

# 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 few 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. APPROX.</u>	<u>AREA</u>
NOV. 21st/22nd 1976	HIGH PEAK MARATHON	40	Derby
JAN. 1st	SURREY INNS KANTER II	10/18	Surrey
" 3rd	RESERVOIR ROUNABOUT	22	Mid.Wales
" 11th	WINTER TANNERS WALK	28	Surrey
Feb./Mar.	Three Peaks Trial	22	S. Wales
MAR. 27/28	TANNERS/HINDHEAD	28	Mid-Surrey
March	Sevenoaks Circular	30	Kent
APRIL 10th	MID-WALES MOUNTAIN WALK	22	Wales
" 11th	ACADEMIC KANTER	10/20	Surrey
" 18th (EASTER)	MANX MOUNTAIN MARATHON	30	Isle of Man
April	Wansdyke Walk	25	Wiltshire
May	Ridgeway Marathon	40	Wilts/Berks
"	Chevy Chase	17	Northum'land
MAY 15th/16th	FELLSMAN HIKE (BOOK IN JAN!)	50	Yorkshire
" 29th/30/31	CLEVELAND HUNDRED	100	Yorkshire
May	Berkshire Twenty-five	25	Berkshire
"	Peak Marathons	25/40	Derbyshire
"	Brentwood Walk	30	Essex
June	Punchbowl Marathon	30	Surrey
"	South Wales Marathon	45	S. Wales
"	Purbeck Plod	25	Dorset
"	Welsh 1000 m.	17	Wales
JULY 4th	TANNERS MARATHONS	30/50	Surrey

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, (YOU'LL FIND HIS NAME AND ADDRESS ON PAGE 7).

PLEASE SEND STAMPED ADDRESSED ENVELOPE WHEN APPLYING FOR INFORMATION FROM ORGANISERS.

## COVER PICTURE

The Hon. Treasurer Thomas Harding on the Long Mynd Hike.

# EDITORIAL

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

The reaction to the Newsletter's new format was very favourable judging by the comments received and we, therefore, hope to continue in this style. A few members have, however, voiced some discontent about the amount of space devoted to the more competitive events. Whilst we do not anticipate becoming closely associated with anything that is recognised as a race, many members are active in the realms of racing in its various forms and a large number of us are interested in challenge walks which can be regarded as competitive to some degree. We feel that brief reports on the longer events where members have taken part will be of interest to like minded members. What goes into the Newsletter depends upon what members contribute and if it is predominantly leaning towards the challenge walks one must assume that a large number of members are interested in this type of activity.

At the A.G.M. some years ago a member asked why we had not included any articles about walking in Scotland. We had to reply that it was not because we were not interested in the land north of the Border but because nobody had submitted anything about this part of Britain. Likewise we would be pleased to publish articles on footwear, clothing, health, diet, etc., but as yet we have not been able to tempt experts to write for us and so we rely on members who may have specialist knowledge.

As mentioned elsewhere, we have commissioned an association tie and should be in receipt of the first batch around Christmas. They may seem to be a little expensive but at least they will be fairly exclusive for a while. This order will be a heavy drain on our funds and, therefore, I hope that a good number of members will order one (or two) as soon as possible to restore the balance. For wearers of more casual clothing, one of our northern members is arranging for the production of tee shirts bearing the association badge and name. Although not being financed by the association, it is hoped that both these and the ties will become popular. How about one for a Christmas present?

Recently I was pleased to accompany the Surrey Group on their coach trip to Yorkshire for a Lyke Wake Crossing. The event was an outstanding success, with three local groups combining for the journey and a number of northern members joining us in the area. Other members from the north did a thoroughly good job in supporting the walkers with regular drinks and food. It is occasions like this which make one feel that the existence of the association is very worth while, and I look forward in the hope of seeing many more such informal events arranged.

The details of our fourth A.G.M. are now nearly finalised and, although not until April, it is not premature to urge all to attend this once-a-year gathering. If, during the next few months, you feel that the association can be improved in any way, or there are any activities that we should encourage, make a note and air your views at the meeting. Our present chairman comes to the end of his three years term of office and one or two other committee members may stand down so if you know of any suitable candidates, sound them out.

ALAN BLATCHFORD (Asst. Editor)

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# A.G.M. + DINNER 76.

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Arrangements have been made for this important function, our 4th A.G.M., to be held at the Scotsman Pack Inn, Hathersage, on Saturday, April 3rd at 2.0 p.m., and it is hoped that as many members as possible will want to be there. The dinner will follow at 8.0 p.m. and our guest Speaker will be Phil Bennell, Assistant Director of the Peak Park Planning Board.

Two walks have been arranged for the Sunday; a short one for those unable to stay all day, and a 20 miler - "The Kinder Crags", a new route beneath the outcrops on the edge of Kinder, with a visit to the summit at the Downfall.

The cost of the Dinner will be £2.50 and bookings should be sent to Haydn on the enclosed slip as soon as possible to avoid disappointment.

The venue is half a mile from Hathersage Station and trains run from Sheffield.

ASSOCIATION TIES. A batch of Association neckties has been commissioned and these are expected to be available at about Christmas. The ties will be green with the Association badge woven in the appropriate colours as a single motif. The cost including postage is expected to be about £1.75. Only 100 have been ordered and it may be some time before a further batch is ordered. Money sent now will reserve a tie. Send to Hon. Secretary, making money payable to LDWA.

ASSOCIATION TEE SHIRTS. Tee shirts bearing the Association badge will soon be available from Tony Cresswell (1062)

There is a choice of white, sky blue, orange, green, yellow and red in small, medium and large sizes. The shirts are cotton, and made in Europe. They have short sleeves and the badge will be in black. Cost will be £1.25 each and money should be made payable to A. Cresswell. Please state size and colour required when ordering. Allow about four weeks for delivery.

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## *A Reminder From John* .....

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RENEWALS. We hope you will want to continue your membership and a renewal form is enclosed with this Newsletter. Please note the following points:

Subscriptions become due on January 1st for all members except those who joined after October 1st, 1975.

As agreed at the last A.G.M., the annual subscription is now £1.00 minimum.

To economise on postage membership cards will be sent out with the Newsletter following payment.

Please note the new address of the Membership Secretary who has moved north:



# Group News



## NORTH YORKSHIRE

### PROGRAMME FOR EARLY '76

#### SUNDAY, 25th JANUARY - HISTORIC YORK

20 miles in this historic city. For details send S.A.E. to Mike Smith.

#### SUNDAY, 22nd FEBRUARY

20 miles on the North York Moors. Meet 9.0 a.m. Clay Bank Car Park. G.R. 573036

#### SUNDAY, 28th MARCH

The route of the Mallerstang Marathon by Tony Cresswell. Leaving Garsdale Youth Hostel, G.R. 789942, at 9.0 a.m.

On 21st September, twenty-one members completed NYMROD'S (North York Moors Route of Dales) 34 miles in under 12 hours. Quite good going considering the height of the bracken (6 ft)

We had another good turn-out for the "3 Peaks" on October 19th. Completion times for this classic Yorkshire walk were from 6½ to 8 hours. Dick Ibbotson (LDWA 1369) was awarded a "Dum-Dum" badge after this outing. Well done Dick all the same..

All correspondence to: Mike Smith

## KENT

### PROGRAMME TO END THIS YEAR

#### NOVEMBER 8th

Bonfire and Barbecue. Meet 7.30 p.m. Otford Station.

#### NOVEMBER 16th

The Pilgrims Way. Meet 10am Otford Station.

#### DECEMBER 3rd

Evening Get Together - 7pm "Half Way House", Sevenoaks.

#### DECEMBER 14th

Whitley and Ide Hill. 10am Sevenoaks Station.

Further details and group information from Dave Page  
or come along to one of our walks.

## SURREY

The Surrey Branch of the L.D.W.A. raid into Yorkshire over the weekend 12/13/14th September to attempt the Lyke Wake Walk ended in a resounding success. All 39 walkers completed the walk in times ranging from 11.03 hours to 13.50 hours.

After the article in the last newsletter and forboding stories of mud and rain told by members of the group who were already

dirgers, the southerners were greeted by a dry, sunny, day, firm dry moorlands with only a cold wind to spoil an otherwise perfect day.

Thanks from all the walkers must go to our Yorkshire support party led by Peter Sleightholme ably assisted by Eric Grice and family, Mrs Bill Hull and friend, and Mrs Margaret Emmott who travelled up with her walker husband. Without their 'support' the day would have been very long indeed!!

A final invitation from Surrey to our northern hosts, any of you who fancy some fine walking on the Downs this winter as a change from the fells, and need a support crew, let us know and we will endeavour to give as good as we got!

At the last meeting at Arthur Radley's, we drew up the following Winter Programme. Seven members were present. We would welcome more members at these meetings, but if they cannot come, I would like suggestions for the programme sent to me and offers to lead walks etc. We also decided to keep the 1976 sub. at 20p despite postal inflation.

SUNDAY, 7th DECEMBER Walk around Redhill. Meet Redhill Stn at 10 a.m. (9.15 a.m. train from Guildford). Led by Tony Youngs

WEDNESDAY, 1st JANUARY New Year's Day Surrey Inns Kanter (10 & 18 miles) - New Courses - start 9.15 a.m. - 11 a.m. from West Horsley Village Hall, West Horsley. G.R.078531. Further details from Keith Chesterton. 20p entry for members (25p non-members).

SUNDAY, 11th JANUARY "Winter Tanners". A group walk in winter of the 1976 Tanner's Marathon Course. Meet 8.00 a.m. at Leatherhead Football Ground. For final details contact Alan Blatchford after Christmas.

TUESDAY, 13th JANUARY 7.30 p.m. - Arthur Radley's  
- Informal meeting to agree  
future programme.

SATURDAY, 14th FEB. "Hot Lunch Ramble" Ramble to be arranged, with hot meal at Westcott - cost £2. Those interested please send 50p deposit to Keith Chesterton by Dec.15th. Non walking members and spouses meet direct at lunch!

SAT/SUN/13/14 MARCH. Weekend at Goudhurst Youth Hostel, Kent. Walks and indoor competitions/chats in evening. Saturday walk from Paddock Wood at 10.59 a.m. (9.14 a.m. train from Guildford) via Lamberhurst to hostel. Sunday walk via Bodiam Castle to Robertsbridge station. Please confirm your intentions to Keith Chesterton by 11th January, with £1.50 BB + meal. (Later ones take your chance direct with hostel).

SUNDAY, 11th April "Academic Kanter" (9-10.30 a.m.) from Charterhouse School. Further details from Sven Neal

Hon. Secretary: Keith Chesterton

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

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# ESSEX + HERTS

Walks have been planned until the end of 1975 and the Group Committee is now working on the programme for next year. Members who receive our Group Newsletter will have had full details. By the time this Newsletter is distributed we will probably have walked a second section of the Essex Way from Great Waltham to near The Tays. We intend to complete the route sometime early next year in one or perhaps two further stages. It has been suggested that the Essex Way would make a good long distance challenge walk for later in 1976. In that case our walks will be an excellent preparation for the event.

The only planned meeting within the period of this Newsletter will be therefore:



Frank Duerden  
at  
Church Stretton

Sunday, 7th December London Countryway (20 miles). Meet 9.30 Car Park, 300 yards west of Broxbourne Station (GR.373071) north of B.194. Walk due west to Bayford, Effenden, London Countryway back to Broxbourne. Pub "The Woodman" for lunch (drinks only). Leader: John Carey.

The Annual General Meeting of the Group will be held on Wednesday, December 3rd, at my house. By that time we will have had a full year's programme of walks and we would particularly like the views of members on our past and future activities. More frequent walks? Shorter or longer? More events? Or any other ideas? Try and come and let us know.

Hon. Secretary: Frank Duerden

# WESSEX

The Wessex Group's 1975/76 Autumn-Winter Programme is well under way.

On 14th September Roy Chapman led a 23 mile walk over the downs from Vernham Dean. The nine members who braved the cold and rain voted it very well worth while and hope to repeat the walk later under better weather conditions.

On 12th October Stuart Bell's 23 mile New Forest excursion saw our numbers rising again when 14 members had an excellent day.

The next walks are listed below:

Sunday, 7th December "Pre-Christmas Point-to-Point - 20 miles Ashurst Hospital Car Park (SU335103) 08.45hrs. Leader: R. Holt

Sunday, 18th January "Pilgrim's Progress" - 24 miles. Winchester Guildhall (Car Park at rear of Guildhall) SU 484292 08.45 hours. Leader: Frank Sharpe.

Sunday, 15th February Badbury Rings, Ackling Dyke, Dorset Curcus & River Allen - 23 miles. Wimborne Minster (Car Park at west of Minster) SZ 008999. 08.45hrs. Leader: John Loakes.

Sunday, 21st March Collingbourne Woods & The Downs. 22/23 miles. Ludgershall Castle Car Park. SU 264511. 08.45 Hours Leader: Barrie Deeks.

All enquiries or suggestions to:

Wessex Group Programme Secretary,  
Wilf Lyman

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# HIGH PEAK

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SUNDAY, 18th JANUARY, 1976 - "Bleaklow Shooting Cabins" -  
20 miles. Meet 8.30 a.m. Flouch Inn (lay-by on A628  
GR 196015.

SUNDAY, 15th FEBRUARY - "Edale Radius Walk". Meet in the  
Nag's Head, 12.30-1.30p.m. Do your own thing in morning  
and/or afternoon!!

12th/14th MARCH - Camping W/E in Lake District, Langdale  
Camp Site, GR 285058. Ice-axes and crampons?

A list of active local members is now available from Dick  
Chell

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## DETAILS OF COMMITTEE MEMBERS

CHAIRMAN Haydn Morris (155)

SECRETARY Alan Blatchford (2)

TREASURER Thomas Harding (204)

MEMBERSHIP John Feist (638)

SECRETARY

EDITOR Chris Steer (1)

PUBLICITY Peter Rickards (176)

COMMITTEE Alan Hoare (131)

MEMBERS Gerry Burgess (295)  
Andy Lewsley (1102)

Dianne Pegg (279)  
Chris Barton (695)

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## REGIONAL REPRESENTATIVES

SOUTH EAST Christopher Barton

SOUTH WEST Anthony Rowley (21)

NORTH Michael Smith (336)

MIDLAND Ewen Hogben (744)

SCOTLAND John MacDonald (497)

YOUR REGIONAL REP. WILL BE PLEASED TO HELP WITH GROUP ORGANISA-  
TION OR OTHER KINDRED MATTERS. WRITE FOR "GUIDE LINES FOR  
LOCAL GROUPS".

# ***The Ultra Long Distance Scene***

**CLEVELAND HUNDRED** We are pleased to announce the promotion, by some of our northern members, of another hundred miles challenge walk. A large part of the proposed route for the event will be along the Cleveland Way national long distance footpath and so it is fitting that the walk is to be called "The Cleveland Hundred". The prime movers behind this exciting new challenge are Peter Sleightholm of Bolton and Tony Cresswell of Newcastle, both of whom are experienced long distance enthusiasts, having completed the Downsman Hundred this year. The advance details are as follows:

The walk will take place over the Spring Bank Holiday weekend, (May 29,30,31) and the start will be at Scarborough. The Cleveland Way will be followed northwards and then westwards until it meets the route of the White Rose Walk which will take walkers southwards to Whitestones where the Cleveland Way is rejoined. The Way is followed to its end at Helmsley and the finish will be either at Malton or Scarborough. The final section is not yet finalised.

The organisers welcome all offers of help, which may involve checkpoint and other duties. Potential walkers and helpers might consider travelling to the area with their families to explore the North York Moors National Park before or after the walk. For those dedicated souls who can help but would also like to do the walk, an "Officials Walk" is being arranged over the Easter Holiday.

All offers of help should be sent to General Organiser Cleveland Hundred, Peter Sleightholm

Further details (when available) and entries to Entry Secretary Cleveland Hundred, Tony Cresswell

**MEMBERS IN COMPETITION** Two omissions in previous Newsletters can now be rectified. Referring to the last Leicester to Skegness Centurion qualifying walk we stated that no LDWA members took part but in fact Paul Briggs (LDWA 234) completed the walk. At the more recent Ewhurst Hundred our first member to finish was Peter Worth (LDWA 338) who took 20.29 for 13th place, and we thus had four finishers.

September 6th saw the fiftieth London to Brighton Road Walk and again Peter Worth was the first LDWA member to finish. He was 7th in 8.50. Further down the list were Paul Briggs and Alan Blatchford, both just over 10 hours. Veteran walker John Henderson (LDWA 603) also completed the walk.

The twenty-fifth London to Brighton Running Race (53 miles) took place in September and thirteen LDWA members were among the 109 who set off from Big Ben to run to the sea. Our first member was Derek Funnell who took 5.49. Don Turner recorded 6.19 for his thirteenth run, whilst David Rosen took 6.35 for his first attempt. Other members who finished were Ron Jeans (6.35), Bob Meadowcroft (6.36), Alan Blatchford (6.55), Graham Peddie, warden of Tanners Hatch Youth Hostel (7.33), Dan Coffey (7.40), Doug Sudbury (8.01) and Joe Teesdale (8.05). With this run Alan Blatchford lifted the record number of completions to 14, and having previously done the walk achieved an unusual double.

Further afield, Tom Benson (LDWA ) successfully completed the Rotterdam 160km (100 miles) within 24 hours to pick up a cup and diploma for his efforts.

# Future Events

AND ACTIVITIES - JAN.-APRIL

## JANUARY 1st - NEW YEAR'S DAY SURREY INNS KANTER.

A repeat of last year's idea but shorter courses and lots of pubs. Start at West Horsley Village Hall (GR 078531) 9.15 a.m. Further details from the Organiser - Keith Chesterton

## JANUARY 3rd - RESERVOIR ROUNDABOUT - Wales (Builth Wells about 15m.)

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

## JANUARY 11th - WINTER TANNERS WALK - Mid-Surrey.

When the Tanners Marathon was originally planned the first Sunday in July was chosen because there would be plenty of daylight and the ground would be dry and firm. Now there is to be a preview walk over the 1976 route (30 miles) when conditions are expected to be at their worst and the daylight minimum. The event will be informal but only strong walkers should contemplate coming. Start and finish at Leatherhead, Surrey. Further details from Alan Blatchford

## FEBRUARY/MARCH - THREE PEAKS TRIAL - South Wales.

This 22 miles test starting and finishing at Crickhowell Youth Hostel involves the ascent of the main peaks in the vicinity - Sugar Loaf 1556', Skirrid Fawr 1596' and Blorenge 1834' (or in reverse order). Final details not yet confirmed but the Y.H.A. Regional Secretary suggests writing to the following address in February: Y.H.A. South Wales Region, 35 Park Place, Cardiff.

## MARCH 27/28 - TANNERS/HINDHEAD WALK - Surrey.

Linking the two Youth Hostels through some 27 miles of fine Surrey scenery. Start at either end on Saturday, using either a route description or orienteer style by control points. 8.30 - 10.30. On the Sunday, start from Hindhead only. Maps O/S sheets 170 and 189 1" or 186 and 187 150,000. Details and Hostel bookings to Graham Peddie, Warden at Tanners Hatch Y.H.

## APRIL 10th - MID-WALES MOUNTAIN WALK.

22 miles and 7,000' of ascent over 9 summits including Cader Idris, from Dinas Mawddwy to Kings Y.H. Use Map O/S 116 to find route between checkpoints. Certificates to all finishers. Safety kit to be carried. Y.H.A. membership may be necessary. Full details from N.Tandy, as above.

FELLSMAN HIKE - 15th and 16th May, 1976. 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" S.A.E. for your entry form and a 5" x 8" S.A.E. when returning your entry form.

# Ballinascorney

by JOE GLOVER (LDWA 419)

SELECTED "WAY-OUT" WALKS

IN SOUTHERN IRELAND - NO.1

## to Lugnaquilla

The longest and most accessible of these is the "Lug" walk in the Wicklow Mountains, initiated and accomplished by members of The Irish Ramblers' Club on 12th May, 1974, when nineteen covered the 27 mile route from the Stone cross at Ballinascorney, about 11 miles S.W. of Dublin, to the summit of 3,039' Lugnaquilla, crossing, en route, two high-level main roads which conveniently divide the route into three fairly equal sections.

Although I have never covered the route myself I know it is fairly heavy going in many sections but also without doubt, one of the greatest challenges in Ireland which at no point drops below 1,500 feet and crosses some 18 summits. As the I.R.C. members set out to complete the walk - not to regard it as a race - their time of 15½ hours represents sound, steady going on a pleasant day.

Much more remote and of the same length is the walk over the desolate Nephin Beg range in N.W. Co. Mayo. This commences in the village of Bangor Erris (½" O.S. Ref.F860230). Head south and immediately after crossing a bridge outside the village pick up the ancient track on the left which winds its way along the lower slopes of Knocklettercuss (1,208'). Leave the track and cross this top to attain the wilderness of bog beyond as you head for Maumykelly (1,205') the start of the main ridge. A steady uphill grind will bring you to the huge burial mound topping Slieve Car, which affords a most magnificent and panoramic view on a clear day. This is probably the most inaccessible summit in Ireland and once there you have reached your "point of no return" - so you might as well press on! - even though the toughest section is still ahead.

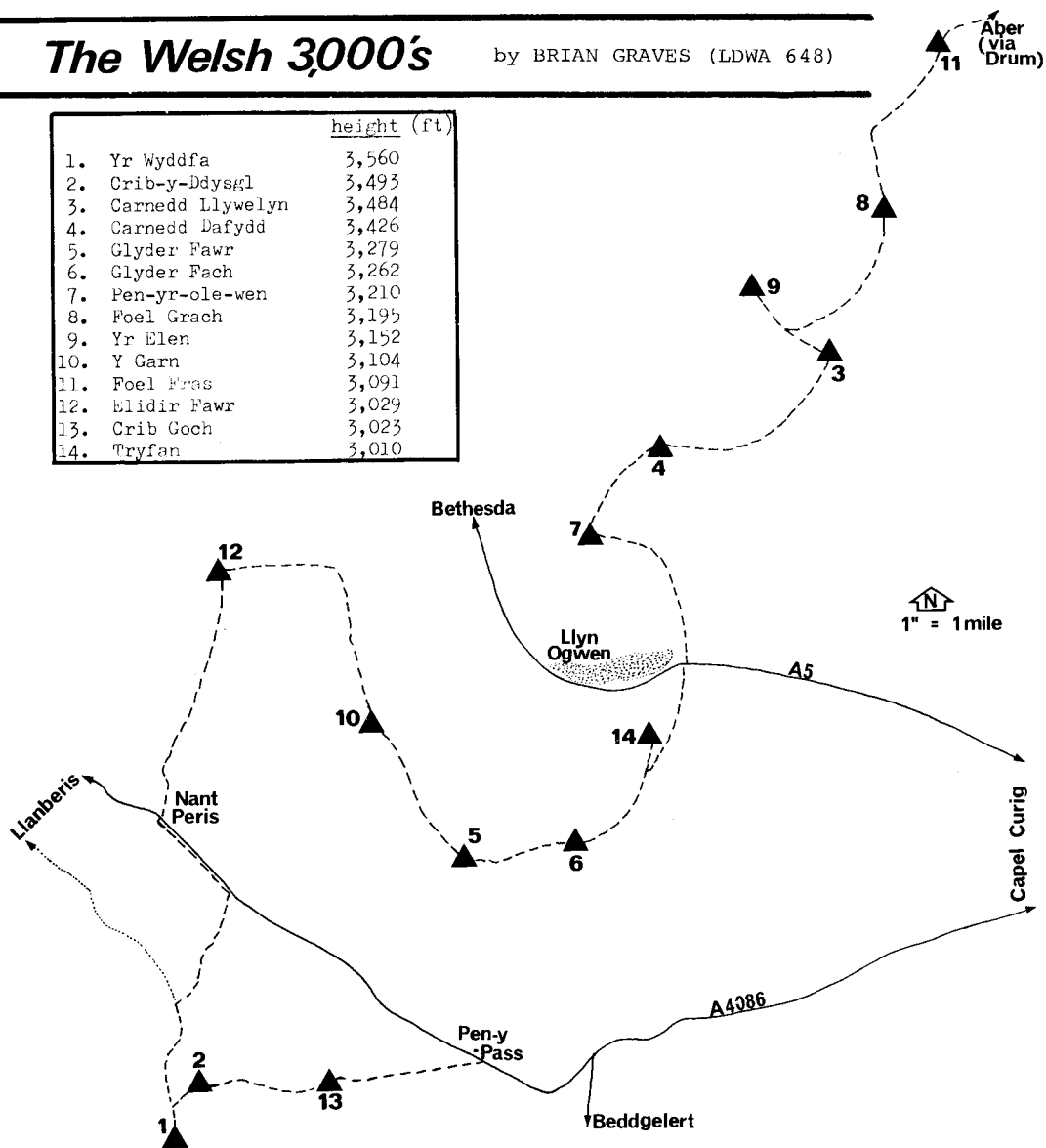
It is an amiable tramp through intermittent broken sections of bog to Corslieve overlooking the twin pools of Lough Scardaun and once past these you indulge in some collar work before attaining the flattish summit of Nephin Beg, (2,065'). Head south over a minor summit, cross a substantial stream and hammer on for the next top, Glenamong (2,067'). Two delightful loughs down on your right serve to make the next section the most picturesque part of the route and after reaching the next summit, Cushcumcarragh (2,363'), you will be surprised to find ahead a true knife edge, easily bypassed on the left. The last major summit (does anyone know the Irish for "the Green Monster" - for so it is aptly nicknamed!?) leads S.W. towards the tops to the south of Lough Anaffrin and to Claggan Mountain (three top-guess which is the highest or cover all of them as I did to make certain!). Now swing due south to the village of Mulrany where food and drink may once more be consumed in this, the first vestige of civilisation in 27 lonely miles.

I understand my own effort, which consumed 18 hours (mostly at night) is the only one to date, so here lies a real challenge for someone looking for something right off the beaten track. Little changes in this part of Ireland, least of all the hospitality.

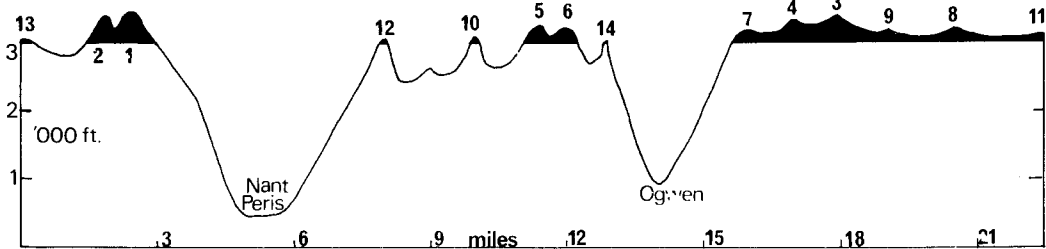
# The Welsh 3000's

by BRIAN GRAVES (LDWA 648)

	height (ft)
1. Yr Wyddfa	3,560
2. Crib-y-Bdysgl	3,493
3. Carnedd Llywelyn	3,484
4. Carnedd Dafydd	3,426
5. Glyder Fawr	3,279
6. Glyder Fach	3,262
7. Pen-yr-ole-wen	3,210
8. Foel Grach	3,195
9. Yr Elen	3,152
10. Y Garn	3,104
11. Foel Fras	3,091
12. Blidir Fawr	3,029
13. Crib Goch	3,023
14. Tryfan	3,010



Cross section from Crib Goch to Foel Fras

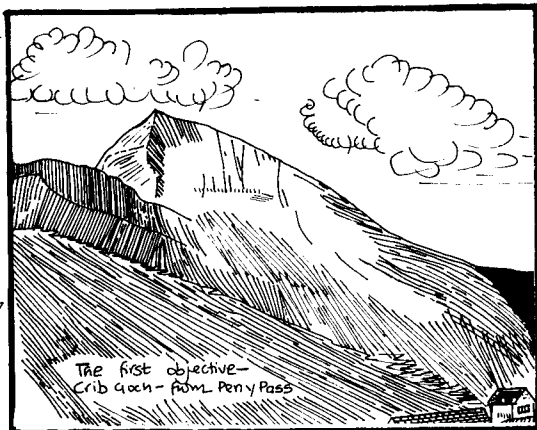




## THE WELSH THREE THOUSANDS.

A classic mountain walk embracing the fourteen peaks in Wales in excess of 3000'. From the first to last peak is a distance of about 23 miles with almost 10,000' of ascent and these distances are increased to almost 30 miles and 12,000' for attaining the first summit and descending from the last.

Most people seem to start from Pen-y-Pass and finish at Aber on the north coast. From the former (1169') you take the PYG track to Bwlch-y-Moch and thence a 1000' climb to the summit of Crib Goch. Now across the narrow ridge and over the pinacles with magnificent views all around. After a short descent, a steady ascent soon brings one to the second peak, Crib-y-Ddysgl. It is now only about a ten minute stride around to Yr Wyddfa, the highest point of the route.



Next a descent of just over a 1000', following the railway line, to near Clogwyn Station, where you descend steeply to the foot of the Llanberis Pass. A mile along the road brings one to Nant Peris and the start of the slog up to Elidir Fawr - probably the hardest part of the route.



The Glyder range is the next objective - a pleasant descent is now made to the saddle between Mynydd Perfedd and Foel Goch. This latter peak (2727') is soon attained and after about  $\frac{1}{2}$  mile of a slight descent over grass a short pull up brings one to the fifth peak, Y. Garn. It is worthwhile to rest here and look around; to the south can be observed the already conquered Snowdon group, to the east can be seen the Glyders and Tryfan, whilst across the Ogwen valley are the Carneddau, the group of hills which contain the last six mountains on our route.



Down we go again, this time to the col above the Devil's Kitchen, before making the 900' ascent to the summit of Glyder Fawr with its tremendous array of chaotic boulders.

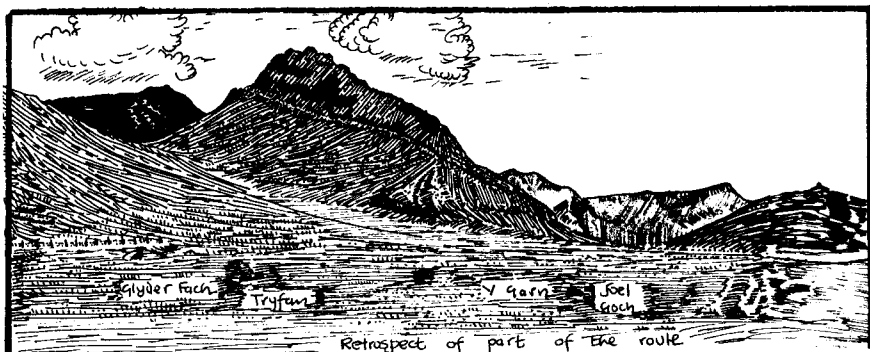


Next across the plateau to Glyder Fach where you pass, firstly, the 'Castle of the Winds' - a huge pile of mainly vertical slabs of slate, and secondly, the Cantilever - a great slab poised on some upright crags.

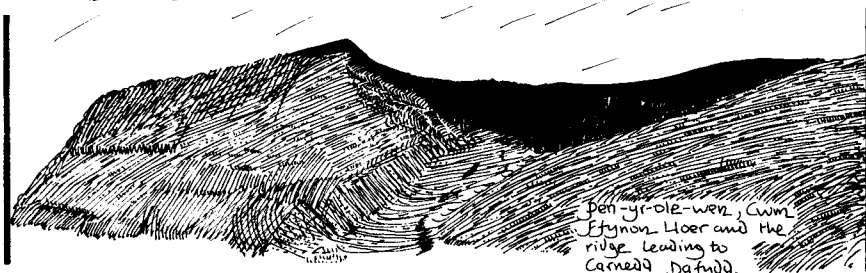


From the lower Glyder you descend to the right of Bristly Ridge, down the scree to Bwlch Tryfan (2350'). It now makes a pleasant change to clamber over boulders etc., having made most of the recent ascents on grass or rough terrain, to reach the summit of Tryfan. Enthusiasts can leap from Adam to Eve as the two conspicuous rocks marking the summit are named. Various descents are available from Tryfan but I have usually dropped down as the outward route and then picked up the Heather Terrace to the A5 at Llyn Ogwen.

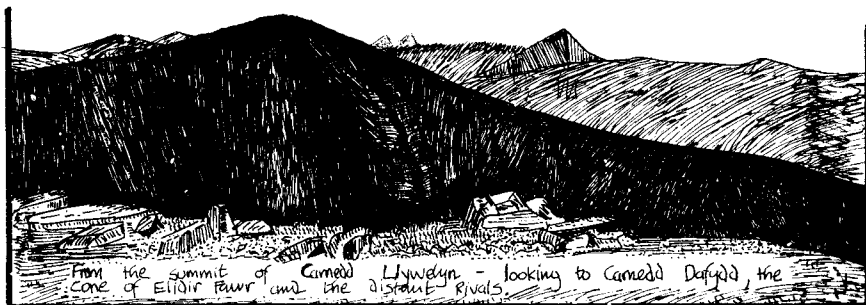
And so to the final section. Pen-yr-ole-wen is the first objective of the Carneddau. A climb of about 2,000' is necessary and at this time any ascent is going to be hard going. One can either ascend by the direct southern ridge or via Cwm Ffynon Lloer and its eastern shoulder.



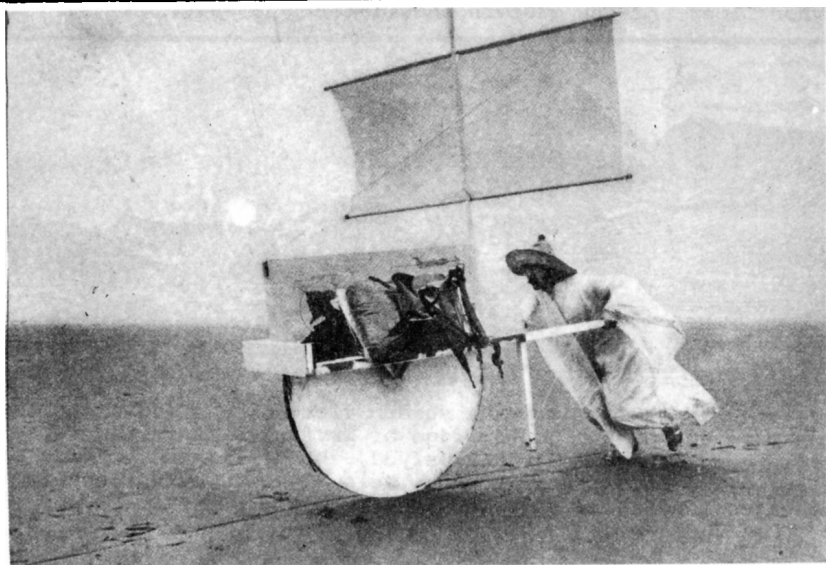
Once at this summit note the superb vista of Cwm Idwal and the fine prospect of the north ridge of Tryfan. It is now relatively easy going to Carnedd Dafydd, the tenth peak, and an undulating two miles, not dropping below 3,000', brings one to the highest point of this section - Carnedd Llywelyn.



You now turn north-west to soon reach Yr Elen - one of the more shapely hills in this region. A return must be made towards C Llywelyn before turning northwards to the penultimate peak - Foel Grach. A continuation along the wide ridge, for about 1½ miles, brings the actual 3,000's walk to a finish at the cairn on Foel Fras. However, to reach Aber, there are about six more miles to be covered. Drum (2529') is reached in just over a mile and from here an easy track can be descended to the final destination.



# TRANS — SAHARA by REV. GEOFFREY HOWARD.



My aim to walk across the Sahara Desert from North to South carrying my own food and water has been fulfilled. Beginning on December 24th, 1974 at Beni Abbes in Northern Algeria, I arrived at my destination, Kano, on March 28th, 1975, 94 days later.

The first 235 miles were on a good surfaced road but were nevertheless difficult and unpleasant. High winds, cold, and steep hills coupled with my not being used to pushing the barrow made me doubt that I would get very far in the desert itself. To my amazement, on leaving the road at Adrar I began to make better progress than previously, covering one 69 mile section in three days. My body was getting used to its new function.

Elation was deflated on leaving Reganne when fifty miles of soft sand almost made me give up.

Ain Salah to Tamanrasset, 430 miles, was reputed to be difficult being very rocky and mountainous. The barrow made good progress over this terrain though the wheel and spare wheel both became severely damaged. Were it not for the hard work of Paddy (army support team) who ingeniously repaired both wheels with bits of metal he found in the desert, neither wheel would have made it.

It was on this section of the journey that I was almost killed when my tent caught fire. The accident occurred as a result of my own stupidity. Being short of torch batteries, I relied on candle light inside my tent. The fire occurred in the evening when changing a gas cylinder inside the tent. My usual routine for this was to open the flaps of the tent and lean on my elbows outside the tent. For reasons obscure to even myself, I began to fit a new canister inside the tent less than one foot away from the naked candle flame. There was an escape of gas and immediately the inside of the tent was enveloped in

flame with me zipped inside. My escape was miraculous. Everything burnable inside the tent was completely destroyed with the exception of my passport, travellers cheques and air ticket. My escape and the preservation of my vital documents assured me more than ever that I was surrounded and protected by prayer and it gave me an unshakeable feeling that I would finish the walk in safety.

On arrival at Tamanrasset with an infection in one of my burns it was the same Fatherly care that placed an Italian doctor, on holiday in the Sahara, next to us on the camp site. He treated my infected burns. At Tamanrasset the spare wheel was welded and four more spokes added.

Tamanrasset to In Guezzam, 252 miles, was the longest section without water. In spite of initial difficulties with mountains and later on with deep sand, it took less than 10½ days. Both wheels were now in a serious condition and it seemed that they would reach Arlit but not much further.

In Guezzam to Arlit was gruelling and described in my notes as 'absolute Hell'. Very soft ground and temperatures well over 100°F. made for misery. On arrival at Arlit the French miners gave us a terrific welcome headed by a Champagne reception. It was essential to have both wheels repaired at Arlit. The bearings of the steel wheel needed regrinding and the aluminium one welding. Aluminium welding requires sophisticated equipment and is almost unknown in Africa. It was no fluke that they had the equipment and did the job at the mine. From Arlit To Kano there was only one difficult section of 80 miles. Two and a half days later I reached Kano.

It is difficult to say how much we have raised for charity at this point but it would seem well in excess of £1,000.

POSTSCRIPT (Which came in a letter to the Editor).

The problems I faced in walking across the Sahara Desert were in many ways different from those which your readership will normally encounter. First, I was not simply walking but I was carrying all my own food and water in a wheelbarrow and pushing it over very difficult terrain at times. Secondly, I had to face intense heat whereas many of your readers would tend rather to face the cold.

Having said that I will now go on to give you what you asked for, namely the secret of my success. It will be no surprise to you that I base this on preparation and fitness. What you may find surprising is that I have never been one to take part in sport. Even at school I always found ways of getting out of games lessons. To contemplate, at the age of 28, walking across what I considered to be the most difficult terrain in the world meant that I had to undergo very strict training. The difficulties at first seemed insuperable. I had, and still have, weak arches which made standing for more than a few minutes painful, let alone walking. I was extremely unfit. The first problem was easily overcome with steel arch supports. The second through a great deal of hard training. It seemed that training was going to be impossible since I only had about an hour or a little more per day for this purpose. Therefore, instead of walking I decided to acquire fitness by running, thereby increasing the distance covered and by strengthening not only my legs and feet but also heart and lungs. As an indication of how unfit I was I went on my first training run 18

months before the Sahara walk and I ran one mile in 9½ minutes. At the end of this I was completely exhausted and the following day very stiff. After that I went running most days until I was running between 10 and 20 miles per day in reasonable times considering my former unfitness. For instance, I was able to cover 18 miles in 2 hours and 8 minutes. Training was never easy and I always had to force myself out on to the road. It was, however, really beneficial and eventually I reduced the rate of my heart beat to almost one half. It may be of interest to know that I began artificial acclimatisation by making my runs in many layers of clothing, some of which were plastic to prevent the evaporation of sweat.

In spite of all this training I found pushing the wheelbarrow very difficult indeed and was able to cover only between 15 and 20 miles per day during the first three weeks. After that I became more and more used to the exercise and my daily average increased. As for footwear, it did not seem to matter which I chose. I used both heavy boots and training shoes and frankly could not decide which I liked best. The most important thing seemed to be that the shoes were well broken in.

Pushing the wheelbarrow out there expended a great deal of energy and I found that I was perpetually hungry even though I was eating three or four times my usual amount of food. At home, even when training, I was only eating about two pounds weight of food a day. In the desert I ate more than three times this weight per day.

As for health, I felt extremely well during most parts of the trip. Since I have been back and have been taking far less exercise, I have often been light headed and lethargic and am absolutely convinced that the human body is made for exertion and performs and functions best when it is used properly.

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#### LDWA AND THE FINGER LAKES TRAIL CONFERENCE

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The Association already exchanges newsletters with both the Fell Runners Association and Offa's Dyke Association, now we may be exchanging publications with the Finger Lakes Trail Conference of the U.S.A.

For those who have never heard of the Finger Lakes Trail, and that is probably just about everyone reading this, it is an east-west footpath system across New York State from the Catskills to the Allegheny Mountains. Apart from the main "trunk route" there are many side tracks (they call them trails) and when the whole network is complete it will total about 650 miles. Eventually the FLT will connect with the 2000 miles long Appalachian Trail, the Long Trail of Vermont (250 miles), and the Bruce Trail of Canada (450 miles).

One wonders what magnitude of challenge walks we would be thinking of if such extensive paths existed in Britain! However, those that live close by the FLT don't seem to rush things as the following excerpt from their News tells:

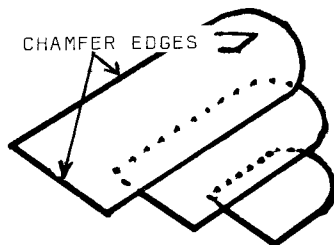
"Over 50 people gathered at Nunda, N.Y., for the 8-mile hike on the GVHC Section ..... The leader, Ed Willis, was assisted by four co-leaders, all of whom co-ordinated the hike."

Should anyone want to know more of the FLT they should write to Wallace Wood

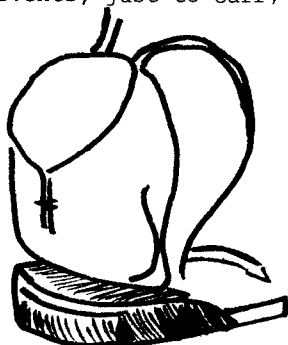
# THE GEN VINE

THE GENERAL  
INFORMATION  
GRAPE - VINE

**1. HEELS.** It has been discovered, quite by accident, that heel comfort depends on the inside of the boot at the rear end being absolutely flat. Some boots are made rounded and some just collapse in the middle with age. Theory is that the centre body of the heel should take the weight not the outer rim as this only leads to pressure and blisters. If your heels sag, get some thin cork (insoles will do the job) and build them up with two or three progressively larger layers, sticking each in place with gum, with the final layer very accurately trimmed to fit inside the rounded heel to terminate at the instep. Chamfer instep edge on under side to avoid a ridge.



**2. SKI BAGS.** The ski bag worn round the waist is becoming popular with eventers and marathoneers for the middle distance events, just to carry the minimum in waterproofs, food and drink.



They are useful too for the long events, used in conjunction with a light rucksack, as drink etc. is available to hand and you don't have to stop and rummage in your bag, the advantage being that you can swing it round to your front and the contents are easily accessible.

One other advantage could be that you are distributing some of the weight to the waist.

This idea came from Tony Youngs (626) Surrey Group.

**3. ACCOLADE.** This electrolyte, now the established "in drink" with a number of eventers and marathoneers, especially in hot weather, is being carried in the powder form for mixing at drink points en route.

A convenient way to carry is in small envelopes each containing the required measured dose. Staple the desired number together, tear off, pour and stir.

**4. POCKET FLAPS.** Buttons on shirt and anorak pockets, flies or wherever, are impossible to do up with icy fingers. Replace them with an inch or two of Velcro which closes instantly and securely and you know your valuables will be safe even if you remove the garment.

MOST PEOPLE HAVE DEVELOPED THEIR OWN LITTLE DODGES TO OVERCOME THE ODD SNAG THAT CROPS UP WITH CLOTHING AND EQUIPMENT. PASS IT ON THROUGH THE "GENVINE", LET OTHERS BENEFIT AND KEEP THE FEATURE GOING.

# ***Skipton and back*** by CYRIL RICHARDSON (LDWA 230)

Having been interested in fell walking over many years, and combining this with the kindred sport of pot-holing mainly in the Yorkshire Dales, I have gathered a lot of knowledge about areas off the beaten track. When I walked the Fellsman Hike I felt I knew a lot about the surrounding countryside, remembering past incidents above and below the route!! With this in mind, I would like to relate a favourite walk of mine together with various alternatives, using the bus from Skipton. These walks could be of interest and may be used for training by people living in the area.

Leaving Skipton by the 10.45 a.m. West Yorkshire bus (SUNDAYS) to Buckden; this is a delightful drive up Wharfedale, calling at Grassington and Kettlewell and arriving at Buckden at 11.30. Proceed along the Hawes (Fleet Moss) road to Hubberholme, to the George Inn, an old world pub (for lunch?). Now continue along the road which is walled until you come to a farm on the left hand side (walls end here). Turn left at the farm, follow path on the right hand side of Raisegill (G.R.905786 Sheet 90 Scale 1" Series), which takes you over Horse Head Pass to Halton Gill in Littendale. From here there are two variations.

1. Turn right at Halton Gill to Foxup, a little hamlet at the head of Littendale, then climb Plover Hill. Proceed along the ridge to Pen-y-Ghent, and a second stop can be taken at Horton-in-Ribblesdale. We then take the usual route via Sulber Nick to Ingleborough and then to Ingleton, returning to Skipton on 8 p.m. Pennine Bus.

2. Same route to Halton Gill, cross the bridge to the Stainforth road, walk to the top of the hill. When you reach the level open road, take bearing 204° to Fountains Fell. Unfortunately, you have to descend to Pen-y-Ghent Gill; if you are lucky you will notice the stream sink, leaving a dry river bed. The long climb to Fountains Fell is rewarded with a stop at Fountains Tarn, a beautiful place; here one is surrounded by a narrow band of land with no other mountain summits in view.

From here you take the Pennine Way route via Malham Tarn to the village of Malham. It is a pleasant walk down the river side and road to Gargrave. Taking the Pennine Bus to Skipton. Check bus service time tables before going.

4000 PENNINE PINTS. When Alfred Wainwright added the footnote to his Pennine Way Guide - "If you make it have a pint on me" little did he think that so many people would be tackling, and completing the whole length of the Pennine Way footpath. Now it is reported that over 4000 walkers have claimed the pint, including a record 1600 this year alone, which has cost him nearly £300. Originally, Wainwright deposited £50 with the landlord of the Border Hotel at Kirk Yetholm to pay for the few pints that he expected to be claimed, but very soon this ran out and he had to send the landlord regular sums of £100 or more. He now says that the pints are costing more than the royalties he receives for his books. If you want to qualify for a Wainwright pint, we suggest you set off soon.

A.W.B. based on Sunday Express Report.



# AN EXMOOR MARATHON

by ALAN PROCTOR (LDWA 961)

Picture by J.L. Iason



Near the Doone Valley Head

Six of us motored down from Wiltshire on a Friday night in August heading for Minehead and supper, after which we drove on up Porlock Hill and on to the moor proper where we bivvied for the night. We were up early the following morning to find quite a pleasant day. After a hot drink and cold breakfast we drove on the few remaining miles to Exford and the free car park. (There is a Youth Hostel at Exford but we wanted to get an early start,) The decision to start and finish at Exford had been made because of the car park and, more important?, the pub. By 6.50 we were off, taking the by-way up the hill and out of the village, a steady climb between high hedges giving occasional glimpses of the surrounding country-side. Soon we arrived at Hillhead Cross and headed down the track towards Greenlands and Almsworthy Common feeling that we were on the moor at last. Only about a mile to Aldermans Barrow where the Exmoor hand-book says the boundary leads to Black Barrow, none of us were purist- so we stayed on the good track to the ruined farmsteads of Larkbarrow and Toms Hill.

At the head of the famed Doone Valley a small foot bridge crossed the stream and we turned up Hoccombe Water on a faint but smooth track to the road at Brendon Two Gates. Straight on over the road, only one or two cars and a coach to be seen as we approached, and on to the three short sharp ups and downs of the combes which drain The Chains down towards Lynton and Lynmouth. Entranced by the views, the sun and the gentle cooling breeze, we stormed on past the turn at Saddle Gate and put in a loop to pick up the line of boundary stones leading south to the road above Challacombe, near the Edgerley Stone. We stopped for lunch in the lee of a wall and all had a doze for

an hour. South of the road and up again to Moles Chamber still climbing up on to a ridge road, splendid views south towards Dartmoor and a few pauses to pick bilberries, to Sandy Way Cross. The Sportsman's Inn was not yet open so we pressed on. The weather was closing in and the odd shower we had experienced earlier in the afternoon was now becoming steady continuous rain. The next hostelry was  $4\frac{1}{2}$  miles away at Withypool and the 500 ft descent was covered in good time. After a pleasant hour quenching our thirst, the last  $2\frac{1}{2}$  miles to Exford over the hill on the road past Chibbet Post were soon over. In the increasing rain we reached Exford car park and headed for a celebration meal of fish and chips in Minehead. Mileage about 26 - Exmoor 1" Tourist Map.

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## THE GEOIDS WALK AGAIN

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Portsmouth Polytechnic Geography Department (alias the Geoids) confirmed their reputation as the centre for long-distance walk-education, when the second annual staff-student challenge walk was held on St David's Day, March 1st. The route this year was that of the SORVIDVNVM XXV, devised by Wilf Lyman for an informal LDWA walk last autumn. Under the guise of a historico-geologico-geographical field trip, 37 members of the Department set off from Old Sarum shortly after 9 a.m. After a bit of drizzle in the first hour, the day turned out fine, and the going was reasonably dry. The delights of the Railway Inn at Horsebridge proved a bit too much for some walkers. John Harrison walking for the academics, in a fine demonstration of gamesmanship, persuaded half of the third-year student team to drop out here. 27 walkers carried on, however, to finish at Winchester.

First men home were first-year students, Ross Jervis and Tony Martin, who took 6 hours 10 minutes. Most outstanding individual performance, however, was undoubtedly that of 50-year old technician Leo Davenport who outwalked the great majority of walkers who were less than half his age, to come in fifth.

On the basis of ratio of finishers to starters, the first year students were declared the winners with 100%, and were awarded first prize of a bottle of whisky. Second were the cartographers with 78%, third the academics with 63%, with the third-year students bringing up the rear with 55%. Various brands of Chateau de Plonk were awarded as prizes to the losers, as the hired coach returned its slightly inebriated passengers to Portsmouth.

OLIVER DIXON (53)

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### PENNINE WAY ACCOMMODATION LIST

Copies of this leaflet are still available from John Needham Send 15p. and S.A.E. to:

OFFA'S DYKE PATH. You can obtain copies of "A Guide to Offa's Dyke Path" by Christopher John Wright. Published by Constable Price £3.26 inc. p & p., from: Sven Neal

# SHORTS and BRIEFS

SADDLEWORTH FIVE TRIGS. Bob Tait writes to point out an inaccuracy on the map accompanying the article in Newsletter 12 (not the artist's fault). The Mountain Rescue post at Ashway Gap House (O22043) has been moved, some two years ago, and is now situated at the Wardens Briefing Centre at Dovestone Reservoir, GR 013034.

DOWNSMAN HUNDRED. All who successfully completed this year's Downsmann Hundred should now have received their badges and plaques where ordered. There are a few surplus cloth badges left and these may be purchased, by those eligible to wear them, at 25p. There are also a few reports, route details and sketch maps left. Send 15p for copies to Alan Blatchford

THE DREADED DYNAMO? A drop of 5-Star, or a marathon killer? I have seen several people drinking Dynamo glucose drink on marathons and within a short time they have shown signs of extreme fatigue, dizziness and nausea. In some cases I feel that this has been a key factor in early retirement from events. Similar observations have been made by at least two other people to my knowledge and I would be interested to hear of other people's experiences with the dreaded drink. Could be we should treat the stuff with great caution?

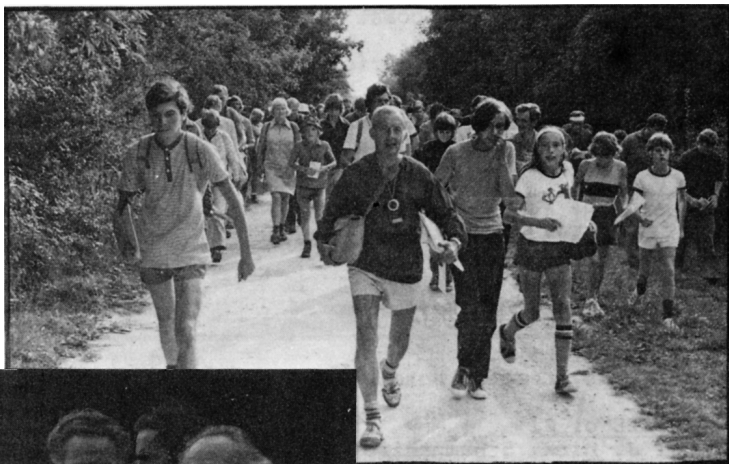
NEVILLE TANDY (130)

HAROLD MARTIN (369), aged 66, of Yeovil, has written to report that he successfully completed his 515 mile walk along the S.W. Peninsular Path in aid of Lifeboat funds, and it took him 15 days.

## RIGHT

The start  
of the  
Guildford  
Boundary  
Marathon  
1975

Chilterns  
Marathon  
Organiser  
Vince Smith  
in centre



## LEFT. Long Mynd Hike.

Waiting for the horn to blow.  
Tony Youngs, The Editor, Mem-  
bership Secretary & Treasurer

# CLEVELAND WAY LINK

by MALCOLM BOYES  
(LDWA 132)

We have just completed a new walk and I thought you might like to mention this in the 13th Newsletter. On May 3rd at 8.30a.m. 5 walkers set out from the coast near Burniston, above Scarborough. The intention was to create a new route to enable walkers on the Cleveland Way to do a circuit. The obvious advantage being that one could start and finish in the same place, Scarborough, Whitby, Guisborough or Helmsley.

The five walkers were Colin Hood (LDWA 17), Maurice Boyes and myself, all from Malton, and June and Pete Gough from Ravenscar. We headed westward on rights of way through Burniston to Reasty Bank where we joined the Forestry Commission's long distance trail for about 8 miles. Leaving the walk at Crosscliffe we continued on to Saltersgate and Levisham where we stayed overnight.

The following morning we continued on to Levisham Station, Stape, Hartoft and Lastingham. After dinner, which was taken on Lidsty Hill where there was a marvellous view, we continued through Spaunton to Hutton-le-Hole. For anyone doing the full Cleveland Way this would be an ideal stop over point. We continued through part of Farndale, famed at this time of year for its wild daffodils, to Harland Moor.

Sleightholmedale was crossed near Pannyholme and then we passed around Birk Nab to finish down Riccaldale, entering Helmsley market place at 9.10 p.m. on Sunday night to establish the 'Missing Link'. The total walking time had been 21½ hours.

The route cuts off the Cleveland Way about 15 miles and adds another 50 miles. The section which is eliminated (assuming the person wants to) is the walk around Scarborough's sea front and the walk down the coast to Filey, which is in many places alongside caravan sites. The new route includes many fine viewpoints and a great variety of scenery.

## NORTH YORK MOORS RESCUE TEAMS

### Crosses Walk Raffle Prize Winners

<u>1st PRIZE of £20</u>	
Mrs M.Earp	No. 8419
<u>2nd PRIZE of £10</u>	
S. Angus	" 6663
<u>3rd PRIZE of £5</u>	
Charles	" 4659
<u>4th PRIZE of £1</u>	
Mr J. Dick	" 1764
J.W. Fallentire	" 7021
Mrs Walker	" 1320
J. Young	" 9966
N. Sutton	" 9082

Malcolm Boyes and the Rescue Teams thank you for your support .

# LETTERS to the editor

## RECORD BREAKER

I wonder if you would be kind enough to publish in the next Newsletter a word of thanks to two of our members, David Albert Rees (LDWA 919) of Liverpool and Mr Eric Dilks (LDWA 1250) of Clapham, London, for their wonderful support given to me during my attempt at the World Non-Stop Walking Record at Aintree Motor Racing Circuit between 19-23 August 1975.

The event started at 20.00 hours on the 19th August and by 01.05 hours on Saturday, 23rd August, 1975, I had completed a distance of 305 miles in 75 hours, 41 hours better than the previous record holder.

My next event will be at the end of November, so I have enclosed a copy of the details.

SSgt John Brooks (LDWA 1292)

## NON - RUNNER

The photograph on the cover of the August Newsletter, showing the Association's Honorary Secretary taking part in a running race, must seem to an outsider a curious choice for an organisation which supposedly exists to encourage walking. Not, however, to regular readers, who are accustomed to seeing the exploits of runners given prominence in your columns.

Personally, I have nothing against runners and do not object to their participation in walking events (although I find it hard to understand why obviously fit and able runners should want to waste their talents in allegedly non-competitive walking events), providing they are not permitted to turn the event into a race, which is the impression given by some of your reports. It must be obvious that a runner will complete any course faster than a walker.

If the Association really wants to encourage walking, I suggest that it adopts the following policy towards the events it sponsors or organises:

1. No publicity to be given to the finishing positions and times of the fastest finishers. If these events are not races, as we are informed, what is the purpose of publishing this information, which is of concern only to the individuals concerned?
2. No participants maintaining an average speed exceeding the fastest reasonable walking speed (i.e.  $4\frac{1}{2}$  to  $4\frac{3}{4}$  m.p.h. according to conditions) to be checked in.
3. Support parties and feeding stations, except a strictly limited number of drink points, to be forbidden. One fundamental difference between a cross country runner and a walker is surely that the former is stripped down for speed and relies on outside assistance for food, spare clothing etc., while the latter can carry any necessary equipment without difficulty and should be self-sufficient. This would also cut down the number of helpers required.

In case the foregoing gives an incorrect impression, I think the Association is a valuable organisation and our Secretary and Editor do an excellent job, but I suggest it needs to get its objectives and priorities sorted out.

Stanley J. Saunders

(The funny thing about that cover picture was that we did not see it as of a man running but as a jolly good photo of Alan.  
Editor.)

## INSPIRED !

*I must say that I greatly prefer the smaller format of the Newsletter - and look forward to further inspiring front cover pictures!*

Mike Collins (LDWA 320)

## EVENTERS NOTE

*I agree with John Moore about the need to save money on stamps. (Actually, there is also the question of saving one's time - an even more precious commodity than stamps). All walks, not only Marathon walks, advertised in the LDWA Newsletter, should contain all the necessary information for an entrant so that one need not write for details beforehand. I think also that if only water (and do we need anything more) is provided at checkpoints, organisers need not ask for pre-entries (pace GBW) on the ground that arrangements for orange squash etc. must be made at checkpoints. Since postage is going up again in September (and surely it will not stay pegged there forever) the case for not using more stamps than necessary is strong. (Incidentally, is it only LDWA members from Southampton who are concerned about this?)*

*Congratulations on the new look of the Newsletter. I like particularly the cover photo of that handsome young man.*

Lubor Velecky

## SATISFIED CUSTOMER ONE

*As you are no doubt inviting comments on the new format of the magazine I am writing to say that I think it looks most professional and, of course, will take up less space on one's bookshelf. The black blobs at the end of articles are perhaps rather obtrusive.*

*A belated apology for not attending the A.G.M., but do you really want another 997 letters of apology?*

*A word of thanks, too, for putting my announcement of a Pennine Way trip in a previous issue. It netted one reply, and our group of 5 did the central section of the Pennine Way, 100 miles, in a week, giving us plenty of time to enjoy the scenery. These stories of record attempts on the P.W. give me the shudders - what a lot they miss.*

*Keep up the good work, and if the next A.G.M. is held in Hathersage I have no excuse for not coming.*

*I think Stephen Graham had the right approach to walking.*

Monica Nelson (LDWA 952)

## DITTO TWO

*With regard to the new format of Newsletter (No.12) - I like it very much, handy size - just right. Three staples to hold pages together are ample and ideal - why bother to centre-stitch wrap-around pages? The present method must be more reliable, quicker, and as you say, cheaper. I feel strongly about this!*

*I would also congratulate you on the contents and layout. I was impressed with the logical sequence and simple, consistent style.*

A.W. Horn

YOUR LETTERS ON ANY TOPIC RELEVANT TO WALKING AND THE ASSOCIATION ARE WELCOME.

# BOOKS OLD AND NEW

"A Guide to OFFA'S DYKE PATH" by Christopher John Wright (LDWA 500), published by Constable at £3.00, September 1975.

This is Christopher Wright's third guide to a long distance footpath and it is probably his best yet. The 7" x 4½" hard back is handy enough to be carried along the route but many walkers may wish to keep it on their bookshelf for reference before and after a walk along the path. Although Offa's Dyke Path is one of our lesser known national routes and it may lack the grandeur and ruggedness of the Pennine Way, this book seems certain to attract more people to attempt the journey down the length of Wales, from coast to coast.

The book divides the 170 miles trek into suitable day-long sections and the comprehensive route description is fully supplemented by "Wainwright" style maps at 1:25000. In addition there are photocopies of the Ordnance Survey Map showing the location of the sketch maps. At some points, where the route is hard to find or impracticable in certain weather, alternative ways are given, as well as the official route. Liberally scattered among the 350 pages are nearly one hundred photographs of places along the path or close by. Some of the pictures have the route superimposed upon them.

An early chapter gives the history of King Offa and his dyke (which extends for less than half the path's length) and its surroundings from Roman times until the present day. The path, which is mainly in Wales, follows approximately the English border and passes through, or near to, many castles and fortified towns dating from the time when the Welsh and English were at war. Where such places of interest are on route or within easy walking distance from the way, a description of each is given along with a plan or street map.

At £3 the book is moderately priced by today's standards and if one considers that it could be used instead of the seven 1:50000 O.S. maps, or the twenty four 1:25000 O.S. maps, then it is indeed good value.

"HILL WALKING IN SNOWDONIA" by E.G. Rowland, published by Cicerone Press at 75p. Revised 1975.

A slim 7" x 4½" guide to all the 2000 feet peaks of Snowdonia.

After a few introductory chapters, 26 separate routes are described to enable the reader to gain the summits of all the recognised peaks, but there are no sketch maps to accompany the text. Other chapters include notes on "lower walks and traverses", "a few outliers", and "the hazards". There are tables giving the details of all 2000 feet-plus peaks and "interesting traverses". The little book also contains a dozen excellent photographs but the Devil's Kitchen must have been in mist because all we get is a blank page over the caption. Although the price was more than I expected, I felt compelled to purchase a copy.

Alan Blatchford

# Reports on Past Events

## MANX MOUNTAIN MARATHON - 31st March.

"Easter, and what shall I do? I know, I've never been to the Isle of Man. How about a bash at the Mountain Marathon and a long weekend there?" George Broderick, who organises the event, accepted my entry and so I found myself travelling on the overnight boat from Liverpool pier to Douglas.

Travelling overnight Saturday is not the best thing to do as I was thrown off the boat at 5 a.m. on a freezing cold Sunday morning at Douglas and had to wait until 6.40 a.m. for the bus to Ramsey where I was staying. By the time I arrived at Ramsey I was freezing. However, a hot cup of tea and a sleep for an hour in front of a lovely hot fire put me in the land of the living once again.

The Marathon was one of the best I have done. However, I had been misled into thinking one class for fell runners and one for walkers. I was kitted up as a walker - boots, trousers, rucksack and nearly threw a fit when I happened to be the only one in the so-called "walkers" class with the walking gear on; all the rest having track suits, running shoes on etc! Still, I managed the course successfully and thoroughly enjoyed it. The Manx people I found really kind and helpful - sweets, cups of water, coffee, orange etc. at the various checkpoints, and I made friends with many people.

I recommend more people to take part in this event. All being well I shall be going back next year. Next year George Broderick says if he can get the support, then he will definitely run a walkers section, stipulating boots etc., so how about some of you or us (there are over 1,000 of us now) having a go at a great event and one which is worth every penny. For £1.50 there was the cost of running the event, a certificate (in Manx) refreshments at the end and a presentation buffet (ham and chicken salad, apple pie and cream and coffee). Of course, there is the cost of the boat fare, but travelling out Saturday and back Monday at 23.55 hours cost £5.50. This was an event worth every penny that the long weekend cost me.

JOHN LEATHER (12)

(My experiences were similar in '73 - I thought then that 11 hrs instead of 10 would make it a very enjoyable walk. How about it George? Ed.)

## CHEVY CHASE (Northumberland) - 1st June.

Member B. Richmond (716) writes to inform us that the information we gave in Newsletter 12 was incorrect. Our apologies. To put matters straight - 224 entered, 183 started, 172 finished. First home - Martin Hudson (LDWA 640) in 3.03; Second - G.D.Jones in 3.10; Third - B. Richmond (LDWA 716) in 3.15. First lady - Barbara Harrison.

## 5TH WELSH 1000 METRE RACE - 7th June.

For the first time in several years, the event was graced with perfect weather; clear skies and blazing sun being the order of the day. All that with me taking part! Kindly note, all those who believe that Tandy and rain are synonymous.



The event is split into classes: fell runners, mountaineers, juniors, ladies and a team class.

The route is a beauty, including most of the classic Carneddau traverse and much of the Snowdon Horseshoe. The two sections being connected by a sharp grind over the miners' track that climbs over the Glyder Ridge, via Cwm Tryfan. Starting at the high tide mark at Aber and finishing on Snowdon summit, this is 18 perfect mountain miles, well worth doing for the scenery, even if you are not a racing man.

Joss Naylor won the fell runners' class again in a record 3 hours 22 mins, while us mere mortals in the mountaineering class recorded times between 4½ and 9½ hours. Team prize was taken by the Parachute Battalion, pushing the Gurkhas into second place for a change.

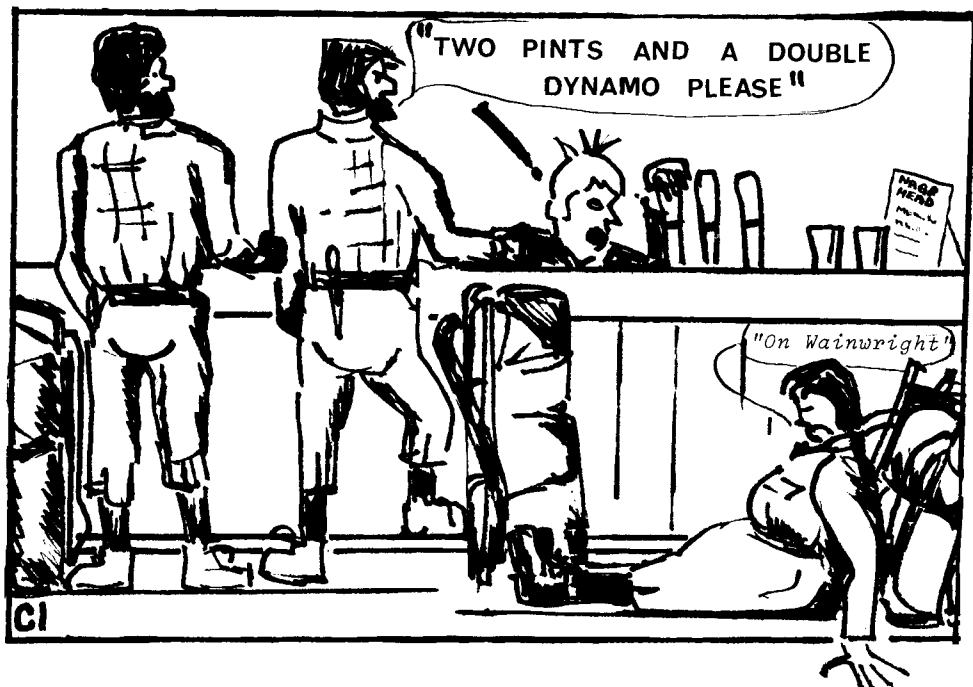
The event is organised by Dr Ieuan Jones from Llandegai, near Bangor, ably assisted by various rescue teams. Thanks are due to all for an excellent day's hill bashing.

NEVILLE TANDY (130)

#### SIX SHROPSHIRE SUMMITS WALK - 15th June.

This was once more organised by Dave Ramsay of the Fire Service; it is primarily for fire service personnel, but an invitation is extended to LDWA members.

The route incorporates some of the finest tracks and lanes in Shropshire, in its traverse of the county's six major summits, from Titterstone Clee in the east to Corndon in the west. This provides 36 miles of varied and pleasant walking across rounded grassy hills thrusting up through Salopia's agricultural patchwork quilt.



66 walkers started from the old quarry at the foot of Titterstone Clee in a light drizzle which happily soon cleared, by mid morning the weather was positively radiant!

Dave Gittus, Andy Lewsley and Pete Stephenson were soon off to a flying start - well within themselves and well without the field! Dave eventually finished first in a very fast 7 hours 5 mins.

48 finished the walk in times ranging from Dave's effort up to 13½ hours. When it was all over, most of us gathered in the "Miners' Arms" at Priest Weston near the finish. What an end to a marathon, who said we were only there for the beer!

NEVILLE TANDY (130)

#### NORTH YORKS MOORS CROSSES WALK - 12th/13th July

The walk started at 12 o'clock on a day which didn't look too promising. There was a maximum entry of 270 walkers. The rain didn't materialise until the early hours of Sunday morning; this gave at least seven walkers time to finish the walk without getting wet - they finished in under 12 hours. The rain eased about 6 o'clock and many walkers finished in fine weather. Philip Puckrin set a new record time in 9 hours and 40 minutes. The Moorhen Trophy went to Janet Sutcliffe in 14 hours 55 minutes. Ian Mackley celebrated his 16th birthday on the walk and won the Ruth Russell Trophy as the youngest to complete the course. The team Trophy went to the Lyke Wake Club consisting of P. Puckrin, L. Kulscar and G. Barnes. Our two stalwarts John Stainsby and Harry Schofield, 71 and 70, again completed the course.

A great effort which deserves mention was John Leather (LDWA 12) who helped us with the equipment check, completed the walk in 11.08 minutes to come fourth, and then helped in the kitchen for ten hours with drinks and food. Thank you John.

MALCOLM BOYES (132) Deputy Organiser

#### CROSS WALES WALK - 6th September.

After several wet years the climate relented and smiled on this year's event. Weather conditions were ideal for walking, sunny periods and a light breeze, just the job!

This year's route, at 48 miles, was slightly longer than usual. This was due to the finish being moved to Aberystwyth, a move made necessary by various problems at Borth.

63 sleepy enthusiasts gathered at the welsh border, near the Anchor Inn, above Clun and started walking at 4.45 a.m. Next stop Aberystwyth! Two miles of tarmac followed by the pre-dawn crossing of the Kerry hills and it was torches out, rub sleepy eyes and greet the dawn. Checkpoint One at 6.30 a.m. Thinks: what a way to spend Saturday! A few moorland miles to Checkpoint Two and life begins to feel normal again as we face 12 mls of tarmac that reaches into the heart of Plynlimon's wilderness. Now it is back to map and compass as mist covers Plynlimon summit. Once over the top it is not far to the Nant-y-Moch Dam and Checkpoint Four, the hardest part is over and the tea tastes great! A further 4 miles of open bountry to Checkpoint Five, leaving a final 9 miles of tarmac bashing to the sea front at Aberystwyth and a well earned rest.

53 finished, including 4 ladies. Cedric Lawton (Manchester Associates) and Andy Lewsley finished first in 9 hours 8 minutes, JUST IN TIME FOR A PINT.

NEVILLE TANDY (130)

### GUILDFORD BOUNDARY WALK - 6th September

The third bi-annual Guildford Boundary Walk attracted just over 200 entrants of which 171 started.

It was warm for September and the ground conditions were perfect for most of the 22 miles circuit of rural Guildford. Despite never being more than four miles from the town centre, the route seldom passes through a built up area and a variety of terrain is walked over. Although this is one of the shorter long distance walks it was for many people the longest that they had attempted and it was interesting to see so many family groups taking part. Two such groups had four members finish.

The one hour late start by local man Dennis Mullen (LDWA 455) did not deter him and he soon raced past the field to get back first in 3.13, the shortest time to date. During the next 6½ hours a further 158 people checked in at the finish to claim their certificates, nearly 30% of them being LDWA members. As is his usual custom, Michael Benison (LDWA 309) walked the whole route barefooted.

A.W. BLATCHFORD (2) ORGANISER

### KENDAL CHARTER WALK - 19th/20th September

The organisers had carefully chosen a night of full moon for the 11.00 p.m. start from Preston Town Hall, but unfortunately had no control over the weather. We had heavy rain in the early hours, turning parts of the towpath into gooey mud, and I think this was one of the main factors causing so many retirements. The walkers who joined at Lancaster on Saturday morning had a lovely day, but those of us who had travelled through the night were leg-weary and footsore. A comment from one competitor at the checkpoint just about summed it up "Smashing breakfast, and best of all they make you take your boots off!!"

The checkpoints were well-manned, and the checkers always had a cheery word for us, and sometimes even extra, very welcome refreshment. It was certainly unusual to have interviews during the event, and eventually to sit in Kendal Town Hall and see and hear one's own remarks, made entirely "off the cuff".

To a confirmed fell walker, the miles went past monotonously, but there was plenty of wild life of great interest to most of us, and for those who enjoy flat walking there were many beautiful stretches of canal scenery. I was very puzzled, in common with many other competitors, to find that I couldn't keep to my modest schedule, until one chap with seafaring connections pointed out that canal miles are nautical miles, i.e. 2000 yds. Since the walk was based on the milestone distances, 30 from Preston to Lancaster and then 27 to Kendal, this would mean that the total distance covered was nearly 65 land miles, in which case I was 5 minutes up on schedule, instead of 2 hours 15 mins. down. Comments from members would be very welcome on this point.

The Mayor of Preston was present at the start, but arrived too late for any ceremony, and the Mayor Lancaster saw the Saturday starters off, I believe, but had gone before we arrived. However, the Mayor of Kendal made a fine job of personally presenting the handsome certificates at the finish and found time to have a pleasant chat to all of us.

Personally, I only entered the event to celebrate Kendal's 400th Charter Year, and felt it specially appropriate as I shall be retiring to the area shortly, but if it is held again I shall be more interested in assisting the overworked organisers than in

competing. But then, my thoughts are always in the Lakeland Hills!

LES WALTERS (177)

(We also received another report on this walk from K.DALY (690))

EAST MARDEN TROPHY NIGHT WALK - 20th September.

The walk, based at Winchester Youth Hostel, was an 18 mile circular route of footpaths, bridleways and short sections of minor roads, including St Catherines Hill, Telegraph Hill, Longwood House, Lane End Down and Cheesefoot Head. A route description enabled entrants to navigate between checkpoints where questions were asked for which points were gained.

Ten teams started, which totalled thirty seven entrants, most of whom were members of Venture Units. We were gifted with a new moon, which made the walk a 'little' easier, but rain the night before made the going rather soft and slippery in places.

The first team set off at 9.0 p.m., after checking that they had the necessary first aid kit, map, compass etc., (Kingston Y.H.A. group even brought along a Gas Mask! It would be interesting to know what they were expecting to encounter en route!) Thereafter teams left at intervals of five minutes.

At Checkpoint One teams had to give the answer to ten puzzling postcards and they certainly were puzzling, as some of the teams found out to their regret!

After trekking wearily over Telegraph Hill, teams reached Checkpoint Two and the Ordnance Survey questions. At least the cup of orange juice helped cool them as they set off for Checkpoint Three. There teams tested their knowledge of first aid and were treated to a warming cup of soup. At this point, two members of one team retired, through exhaustion, which certainly proved that this walk was to be a real test.

At Checkpoint Four the marshalls waited patiently for the first team to arrive. After a two hour wait the Odd Bods team arrived at 1.50 a.m. A member of the team was invited to play Kim's Game. Thirty articles were displayed for about two minutes, the articles were then covered and the member had three minutes in which to write down all that could be remembered. It just goes to show that you cannot trust everyone, as it was at this quiz that one of the teams was caught writing the articles down on a map!!

The first team to arrive back at the hostel were the Odd Bods, who came in at 4.0 a.m. recording a time of 6 hrs 40 mins. Unfortunately, one of the members from this team had an unexpected 'dip' in the River Itchen, whilst trying to salvage an empty 'Guards' cigarette packet, one of the six items that had to be collected en route!!

On the Sunday morning, the hostel warden presented the team shield to the Nor-Stone Venture Scouts and to each entrant completing the walk, a certificate.

Lets hope that next year we will have more local Y.H.A. groups and LDWA members taking part.

P.S. Has anyone seen the 2nd Winchester Scouts roaming about the Winchester countryside, they never did check in at the finish!!!

ROBERT D. POTTER (Hon. Secretary)

#### CHILTERN MARATHON - 21st September.

The Middle Thames Ramblers had a very successful 6th event, having clocked up over 300 entries again. It is certain that the main factors that have brought this about are good fortune in having the perfect day, fairly warm with just a fresh wind, and our being able to use the Marlow Rugby Union Football Club pavilion with its excellent facilities.

Over 250 managed to gain a certificate, having completed the 25 miles inside the 9 hours- there were some pretty good times D. Rae recording 3.44 and young Rosiland Paul with the creditable time of 5.07. The youngsters were equally good in their efforts, as about ten of them under 13 won through.

It is most encouraging, after an event, to have letters of thanks and, furthermore, in a couple of cases people wrote into local newspapers to advertise the fact. We were very grateful for all the help from club members, as well as others, helping to make the whole day another good event.

For anyone interested in MTR activities (we are featuring a 17 mile walk in our next programme), please contact Mrs Molly White (LDWA 383)

VINCE SMITH (342) ORG.

#### 9th LONG MYND HIKE - 4th/5th October

Church Stretton (Salop) 3 p.m. Saturday - 243 people started from below the Long Mynd on the 50 mile, 8000 ft of ascents walk. The usual type of crowd of all ages (over 18) eager to be off- the prospect of more hours of darkness than light, even for the slowest. For the fastest it was dark to light 2 to 1. It was a very dark night.

A strong wind whipped the tops, ground conditions were good. Records were broken in all classes. 145 finished the course, 18 ladies.

The organisers call it the toughest hike in the midlands. From my observation point at 42 miles, I think I saw the toughest folk in the midlands too. This queer, unique animal, a glutton for self inflicted punishment, but I didn't hear any complaints, only a "thanks for the soup"; I did detect a wish to get started again. Whether hunger for more agony or just a "lets get it over" I could not say. There were no casualties, nobody lost, everything seemed to work out right. All checkpoints were in radio contact with base.

The tops range up to 1730 feet, 10 altogether, from Caradoc to Corndon with double crossings of Stiperstones and Long Mynd. There were more men over 50 than under 25 - many more. The ladies as usual seemed mainly in the 25-35 bracket. Fastest lady, Janet Sutcliffe of Manchester Associates, beating her own and all other ladies records at 16.05 hours. First man was again John Jackson, Barlick Bog-Trotters, with 11.55 hrs. Scout Trophy was won by A.C. Lewsley, Harrogate, 12.50, and his brother R.J. Lewsley, took the Junior at 14.34. The Novices prize went to two local Police Cadets - Ellis and Reece - with 14.22, who with Hill took the team prize 44.19. The 20th Harrogate took the Scout team prize; the Lewsley brothers with D.A. Preston 49.28.

JACK WHITAKER (1012)

#### BURLEY MARATHON - 18th October .

A new event - first in the New Forest area - run by LDWA member Brian Smith, the Burley Youth Hostel Warden.

95 started on the 30 miles course at 9.30 a.m. The majority down for the day but many staying for the evening barbeque.

The course was a flat one through attractive forest scenery though using a lot of gravelly paths. In the chill weather some fast times were made and for once walkers led the field with K. Chesterton, Surrey, and John Moore, Wessex, first home in 5.59 mins, being joined at the very end by jogger Ray Holt, Wessex. Ten others were home by 6 hrs 5 mins, so the course may have been a little short - 28½ miles?

A handsome plaque was given to the team winners - Keith Chesterton, Martin Greaves, Frank Thomas and Jeff Ellingham.

A good new event which would benefit by a bit more help for the organiser.

Next year's date - 23rd October.

KEITH CHESTERTON (81)

#### BLACKDOWN KANTER - 11th October.

Despite the promise of fine weather, a disappointingly small number attended this, the fifth of the Surrey Group Kanters. Those that were present and attempted either of the two courses were rewarded with excellent conditions and an interesting trek through the hilly ground where Surrey, Hampshire and Sussex meet.

The enthusiasts that tackled the long (at least 20 miles) course passed through all three counties, climbed the second highest point in Surrey (Gibbett Hill), and the highest in Sussex (Blackdown). Whilst the trig. point at the summit of the former was easily located, several searched in vain to find the latter Ordnance marker. Just to make the tour complete there was a descent to the bottom of the Devils Punchbowl. In all about 25 people took part but rather less successfully completed the full course.

A.W. BLATCHFORD (2)

#### MASTERS AND MAIDENS MARATHON (Surrey) - 19th October.

This event, although really outside the accepted scope of our activities, is reported here because of the number of members taking part.

It was promoted to give would-be-marathoneers a chance to test themselves over the traditional marathon distance (26 miles 385 yards). The road course was a hilly circuit of lanes in S.W. Surrey and finished at Guildford.

Despite the fact that it was not a race and no prizes were offered, the entry figure reached 186 with participants coming from far and wide. Of the 136 starters 14 were ladies and 10 teenagers. All fast runners had been barred and a time limit of 5½ hours was imposed which would give fast walkers a chance.

At the finish 119 had completed the challenge and this number included 24 LDWA members the first of whom was Terry Heard in 3.04.26 who was about 24 minutes behind the first finisher. Ann Sayer (4.47.09) and Miriam Bescoby (5.00.24) also completed the run - the first ever true marathon for women in Britain. Mike Powell-Davies resisted all temptation to run and walked in after 5.07. The event was organised by A. Blatchford and the LDWA Surrey Group provided many of the pointsmen. A.W.B.

# MORE NEW MEMBERS

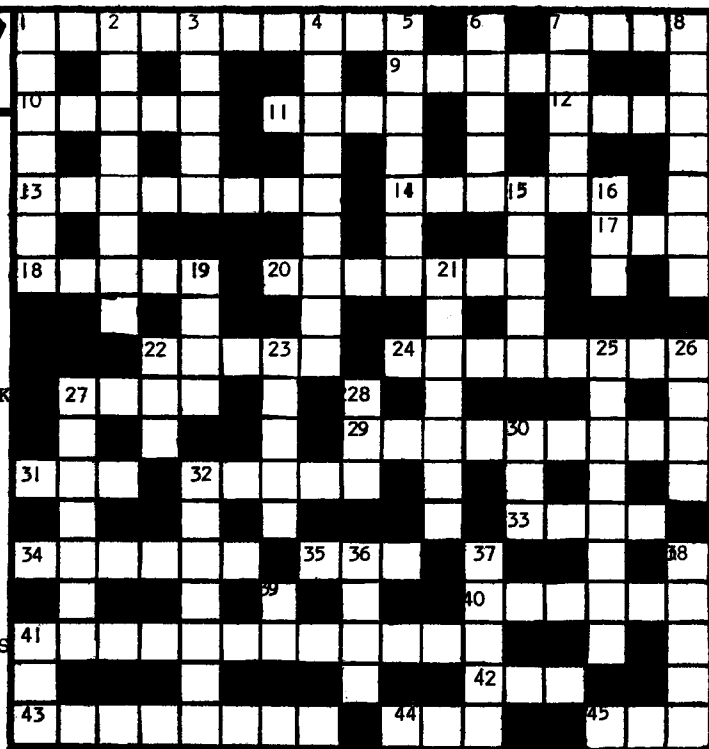
- LDWA 1087 RICHARD STANHOPE BURTON  
" 1088 GRAHAM MICHAEL PRING  
" 1089 MARK TIMOTHY MORELAND  
" 1090 GORDON HULL  
" 1091 DEREK DONLON  
" 1092 REGINALD MANNION  
" 1093 PAUL DANIEL SPENCER-ELLIS  
" 1094 ANTHONY JOHN TAYLOR  
" 1095 ALAN LESLIE RIMMER  
" 1096 ROGER WILLIAM WALLACE  
  
" 1097 PETER C. MASON  
" 1098 PAUL BOWEN  
" 1099 CLIVE WRAGG  
" 1100 JOSEPH FRANK TURNER  
" 1101 ANDREW BERNARD STANSFIELD  
" 1102 ANDREW CHARLES LEWSLEY  
" 1103 ROBERT HOLMES PURSEY  
" 1104 MICHAEL WILLIAM DOWNS  
" 1105 DONALD JUDGES  
" 1106 COLIN PAUL BOOTHROYD  
" 1107 LAWRENCE DUNRIDGE  
" 1108 IRIS DUNRIDGE  
" 1109 P. JULIAN WILDE  
" 1110 BOB GLENTWORTH  
" 1111 SIMON BARGATE  
" 1112 MISS S. BARGATE  
" 1113 JOHN WHITE  
" 1114 JAMES STUART FARNHAM  
" 1115 SIMON ERNEST DAVIES  
" 1116 NICHOLAS CHESTERTON  
" 1117 GILLIAN MARY WALDER  
" 1118 JUNE AMELIA COLE  
" 1119 BRIAN BURNS  
" 1120 ANDREW WILLIAM UNDERDOWN  
" 1121 DR NICHOLAS JOHN BURBRIDGE  
  
" 1122 TONY MAYMAN  
" 1123 D. SCURRAH  
" 1124 JOHN KENNETH PETERSEN  
" 1125 VIVIAN ANDREW HUDSON  
" 1126 MICHAEL DAVID HARE  
" 1127 GRAHAM STEPHEN FRANKLIN  
" 1128 ALAN WILLIAM SMITH  
" 1129 ANDREW JAMES SMITH  
" 1130 LARRY EDWARD NORLEY  
" 1131 ROSALIND BERYL CAREY  
" 1132 LIONEL THOMAS MANN  
" 1133 CHRISTOPHER CHARLES GIBBONS  
" 1134 PETER JOHN WHEWELL  
" 1135 MICHAEL JOHN CLAYTON  
" 1136 BRUCE CLARK  
" 1137 J. JOHN JENKINS  
" 1138 HENRY ROY SHAMBOOK  
" 1139 NICHOLAS ANDREW WILLIAMSON  
  
" 1140 BRYAN CHARLES ELLIS  
" 1141 STEVEN ROY PASK  
" 1142 JAMES MICHAEL GILLARS

# Crossword

by ALAN HOARE (131)

## ACROSS

- 1 MID-WALES MOUNTAIN
- 7 FOOT APPENDAGES
- 9 COMPASS POINT
- 10 WAYFARING TREE
- 11 A REFLECTED CALL
- 12 WANDER
- 13 CLIMBS DOWN
- 14 COMPLETE THE LYKE  
AND BECOME ONE
- 17 --- HILLS
- 18 APPROACHES "A CHECK  
POINT ETC."
- 20 PICTURESQUE LAND-  
SCAPE
- 22 "PAINS"
- 24 ----- HIKE
- 27 TRAVEL ON FOOT
- 29 A SCOTTISH MOUN-  
TAIN
- 31 "LONG HILL CREST"
- 32 RABBIT
- 33 A DIP BETWEEN HILLS
- 34 WE CLIMB, OR PASS  
THROUGH THESE
- 35 A WELSH RIVER
- 40 SMALL ROCKS
- 41 YOU GET THESE FOR  
COMPLETING
- 42 TREE
- 43 A LONG WALK
- 44 --- HILL "SURREY
- 45 BOTHY "PERHAPS"



## DOWN

- 1 ONE OF THE SIX BUT NOT IN SALOP
- 2 A SOUTHERN WALK
- 3 A GROUP OF HILLS
- 4 HIKERS' BAGS
- 5 A WELSH MOUNTAIN
- 6 BRAMBLE
- 7 THE ----- PEAKS
- 8 MOUNTAIN TOPS
- 15 RAVINE
- 16 MOVED SWIFTLY
- 19 FOOTWEAR
- 21 THERE'S A WINTER WALK IN THIS AREA
- 22 "MOUNTAIN"
- 23 AN ORGANISED WALK
- 25 AREA OF HEATHER AND BOG
- 26 WALKING IN THE COLD MAKES ONES  
FEET THIS
- 27 AN EMERGENCY SIGNALLING DEVICE
- 28 SLIPPY "COULD BE"
- 30 MR TANDY
- 32 A NORTHERN WALK GOES OVER THIS  
HILL
- 36 ---- FELL
- 37 THE ----- WAY
- 38 SMALL PIECE OF LAND SURROUNDED  
BY WATER
- 39 MISS PEGG
- 41 HOLLOW "IN A MOUNTAIN SIDE"

A £2 Gift Token is offered by the composer for the first correct solution opened on Wed. 17th Dec. Officers and Committee excluded. (If you do not want to mutilate your Newsletter, a numbered list of clues will be acceptable).  
All entries to be sent to: Alan Hoare

NEWSLETTER THIRTEEN - PUBLISHED BY THE LONG DISTANCE WALKERS ASSOCIATION - NOVEMBER 1975

This edition of the Newsletter was edited by Chris Steer

Assisted by Alan Blatchford. Typed by Margaret Steer. Envelopes addressed by Jeff Ellingham and Chris Barton. Collated and despatched with the valued assistance of local members. Our thanks to all contributors of articles, drawings, photographs and other copy. Newsletter 14 will be despatched in March. All copy to be sent in by the end of January.