by Bill Cowley, "The Pennine Way" by Keith Oldham, "The Wolds Way" by David Rubenstein, and "The Dales Way" by Colin Speakman. Each of the latter books has about 80 pages and measures 5½" x 7" Price about 45p each (1974). The Dales Way and the Wolds Way are two of our lesser known long distance routes and so it would be apt to mention here that the former is 81 miles long and extends between Ilkley, Yorks. and Bowness on Lake Windermere, whilst the latter runs between Ferriby, near Hull, to Filey on the Yorkshire coast. The publishers produce an updated list of books and this can be obtained from The Dalesman Publishing Company, Clapham (via Lancaster), Yorkshire.

THE CROSSES WALK by Malcolm Boyes (LDWA 132) Another book published by Dalesman, with detailed description of the route and illustrations. Signed copies are available to LDWA members from the author
Price 68p post paid.

Edward Pyatt's book, "Chalkways of South and South-East England", (David & Charles, £3.95), may be of interest to those LDWA members living in the south. Covering the chalk downlands between Dorset and Kent, the North Downs Way, South Downs Way, the Ridgeway Path and other major long distance routes are featured and the official (Countryside Commission) long distance paths are separately distinguished, with a note on the latest condition of each. (Strangely the Dorset Coast Path (part of which is included) is not shown as an official long distance path, even though it has been in existence officially for the past 11 years.)

Those who have read other works on the ancient trackways of this area will soon realise that Mr Pyatt has drawn heavily on earlier sources, particularly "Ancient Trackways of Wessex" by Timperley & Brill, and "The Green Roads of England" by Hippisley Cox. Some of the names of the lesser-known routes seem to be based very largely on Timperley & Brill. Although the authors of both books are mentioned here and there in the text, curiously neither are mentioned at all in the general bibliography.

The format follows the pattern of previous books by the same author ("Coastal Paths of the South West", "Climbing and Walking in South-East England" etc.). Broadly, each main route is allocated a separate chapter which, after several introductory notes, describes the route in more detail - though not in sufficient detail to enable it to be followed without a map. (1" Maps which are now of course no longer obtainable for this area, are referred to throughout and there is no mention anywhere of the 1:50 000 series). Archaeological sites on or near the routes are singled out for special attention. The text is frequently interrupted by a paragraph describing the main towns and settlements passed, with grid references (some of which are a little strange) and details of road access and how to get there, as well as Early Closing Days and the main features of interest worth visiting. These frequent interruptions are rather tiresome (much is self evident from a map, anyway) and their main effect is to make the chapters appear much longer than they really are. They tend, in my view, to make the whole book rather resemble a "tourist's guide" of the kind published 40 years ago, and give undue prominence to the towns along the routes.

The book is illustrated by photographs and maps. The photographs are quite good and several are aerial views, but the maps - as in the previous volumes - are rather crudely drawn, with the names of towns and the main features stencilled in unduly large lettering. The built-up areas near the routes are hatched with diagonal lines and appear unnecessarily prominent. The arrangement of the maps is a little odd: they are orientated at different angles and some of them do not tie up exactly with the key diagram provided. The map numbers have been left out in some cases. However, despite all these points, the maps probably suffice to indicate the main line of each route for anyone who uses them in conjunction with the O.S. map.

The layout of the book as a whole is untidy, and readers who might wish to use it to look up details of a particular route - as opposed to reading the whole book from cover to cover - will not find this easy, partly because two large areas of chalk upland, Salisbury Plain and the Marlborough Downs, have been allocated separate chapters. Routes within these areas are described in these chapters rather than under the route headings,

and as a result the reader may need to look in 3 separate places in the book for details of any particular route. The starting and finishing points are not always made clear, and where they are they are not always marked on the maps.

The last 40 pages are devoted to appendices which include a geological treatise on chalk, notes on archaeology, birds and wild flowers, a list of the chalk hills which exceed 800 feet in height, and a bibliography. It is not clear whether the book is aimed at experienced walkers or the average car-borne tourist. It would be more useful for long distance walkers, though, if the separate routes were set out more clearly under separate headings and the starting and finishing points were clearly stated. A few grid references would help, too. For dedicated walkers, perhaps the "gazetteer" entries about the towns and settlements could have been left out altogether. Nevertheless, despite its shortcomings the book does provide good background material on the long distance paths and those other routes which follow the chalk ridges of the south of England.

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### THE BOGTROTTER

Tune: The Wild Rover.

I've been a bogtrotter for many a year  
And I spent all my money on waterproof gear  
But now I'm returning with clean clothes galore  
And I never will go round the Bogtrot no more.

And it's no nay never  
No nay never no more  
Will I go round the Bogtrot  
No never no more.

I swam on Mill Hill and I fell in Hern Clough  
And I'm sick to the back teeth of moorland and grough  
Of high winds and hard rains, of water and mist  
And looking for checkpoints which didn't exist.

I went to a checkpoint I used to frequent  
And threw my wet clothing right into the tent  
I said you can keep it, my rucksac as well  
You can tell Doctor Prosser I'm off-route: IN HELL!

I'll go back to Edale and brag what I've done  
And I'll ask Doctor Prosser what trophy I've won  
And if he says nowt lad, twill be the last straw  
And I never will go round the Bogtrot no more

Martin Hudson (640)

~~~~~

HE OWNED UP

The ode to Footballers and Clubmen too in Newsletter No. 9 was composed by Cyril Richardson (LDWA 230 N.)

NEXT CENTURIONS EVENT

The next walk in which new Centurions may qualify will be the SURREY HUNDRED to be held at Ewhurst, near Guildford, Surrey, on Friday, 6th June to Saturday, 7th June, 1975. The start will be at 6.00 p.m. and further details may be obtained from the organiser George Hallifax.

LETTERS.

CORRECTION - NEWSLETTER NINE.

May I point out to you a serious statement in the above letter on page 21 under the title 'Worcestershire Way'. Your correspondent states in paragraph two that the Railway bridge at grid reference I30/766794 is disused. I should point out that the bridge is in regular use by steam trains operated by the Severn Valley Railway Company Limited and that the land and bridge are owned by the Company and therefore walkers would be not only risking their lives, but also trespassing.

M.J. Hall (LDWA 682)

DEAR SORE FEET,

There is only one sure cure for sore feet and that is to have them replaced with wooden ones. Some years ago, in desperation, I had this operation performed (private patient treatment of course); at first it was a great success, however, as time went on several unlooked for disabilities arose.

At the moment I have an acute attack of dry rot in my left foot and my right foot is slowly succumbing to the inroads of the death watch beetle.

There are only two possible courses open to me; either to call in Rentokil or take part in the Downsman Hundred next year.

Yours in Sympathy, John Needham (LDWA 49)

{He is not laughing Ken.... is he?" Ed.)

ANYONE GOING THIS WAY?

Having read of the classic Tan Hill to Cat & Fiddle Walk, I have thought of having a go, possibly in April or May 1975. I would be very grateful if you could let me know of any groups or clubs that may be planning such a repeat of this walk, since nobody I know is willing to attempt it with me.

J. Newmark

PEAKLAND HUNDRED

With reference to the article on The Peakland Hundred in the current Newsletter (No.9 Page 5). The latter part of paragraph one is successfully answered by the first long sentence of the same paragraph.

The Organisers were lucky, very lucky; if the weather had been its usual self, there would have been a massacre of LDW's; our Southern Membership would have been decimated and the local Mountain Rescue would have been putting out heart felt statements to the Press for days after the event.

John Needham (LDWA 49)

DODD FELL MOVES AGAIN

The excuse I use for being one of the blundering Fellsman Hikers 1974 (LDWA Newsletter NO. 7) is that if ORDNANCE SURVEY DO NOT KNOW WHERE DODD FELL IS how can I possibly find it. OS Maps differ as follows:-

OS Map 1: 25,000 Sheet No. SD88	1952	2189 ft NGR 841844
OS Map ONE INCH SHEET NO. 90	1961/1967	2189 ft NGR 841846
OS Map 1: 25,000 Leisure Map 3 Peaks	1972	2192 ft NGR 841844
Fellsman Hike Instructions	1974	2189 ft NGR 841846
OS Map I: 50,000 New Series	1976	NOT YET KNOWN

If I am 'lucky' I would like to try The Fellsman again in 1975, so please can someone tell me where Dodd Fell Hill Summit really is and how to find it unerringly in the fog at night.

Incidentally, does the footpath from 809842 to 801846 really exist?

I have sent a copy of this letter to the Director General Ordnance Survey and Fellsman Hike Organisers.

P.S. May I enquire whether there are enough LDWA members in the Manchester Area to form a Group who would accept a fleshly weak amateur in their midst. Seeing that London can do it, how about a "Round Manchester Pathway" and volunteers to pathfind.

J.D. Swinscoe

TRANS-SCOTLAND WALK.

Rather than follow the well-worn Pennine Way, four members of the Geoids are proposing to pioneer their own long-distance footpath across southern Scotland at the end of July, 1975. The proposed route starts at Ballantrae in southern Ayrshire and will follow a more-or-less direct route across the highest parts of the Southern Uplands to finish at St Abb's Head in Berwickshire. Summits to be conquered include Merrick, Cairnsmore of Carsphairn, Lowther, Hart Fell, White Coombe, and Broad Law. The party, consisting of Oliver Dixon, Gill Brady, Ian White and David Lea-Wilson, will be camping en route and hope to cover the 200 miles in a fortnight. They would be very pleased to receive any information and advice about similar walks in the past, and anyone able to help in this way is invited to write to me.

Oliver Dixon

PENNINE WAY - THE ULTIMATE TIME?

Starting at just after 3.00 a.m. on June 22nd this year Joss Naylor, the noted fell runner, set off from Kirk Yetholm to attempt to complete the 271 miles of the Pennine Way within three days. At the time the "record" stood at 4 days and 5 hours and was achieved by Alan Heaton and Mick Meath.

Naylor, a 38 years old sheep farmer from Wasdale in Cumbria, covered just under 30 miles in the first four hours to cross the Cheviots, and after 14 hours he passed the 90 miles mark. At the end of his first day he had covered 106 miles in 18 hours and 17 minutes, of which 1½ hours was resting time.

Restarting at 3.00 a.m. he set off past High Cup Nick and on to Teesdale. Just before 9.00 a.m. he reached the halfway point and three hours later, without time for a pint, he passed the Tan Hill Inn. After climbing Pen-y-Gent and Fountains Fell, he pressed on until midnight. On the second day he covered 80 miles in 21 hours, which included nearly two hours of rest.

The third day started at 5.00 a.m. and he was soon crossing Malham Moor. Later in the day he traversed the infamous peat bogs around Crowden and Black Hill. During this day he ran for nearly 18 hours and covered just over 68 miles, leaving a mere 16 to knock off the next day.

Starting again at 3.00 a.m. he ran the final stretch in just over four hours to give a total time for the journey to Edale of 3 days 4 Hours and 36 minutes.

Perhaps, had he not been bothered by a pulled muscle and a recurrence of a back injury, he may well have beaten three days.

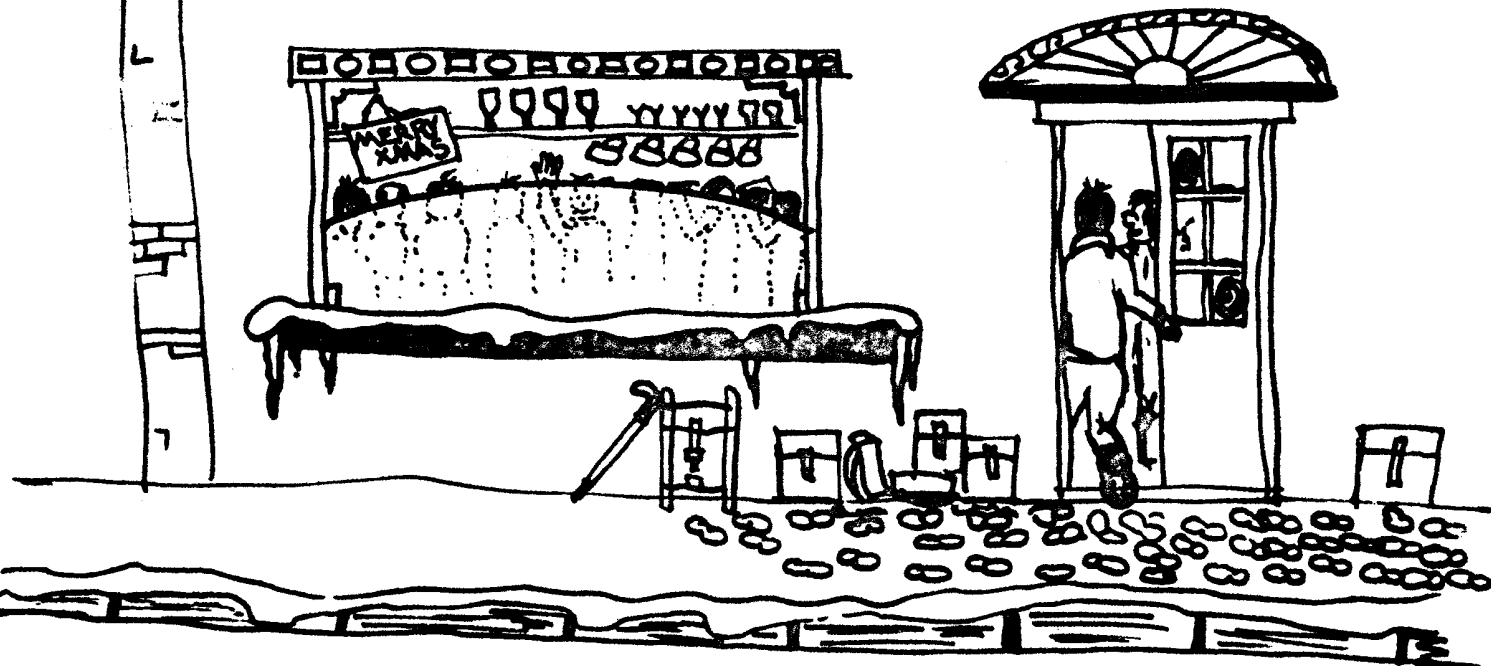
Contributed by Alan Blatchford, based on a report by W.R. Smith (LDWA IOI)

What does Roger spray his track suit with?

NEW MEMBERS

LDWA	797	HAROLD LEWIS
"	798	JAMES ARTHUR WALLACE
"	799	WILLIAM JAMES RADCLIFFE
"	800	JOHN PETER STAYTE
"	801	CHARLES K. SMITH
"	802	DAVID ERNEST PAGE
"	803	DAVID ROBERT FORSTER
"	804	TREVOR ANTCLIFFE
"	805	DAVID TREVOR HOWELL
"	806	DEREK LAMB
"	807	DEREK LESLIE WILLIAMS
"	808	THOMAS WILLIAM MORRIS
"	809	GEORGE THEAKSTON
"	810	MICHAEL PETER MANANCOURT
"	811	PETER READMAN LYTH
"	812	CHARLES ERIC FARNHAM
"	813	GEOFFREY DUNCAN HURST
"	814	CLARE BAGSHAW
"	815	JAMES GEORGE FORREST
"	816	RODERICK GEORGE JACK
"	817	PAUL JOHN HAYSELDEN
"	818	BRIAN JAMES DOWEY
"	819	ROBERT THOMAS CANT
"	820	BARRY WHITWORTH
"	821	HARRY SCHOFIELD
"	822	MARY JOSEPHINE McSHANE
"	823	DAVID EDWARD WILSON
"	824	SIMON JOHN BIRCH
"	825	HAROLD RUSKIN BOWERING
"	826	JOHN LEES
"	827	MAURICE JOHN DARLING
"	828	STEPHEN CHARLES GOWER
"	829	HILARY BETTY MAXWELL
"	830	ROGER STANLEY MAXWELL
"	831	DENIS MARK FITZPATRICK
"	832	ANGELA MAY HUNT
"	833	IAN APPLETON
"	834	STEPHEN JOHN WALKER
"	835	CHARLES WILLIAM McDOWELL
"	836	DAVID W. CLOVES
"	837	DAVID JAMES TINSTON
"	838	ROBERT RADLEY
"	839	MICHAEL JOHN PHILLIPS
"	840	THOMAS VERNON RHODES
"	841	ROGER GERALD CLIFTON
"	842	GORDON JONES
"	843	DAVID WARDLESS
"	844	PETER HAMPSON
"	845	CLIVE ROBERT GEORGE TAYLOR
"	846	CARL C. ROE
"	847	ROBERT BERNARD MORLEY
"	848	PETER STATLER
"	849	EDGAR LEWIS
"	850	ERNEST EDGAR HALFORD PITT

ROSE & CROWN



"WHO said this isnt a check point?!!"

DETAILS OF WALKS REQUIRED. If any member has any information on the following walks, Alan Blatchford would be pleased to hear from them. Cuillin Ridge Walk, Poacher Hike, Arrowe Hike, McGillycuddy Reeks Ridge Walk, Six Rivers Walk and the Minchnor Walk. We are trying to compile a comprehensive list of all walks, and it is hoped to publish this later.

NEXT ISSUE. We hope to despatch Newsletter Eleven during early March. All copy including reports and programmes by Regional Reps and Group Secs by early Feb. please. Earlier if possible. We already have lined up and hope to include articles on -

"Short Routes in Scotland" - Ewen Hogben.

"Pennine Way Revisited" - Frank Duerden

"Around the Isle of Wight" - Stewart Dufield

"Over the P.W. Tops" - Jack Ashcroft

NEWSLETTER NO. 1 There are still some copies available of the recent reprint. Send 10p to Editor.

OUR THANKS to artists Wilf Lyman for the maps and redesigned cover, and Chris Cousins for the cartoons and for the membership cards; which we are now producing "at home". Also to all contributors of articles, letters, news items etc.

This edition was edited and duplicated by Chris Steer, assisted by Alan Blatchford and Margaret Steer; collated and despatched with the valuable assistance of local members.