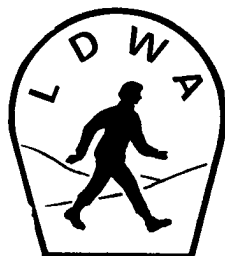


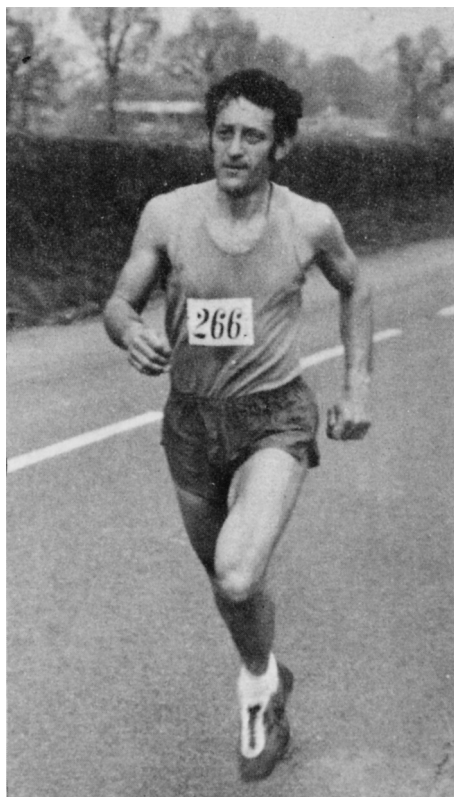
Long Distance Walkers Association



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 it is confirmed. The main details of events during the next four months are contained in the body of the Newsletter. Members are invited to send details of any walk that they think should be included here.

<u>DATE</u>	<u>EVENT</u>	<u>DIST.</u> <u>APPROX.</u>	<u>AREA</u>
SEPT. 6th	ACROSS WALES WALK	45	Wales
" 6th	ONE DAY INTERNATIONAL WALKS	20/21½	Berkshire
" 7th	GUILDFORD BOUNDARY WALK	21½	Surrey
" 13th/14th	DALESMAN HIKE	?	Yorkshire
" 19th/20th	KENDAL CHARTER WALK	57/27	Lancashire
" 20th	EAST MARDEN TROPHY WALK	18	Hampshire
" 21st	CHILTERN MARATHON	25	Bucks
" 28th	THREE HILLS RALLY	18/13	Sussex
OCT. 4th/5th	LONG MYND HIKE	50	Shropshire
" 11th	HASLEMERE KANTER	20/10	Surrey
" 11th	VECTIS MARATHON	30	I. O. W.
" 18th	BURLEY ROUNDABOUT	30	Hampshire
" 19th	MASTERS & MAIDENS MARATHON	26	Surrey
" 25th/26th	TWO DAY MOUNTAIN MARATHON	35/40/50	Lakes
NOV. 21st/22nd	HIGH PEAK MARATHON	40	Derbyshire
<u>1976</u>			
JAN. 1st	SURREY INNS KANTER	10/20	Surrey
" ?	Reservoir Roundabout	22	Mid. Wales
" ?	Winter Tanners Marathon	30	Surrey
February	Three Peaks Trial	22	South Wales
"	Tanners to Hindhead	28	Surrey
March	Sevenoaks Circular	30	Kent
April	Manx Mountain Marathon	30	Isle of Man
"	Wansdyke Walk	25	Wiltshire
"	Mid-Wales Mountain Walk	25	Mid. Wales
May	Ridgeway Marathon	40	Wilts/Berks
"	Chevy Chase	17	Northum'land
" 15th/16th	Fellsman Hike (BOOK IN JAN!)	50	Yorkshire
"	LDWA Hundred (provisional)	100	Yorkshire
"	Berkshire Twenty-five	25	Berkshire
"	Peak Marathons	25/40	Derbyshire
"	Brentwood Walk	30	Essex
June	Punchbowl Marathon	30	Surrey
"	South Wales Marathon	45	South Wales
"	Purbeck Plod	25	Dorset

IN ADDITION TO THESE EVENTS, THERE ARE SEVERAL WALKS OF A MORE INFORMAL NATURE THAT ARE BEING ARRANGED BY THE LOCAL GROUPS. CONTACT YOUR REGIONAL REPRESENTATIVE FOR DETAILS.

COVER PICTURE

The Hon.Sec./Asst./Ed.Alan Blatchford in a recent road race. Photograph by Jeff Ellingham.

EDITORIAL

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

Here we are at last in our new format and we hope that you like it. It is, of course, not the ultimate in perfection but we feel that it is another step in that direction. Whilst always striving to increase the standard of the Newsletter, this change is partly economic inasmuch as it will be lighter and therefore cost less to post; also it lessens the tasks of the Editor although we still have to hand collate each issue. The new style should lend itself readily to the inclusion of photographs and other illustrations, so we ask contributors to send any pictorial material they have with their copy. A future improvement to the Newsletter will be wrap-around pages and centre stitching but at the moment the cost is disproportionately high. Even when the increased subscriptions come into force funds would not cover this, but an increase in membership to about 2,500 might. At the present growth rate that might be in 1977. If members have any comments on the new format we would be pleased to hear them.

As reported elsewhere, our third A.G.M. took place in April and we now have a few new faces on the committee. Although there are few members in the Malvern area where the meeting was held, there was a record attendance. After the main business there was a lively discussion on several topics when members were able to air their views. For those who had travelled far, the weekend stop was made worthwhile by the Sunday walk along the Malvern Hills.

Looking ahead to 1976, provisional plans are being made to hold the A.G.M. at Hathersage in the Peak District, at an Inn there where, after the meeting, a full dinner will be laid on, with a prominent speaker. On the following day it is hoped that as many as possible will join either of the two walks which will be arranged. Full details in next Newsletter.

Our main challenge walk of the year, the "Downsman Hundred", again proved to be a great success and its fame spread across the Channel resulting in a number of European entries. The goal of completing the magic one hundred miles is capturing the imagination of more and more walkers as they realise that an almost impossible task is within their reach. It is desirable to open the challenge to all who wish to take it up but there becomes a figure when more walkers than that make the event unmanageable and so we had to impose an entry limit. This was done by rejecting a lot of applicants because they had insufficient experience of ultra long distance walking. If the trend continues we may see a ballot for a place in the event, similar to that held for the Fellsman Hike each year.

From the Downsman Questionnaires that have so far been received, almost without exception walkers who took part are interested in attempting further events of this length, and already there have been enquiries about "next year's hundred". The question is where will such an event be and who will organise it? There have been murmurs in certain quarters but unless these materialise before the end of the year, hundred milers will have to wait until May 1977.

The local groups are functioning very well and have arranged a good selection of walks so far this year. The Wessex Group in particular have a very impressive programme whilst the Surrey Group are planning to invade Yorkshire for a Lyke Wake crossing ●

ALAN BLATCHFORD (Asst. Ed.)

Group News



ESSEX + HERTS

The inaugural meeting of this group was held as recently as January but todate we have thirty-five members with occasional new ones still being enrolled. We have found very often that local people first hear of the LDWA through Group activities and then join both the Group and the national organisation at the same time. We hope also to start some advertising soon which may bring further members in for the new year.

At the moment we are holding one walk or event each month, varying from 10 to 30 miles, so there is something for all members and not just the "over 20 miles only brigade". We completed the Forest Way in March and the first section of the Essex Way from Epping to Great Waltham, in April. We plan to complete the remaining stages of the Essex Way to Dedham over the coming winter and spring. Our first event, the Forest Roundabout, was held in June, based upon Epping Forest Youth Hostel at High Beach. Two routes were arranged of 10 and 23 miles respectively and entrants had to plan their own route between grid reference points. This attracted 36 entrants who all completed a route successfully, including a young lady of 3 in a pushchair and one dog. The first home were the family firm of Mike Powell Davies (23 miles) and Nancy Powell Davies (10 miles).

Future events:

Saturday, 30th August. Chalk and Water Circuit (25 miles circular.) Meet Tring Station, Herts (952123) at 9.35 a.m. Leader Brian Barker

October 17/18/19th. Weekend in the Peak District. Leave Friday night and walk over Kinder and Bleaklow and back over circular route with two nights at a youth hostel, returning Sunday. Leader - Frank Duerden.

Sunday, 16th November. The Essex Way (About 20 miles). Further section from Great Waltham. Leader - Mike Powell Davies.

All Group members will as usual receive details in the Group Newsletter (Next issue end August).

All correspondence to: F.Duerden

HIGH PEAK

Sunday, 7th Sept. 25-30 mile walk from BUXTON to ASHBOURNE returning by Pathfinder Bus (cost 20p). Meet in Buxton Market Place 8 a.m. returning at 8 p.m.

September 26/28th Members of the group will be camping at Horton-in-Ribblesdale (G.R808728 behind pub!) Opportunity to walk '3 Peaks', meet in car park Saturday 10.a.m.

Sunday, 19th Oct. 20 mile walk including part of Derwent Watershed.

Meet 9 a.m. in lay-by above Cuthroat Bridge (GR 216874)

A list of local group member's names, addresses and telephone numbers is being compiled to enable travelling costs to events to be reduced. Active members currently live in Buxton, Stockport, Sheffield, Leeds, Rotherham and Derby. Anyone wishing to be included on this list, which will be distributed towards the end of September, please contact: Dick Chell

SURREY

An active and well supported 6 months. In February **fifteen** went on an 18 mile walk through Windsor Park area; in March, nearly 40 started and probably 25 finished the 30 mile Basingstoke Canal walk. 44 started and 33 finished the 56 mile London Countryway route from Woldingham to Windsor despite the April mud. The 4th in our series of Kanterers - The Springwell Kanter - was supported by over 70 people, with Alan Hoare first on the 22 mile course in 3 hrs 43 mins. The Purbeck Plod was supported by the Group and a coach party took part. Unfortunately, we couldn't find the starting place and were 30 minutes late but the magnificent day and scenery made the walk really worthwhile. Alan Blatchford, on the evening of Midsummer's Day, led a 7 mile circular walk from his house, finishing with an unexpected but splendid meal.

Future events include:

- August 8th/9th. London Countryway - Windsor to Kings Langley (50 miles). Start 11 p.m. Friday night (Jeff Ellingham)
- September 9th "Informal Meeting" at Arthur Radley's 7.30 p.m.
- Sept. 12th/13th Coach or mini-bus to Yorkshire for the Lyke Wake. (Jeff Ellingham)
- Oct. 11th (Sat.) Haslemere Kanter. Two courses - 10 miles and 20 miles. Details from Liz Pamplin
- Oct. 18th (Sat.) Burley M'thon (30m) from Burley Y.H. (Brian Smith)
- January 1st New Years Day Surrey Inns Kanter. (Keith Chesterton)

More details, especially of other events, from the Secretary, Keith Chesterton

Surrey Group membership still only 20p per annum!

WESSEX

This month sees the completion of the Group's first season of 20-25 mile informal walks. These have taken members over a wide area including the South Downs, the Somerset-Wiltshire border, Cheriton, Fordingbridge and, nearer home, the New Forest.

Nearly fifty walkers have come on the Group outings, from as far afield as Reading and Colwyn Bay, to give an average attendance of nineteen on each walk. In addition, members of the Wessex Group have completed other walks including 'Downsman 100',

South Wales Mountain Marathon, 'Purbeck Plod', 'Berkshire 25', 'Ridgeway 40' and, by the time these notes appear, the '16th Tanners' Marathon.

The Group's new programme covering informal walks up to March 1976 has been sent to LDWA members on our mailing list. Copies are available price 10p including postage from:

Wessex Group Programme Secretary,
Wilf Lyman

NORTH YORKSHIRE

SUNDAY, 21st SEPTEMBER - NYMROD

North York Moors route of Dales, approx. 34 miles. S.A.E. to Mike Smith for further details. Certificates and badges available to all who complete.

SUNDAY, OCTOBER 19th - YORKSHIRE "3 PEAKS"

Meet Car Park, Horton-in-Ribblesdale 9.00 a.m. for this popular Yorkshire walk. Once again, badges and certificates available.

SUNDAY, NOVEMBER 23rd - Yorkshire Wolds

20 miles on the Yorkshire Wolds including part of the Wolds Way. Meet 08.30 a.m. outside the Youth Hostel, Thixendale.

All correspondence to: Mike Smith

KENT

In the eight months that the Kent Group has been going, members have been very active in all local events. Highlights worth mentioning are The Sevenoaks Circular Walk (our first open walk), the cross Surrey Walk (4½ members completed the 50 miles in 18¼ hours), and our first victory (a team award in a 30 mile walk). I would add that the two ladies who walked in the latter event intend to burn their bras, to form our own version of the 'Ashes'.

SATURDAY, AUGUST 2nd - Crockham Hill.

WEDNESDAY, AUGUST 6th - Evening Walk; starting point Tonbridge.
Details to be confirmed.

AUGUST 23/24/25th - Family Camping Weekend at Westwell near Charing, Kent. All the fun of the fair and walks along the North Downs Way.

WEDNESDAY, SEPTEMBER 3rd - Evening Walk - Oxted 7.0 p.m.

For further details contact Dave Page
or come along to one of our walks.

ALL MEMBERS WILL BE WELCOME TO JOIN IN ANY GROUP ACTIVITIES -
IF YOU HAPPEN TO BE IN THE AREA, MAKE CONTACT --- OR JUST GO ●

SOUTH WEST REGION NEWS

Following the series of enjoyable walks in Avon from January to April this year, there are planned walks on a monthly basis commencing September through to April, 1976. All walks are circular, with the start and finish situated to offer ease of car parking, with in some instances access to public transport and accommodation.

The length of the walks will vary between 20 to 30 miles, according to weather conditions, terrain etc. All walks will start promptly at 9 a.m. as it is essential that full advantage is taken of daylight hours.

1. Sunday, 21st September, 1975

Meet 9.00 a.m. at the Main Pier (not the Old Pier) at Weston-Super-Mare. The three mile stretch of Weston Bay Sands will lead to a stroll over the Mendip Hills and several Somerset villages, ending with the Cheddar Gorge, before heading south to Weston-Super-Mare.

2. Sunday, 19th October, 1975

Meet 9.00 a.m. at the Market Car Park, Priory Bridge Road, Taunton, for a day's walking led by Michael Benison, a local LDWA member, through delightful Somerset countryside opening onto the impressive Quantock Hills.

3. Sunday, 16th November, 1975

Meet 9.00 a.m. at Swan Inn, Wotton-Under-Edge for a circular walk over the Cotswolds, which will incorporate sections of the Cotswold Way, including such vantage points as Nibley Hill and Stinchcombe Hill before descending through Ozleworth Bottom back to Wotton-Under-Edge.

4. Sunday, 21st December, 1975

Meet 9.00 a.m. at Bath Railway Station for a ramble over Bathampton Down, Monckton Combe, Limpley Stoke, beside River Avon through woods to Browns Folly, Box, St Catherine's Valley and back to Bath.

5. Sunday, 18th January, 1976

Meet 9.00 a.m. Neptune Statue, at the centre in Bristol. Through the Docks up onto Dundry to the Chew Magna and Blagdon Lakes and the Mendips.

6. Saturday/Sunday, 14th/15th February, 1976

Meet at the Bus Station at Abergavenny 9.00 a.m. for a weekend ramble over the Black Mountains covering all the main tops within the range, including the Sugar Loaf and reaching as far north as Hay Bluff. Farmhouse accommodation overnight can be provided in the Talgarth area. Those keen to participate in this week-end ramble should contact Tony Rowley before the end of October.

7. Sunday, 21st March, 1976

Meet 9.00 a.m. at bridge over River Wye at Chepstow for a delightful walk along Wye Valley.

8. Saturday, 17th April, 1976 to Saturday, 24th April, 1976

Many LDWA members have expressed an interest in walking

the 100 miles of the Cotswold Way from Chipping Campden in the north to Bath in the south. Average distance covered will be twenty miles each day as there will be one or two detours. These plans for the walk are dependent on those participating notifying Tony Rowley prior to the New Year. Overnight accommodation will be in farmhouses, unless large numbers mean using Youth Hostels.

Those keen to participate or who require information should contact Tony Rowley. Dependent on the success of the lengthier expeditions, walks along the South West Way, Offa's Dyke, the Coast to Coast walk of Wainwright, the Pennine Way, the Cleveland Way could be planned in the years ahead. It is important that for the weekend walks in the Black Mountains and the Cotswold Way contact is made early with Tony Rowley

EMBRYONIC GROUPS

WESTMORLAND AND NORTH LANCASHIRE

Members in these areas are invited to contact Frank Hodson (LDWA 1164) with a view to forming a local Group. Local members have already combined to arrange the Kendal Charter Walk, and would like to meet others in the area keen on local group activities. Please write to: Frank Hodson

HALIFAX AND STOCKPORT.

The following will be pleased to hear from any members within these areas with a view to setting up groups: DAVID SWINSCOE (958)
and BERNARD HYMES (400)

YOUR REGIONAL REP. WILL BE PLEASED TO HELP WITH GROUP ORGANISATION WRITE FOR "GUIDE LINES FOR LOCAL GROUPS"

SOUTH EAST Christopher Barton

SOUTH WEST Anthony Rowley (21)

NORTH Michael Smith (336)

MIDLAND Ewen Hogben (744)

SCOTLAND John MacDonale (497)

A.G.M. and new Committee

As is our current policy, this year's A.G.M. was held at a venue at least 80 miles away from that of the previous year - Ivinghoe, Beds. Malvern, Worcestershire was the location and a good choice it proved to be, with the youth hostel close at hand for the evening slide show and the intriguing Malvern Hills almost under our feet.

The meeting, held on the Saturday afternoon, was attended by nearly forty people, a record, but of the other thousand members there was not a sign, although two sent apologies. To start the meeting there were the usual reports from the various officers and then came two motions: one to increase the annual individual member's subscription to £1 minimum and the affiliated fee to £3, and two to create an office of Events Secretary. The former motion was carried unanimously but the latter was defeated.

Next came the election of Officers and Committee. Some members of the retiring committee were re-elected unanimously, some did not wish to stand again, and for some positions there was a ballot. The third committee is as below.

The next item on the agenda was a proposal by Jack Spackman to form a group within the Association for those who had completed recognised hundred miles walks within 48 hours. He suggested that someone should keep a record of all people qualifying and that a special tie and badge might be commissioned. After a lively discussion in which many members took part, the motion was voted out.

Under any other business, P. Rickards offered his resignation as South East Regional Representative now that he was Publicity Officer and involved with the Kent Group. The other main item under this section was a discussion on the form and content of the Newsletter. The meeting closed at 17.15.

In the evening, after supper, most of those attending the meeting met in the youth hostel and enjoyed a lengthy slide show based on walking topics.

The following day Alan Hoare, who had arranged the venue, led an interesting walk along the impressive Malvern Hills. Nearly thirty members took part in the walk, many of them visiting the area for the first time ●

A.W.B.

DETAILS OF COMMITTEE MEMBERS

CHAIRMAN Haydn Morris (155)
SECRETARY Alan Blatchford (2)
TREASURER Thomas Harding (204)
MEMBERSHIP SECRETARY John Feist (638)
EDITOR Chris Steer (1)
PUBLICITY Peter Rickards (176)

<u>COMMITTEE MEMBERS</u>	Alan Hoare (131)	Dianne Pegg (279)
	Gerry Burgess (295)	Chris Barton (695)
	Andy Lewsley (1102)	

The new auditor appointed was D. Bailey (704)

Future Events

SEPTEMBER 6th - ACROSS WALES WALK Wales!

An annual 45 miles from the English Border to the Welsh Coast. No further details received yet but intending walkers should write to J.A. Edwards (LDWA281) for details.

SEPTEMBER 6th - ONE DAY INTERNATIONAL WALK - Berkshire.

A new walk in the Nijmegen-Castlebar style. This event is promoted by members of the British Airways International Walking Section. There are two distances - 20 miles and 21½ miles with time limits of 8 hours and 5 hours respectively. Both walks start and finish at Blacknest Gate in Windsor Park. The entry fee of 0.75p covers refreshment and a medal. Entries officially closed on August 1st but a few late ones might be accepted. Further details from Miss Dawn Bass, Secretary

SEPTEMBER 7th - GUILDFORD BOUNDARY WALK - Surrey.

Details in previous Newsletter. 21½ miles in 9 hours. Details from Alan Blatchford

SEPTEMBER 13th/14th - THE DALESMAN HIKE, - Yorkshire.

The 16th Dalesman Hike takes place this year on the weekend of 13th/14th September; the venue for the start is Grassington in the Yorkshire Dales.

The Dalesman Hike is a two day event with an enforced overnight camp for teams of between 3 and 5 (which must stay together) The route is unknown until the start which is being staggered. The age limits on the hike are from 15-20 inclusive. Winning the hike is not just being the fastest team home but the team which picks up most points as well. These points are awarded over speed sections and various incidents which test initiative.

Details from: Dalesman Hike

SEPTEMBER 19th/20th - KENDAL CHARTER WALK

Kendal, this year, celebrates the 400th Anniversary of the granting of the Charter. The Charter Walk covers the whole length of the Lancaster Canal from Preston to Kendal. A tow path walk of 57 miles. STARTING TIME - 23.00 hours, Preston.

Walkers will travel through the night to Lancaster for breakfast. Persons wishing to do the shorter walk of 27 miles from Lancaster to Kendal will be able to start from Lancaster at 9 a.m. on Saturday, 20th September. Checkpoints, refreshments and transport for retiring walkers will be provided en route.

Certificates will be awarded to all who complete the walk.

The Entry fee for Preston starters - 50p

The Entry fee for Lancaster starters - 25p

Cheques and postal orders to be made payable to: Kendal Charter Walk Committee.

It is intended having transport from Kendal to Preston on the Friday evening, 19th September, '75 - cost 50p per person. Details from: Sue Rayner

continued--

SEPTEMBER 20th - EAST MARDEN TROPHY NIGHT WALK - Hants.

This annual event starts at 21.00 from Winchester Youth Hostel and 18 miles of tracks and paths have to be covered in 10 hrs. Route description supplied. At checkpoints there will be questions to answer. Kit required: O/S maps (1" Sheet 168 or 1:50000 Sheet 185), compass, first aid, pencil and paper, batteries and torch, waterproofs. Entry fee 25p each to: Robert Potter
Organised by Portsmouth YHA Group.

SEPTEMBER 21st - CHILTERN MARATHON - Buckinghamshire.

The Middle Thames Ramblers will be holding their Sixth event at their new venue, namely Marlow Rugby Football Ground (Map Ref. 862862), which was used for the first time only last year, providing us with greatly improved facilities for all concerned.

The route this time, a circular one, will pass through some of the nicest parts of the Chiltern range, including Little Marlow, Cadmore End, Stonor and Medmenham, a distance of 25 miles which, if completed within a given 9 hours, gains a certificate.

Entry is open to all for a fee of 30p. Details and entry forms may be obtained from Vince Smith

Please send along a S.A.E.

OCTOBER 4th/5th - 9th LONG MYND HIKE.

50 miles of Shropshire Hills, with 15 checkpoints en route mostly on summits from 1200' to 1700', including Lawley, Stiperstones, Pontesford, Corndon, Black Rhadley, Ragleth and Caradoc. A well run event with some prizes and certificates for all finishers in 24 hours. Details from Entries Secretary, Long Mynd Hike Committee

Entry fee £2.50

Send foolscap S.A.E.

OCTOBER 11th (SAT.) - HASLEMERE KANTER.

The 5th of the Surrey Group's Kanters - two courses in the Haslemere and Blackdown areas will be set up of about 10 & 20 m. Starting times from 9 a.m. onwards at the Camelsdale Church Hall, School Road, Camelsdale, Haslemere. Entry fees - 20p LDWA members, 25p non-members, 15p for under 16 year olds. Further details and entry forms (if required) from the organiser Liz Pamplin

OCTOBER 11th - VECTIS MARATHON - Isle of Wight.

The start of the seventh Vectis Marathon will be from Newport, and the 30 miles route will include much of the best scenery on the island. The finish will be at Whitwell Youth Hostel. Entry fee 60p. Full details from (and entry to) Wendy Hayward

Organised by the Hants-Berks

Y.H.A. Sub-Regional Group.

OCTOBER 18th - BURLEY ROUNABOUT - New Forest (Hants)

A new event and the only one in the area. All finishers of the 30 mile route will collect certificates at the finish. Entry fee 45p. Start and finish at Burley Youth Hostel. Those wishing to stay at the hostel should book early because of limited accommodation. Barbecue to follow walk. Inclusive price £2.20. Walk and barbecue cost £1.15. Full details from Brian Smith

OCTOBER 19th - MASTERS AND MAIDENS MARATHON - Surrey.

A new event which may be of interest to those who run, jog or walk rather fast. This marathon does not really fall into

our generally accepted category of events because it is entirely on roads. The object is to provide an opportunity for would-be runners and others to attempt the "true marathon distance" of 26 miles and 385 yards. For interest, the best time on record is 2.08, but only people who have not beaten 3 hours will be accepted. Time limit about 5½ hours, with certificates to all who finish. Men and women of any age may take part but no prizes will be awarded and the marathon is not basically a race. Accurate times will be given to all finishers plus intermediate times and positions. Full details from Alan Blatchford

OCTOBER 25th/26th - TWO DAY MOUNTAIN MARATHON.

This year takes place in the N.W. Lake District. Basically a giant orienteering event with an overnight camp. Three classes: Standard B 30-35 miles 10,000' of ascent. 2nd Class 35.40 miles 12,000' Elite, 45-50 15,000' First time entrants can only enter for Standard. Two man teams only. Entry fee £3.00. Details from: Gerry Charnley

In future, this event will always be held on the last weekend in October.

NOVEMBER 21st/22nd - HIGH PEAK MARATHON.

The 1975 event will take place on Friday night/Saturday, 21st/22nd November. The forty mile Derwent Watershed route which includes Kinder Scout, Bleaklow Plateau and Derwent Edge, will this year be walked in reverse direction, i.e. anti-clockwise, and will start and finish at Edale (not Yorkshire Bridge). This event is for teams of four carrying all the equipment. Entries by end of October to Dr H. Prosser

1976

JANUARY 1st - NEW YEARS DAY SURREY INNS KANTER

A repeat of last year's idea - shorter courses than normal but lots of pubs. Start at West Horsley Village Hall (GRO78531) 9.15 a.m. More details from the organiser: Keith Chesterton

AUGUST 29th - ADVANCE NOTICE OF NEW EVENT - "DORSET DODDLE"

The Dorset Doddle will not be as easy as it sounds. The route extends from Weymouth to Swanage and follows the undulating coast path for 30 miles. For those that take part, it promises to be a very challenging event and offers grand sea-scapes to those who have time to admire them. The event will be organised by Fred Daldry of the Bournemouth Y.M.C.A. who also arranges the Purbeck Plod.

FELLSMAN HIKE - 15th and 16th May, 1976

The Hike Committee have decided that the fairest method of allocating the 450 places is to have a draw, as with the 1975 Hike.

Entry forms and information sheets will be available after 1st January, 1976 from - The Fellsman Hike, P.O.Box 30, Keighley, West Yorkshire.

Don't forget to send a 9" x 4" SAE for your entry form and a 5" x 8" SAE when returning your entry form.

SOUTH WALES MOUNTAIN MARATHON

We regret the publishing of the wrong date but this came from a reliable source and was printed in good faith. Apologies. Ed.

A Fellsman Draw Took Place

As with the 1974 Hike, places this year (1975) were allocated by having a draw. This took place on Saturday, 1st March at Riddlesden Scout H.Q., Keighley, starting at 10 a.m. I attended as interested observer and nail-biting prospective competitor.

The limit on places has been raised to 450 but as the event attracted 697 applications last year and 718 this year, drawing the names "from a hat" is undoubtedly a fairer method than the first come first served basis used in the past.

416 envelopes containing individual and group applications had already been opened and prepared for the draw by writing the names of the applicants on a card which had then been tucked inside the envelope for easy reference later. The envelopes had also been numbered consecutively and assembled in sequence in trays on a table in full view of the audience.

The "hat" turned out to be a large raffle drum and into this were placed numbered tickets - one for each envelope. Dr Geoff. Wood, Vice-President of Bolton College of Technology, who made the draw, closed the lid, gave the drum a few turns to mix the numbers, then it was off with the lid and "eyes down". As each ticket was selected at random its number was called out, the corresponding envelope was located and the names in the envelope were read out from the previously prepared card. The cards from the selected envelopes were then hung on a numbered board so that all present could see who had been drawn and how many places had been allocated. This process continued until all 450 places and the reserve list had been filled.

The entire proceedings were carried out with the efficiency one has come to associate with the Fellsman Hike Organisation. Whilst the draw was taking place, the selected envelopes were being passed to a team of clerical assistants who prepared place allocation notifications, receipts and handbooks for despatch and by the time the draw finished, two hours and a tea-break after the start, there was a stack of envelopes addressed to successful applicants at destinations ranging from Elgin to Plymouth.

At the end of the draw all observers signed a form certifying their attendance as witnesses ●

BOB McINTYRE (851)



THE HODDER VALLEY, FOREST OF BOWLAND, YORKS. by W.R. SMITH (101)

N.Y.M.R.O.D.

by MALCOLM BOYES (132)

On the 1st of July 1972 thirty three members of the Yorkshire Wayfarers Rambling Club gathered together at Church Houses in Farndale. At 6.30 a.m. we set off on an attempt to create a new 34 mile long distance walk on the North York Moors called NYMROD. The sky was overcast although rain did not seem imminent. This suited our purpose as we did not want the sun to warm us too much, we would soon warm up when we started walking.

The walk had been organised by Ian Angus, walks secretary of the Yorkshire Wayfarers. The name NYMROD had been derived from the initial letters of the full title of the walk- North York Moors route of dales. The route involves walking through ten of the dales of the North York Moors starting from Church Houses and going in either a clockwise or anti-clockwise direction to return to the village. The sting in the walk is to get in and out of the ten dales which involves 11,000 feet of ascent and descent.

Being methodical we set off in a clockwise direction climbing 750' out of Farndale, over Rudland Rigg, to Cow Sike in Bransdale. The support vehicles were waiting to allow walkers to dispense with spare pullovers etc. Away we went again heading North along a Forestry Commission track to rejoin the Rudland Rigg road. We continued heading North passing the Lyke Wake track at the disused railway line at Blowith crossing. We passed Jenny Bradley a boundary post near the railway incline top to reach Burton Howe. From the Howe we cut over Ingleby Moor on an indistinct right of way which heads down to the site of Baysdale Abbey and along the ridge to the west of Grains Beck.

Nothing now remains of the Cistercian Abbey but a farmhouse stands on the site. A couple of hundred yards beyond the abbey our support vehicles were waiting with a late breakfast.

At ten minutes to ten we set off again, heading eastwards



Maurice Boyes crossing the tree bridge over the River Esk.

along the old shopping track to Westerdale which crosses Great and Little Hograh Moors. We entered Westerdale village over a small tree trunk bridge over the river Esk. If you wish to see the ancient Hunters Stee pack horse bridge you can continue along the river bank for a hundred yards and enter the village by the Kildale road.

The route out of Westerdale passes Broadgate Farm to Dale Head Farm where we began the ascent over Castleton Rigg to Danby Dale. In Baysdale and Westerdale I noticed the unusual stiles over the stone walls which consisted of five long slabs set sideways in the wall to form a staircase. The route through Danby Dale passes close to the old church where J.C. Atkinson was vicar for 53 years. After crossing Danby Rigg we met our support vehicles near Crossley Gate Farm in Little Fryup Dale.

After taking half an hour for dinner, we were away again at 1.25.p.m. over Fairy Cross Plain to Head House and Finkel Bottoms in Great Fryup Dale. The weather was bright now but the sun had still not broken through. We stopped for a quick afternoon tea break on Glaisdale Rigg. We had been walking for eight and a half hours and there were only ten miles left to complete. Four walkers had dropped out, twenty nine still going strong.

We crossed Glaisdale to Nab End and began the long ascent onto Egton High Moor. We reached the Egton Bridge to Rosedale Abbey road and turned south. At Hamer House we turned south-westward into Northdale. We skirted an enclosure across the right of way because of a 'Beware of the Bull' notice - we were not taking any chances! From Northdale Farm we climbed up to the Rosedale Abbey - Ralphs Cross road.

A nasty black cloud which had been hanging around for an hour drifted away and the sun came out, we were all set for a sunny finish. We crossed Rosedale by Bottom Farm to Hill Cottages. As we descended to the river Seven we passed a farmer who had just finished milking his cows. One of our party stopped for a glass, much to everyone's amazement; of the things he usually drank, milk wasn't even on the list.

From High House Farm we began the long ascent onto Blakey Rigg. At the top we paused for a last look into the sunlit dale before crossing the ridge and descending into Farndale again. It had been a marvellous day passing through some very fine scenery ●

(The photograph on previous page was taken by the author)

FOOTNOTE Mr Ian Angus has written to say that the badges at 30 pence each and certificates at 5 pence each are in limited supply. He will inform us when the supply is exhausted.

STOP PRESS We have just heard (literally minutes before going to press) that Peter Dawes (LDWA 516) of Ambleside has bettered the time set by Joss Naylor last year. His time was 3 days 1 hour 48 minutes.

STOP PRESS We have also just heard that John Offley, after his recent success in the Downsman, was slower than Joss by 1½ hours.

SADDLEWORTH FIVE TRIGS WALK.

This walk is a strenuous circuit of approximately twenty miles over the Saddleworth Moors, linking the Triangulation Stations on Alphin Pike, Featherbed Moss, Black Hill, West Nab and Broad-stone Hill. The walk starts and finishes at the village of Greenfield and can be attempted in either direction.

For the most part the route is across open moorland and the inevitable peat groughs, footpaths and tracks occur at intervals and less than a mile is along a metalled surface. The walk is at high level throughout - after leaving the starting point the lowest altitude is 1,100' at Wessenden Reservoir before returning to Greenfield some twenty miles later. Two interim check points occur between the triangulation points at Pots and Pans Obelisk (O11051) and at Wessenden Reservoir (O57 086).

At certain times of the year the wet state of the peat makes for very heavy going and slow progress, probably the best time of the year to tackle the walk is during the summer months or in winter when the peat has been frozen into some semblance of solidity.

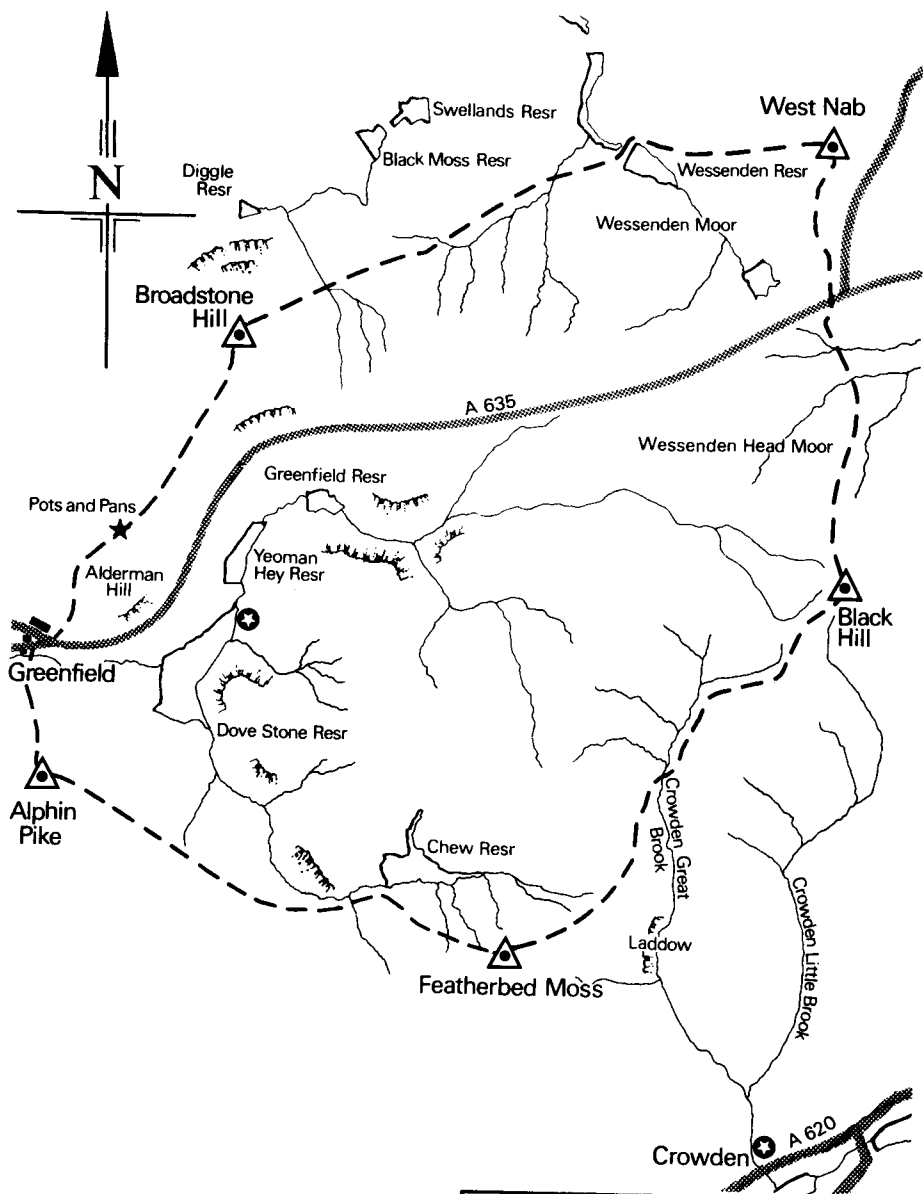
A Peak District OS map, either the 1" Sheet 102, 1,50,000 sheet 110 or the 1,25,000 Outdoor leisure map "The Dark Peak" and a compass are essentials, as are waterproofs and similar items of equipment. Mist descends very quickly on Black Hill, where navigation is particularly difficult. In case of emergency, help can usually be obtained at Crowden Youth Hostel or at the Wardens Post at Dovestone Reservoir car park.

During last summer the hundreth completion was acheived and the first female group successfully beat the challenge. The shortest time at present is three hours, thirty two minutes and was made by Alan Barber (LDWA 129) in July 1974. For timing purposes the walk should start and finish at the Clarence Hotel Greenfield.

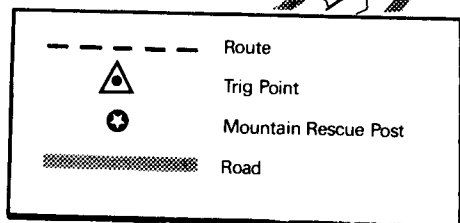
The Route:	1.Alphin Pike	1,537'	003028	App 1mile
	2.Featherbed Moss	1,774'	046012	4
	3.Black Hill	1908'	078047	8
	4,West Nab	1,641'	076088	12
	5.Wessenden Res'	1,100'	057086	14
	6.Broadstone Hill	1,491'	021069	17
	7.Pots & Pans	1,350'	011051	19
	8.Greenfield	550'	002040	20

Certificates for authentic completions of the walk-Please enclose details of times etc -can be obtained from;-

Mr R. Tait



Saddleworth Five Trig Points Walk



BOOKS old and new

"NO THROUGH ROAD" Drive Publications Ltd. £7.95 (but £1 less to A.A. members).

A major and magnificent work at a magnificent price. It is actually three separate books held in a ring binder 9½" x 12", weighing about 5½ lbs. A useful reference book but the "half-day walks" (average about 4 miles) will be "peanuts" to most members.

The first book "Walking in Britain" is probably the most interesting. This contains a region by region guide to the best walking areas and mentions some longer walks. Nature trails, country parks, guide books, and "useful addresses" are included for each region. 35 of the 152 pages deal with the main long distance paths.

Book Two is a series of loose leaves 7½" x 11¼" that describe 205 selected walks (average about 4 miles). The walks, which range from Abbotsbury (Dorset) to Strathpeffer (Scotland), may be taken out and inserted into a provided transparent cover for field use. Walks are shown pictorially in the form of an aerial painting and the accompanying text gives basic directions e.g. "at beach turn left along track". Besides the walk route there are sketches and notes of places of interest.

Book Three, 4½" x 7½", is entitled "Walkers Handbook", and is a potted natural history containing 64 pages of trees, flowers, fungi, birds, butterflies (but no other insects) and mammals. Useful to the novice countrygoer.

The work, as a whole, is well produced and beautifully illustrated and its price reflects the work gone into its production. An interesting book to have but of more use to the casual walker than the outdoor enthusiast who will require more specialised books.

"THREE PEAKS WALK" Dalesman Books 20p, a single strip booklet.

A guide to the Yorkshire Three Peaks Walking route giving four 2½" to the mile sketch maps and a few notes.

"ACROSS MORECOMBE BAY" Dalesman Books 20p

Rather better value than the previous booklet, this little work gives more of the history of the eight miles walk than notes on how to cross the bay.

"SCOTTISH HILL TRACKS, OLD HIGHWAYS AND DROVE ROADS"

J.Bartholemew & Son - 2 Volumes @ 50p each.

One book deals with southern Scotland and includes 8 long routes and 152 walks. The other book concerns northern Scotland and has 174 walks. The book should be used in conjunction with the appropriate maps. The work was first published nearly 20 years ago and has been updated where necessary.

OFFA'S DYKE - Christopher John Wright (LDWA 500)

This new book, we understand, is to be published shortly and we hope to be able to give further information in the next Newsletter ●

A.W.B.

TWO DRY FEET

by DIANNE PEGG (279)

Memories of thick sea roke seen dimly in fading torch-light as one drags ones feet onwards, so shattered that even upon reaching the short stretch of road it is impossible to see where the next white road marker is, before heading resolutely yet further into the moor. You think almost lovingly of the deep squelching slippery smelly bog which adds an almost tangible aroma to ones breeches after ones deep immersion, an aroma that lingers. This was a time many hundreds of years ago when you did not have appalling blisters, when you could feel that you had nearly completed half the walk and still felt quite fresh and could look wonderingly at the three 'golf balls' on the distant horizon - but that was centuries ago, yet all part of the ambience of the walk. What is it then that turns people on despite the personal knowledge of diabolical Crossings of over 22 hours - of getting incredibly lost on Fylingdales Moor and then being assured by a local that you had just come down off "Paradise Valley" which is the ... stupidest name for calling the moor when you are so tired that you cannot see straight and have had a touch of the "Frank Smyths" and thought that there were a whole group of people walking along behind and whom you must wait for! It is impossible to say what the answer is, but definitely you either hate the place or else it captures some part of your heart and imagination so that even if you haven't been near the place for a number of years the pull is still there - as if the fact that having made the Crossing and turned oneself albeit a number of times, into a strong witch, the pull of the moor becomes overpowering and you become unable to resist the call of the Dirge only something went slightly wrong this time and a Double Lyke Wake Walk was the only means of appeasing the gods of Urra Moor.

If you have had any kind of walk that goes completely right from start to finish, there must be something about your lucky stars as that is not my experience at all - things seem to go wrong from the minor to the disastrous! This walk was no exception and provided far tougher conditions than was intended. The anticipated idea was to utilise the whole of the summer bank holiday by travelling up to Yorkshire, having a night's sleep and then setting off bright and fresh the next morning, taking up to the permitted 48 hours for the Double Crossing, and then sleeping it off before returning home. The gods of Urra Moor decreed otherwise! After a hard week with my Guides at camp and a particularly busy last day to boot, I arrived at Coventry Station to be greeted by Mike Robertson with the news that as he only had two days we would have to start walking immediately upon arrival and we would only have time for a transport meal. Thus there was no sleep, and we found Derek Dodd and Colin Bryan so well ensconced in their tents that we had a job waking them at 2.00 a.m. and they were both absolutely irrevocably determined not to move until a sensible time in the morning. Enviously, we left them to their slumbers.

It was a damp clear night as we set off from the Beacon, trying not to go too fast; as we kept telling ourselves - "Don't forget we're coming back as well." Quickly the eyes acquired their "night vision" as we made our way along the path, with nothing to distract our attention except an occasional gleam of light from one of the offshore lighthouses. The miles seemed to revolve under the feet, when suddenly you are faced with a

most incredible sight - the Warning Station in all its night glory - so much and so many lights after so much darkness, it was almost unbelievable, something out of a fairy tale, so that you find you are unable to stop looking at this sight and lorelei like it lures you on until you find yourself going towards York Cross and the drudgery of having to retrace your footsteps now in the pitch darkness is very trying, particularly as you have lost your night vision in the process and are condemned to stumbling over rocks, bracken, heather, and into rivers. Nevertheless it was light by the time we reached Eller Beck, normally a good stopping spot marking a quarter of the route completed, but now we briefly stopped as our resting place would be the stepping stones by Wheeldale Lodge. Spurred on over Simon Howe by this thought of our rest, we quickly reached the river and settled down for a good brew-up. I think we may have dozed off but it couldn't have been for long as we were bombarded by midges so much that it was a relief to get going and leave them to their riverside.

It was now mid-morning and we began to meet people - at first the lone walker, then a couple, more couples and then numerous groups until the place seemed to be swarming with bods. Conversations don't linger long but I do remember we had a very lengthy and interesting discussion about war and its consequences, so that the time passed quickly and we reached Hamer (having passed the Blue Man in the Moss ludicrously daubed with blue paint and utterly out of keeping with the surroundings). Our thoughts turned to Fryup Lane where we thought we would have our next stop. The next stretch of the Walk was most incredible as this section always, repeat always, is a trap for walkers who cannot hope to escape from the penalty of getting wet feet from the bogs. This time it was so dry it didn't seem true; you could just walk across the bogs dry shod!

When we reached the road the temptation to get going was too strong and we briskly walked past Fryup Lane and around the three miles of road to Old Margery Bradey, where we stopped to consider our progress. It was pleasant just sitting and looking across the moors we had just traversed, but we were now going well and didn't want to have a brew-up until we were nearer Hasty Bank, so we didn't take advantage of the river running down to Esklets - a mistake that we were bitterly to regret later.

The weather was ideal for walking, fine and crisp but with the sun coming through the clouds on occasions. At the end of the railway we tried to find water but the streams were dried up and the trickle remaining was so thick with brilliant green slime that we carried on. No matter how well you seem to be going, the railway section always takes its toll and one becomes tired because of it. This certainly was our case as we continued across Urra Moor and down, down into the valley at Hasty Bank. Going up the other side seemed to suit Mike but left me going my usual snail's pace uphill. We were getting rather bothered by thirst as there was little left in our water bottles; We had not replenished them since Wheeldale. Near the top of the Wainstones there should be a spring but this was dried up and some local people climbing there said that all the streams were dry except for the main rivers; this meant that the next water supply would not be met until we had passed Huthwaite Green many miles ahead. We sat down to consider the matter - suddenly awakening to find that we had slept for over half an hour. Our

problem was that we were getting dehydrated and in need of a good brew-up, possibly starting with thick soup and then following with numerous cups of tea. Mike and my needs for feeding are totally opposed: he seems to be like a horse that needs its fodder regularly whilst I tend to be a camel that fills up at the start and then keeps going!! Mike's main problem, though, was one of time; he had to be back at work on Monday morning so that the time available to finish the walk was critical. Added to this was the fact that we had slowed up over the last section. The decision had to be made and Mike reluctantly headed for the valley and the route back towards the sea whilst I plodded on up to Carlton Bank where the gliders were taking off and landing frequently, and you had to keep clear of the runway. I hoped to reach the trig point by 8 o'clock and as the evening was fine I quite enjoyed this section of the Walk, particularly as the shop at Huthwaite Green was still open and I was able to buy some cans of lemonade, then fill up the water bottle in the river further on. It seemed much longer going round Coalmire before the final pull up to the trig point, but got there at 7.45 p.m.

Ahead now lay the challenge - just how would the return crossing go? The sheer mileage involved obviously is the main consideration, but the effects of fatigue both mental and physical would all play their part; however, this was interesting and probably the main reason for attempting the Double. With these and other questions revolving around my head I set off, heading now towards the sea. Soon I was overtaken by a fresh party, but I turned off at Huthwaite Green and took the low level route. By the time I had reached the edge of the moor night had fallen and the moon was full. It was all very eerie and I was careful not to disturb the farm dogs. I didn't find the proper track and ended by ploughing through shoulder-high bracken, getting startled by the baaa-ing of horses and neighing of sheep, but keeping directly underneath the telephone wires, which are an infallible guide over this part of the moor. In the valley on the other side I could see the farms but didn't like to disturb the flock of sheep so kept to the bracken. However, this was wrong as, soon, there was a clip clop, clip clop, and a knight in shining armour came upon the scene - sorry to shatter the illusion but it was the local shepherd on his white horse, needless to say most welcome in showing me the way.

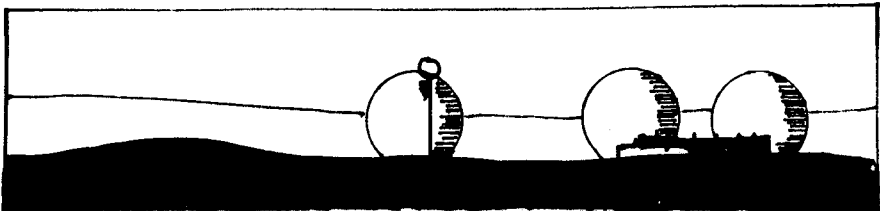
It was midnight by the time I had reached Chop Gate and I didn't have the heart to try and find the way up on to Urra Moor but chickened out by taking the long road back to Hasty Bank. Here at last I felt safe again, so stopped for a tiny brew-up from my meta stove. I woke up feeling very stiff and frozen, with the drink going luke warm. But even pushing on rapidly up on to Urra Moor I couldn't get warm and the effort was rather pointless, so I knew that I had had it. I gave up. Quickly I got out the bivvy sack and sleeping bag and my last memories were of many lights coming down Hasty Bank and the mist descending even faster.

Some people going past at six in the morning were sufficient to wake me up and I set off at once though not at all optimistic that I would have sufficient time left. The early morning mist had gone by the time I caught the two walkers up near the railway line. They said that when they had first spotted the bivvy sack they wondered if the person was alive, but then an eye opened as they walked past. It was very interesting talking to

them as it was their first Crossing and the unknown loomed large before them. They seemed to be making heavy weather of the going towards Hamer, so I pushed on ahead. At Hamer I arrived just as a kettle was boiling, so was given tea by one of the support parties waiting there, and this was much appreciated.

The last quarter of the Walk, i.e., the final 17 miles, were a positive delight. It is difficult somehow to find superlatives, but never have I seen the moor in such good condition with mile upon mile of all shades of heather from white to mauve to deep purple, as far as the eye could see; in fact as far as the sea those many miles ahead. There was no-one about and the stillness and quietness of the moor was profound. Even at the stepping stones the riverside was empty and the next lot of people were at Eller Beck where there were numerous cars and an ice cream van. This made a delightful short break before heading out on to Fylingdales and through the heather to Lilla Cross. Here there were a few people just out to enjoy the moors and with no intention of doing the Walk - not ever. There were no problems of navigation now as the track is a major highway despite the fact that one of the cairns pointing South had been marked with orange markers whilst I wanted to continue West; obviously there was a party wanting to take a somewhat different route.

I stopped again in a sheltered spot at the top of the steep rise from Jugger Beck, and then the Beacon was my final aim, as in fact it had been since coming into view early upon reaching Fylingdales Moor. Going across Stony Marl Moor there was a dark spot in the distance and another spot that kept moving about in a different rhythm, which kept me puzzled for a long time until I was able to catch up somewhat and decide that it was a person with a dog. Then I found the trig point and the Walk was completed. (I find that this is most satisfying, from trig to trig.) All that remained now was to walk along the lane and along the road to Ravenscar. It was more pleasant to walk along the verge as the road was unpleasantly hard, and I reached the cafe in about ten minutes, which seemed quite quick. I signed off - Double Lyke Wake 38½ hours. Contented, I ordered a meal and in came Mike.



FOOTNOTE. As is commonly known, the Lyke Wake Route is a 40 mile walk across the highest and widest part of the North York Moors. The object of the walk is to complete a "Crossing" within 24 hours. In good conditions members of the Rockhoppers get across in 12 hours - in bad conditions over 22 hours has been known. The route taken starts at the trig point near Osmotherley, which in turn is near Northallerton, and traverses the North York Moors to end at the sea at Ravenscar (near to Scarborough). Conditions underfoot are anything from cinder track, good earth-beaten paths, to dreaded deep bogs ●

Members In Competition

COMRADES MARATHON - May 31st, 1975

Two members travelled to South Africa in May to take part in the world's longest annual running race - the Comrades Marathon. This year was of special interest because it was the fiftieth anniversary run. The gruelling race takes place between Durban and Pietmaritzburg and is run the opposite way in alternate years. Unlike similar events in Britain, entries reach massive proportions and interest runs high amongst the local, and indeed national population. This year the entries were LIMITED to 1500 and included coloured athletes for the first time. Several sections of the 56 miles route were lined with thousands of enthusiastic watchers.

Somewhere in the vast crowd of runners were our two men - Derek Funnell (396) and Doug. Sudbury (197) (both Surrey members). Although there were half a dozen Englishmen in the event the first places went to locals with the top Britisher placing 34th. Derek came home in 48th position and fellow veteran Doug. in 596th spot. Their times were 6.48 and 8.45

EWHURST HUNDRED - June 27th/28th

Twelve members were entered for this, the longest walk of its kind in the world. This was the 1975 Centurions qualifying event and of the 102 entries, 95 made the start and among them were over 40 overseas entrants. Many of the walkers were attempting 100 miles for the first time and had hopes of becoming members of the exclusive band who have completed the distance within 24 hours.

Only three of our men managed to stay the course with the best being John Brooks (who is the Commonwealth and European non-stop walk record holder with 291 miles) of Camberley, Surrey. who recorded 21.21 for 21st place. The other finishers were Alan Blatchford (2) (22.48) - his second completion, and Fred Gerrish (350) (23.32) second completion also. 55 finished, including 75 years old E.McNeir (23.10!) Several members assisted the race organisers for much of the 24 hours.

Times recorded by the other members were:

	<u>LDWA</u>		
John Moore	71	70 miles	15.29
Keith Chesterton	81	60 "	13.45
Wynne Evans	354	60 "	14.32
Mike Powell Davies	349	50 "	10.44
Rodney Smith	457	50 "	11.42
Frank Steer	460	50 "	12.39
Colin Abbott	321	30 "	7.24
Alan Emmott	408	30 "	5.48

PENNINE WAY SPEED ATTEMPT

This month, 26 years old schoolmaster David Yates from Surrey, will attempt to break Joss Naylor's Pennine Way "record" He will be assisted by a squad of pupils. Oddly, David's main claim to athletic fame is that he represented Hampshire as a sprinter. He and one of his pacers started in the recent Downsman Hundred but had to retire after about 40 miles ●

Reports on Past Events

WELSH THREE PEAK TRIAL - 8th March, 1975

The route is roughly circular, starting and finishing at Crickhowel Youth Hostel and includes the three prominent peaks encircling Abergavenny.

165 people took part in this year's event and completed the route in times ranging from about 5 hours up to 13 hours. Weather conditions were reasonable, it was misty on the tops and boggy underfoot, but the bit in between was alright! Marshalling was carried out by Bridgend Mountain Rescue Team and various local helpers to whom thanks are due.

The organisers wish to make it known that in future, people who try to enter on the day will not be accepted as this disrupts the organisation. It is a bit late to rehash check boards when they are already on the way to a checkpoint via someone's rucksack!

NEVILLE TANDY (130)

MID-WALES MARATHON - 19th April, 1975

A record entry of 186 left Dinas Mawddwy Youth Hostel on a miserable Tandy-type morning en route for King's Dolgellau via the hills to the west of Dinas. The weather was mixed but mainly bad! This resulted in quite a few navigational errors and helped to account for the 45 retirements; most of these were at the road check immediately before the climb up onto Cader (the last straw!) Finishing times varied between 4½ hours to more than 12 hours.

Many thanks are due to Bridgend Mountain Rescue Team, Y.H. Wardens and various friends, not forgetting my long-suffering wife. Without them the walk would not be possible.

NEVILLE TANDY (130)

SPRINGWELL KANTER - 27th April, 1975

Three courses were set in this event, which took place south east of Guildford, of 10, 15 and 22 miles. All the checkpoints were connected with water, being streams, wells or springs. One was so derelict that only one competitor found it! Just over 70 people turned up for this and it was a most enjoyable affair. The finishing accommodation at Womersley Sports Pavilion was particularly good.

KEITH CHESTERTON (81)

BERKSHIRE 25 - 11th May, 1975

This 2nd Thatcham Walkers promotion was again well attended and efficiently organised. A fine sunny day saw 157 start from the Monument and head east along the Ridgeway. The route circling south and west through farmland rejoining the Ridgeway a few miles from the finish. 145 completed the 25 miles and the fastest walkers were back in about 5½ hours.

CHRIS STEER (1)

CHEVY CHASE WALK (Northumberland) - 2nd June, 1975

The annual Chevy Chase Walk, organised by the Border and Dales Regional Group Y.H.A., attracted 112 entries to give 95 starters on the day. Of these, 85 successfully completed the 17 miles route, including about half-a-dozen ladies. The first finisher was J. Stephenson with the fast time of 2 hours 56 mins. The final finishers recorded 7 hours 18 minutes. (From finishing list).

SOUTH WALES MARATHON - Saturday, 14th June, 1975-

Because of bookings at Capel-y-ffin over the Spring Bank Holiday, the marathon was held at a later date than usual.

Once again the walkers started from either end. Of the 21 uncanceled bookings to start from Llanddeusant, only 14 were to be found stumbling from bed at 03.30 on that Saturday morning. It was cool and spirits were high. After the usual high quality 4 a.m. breakfast prepared and served by the organiser, we were away at 4.30 a.m. However, as always seems to be the case for the marathon, the mist was down over Bannau Brycheiniog. There was the usual search for the 'path' up (fortunately I had left myself a few markers, the previous day!)

By Storey Arms the mist had cleared but by then we all had wet feet from the 12 miles of tussock grass as though it had rained all night. With reports that Alan Hoare was starting at the other end, we expected to see him shortly. However, for me anyway, he did not materialise until the 'Roman Steps' which are about at the half way point. A pleasant cooling breeze made the Beacons the wonderful walk that they are. Followed by the lunch stop by Usk Bridge, at which we all seemed to spend well over the allotted half hour, the 8 mile road walk was hot.

Y Grib, the usual way up to Waun Fach, seemed a never ending drag - but on reaching the checkpoint I found that I had taken 10 minutes less than the given time which encouraged me for the remaining 6 miles.

All in all, the conditions for the walk must have been very near marathon weather for June. In my direction all 14 walked from Llanddeusant to Capel-y-ffin. A Midlands walker arrived first in 14½ hours with yours truly next half an hour behind. I gather that time caught up with those in the opposite direction and only 5 of the 13 finished.

As usual, the same friendship was extended by our Welsh organiser and between the walkers. It is this, with the wonderful area the walk is held in, that always makes this such a special walk for me.

SPENCER LANE (19)

CASTLEBAR' NINTH INTERNATIONAL FOUR DAYS' WALKS - 26th-29th June

Castlebar was into its 9th week without rain when approximately 200 walkers from all parts of Europe arrived for the Ninth International Four Day's Walking Festival.

On the evening prior to the first walk the Festival was officially opened by the President of Ireland.

The Walks were not competitive and ample time was given so that participants could pause to admire the views or sit and rest as and when the occasion arose. Little map reading knowledge was required as sufficient route details were supplied.

There was a choice of walk on each of the four days: a long walk on roads, a cross country ramble and a short walk along roads. The long walks were usually about 24-26 miles. It should be noted, however, that these were 'Irish miles'. The formula for converting 'Irish miles' to English miles is as follows: Irish miles times four divided by three = number of English miles.

The Walks usually started about 9.0 a.m. and the first of the walkers to arrive back in Castlebar did so at about 3.0 p.m. The stragglers would complete the circular route up to 5 hours later.

Every evening there was entertainment provided especially for walkers at a local hotel. There was also a wide choice of singing pubs (!), dances etc. in the vicinity and, because of

the festival many of the pubs also had a bar extension. The hot weather held. Although making road walking uncomfortable - particularly for those not used to it - the beautiful countryside with panoramic views made the effort worthwhile.

Walkers attending the festival included ramblers, road race walkers and the odd long distance merchant. Those who completed a walk on each of the four days received a certificate and medal at a very noisy presentation ceremony. As well as a challenge, the festival provided an ideal opportunity for a holiday with a difference. These International type walking festivals are held in many European countries. It's a pity Britain does not hold such an event.

JOHN J. O'SULLIVAN (583) SE.

MALLERSTANG MARATHON - June 28th, 1975.

"It's not the hardest but it's certainly the hottest" - "Like walking through hell" are two of the comments served on this year's Mallerstang Marathon, Saturday 28th June. Being optimists we assume they are compliments and without doubt this event appears to have a steadily growing tradition for being held in the kind of weather most people prefer to sunbathe in, having been blessed by hot sun and fine weather each year it has been arranged, rain and mist being unknown on the last Saturday in June.

A total of 106 entries was most encouraging bearing in mind that accommodation is limited and open only to YHA Members, although of these only 102 actually turned up, checked in and left the hostel, with 99 returning within 12 hours after completing the 25 mile route over High Seat, Nine Standards Rigg, Wild Boar Fell and Swarth Fell which encircle the Mallerstang Valley and part of Wensleydale.

Arrangements were very similar to previous years, at least from a walker's point of view, the route having become established with co-operation from the various residents and landowners along the way. Although a recent change of ownership has resulted in an alteration to the route over its last mile, we hope this caused no one any inconvenience and the change is, in fact, to the Marathon's benefit being a more logical and direct path back to the hostel.

Good conditions were to be found all the way following a month without rain, the firm dry ground being if anything a little too hard for many feet. However, despite this some of the keener walkers still managed to find the inevitable knee deep bogs!

PHILIP GILKS (33)

TANNERS MARATHON - July 6th, 1975

Once the T.M. entry list topped 800, and of these nearly 700 set out to cover 30 miles in 10 hours. The weather was fine and warm but perhaps too hot for some, as the 240 retirements and the 80 over-time walkers tell.

368 walkers gained certificates and these included 6 people having finished on six or more occasions.

The first home was veteran Jim McQuillin (LDWA 88) in exactly 5 hours, and the first lady was Rosalind Paul (Nicholas Hawksmoor School) in 7.17 hours.

Held in conjunction was a 10 miles Quiz Walk which attracted over 30 teams (total 100 people). Report 15p from Alan Blatchford ●

Hamish's Long Walk

by ANN SAYER
(LDWA 646)

The "Climber and Rambler" and "Mountain Life" have recently contained reports of what must surely bid to be THE classic mountain walk of the British Isles - all the Scottish Munros in a single expedition. For the benefit of fellow Sassenachs it may perhaps be explained that a Munro is a "separate" Scottish mountain over 3000 feet. There are 279 of them, as well as 262 subsidiary tops, making a grand total of 541 tops over 3000 feet.



The man who completed all 279 peaks in a single trip is Hamish Brown. He is 40 years old, lives in Fife, has spent much of his life as an outdoor pursuits instructor and is now a free-lance course leader, writer and lecturer. Before he started on his big expedition he already had 3 complete cycles of Munros to his credit - in itself a unique record.

It was in 1891 that Sir Hugh Munro first tabulated all the 3000 feet peaks in Scotland (and their subsidiary tops), but Munro himself never managed to ascend all of them, being foiled by the Inaccessible Pinnacle in the Cuillins and one other peak. The first man to complete all the peaks was the Rev. A.E. Robertson from Rannoch in 1901; by World War II 8 people had ascended all the peaks; by 1970 the number had risen to 100 and is growing apace. A few people have done the lot twice but no-one had equalled Hamish's three completions and now he has added a fourth circuit.

Quite a few have attempted long treks in Scotland in the past. In the mid-1960's the English Ripley brothers, fell-runners, tackled the single expedition, but it failed apparently through trying to rush things. John Hinde had many R.A.F. Kinloss Mountain Rescue teams doing East-West and North-South trips across the Highlands. Sandy Cousins in 1972 walked from Cape Wrath to Glasgow, 370 miles, 47 Munros and 90,000 feet of ascent.

Then along came Hamish in 1974. The statistics of his trip are staggering: 279 Munros (plus ten extra delectable peaks below 3000 feet); 429,000 feet of ascent (an average of roughly 1,500 feet per mountain) and 1,639 miles covered - an average of 14½ miles a day and 4000 feet of ascent.

Hamish began on April 4th and finished 112 days later on July 24th. On only 12 days did he have a companion. He started off from Ben More on Mull (to save one long out-and-back) and had 24 glorious days with no rain; he finished with champagne in driving rain on Ben Hope in Sutherland having just endured a similar period with rain every day. Hamish said that he used to describe the weather as "unpredictable" but after his expedition he is much more likely to call it "pernicious". While he was on the trek rain fell on a total of 69 days and snow on 10 days.

Hamish says he spent 18 months planning the expedition, doodling umpteen possible routes on all the maps in his house (he eventually needed 22 1" maps).

He needed to be almost entirely self-sufficient while he was on the expedition. He and his friends deposited 42 varied food boxes with all manner of willing people along the route - school teacher, forestry worker, gamekeeper, railwayman, roadman, hotelier, youth hostel warden, shepherd, doctor, banker, toymaker - and he also buried a few caches of food at strategic points in the wilds. The mice ate (amongst other things) a lot of the labels off the

tins so meals could be an exciting surprise - a breakfast of spinach and cream perhaps? Friends came up with fresh food each weekend and Hamish took advantage of occasional meals (and baths) in hotels etc. His brother had a copy of the intended route and each week a 'phone contact was arranged to confirm the weekend meeting points. All very carefully thought out.

Hamish, of course, had to carry everything on his back..His pack had to be light he says; a rheumatically shoulder and arthritic hip saw to that. The pack averaged 23 lb. and was never more than 30 lb. His gear included:-

Graham Tiso special sack: 10 years old, roomy, unfussy, and big enough to sleep in or on.

Tent: a single skin nylon tent made by Dave Challis of Tulloch Mountain Craft, and after its rigorous, entirely successful testing, shortly to be marketed. Weight 3½lb. Condensation problems overcome, according to Hamish (and he started out as a sceptic).

Stove: Gaz simple, safe, clean and uncontaminating.

Sleeping bag: choice dictated by finances, a Black Nordland bag. Weight 4 lb., the heaviest item of his gear.

Boots: cheap Sportiva; he wore out 2 pairs.

"Junk Box": including the life-saving midge cream.

Hamish's route is described in the "Climber". From Mull, it lay via the groups round Loch Awe and Loch Leven, sweeping round the Perthshire hills to the south-west (the "Arrochar Alps"), Ben Lomond (via canoe), then north and east via Strathyre, Glen Lyon, Tilt and the Cairnwell to Mt. Keen (the most easterly Munro) and back to Braemar, then west over the Cairngorms to Kincaig, "sorties from the A9", then "Lochaber and back" (where hostels and bothies meant that the tent could be forsaken for a while), Laggan-side, the Monadh Liaths, Craig Meagaidh, Chlachair - what magic names to a Sassenach from the flatlands - then across the Great Glen, from Loch Lochy into Knoydart, round Loch Quoich, across to Skye via Glenelg, Shiel and Affric, Lurg Mhor, and then a zig-zag line progressing steadily northwards (Torridon, "The Sheneval Six" Fannichs, Deargs) then on to the far north and finally - Ben Hope. The mind fair reels at such a list.

But the statistics roll on. Hamish camped on a total of 62 nights, and also used 10 huts, 10 hostels and 7 hotels and friends' houses His longest day was 15 hours from Affric Youth Hostel to Strathfarrar and his biggest haul of Munros was all ten on the Mamores in one day. (This must be a truly superb day - I spent 2 days over Easter trundling round 2 of several delightful snowy horseshoes on the Mamores, going over 6 of the Munros - excellent days in their own right). He did Ben Nevis, Carn Mor Dearg and the Aonachs in one day too. "Big days on the whole were not sought, but here and on the Shiel ridges, Affric and a few other places they were naturally lined up and logically/logistically best done in the day".

Hamish describes how one of his joys was "seeing - from within - the sweep of the seasons: frost and snow to summer monsoon: bird migrants arriving, eggs, young and fledglings - first cuckoo heard, last cuckoo heard; purple saxifrage to purple ling heather Deer endlessly (speckled fawns and stags in velvet), divers and eagles (120 birds listed), foxes, others"

This is truly a dream expedition.

Hamish Brown is planning to write a book on the journey; it should make fascinating reading for all who love being in and on mountains. I hope very much that he manages to sit down for long enough to write it before his itchy feet get the better of him again.

(I am 21 Munros down and have 258 to go) ●

SHORTS and BRIEFS

"OLDER AGE GROUP WALK"

Miss Anne Mackenzie would be glad to hear now or later from any small group of "older age" members planning a week's Long Distance Walk in 1976 or from anyone interested in making up such a party.

RECORD BREAKER?

"Charlie will walk for 24 hours" was the caption to an article in a recent South Wales Echo. The article goes on to say that Mr Charles Hobbs will, at the end of August, attempt to better the World Record of 133 in 24 hours. He has already started training - he now walks the 4 miles to and from work every day.

PENNINE WAY RECORD BROKEN!

Barry Davies has bettered Joss Naylor's Pennine Way record of 3 days 4 hours and 40 minutes. This happened between June 14th and June 18th. Who is Barry Davies? Is he a marathon runner, fell runner, walker or what? Who has ever heard of him?

Actually Barry is a professional cyclist, believe it or not, and he rode (some of) the Way on a £450 bike - not a road machine but a rough stuff steed. Of the 270 odd miles, he estimates that he carried or pushed the bike for about 175 and that there were about 500 gates or stiles to negotiate. At the end of the "ride" from south to north his time was 3 days, 3 hours and 33 minutes.

What odds on Offley and Naylor riding a tandem?

CROSSWORD RESULT

After last edition's Crossword I was inundated with replies - "FOUR" - two incorrect from Messrs D. Hicks (1178) and J. Forrest (815). The two correct were from Messrs H. Jones (524) and the winner, Malcolm Boyes (132) who received the £2 voucher presented by the Editor. I trust that the lack of entries did not mean that I had wasted my time, but that most of you had attempted the crossword but failed. I hope I receive more replies to my next one.

ACROSS. 1.PENNINE WAY 5.LIMPS 8.RIDGE 10. MYND 11.ANORAKS 13. EAST 14.OFFAS 15.MOSS 17.KINDER 18.EDALE 20 BOOT 21.LYKE WAKE 25.MIST 27.INSTEP 28.SPUR 30.DYKE 31.HIP 33.FOURS 34 SCA 35. OUTWALKS 36 TANNERS.

DOWN. 1.PURBECK PLOD 2.ICE 3.ELAN 4.ACORNS 6.PINNACLES 7.OAK 9.GATED 12.SOLE 16. SCOUT 19.DAM 20.BEN 22.KILBURN 23.WOLDS 24.KIRK 26.TERRAIN 29.PASS 31.HOWE 32.PALS 33.FIT 35.OS.

PROPOSED NEW LONG WALKS

ALAN HOARE (131)

Two new long walks that have been proposed for 1976 are: 1. a hundred miler incorporating the Cleveland Way, and 2. a walk in a part of the country that seems devoid of any organised walks. This is the Bay to Bay Walk from Lyme Regis in Dorset to Watchet in Somerset, giving a distance of about 45 miles.

Before ultra long distance enthusiasts start making notes, we must point out that as yet there are no organisers for either walk. If you live in one of these areas how about putting on the walk? The LDWA will advise on any matter and handle the

SHORTS and BRIEFS continued.

necessary paperwork. Any offers to the Secretary please.

NEW ACCOMMODATION IN SNOWDONIA

We have received details of the Crafnant Outdoor Recreation Centre in Snowdonia. The centre is ideal for walking excursions and for access to climbing areas and the accommodation offered is three cottages. Pots and pans are supplied but not blankets. Cost £30 per week but covers eight people (Oct-March £20). Camping also available. Nearest villages: Llanrwst and Betts-y-Coed. Address: Cynllwyd, Llyn Crafnant, Trefriw, Gwynedd.

HIMALAYAN TREK

"Sherpa" of 3 Bedford Road, London W4 are offering overland treks to the Everest base camp or Annapurna Sanctuary from 7 Nov. 29 Nov. and 14 Feb., each trip lasting about four weeks, and costing at least £396. Cost includes flight to and from Delhi, accommodation, overland travel, food, porters, sightseeing etc.

OFFA'S DYKE NEWSLETTER

The Offa's Dyke Association and the LDWA have recently formed a Newsletter exchange service. Their current Newsletter is on the same format as ours was prior to this issue but they have some way to go to reach our standard. Their most recent issue contained an item about the aims and objects of the LDWA and a previous issue had a report from one of our members. Anyone who is interested in joining the O.D.A. should write to the Secretary, Offa's Dyke Association

HE SAID THE DOWNSMAN WAS TRAINING!!!

Harold Martin (LDWA 369) (aged 66) of Yeovil, is going to undertake a sponsored walk in aid of Life-boat funds along the 515 mile "South West Peninsular Coastal Path" from Poole to Minehead, during the period Saturday, 9th August to (approx.) Sunday, 24th August, 1975

AU REVOIR

Roger and Barbie Maher are off to New Zealand shortly and threaten to start the furthest flung local Group, and come back to do the Downsman 77!

NEW MAPS

The Ordnance Survey have recently introduced two new maps that will be of interest to the walker. These are in their "Outdoor Leisure" series and are at the 1:25000 scale (2½ to the mile). The "Brighton and Sussex Vale" map will be useful for those who are tackling the South Downs Way (and Downsman Hundred in 1977). This long distance route is shown by a heavy green pecked line. Perhaps, at some time in the future, the O/S will produce a map to cover the whole of the route. The second map covers an area of Scotland and is entitled "The Cuillin and Torridon Hills". This publication is actually two maps - one printed on the back of the other.

Both Leisure Maps are based on the Second Series material and their prices are £1.25 (Brighton map and £1.80.)

TANNERS MARATHON

The Tanners Marathon, the most popular organised open walk

SHORTS & BRIEFS continued.

in the south, is always held on the first Sunday in July when the day is long and the ground firm. Next year it is proposed to hold a "Winter Tanners" sometime in January when the going will be really hard. This will fill a gap in the Calendar and test even the strongest walkers. It will be an informal event.

LATE DETAIL - 3 HILLS RALLY - 28.9.75 - SUSSEX

A walking competition based on Blackboys Youth Hostel, Sussex (Near Uckfield). Two walks 18 and 13. Route description issued. Maps 183 (1") 199 (150000) cover. Speed not important. 10p entry fee, certificates to finishers and shield to top team. Organised by Kingston Y.H.A. Entries to A. Thorogood

SURREY GROUP'S LYKE WAKE WALK.

On Friday, September 12th members of the Surrey Group will travel to Yorkshire to attempt a crossing of the Lyke Wake Walk. A coach will be hired for the journey and it is expected to have a few seats available for any other members from the south who wish to join the party. If any northern members wish to accompany and meet the southerners they will be welcome. Also, should any "local" members be able to act as a support party their assistance will be greatly appreciated. Please contact Jeff Ellingham

BACK NUMBERS

We still have copies of the No. 1 Reprint, No.6 (5 copies) No.8 (16 copies), No.9 (45 copies), No.10 (10 copies) and No.11 (25 copies). 10p + 12"x 5" S.A.E. to the Editor will secure.

Y. H. A.

Spencer Lane (LDWA 19), Chairman of Southern Region Y.H.A., urges members to make full use of their Hostels when walking the countryside and to support the movement by attending their Regional A.G.M.

He also reports that the National Y.H.A. have set up a committee to investigate and report on "whether, and if so in what ways, existing Y.H.A. policy of providing increased hostel facilities within National Parks and Areas of outstanding beauty should be modified in view of the problems of erosion and over-use in some of the most popular areas". The Chairman is Len Clark who will appreciate any comments from members.

A HAVEN FOR WALKERS

Members, friends and families walking the Cotswold Way or exploring the hills, will be interested to hear that Tony Rowley (LDWA 21) and wife Barbara, will accommodate them with bed and breakfast and evening meal in their country cottage - extensive views and all

They would appreciate prior notice if possible.

DAVID FITTER (LDWA 635)

Members who knew him and have not already heard, will be saddened to hear of his death of, natural causes, whilst traversing Striding Edge, in February this year●

The Downsman Hundred

Our main promotion of the year, the Second Downsman Hundred May 24th/25th/26th, proved to be an even greater success than the inaugural event of 1973. Over 500 enquiries were received from home and abroad resulting in nearly 300 applications to take part. To keep the walk manageable, these were whittled down to 230 on a selective basis.

At Winchester exactly 200 lined up to hear the address from starter Chris Steer. Among them were seven walkers from abroad and eleven ladies. Unlike the first event the weather was cool and ideal for walking.

Nearly 19 hours later, John Offley checked in at the final control at Eastbourne, to create a new best time for the event. He was followed about an hour later by David Rosen, the first home last time, who had some navigation trouble near the end. From now on, people checked in at varying intervals right up until 52 hours after the start. In all, 125 people completed the test which must be a record for an event of 100 miles. Of these, 11 finished in under 24 hours and 63 beat the first class time of 32 hours. Once again the first lady home was Dianne Pegg but in a faster time (29.47). The most senior finisher was Jack Spackman aged 67.

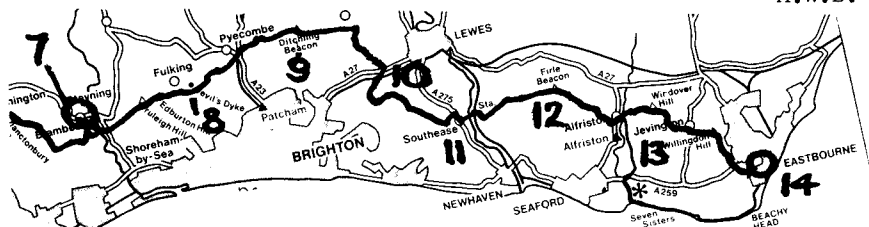
A report booklet and route description and sketch maps are available from the secretary (send 15p to cover post etc.)

DOWNSMAN NUMBER THREE (1977)

At a post mortem meeting a number of proposals were made for the next promotion. These have still to be considered, but potential entrants may be interested.

It may be possible to increase the number of entrants to nearer 300 if more officials can be recruited. A qualification for entry will probably be the successful completion of a recognised fifty miles walk or longer. The upper time limit may be cut to 48 hours but the first class time of 32 hours seems about right, especially if inclement weather prevails. Although running will not be banned, there may have to be a separate, later start for those who wish to travel faster than walking. One time proposed was 17.00 for the joggers and runners start. Winchester and Steyning Headquarters seem satisfactory, but many finishers felt that a bath or shower was lacking at Eastbourne, so we may investigate alternative finishing venues. Finalised details will be published well in advance ●

A.W.B.



The gentle art of tramping

by TONY YOUNGS
(LDWA 626)

It is, of course, now well known that sex was invented in the late nineteen fifties by Mary Quant. A strong school of thought holds that walking was invented at about the same time by Alan Blatchford.

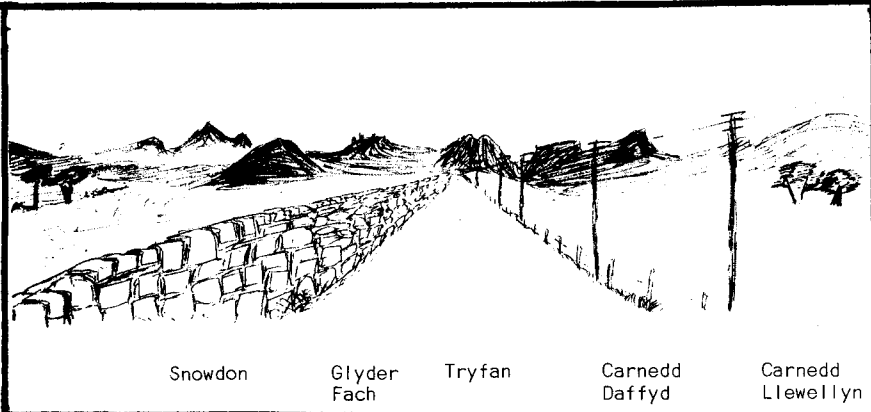
But assiduous readers of The Times will have noticed conclusive evidence to the contrary in the obituary of Mr Stephen Graham who died in March at the age of 90. Alan may have systematised and certificated walking, but he did not invent it. It has been going on for years. Stephen Graham was at it before 1914, when he wandered about the world, especially Russia, and wrote book after book about his journeyings: "A Vagabond in the Caucasus", "Undiscovered Russia", "A Tramp's Sketches" and many others. They lie hidden in the back rooms of second-hand book shops; they are worth digging out and blowing the dust off - try "The Gentle Art of Tramping", first published in 1927 and republished in Benn's Essex Library in 1931.

There you will find accounts of two of Graham's inventions: the Trespassers' Walk and the Zigzag Walk. "The Trespassers' Walk shows what an enormous amount of the face of the earth is kept away from the feet of ordinary humanity by the fact of 'private property'. You take with you a little compass, decide to go west or east, as fancy favours, and then keep resolutely to the guidance of the magnetic needle In ten minutes in our beautiful Sussex you can find yourself as remote from familiar England as if you were in the midst of a great reservation. And you may tramp a whole day upon occasion without meeting a single human ". For the Zigzag Walk "keep taking the first turning to the left and the next on the right and see where it leads you. In towns ... you get into all manner of obscure courts and alleys you would never have noticed in the ordinary way".

An indefatigable walker, and yet he would perhaps have been uneasy as a member of the LDWA. A chapter in the "Gentle Art" is entitled "The Art of Idleness". "I listen", he says, "with pained reluctance to those who claim to have walked forty or fifty miles a day. But it is a pleasure to meet the man who has learned the art of going slowly, the man who disdained not to linger in the happy morning hours, to listen, to watch, to exist life's quality is in moments, not in distance run". I thought of him as I plodded along in the Downsman this year and wondered if he could, after all, have been right●

ARTICLES and REPORTS PLEASE. We usually get details of events to publish in advance but seldom do walkers or organisers send in reports of the event after it has taken place. We, therefore, ask members to send us a few lines about the walk they have just completed. What we require are details such as number of starters, finishers, times taken, weather conditions, route conditions, brief route description, and other interesting items of information available. This request not only applies to organised events but to informal or solo walks that may be of interest to others. If you enjoy reading of member's walking experiences they may well enjoy reading of yours. Unfortunately, the Editor and Secretary cannot attend every event to report, so let us have as many members as possible sending in reports, articles and pictures to give the Newsletter greater variety●

Letters To The Editor



SAVE OUR STAMPS

I should like to make a suggestion regarding entry for Marathon walks.

The summary in the Newsletter often gives an address to write to for details and entry form. On many occasions after entry brief final details and numbers are subsequently sent. This can involve four stamps, 22p minimum at present and obviously more in future.

On the more straightforward walks I should like to see the entry fee and starting time stated so that one letter accompanying the entry fee would be sufficient.

JOHN MOORE (71)

THE DALES WAY

I don't know whether there's a policy to upset your Yorkshire members, but after the spelling of BUMSALL for BURNSALL in Newsletter 10, it has been followed by (Newsletter 11 P.17) BORDON for BARDEN - or have I spotted the deliberate mistake again?

JAMES BELL (892)

Very sorry, please amend your copies. M.G.S.

FOOD FOR THOUGHT ?

I think for what you gave us at the feeding stations on the Downsman, in comparison with some of the 100 Kilometre events on the Continent, your entry fee should be between £4 and £5.

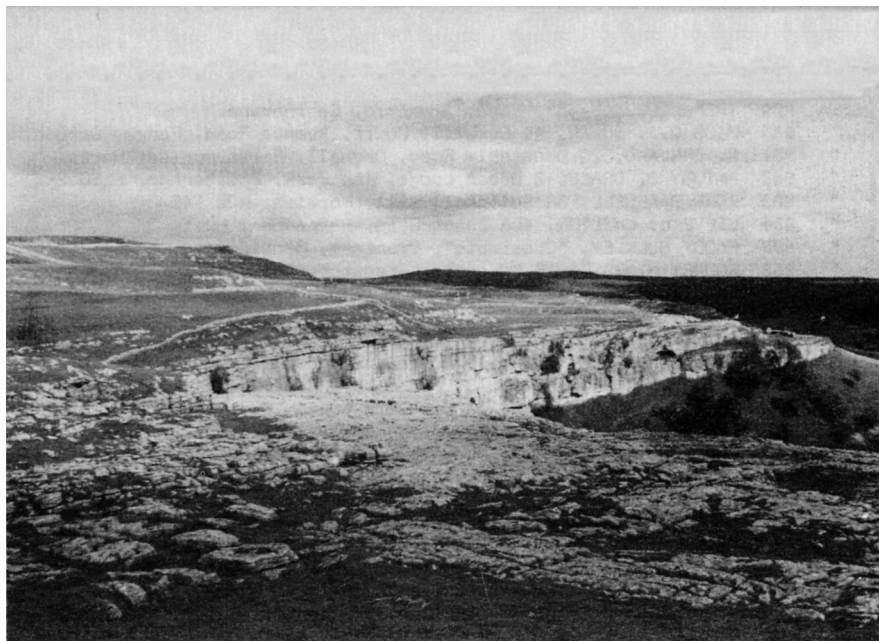
FRANCOIS CAVIOGLIOLI

BOUQUET FOR US

Although long in the tooth and slightly incapacitated I thoroughly enjoy your Newsletter which fires me with ambition every time!

JOHN ROBINSON (158)

We love you Robbie! ●



Two superb pictures taken at Malham Yorkshire by William R Smith

Top: Above the Cove

Below: The Tarn



NEW MEMBERS

LDWA 979 TREFOR OWEN
" 980 MISS B.J. SOWAN
" 981 R. GARLAND
" 982 ANTONY J. DRAKE
" 983 JOHN BAKEWELL
" 984 STEVE L. CHILTON
" 985 PADDY BUCKLEY
" 986 RODNEY HINES
" 987 Not issued
" 988 " "
" 989 " "
" 990 ANTONY FARRELL
" 991 JULIAN FREDERICK STAUNTON
" 992 GEOFFREY ROBERT LUND

" 993 FRANK WATSON
" 994 MICHAEL BROOK
" 995 PHYLLIS MARGARET JACKSON

" 996 PAUL EDWARD SYMONS
" 997 DAVID JACOB
" 998 JOHN JAMES HARRY WHITLING
" 999 JOHN MICHAEL GREGORY
" 1000 AMANDA LESLEY BAILEY
" 1001 COLIN MARK WILKINSON
" 1002 DAVID MICHAEL JEFFERY
" 1003 ALAN DODDS
" 1004 CHRISTOPHER COUSINS
" 1005 CAPT. CATHERINE ESTHER BIRTWISTLE

" 1006 DENIS VIVYAN GUTHRIE NEWMAN
" 1007 NEIL C. WALLACE
" 1008 JANET ELAINE MEAR
" 1009 GERALD TOWE
" 1010 SGT M. FOSKETT
" 1011 ALEC MAY
" 1012 JACK WHITAKER
" 1013 ANDREW GRANNELL
" 1014 NEIL THOMAS
" 1015 CHRISTOPHER MEREDITH
" 1016 ROBERT HEATON
" 1017 IAN WILLIAM SOMERTON
" 1018 DAVID MALCOLM TAYLOR

" 1019 ROBERT WEBBER
" 1020 ROBERT CHARLES BAILEY
" 1021 ROGER HARVEY
" 1022 LEN CHADWICK
" 1023 WILLIAM FREDERICK GRACE
" 1024 MISS BARBARA FIDLER
" 1025 JOHN WILLIAM MOON

" 1026 MAURICE FREDERICK VASEY
" 1027 DOUGLAS ROBERT BALL

" 1028 JOHN HOOD
" 1029 ROBERT HEWSON
" 1030 VICTOR BRIDPORT

NEW MEMBERS CONTINUED

LDWA 1031 COLIN PETER BROOKE
" 1032 ALLAN LOWE
" 1033 DAVID WILLIAM STREETER
" 1034 A.K. WAKEFIELD
" 1035 FRANCIS LEONARD THAMASON

" 1036 DEREK LEONARD PEASLEY
" 1037 RAYMOND VICTOR COOPER
" 1038 DONALD JAMES THOMAS SHIPTON

" 1039 DAVID BROWN
" 1040 A.W. HORN
" 1041 MISS CLARE LOUISE PALMER
" 1042 PETER BARKER
" 1043 DANIEL G. HUTTON
" 1044 MAX SMART

" 1045 ROBERT NORMAN CHIVERS

" 1046 MISS E. LONGSTAFF
" 1047 NICHOLAS GAGEN
" 1048 DAVID JOHN HUGHES
" 1049 J.J. CORFIELD
" 1050 PAUL E. LUCKOCK
" 1051 DENNIS DOUGHTY
" 1052 GEOFF DEWING
" 1053 P. SEAMAN
" 1054 DAVID REGINALD CHALLENGER
" 1055 SIDNEY JAMES EAST
" 1056 COLIN DAVID PRIVETT
" 1057 COLIN ANDREW GALE
" 1058 GRAHAM OAKLEY
" 1059 JACK CYRIL STEWART
" 1060 MRS ELSIE STEWART

" 1061 I.M. LUDLAM
" 1062 A.B. CRESSWELL
" 1063 MISS L.J. WORMALD
" 1064 E.R. TURNER
" 1065 G.J. GOULSON
" 1066 V.R. LOKIE
" 1067 J.P.C. WARD
" 1068 R. WOMERSLEY
" 1069 D.W. AGAR
" 1070 J. KNIPE
" 1071 JEAN M. WILDE
" 1072 R.J. ROCHESTER
" 1073 J. CORFIELD
" 1074 P.W. GOREHAM
" 1075 P.W. THORPE
" 1076 E.V.H. CARTER
" 1077 J.W. RYE
" 1078 M.P. DELANEY
" 1079 J.W. RICHINGS
" 1080 R.J. PRING
" 1081 R.S. BOLTON
" 1082 R.W. RYCRAFT
" 1083)
" 1084) MR & MRS WALKER
" 1085 S.C. HASELER
" 1086 P.M. GUILLAUNE

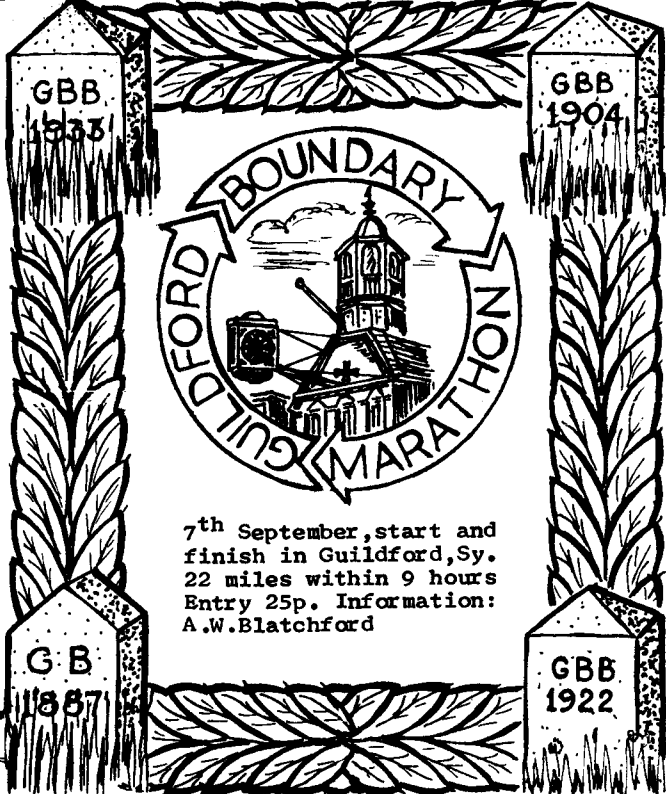
WALK ADVERTISEMENTS

In addition to the line entry in the Calendar and the brief write up in the body of the Newsletter, some organisers might like to submit a larger, more eye-catching notice, as these examples.

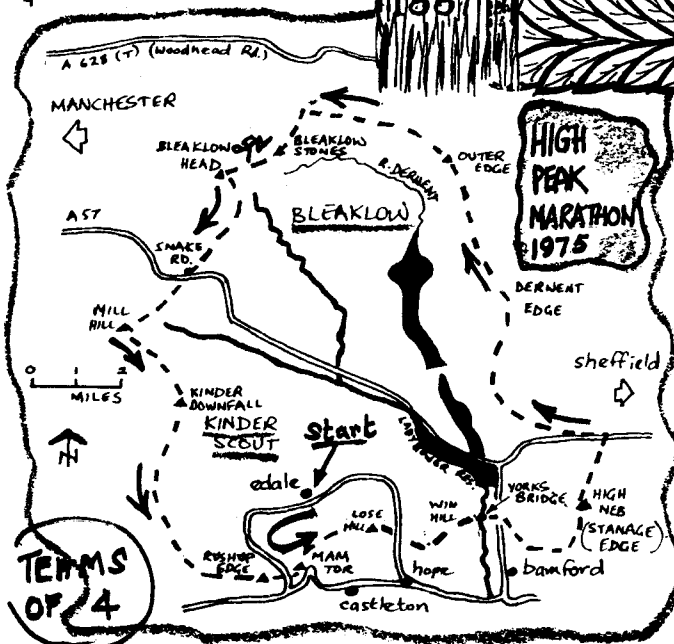
The original size should be a block no larger than 5" x 4"

For this extra advertisement there will, however, be a small charge.

The copy can contain black and white photographs, and should reach the Editor by the end of September.



7th September, start and finish in Guildford, Sy.
22 miles within 9 hours
Entry 25p. Information:
A.W. Blatchford



THIS MONTH'S SPECIAL

OFFER

FREE !

FREE !

Have your Group Programmes printed on Size A5 Card. Details from the Editor.

The outside will be a standard LDWA type design. The inside to contain your activities programme and Group Officers.

NEWSLETTER TWELVE - PUBLISHED BY THE LONG DISTANCE WALKERS ASSOCIATION - AUGUST 1975.

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