

THE LONG DISTANCE WALKERS ASSOCIATION

NEWSLETTER

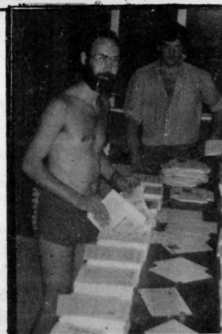
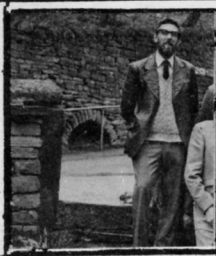


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November
1976

number 16



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>MILES</u>	<u>LOCATION</u>
JAN. 3RD	SURREY INNS KANTER	10-18	SURREY
" 8TH	RESERVOIR ROUNABOUT	20	MID-WALES
" 16TH	WINTER TANNERS	30	SURREY
FEB. 20TH	LITTLE DOWNSMAN	25	HANTS
" 27TH	CHILTERN KANTER	12-20	BUCKS
MAR. 4TH-5TH	HIGH PEAK MARATHON	40	DERBY-YORKS
" 5TH	WELSH THREE PEAKS	18	SOUTH WALES
" 12TH-13TH	TANNERS HINDHEAD AND BACK	28-28	SURREY
" 20TH	SEVENOAKS CIRCULAR	30	KENT
" 26TH-27TH	A.G.M. LLANGOLLEN		N. WALES
APR. 2ND	MID-WALES MOUNTAIN WALK	22	MID-WALES
" 3RD	WESSEX THIRTY	30	HAMPSHIRE
" 11TH	MANX MOUNTAIN MARATHON	30	I.O.M.
" 23RD-24TH	SURREY SUMMITS	100KM	SURREY
MAY 7TH	RIDGEWAY MARATHON	40	WILTS-BERKS
" 15TH	BERKSHIRE 25	25	BERKS
" 21ST-22ND	FELLSMAN HIKE	50	YORKSHIRE
" 21ST	KENDAL SPRING WALK	28	CUMBRIA
	South Wales Mountain Marathon	45	S. Wales
JUNE 4TH-6TH	DOWNSMAN HUNDRED	100	HANTS-SUSSEX
"	Lakes Four 3000'	45	Cumbria
	Purbeck Plod	25	Dorset
JULY 3RD	TANNERS MARATHONS	30-10	SURREY
"	North York Moors Crosses	53	Yorkshire
" 16TH-17TH	TWO DAY WALKS	25-10	SURREY
Aug. 29th	Dorset Duddle	30	Dorset
SEP. 3RD-4TH	BULLOCK SMITHY	50	DERBYSHIRE
" 11th	Guildford Boundary	22	Surrey
" 18TH	CHILTERN MARATHON	25	BUCKS
Oct. 16th	Masters and Maidens	26½	Surrey

Turn to "Future Events" pages for further details of the above.

In addition to these events there are many walks of a more informal nature that are arranged by local groups. Consult "Group News" or your regional representative for details.

THE ABOVE DATES HAVE BEEN COMPILED FROM INFORMATION RECEIVED AND CAN BE ASSUMED TO BE CORRECT. HOWEVER, WE WOULD APPRECIATE THE CO-OPERATION OF ORGANISERS TO ASSIST US IN MAINTAINING A HIGH STANDARD OF ACCURACY WHICH IS OUR AIM.

COVER L. to R. - Mike Powell Davies, Andrew Melling, Tony Youngs.
PICTURE Centre - Gerry Burgess, Rushup Edge, Peter Rickards (Publicity), Jeff Ellingham and John Robinson. Bottom - Members on Wansdyke, John Feist (Membership) and Tony (T Shirt) Cresswell.

EDITORIAL

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

This Newsletter, our longest yet, has incurred a little more in postage but we hope that you feel the extra cost is worthwhile. At last we are beginning to build up a small stock of copy for future Newsletters now that a few more members are contributing, but photographs and other illustrations are still rather scarce. If you have not already put pen to paper for us, or even if you have, why not send something to the Editor in the new year. (If you have already contributed and have not seen your efforts printed, please do not think that they were in vain.) The more material he has to select from the better the content of the Newsletter. We would like to include reports on all organised walks but it has not been possible to get members to cover every event. Also, a number of members have asked us to include articles on specialist topics such as lightweight tents, footwear, foot ailments, etc. If you have specialist knowledge of any subject vaguely related to walking, how about sharing it with us?

I think that most long distance walkers will agree that the best areas for walking are upland regions typical of most of our National Parks. From my native South East "flatlands" it is at least a half day drive to the nearest Park and a little further to any eminence deserving the title of mountain; but here there are walkers, walks and books on local walks in great abundance. Small Surrey, with only a single summit over 900', has challenge walks from 20 miles to 63; is the scene for a Centurion Walk, and has at least one weekly walk in the local press. As one would expect there are also many walks in such counties as Yorkshire and Cumbria, but what of others like Cornwall, Devon, Somerset, some of the Welsh counties and Scotland? Of course, they do have some walks, but as yet none of the great epic treks like the Fellsman Hike or Downsman Hundred.

Now that hundred-miling has become less formidable in the minds of many members, next year's Downsman looks like being another sell out. Already there have been numerous enquiries and it is hoped to be able to accept more than the 230 entries of 1975, but this will depend upon what help from members the organisers can expect. If you are free over the bank holiday weekend, please consider coming down to the walk to assist. The "hundreds" that we organise are, currently, the ultimate in long distance walking for almost all walkers. They attract plenty of good publicity, and many non-members who have taken part, have since subscribed to the LDWA.

Whilst spending a few days in hospital for minor foot surgery (which should now enable me to walk nearly as fast as the chairman) I was being checked over by a doctor; during a lung sounding he asked "Did I smoke?" and "Had I ever smoked?". Answering in the negative I was alarmed to hear him say "I've got bad news for you". However, I was somewhat reassured when he continued "You're going to live forever"! If the lung situation is a good sign then I can only attribute it to many years of long distance walking and running. ●

ALAN BLATCHFORD

A.G.M. + DINNER LLANGOLLEN

..Saturday 26th March 1977..

The A.G.M. will take place this year at 2.30 p.m. on Saturday, March 26th, at the Chain Bridge Hotel, Llangollen, Clwyd, - (G.R. 20043), and all your favourite officials will be there.

On the social side, following last year's success, there will be a dinner at the Chain Bridge Hotel at 6.30 p.m. Our President, Col Richard Crawshaw, M.P. and his wife will be present, and our guest speaker will be Mr Bill March, the Director of the National Mountaineering Centre at Plas-y-Brenin. After the dinner we will have the Riverside Bar to ourselves.

On Sunday there will be a walk over the Berwyn Mountains with, possibly, a view of Wales' longest waterfall, Pistyll Rhaeadr.

Members may stay at the hotel (where some places are reserved) or elsewhere. There are many B. & B. places in Llangollen; the Youth Hostel is 2½ miles away and Cynwyd Youth Hostel is 12 miles. The hotel bedrooms all have private bath or shower, but are mostly for two. There is a dance on Saturday night also for guests and others.

Dinner: £3.00 a head (including VAT and service)

Bed & Breakfast: £4.00 a head (plus VAT and service)

Please book via Keith Chesterton

as soon as possible

please as places are limited (especially for B. & B.) A booking form is enclosed with this Newsletter. ●

errata

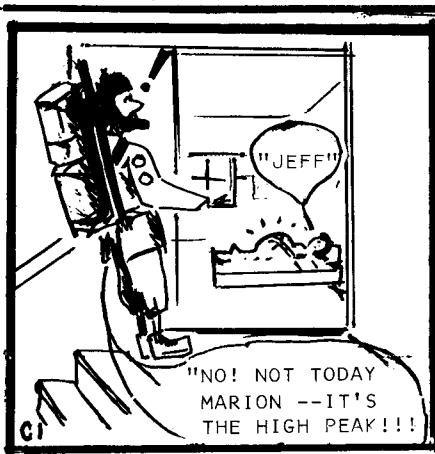
Newsletter 15 contained several accidental mistakes for which we apologise.

Page 1 Downsman Hundred dates should be 4/5/6 June and South Downs area (not North Downs)

Masters & Maidens Marathon 1976 not 1977

Pages 39 and 40 transposed.

Definition by John Hillaby -
AMBULATORY CONTEMPLATION





GROUP NEWS -

~ or whats going on ~

IS THERE A GROUP IN YOUR AREA ? IF SO MAKE
CONTACT -- YOU WILL BE VERY WELCOME -- --

Westmorland + North Lincs

PROGRAMME - NOVEMBER/MAY

- | | |
|-----------------|--|
| Sun. Nov. 28th | Howgill Fells (Martin Hudson). Meet Tebay Junction at GR 618045 - 9 am |
| Sun. Jan. 2nd | Langdale Horseshoe (Keith Daly). Meet New Dungeon Ghyll Car Park - 9.30 am |
| Sun. Jan. 30th | Mardale Circuit (Les Walters). Meet Hawes-water (south end) Car Park - 10 am |
| Sun. Feb. 20th | Coniston Fells. Meet Coniston Car Park 9.30 |
| Sat. March 5th | Three Men of Gragareth (Roger Palmer). Meet Ingleton main Car Park - 9.30 am |
| Sun. March 27th | Grasmere Skyline. Meet Rydal Mount Car Park - 9 am |
| Sun. April 24th | Walk in the Malham area (Keith Daly). Meet Settle Car Park GR 818638 |
| May ? | Kentmere Church to Threlkeld Church. |

Sue Rayner

THAMES VALLEY

From the small nucleus that formed the group last February, the membership has grown by leaps and bounds, and may yet reach double figures. In a series of walks we have beaten most of the bounds of our territory. Parties, sometimes of the minimum size to warrant the description, have for instance traversed the Hampshire Downs from Kingsclere returning along the Kennet and Avon Canal to Newbury, walked part of the London Countryway and, most recently, explored Otmoor and Brill. The last was an unusual expedition for this area, the flatness and remoteness of Otmoor contrasting with the charm of the villages on the hills to the east and south. Possibly it is too late to recommend a visit. The timeless, almost desolate atmosphere of the moor (remarkable for an area only 6 miles from Oxford) is now being spoilt by draining and dyking of the western half.

Prospective members of the group are invited to contact Colin Abbott or to join us at one of the following events.

- Sun. 10th Oct. Exploration of OTMOOR AND BRILL (about 20
(Colin Abbott) miles of varied country N.E. of Oxford)
Meet 9.15 am at "The Star" Stanton St John
(GR 578090)
- Sun. 24th Oct. Circuit from GORING (about 25 miles through
(Bob Ford) Ipsden, Nuffield, Wallingford and the Downs)
Meet 8.45 am on Goring River Bridge (GR 597808)
- Sun. 14th Nov. Morning walk on WOOBURN COMMON. Meet 9.0 am
(Don Cooper) on Cookham Moor (GR 892854)
- Tues. 30th Nov. Programme Meeting at the Abbott's, 8.15 pm;
- Sun. 5th Dec. SILCHESTER AND WOOTTON ST LAWRENCE (about
(Philip Ward) 25 miles, some of them expected to be wet)
Meet 8.45 am at Silchester Church (GR 642623)

Colin E. Abbott

HIGH PEAK

- Sun. 23rd Jan Part of the Derwent Watershed - 20 miles
from Cutthroat Bridge. Meet 9.0 am at the
lay-by above Cutthroat Bridge (GR 216874)
just east of Ladybower Reservoir.
Leader: John Corfield
- Sun. 13th Feb. Saddleworth Trig-points - 20 miles in the
northernmost corner of the Peak National Park
Meet 9.00 am outside the Clarence Hotel,
Greenfield.
Leader: John Feist
- Fri.Night 4th/ High Peak Marathon, following the 40 mile
Sat.5th March Derwent Watershed. Anyone prepared to
help on check-points, drive, cook, etc.,
please contact Haydn.

Haydn Morris

WESSEX

The monthly walks continue to be well supported. Since the last progress report we have enjoyed walks along the South Downs, the Hampshire Downs around Kingsclere and most recently along the Ebble and Avon valleys. On the last walk several members patiently walked around the Miz-Maze at Breamore obviously intent on walking as far as possible that day! In November the Group will be trying a Youth Hostel weekend staying at Cranborne and if successful it is hoped to venture further afield next time.

It is similarly hoped to have combined walks with the South West and Surrey groups next year. Unfortunately the planned 50 mile event has had to be postponed but instead a 30 mile event will be held on April 3rd 1977 (see Future Events) in the Winchester area. Members who have written in enquiring about the 50 mile event will be sent details of the 30 mile event and need not re-apply.

Forthcoming walks are:

- Sun. 21st Nov. Test Valley Circular - 22 miles - Romsey Car Park (SU 352212) 08.45 hrs. OS 1:50000 185 Pub. Stop - Houghton.
- Sun. 12th Dec. 2nd Annual pre-Christmas Canter - 20 miles - New Forest. Lyndhurst Car Park (SU 299082) OS 1:50000 195/196. 08.45 hrs.
- Sun. 16th Jan. East Dorset Circular - 20 miles - Cranborne Youth Hostel (SU 056133) OS 1:50000 184, 195 08.45 hrs. Pub. stop - Sixpenny Handley.
- Sun. 20th Feb. Waltham Walkabout - 22 miles - Bishops Waltham Car Park (SU 555174) OS 1:50000 185. 08.45hrs Pub. Stop - "Flower Pots" Cheriton.
- Sun. 20th Mar. Spring in the New Forest - 22 miles - Totton Salisbury Road Car Park. (SU 358134) 08.45 hrs 1" New Forest. Pub Stop - "Lamb" Nomansland.
- Sun. 3rd Apr. 'Wessex Thirty' (see Future Events). Offers of help from Wessex Group members invited.

Congratulations to Wessex Group members Barrie Deeks, Ray Holt, John Moore and Don Shipton who were awarded the LDWA team trophy in the Burley Marathon on 23rd October. There will be no holding them back now. (If you know what we mean!)..... Sue Coles

Programme enquiries: Wilf Lyman
Membership: Frank Sharpe

SURREY

With members worn out by the heat and summer events (?), rather a drop in membership recently. Even so, the Group inaugurated a new walk from the North of Surrey, at Colnbrook, by London Airport, to the south at Haslemere. 39 miles in all with some very good country, including Runnymede, Windsor Park, the Hogs Back and Gibbet Hill. Details of this and certificates on completion (for 10p) from Keith Chesterton.

For once, Alan Blatchford's Farnham Kanter was very wet under foot - we'll repeat it in the summer. A good variety of events are planned - all welcome. Help to give the New Year a good start with the Surrey Inns Kanter - new course and pubs!

- Dec. 12th Wey-Arun Canal (20 miles)
- Jan. 3rd New Year's Surrey Inns Kanter (10/18 miles)
- Jan. 11th Social Meeting
- Jan. 16th Winter Tanners (30 miles)
- Feb. 6th Windsor Wander (17 miles)

Feb. 27th Fits and Starts from Oxted (15 miles)
Mar. 20th North to South Downs (35 miles)

Keith Chesterton

ESSEX + HERTS

120 competitors took part in the Group's first Challenge Walk on 6th November, and, despite the wind and rain, the majority enjoyed the event. It is proposed to hold another Blackwater Marathon next year, probably on Saturday, 12th November.

We have also been asked to assist in the organisation for an Icknield Marathon to be held next summer. The route from Ivinghoe to Streatley would be mainly the first half of the Association's Icknield 80 held about three years ago. No date has yet been fixed but it is hoped to announce details in the next Newsletter.

- Sat. 12th Dec. River Lee Navigation. Meet at Broxbourne Station at 9.20 for this 17 mile walk. Leader Frank Duerden.
- Sun. 6th Feb. Meet at main car park in centre of Saffron Walden. Distance about 20 miles. Leader Tom Lyons.
- Sat. 12th Mar. Group dinner and social evening. Details will be announced later.
- Sun. 27th Feb. CHILTERN KANTER, courses of about 12 and 20 miles. Details from Brian Graves or myself.
- Sat. 12th Nov. BLACKWATER MARATHON.

Enquiries, suggestions, offers of help etc. to the Secretary - Mike Powell Davies

SOUTH WEST REGION

Our first two winter walks have seen us walking the Wye Valley in September, and the Malvern Hills in October. Our thanks to Eric Turner and "Mac" McArthur for leading these. Many of us have enjoyed Gary Jones's Summer walks, despite his under-reading pedometer! Thank you Gary; we hope these walks will continue next summer. Several members have distinguished themselves on competitive walks in the summer, and it is good to see people sharing transport to these events.

The group maintains a very happy and cheerful atmosphere, and invites any walker to join us for the remainder of the 1976 Programme (Newsletter 15) and the 1977 Programme printed below.

1977 WINTER WALKS (All start at 9.00 a.m.)

16TH JAN. Cirencester Police Station. A walk in the Cotswolds. Approx. 20 miles.

20TH FEB.

Car park next to Butcher's Arms, Cheddar. A walk on the Mendip Hills. Approx. 25 miles.

18TH-20TH MAR. A weekend in Snowdonia. Details from Regional Reps. below.

Any other information: Pam & Robin Lambert

TYNE-TEES

Tony Cresswell will be pleased to hear from any one in the area willing to support him in forming a group.

The Ultra Long Distance Scene

THE CLEVELAND HUNDRED

I thought it would be interesting to see how many people finished the Walk in relation to the amount of walking they professed to have done prior to the event. It is an arbitrary result as people may well have gone into training which would, of course, invalidate the results, but the findings may be useful to future organisers.

The figures only refer to people whose information was complete, and relate to the various sections.

Previously completed

100	Finished	56%
	Non-finishers	44%
75-100	Finished	47%
	Non-finishers	53%
	Improved by finishing	47%
	Improved their distance only	-
50-75	Finished	39%
	Non-finishers	61%
	Improved by finishing	39%
	Improved their distance	23%
00-50*	Finished	28%
Non	Non-finishers	72%
	Improved by finishing	13%
	Improved their distance	17%

*Only 3 had walked less than 40 miles.

Specific Hundreds

3 Centurians
17 First Downsman
18 Peakland
46 Second Downsman
35 Cleveland
8 Other Hundreds

22	people	had	walked	1	Hundred	previously
30	"	"	"	2	"	"
7	"	"	"	3	"	"
6	"	"	"	4	"	"

DIANNE PEGG (279)

COMMITTEE MEMBERS

<u>CHAIRMAN</u>	Keith Chesterton (81)
<u>SECRETARY</u>	Alan Blatchford (2)
<u>TREASURER</u>	Christopher Barton (695)
<u>EDITOR</u>	Chris Steer (1)
<u>PUBLICITY</u>	Peter Rickards (176)
<u>MEMBERSHIP</u> <u>SECRETARY</u>	John Feist (638)
<u>COMMITTEE</u>	Geoffrey Wood, Haydn Morris, Ann Sayer, Tony Cresswell, Geraldine Burgess.

REGIONAL REPRESENTATIVES

WHO WILL BE PLEASED TO HELP YOU WITH ANY PROBLEMS.

<u>SOUTH EAST</u>	Ted Perry
<u>SOUTH WEST</u>	Robin (1504) and Pam (1505) Lambert
<u>NORTH</u>	Mike Smith (336)
<u>MIDLANDS</u>	Ewen Hogben (744)
<u>SCOTLAND</u>	This post still vacant - Any volunteers?

A Reminder From John - - - - -

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, 1976

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.

Your subscriptions should go to Membership Secretary at the above address.

YORKSHIRE LEADS THE WAY

When the Association was first formed it was expected that members would be drawn fairly equally from all parts of Britain, but a survey of the home addresses of the first 300 members showed that just over half resided in the South East. This was probably a reflection of the fact that the movement was born there. Perhaps walkers in other areas felt that the Association was more parochial than national.

Today the picture is rather different, with local groups having been set up as far apart as Cumbria and Kent and our ultra-long distance challenge walks attracting people from all over the country, and indeed from further afield sometimes. A recent survey of the membership up to number 1570 reveals that the North now commands about 30% of the numbers whilst the South East share has dropped to the same figure. The Midlands take about 17%, and members in other countries (Wales, Scotland, I.O.M., U.S.A., etc.) account for about 4%. The remaining members are spread amongst the South West, East Anglia etc.

Using the old counties as a basis, Yorkshire has now gained a commanding lead with 220 members. London and Middlesex combined have 176 and the third place is shared by Lancashire and Surrey, both with 133. No other county tops the hundred yet but Hampshire need only three more to do so. At the other end of the scale poor old Cornwall only appears to have one member resident there.

The figures quoted are not based upon actual current membership but on all members who have subscribed since formation. The league table of county membership is as follows:

1. Yorkshire	220	11. Gloucester, Bristol	41
2. London & Middx	176	12. Durham	39
3. Lancashire	133	13. Staffordshire	38
4. Surrey	133	14. Leicestershire	35
5. Hampshire	97	15. Hertfordshire	35
6. Warwickshire	54	16. Cumberland	29
7. Cheshire	52	17. Sussex	28
8. Berkshire	50	18. Nottinghamshire	27
9. Essex	48	19. Worcestershire	26
10. Kent	43	20. Buckinghamshire	24

ALAN BLATCHFORD (LDWA 2)

NORTH YORK MOORS CROSSES - RAFFLE WINNERS

1ST PRIZE £20 to:	N.Randall	6553
2ND PRIZE £10 to:	D.Gooch	7181
3RD PRIZE £5 to:	Mr Harner	1039
4TH PRIZES £1 each to:	M.Brophy	2187
	Miss G.Crowther	5653
	P.Hanson	0754
	Mr Carter	0885
	D.Wilkinson	2298

Future Events AND ACTIVITIES

NEW YEAR'S SURREY INNS KANTER, MONDAY 3RD JANUARY (BANK HOLIDAY)

A new starting point, new courses and new pubs for this popular light-hearted event. Two courses - 10 and 18 miles - with almost all the checkpoints at pubs - unmanned (but with refreshments!) Entry fee 20p (25p non-members) includes free tea/soup at end. Bring O.S. map 186 (50:000) or 169 (1"), pencil and compass. Start 9.30-11.0 am at St Catherines village hall, Chestnut Avenue, Guildford (G.R.991484);

Organiser: Keith Chesterton

JANUARY 8th - 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 checkpoints. 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 16TH, WINTER TANNERS, SURREY.

An informal walk over the proposed '77 route. Start 8.0 a.m., and finish, at Leatherhead Football Club. There will be two or three support parties en route and plenty of mud no doubt, so strong walkers only please.

Further details from Alan Blatchford

SUNDAY, 20TH FEBRUARY, LITTLE DOWNSMAN.

A 25 mile survey of the first section of the Downsman 100. Start (usual place) The Weirs Garden, opposite the Youth Hostel, Winchester at 9.30 a.m. Finish at Petersfield. An opportunity for potential Downsmen to familiarize themselves with the first part of the route.

Further details from Alan.

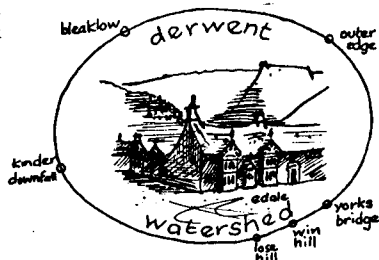
SUNDAY, 27th FEBRUARY, CHILTERN KANTER.

Essex and Herts Group are putting on two courses of 12 and 20 miles for this map reading exercise, based on Ivinghoe Youth Hostel where accommodation can be obtained. Further details from Brian Graves

FRIDAY 4TH/SATURDAY 5TH MARCH, 5TH HIGH PEAK MARATHON.

This is a winter marathon for teams of four. The route is the Derwent Watershed - forty mile classic in the High Peak - crossing the frigid wilderness (hopefully frozen) of Kinder Scout, Bleaklow and other such bogs.

Details from Dr H.J. Prosser



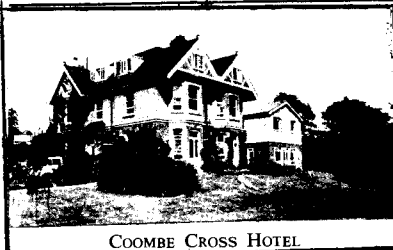
SATURDAY, 5TH MARCH, 1977, THE THREE PEAKS TRIAL.

Next year's Annual Three Peaks Trial is being organised by the Cardiff Y.H.A. Group and the event will take place on Saturday, March 5th. The starting point of the walk will be the Tredillion Scout Group Headquarters near The Fairfield Car Park, Abergavenny and entrants should arrive here to start the event between 9.00 a.m. and 9.30 a.m.

The route involves the ascent of the three main Peaks in the vicinity - Sugar Loaf 1956', Skirrid Fawr 1596', Blorenge 1834' (or in reverse order) by choice.

This event was first held in March 1963 and was designed for the less experienced walker who would like to test his powers of endurance and skill at map reading. This event is ideal for the purpose for one is never far from civilisation, yet there is no obvious route so the walker must concentrate on his map reading in order to keep to the shortest route. Details from Wendy Baxter

MARCH 7TH-11TH, TWO MOORS WAY, DEVON.



COOMBE CROSS HOTEL

A walk along the middle section of the newly opened Two Moors Way is planned by the Proprietors of the Coombe Cross Hotel, Bovey Tracey. The leader will be Brian Le Mesurier, and transport will be provided each day to the start and from the finish, and the average daily mileage will be about 12 miles. Cost for the four days including accommodation and all meals will

be £36 + V.A.T. each - for full details of this walk and other activity holidays contact A.Hebditch

MARCH 12/13 - 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

MARCH 20TH, SEVENOAKS CIRCULAR, KENT.

Kent Group's third promotion of this scenic 30 mile route through lovely hilly country. Start and finish at Otford Scout Hut. Full details from Peter Rickards

APRIL 2ND, MID-WALES MOUNTAIN WALK.

22 miles and 7,000' of ascent over 9 summits including Cader Idris, from Dinas Mawddwy to Kings Youth Hostel. 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 previous page.

APRIL 3RD, WESSEX THIRTY, HAMPSHIRE.

A new 30-mile event organized by LDWA Wessex Group. Starting and finishing at WINCHESTER, the walk is mainly over foot and bridlepaths which traverse the chalk downs to the north and east of the city. Start 09.00 hrs. Certificates will be awarded to all who finish by 19.00 hrs. Good facilities at finish. Entry forms and further details available in mid-December. Send S.A.E. (foolscap) to Wilf Lyman

APRIL 11TH - MANX MOUNTAIN MARATHON.

Now a new class for walkers in this tough mountain event, with a new time of 11 hours for the 30 miles (in addition to the usual fell runners). Entrance fee also includes buffet meal at evening prize giving. LDWA teams also invited for the B Section. Joggers to complete in 6-10 hours. Write: Mr A.C. Jones

APRIL 23/24TH, SURREY SUMMITS. (Surrey Group Enterprises)

This route of 100 Km. (62½ miles) was devised last summer primarily as training for the Cleveland, and it includes a dozen or so of the hills available (about 7000') and some delightful scenery to boot. Start and finish will be at Guildford and it will be organised along the usual lines. Details and entry forms in the new year from Chris Steer

Please send S.A.E.

MAY 7TH, RIDGEWAY MARATHON.

The 16th Ridgeway Marathon is open to members of the LDWA, YHA, or RA. As usual, the 40 miles walk will begin at the Ridgeway Cafe and follow the ancient way back to Streatley Y.H. Walkers staying the Friday night at the youth hostel will be taken by coach to the start. Inclusive entry fee £1.25. Refreshment at at least three points. Certificates issued on Sunday morning. Further details from Norman Griffin

MAY 15TH, BERKSHIRE TWENTY-FIVE

A good double for enthusiasts who have done the "Ridgeway" the previous week. This year the walk will start at Aerial Farm, Membury at 9.0 a.m. The route comprises tracks and paths over the chalk downs and there will be four checkpoints where refreshment is available. Entry fee 40p. Certificates at end. Organised by the Thatcham Walkers. Further details from and entries to Roy Chapman

MAY 21ST/22ND, FELLSMAN HIKE, YORKSHIRE.

One of the toughest mountain walks in the country and very popular too. Applications always exceed the number of places so you are advised to write in for entry forms on January 1st. The start is usually at Ingleton or Threshfield depending on which direction the route is being run. Trophies for fast times. Apply to: The Fellsman Hike, P.O. Box 30, Keighley, West Yorkshire. There will be a ballot for places as usual.

MAY 21ST, KENDAL SPRING WALK.

A new event (approx. 28 miles) in South Lakeland arranged in association with CAMRA (Campaign For Real Ale) the route in

the Kendal-Windermere area includes visits to some interesting Lakeland Inns serving real ale. Further details from John Fisher

JUNE 4TH/5TH/6TH, 3RD DOWNSMAN HUNDRED.

This will be held on the extended Spring Bank Holiday weekend (Tuesday is also a Bank Holiday). It is hoped to increase the number of entrants to about 250 but there will, however, be a minimum qualifying distance that applicants will have to have covered to be accepted. The event will follow the same lines as in previous years. Full details and entry forms will be available from January 1st from D/H Secretary

Send S.A.E. for reply.

The "Downsman" is a large promotion and provides much publicity for the Association but to run the event efficiently requires the voluntary assistance of many members and friends who are willing to sacrifice their time to help. If you think that you will be available to assist at any time during the period Saturday, June 4th to Monday, June 6th in Hants/Sussex, please contact Jeff Ellingham

A "Little Downsman" walk over the first section will be held to familiarise walkers and officials with this part of the route, on 20th February.

JULY 3RD, TANNERS MARATHONS.

Britain's most popular Challenge Walk will include a 30 miles in 10 hours and a 10 miles Quiz Walk for families. Starting from Leatherhead and Tanners Hatch Youth Hostel. Details and entries from Alan Blatchford

FURTHER TO THE REPORT IN NEWSLETTER 15 REGARDING "SUPERWALKERS" IT HAS BEEN POINTED OUT TO US THAT JIM NEWMARK (LDWA 599) OF SUNDERLAND HAS ALSO COMPLETED FOUR HUNDREDS.

Members in competition

During the year several members have taken part in long distance races, both walking and running. Possibly the most outstanding achievements were by George Eastwood (LDWA 1278), Robert Thew (LDWA 544) and Jack Rossiter (LDWA 422) who became new Centurions at the May 24 hours track walk at Woodford Green.

Race walkers Paul Briggs (LDWA 234) and Peter Worth (LDWA 338) have certainly had a full season. They finished 14th and 5th in the Manchester to Blackpool (51½M), 14th and 8th in the Hastings to Brighton (38M), and 50th and 25th in the Birmingham 50K (31M) walk. Paul also competed in the Isle of Man T.T. (37½M) walk and the Bradford 50K (31M) event, whilst Peter completed another fine London to Brighton (52½M) walk in just under nine hours.

In September, nine members completed the London to Brighton run with Don Turner (LDWA 245) achieving a first class standard and David Rosen (LDWA 152) and Graham Peddie (LDWA 667) improving their best times by several minutes. ●

A.W.B.

THE GEN VINE

THE GENERAL
INFORMATION
GRAPE - VINE

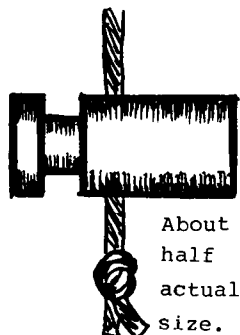
16. PRE-EVENT FEEDING (Walkers) The consumption of carbohydrate up to one hour before, and a pint of milk (drunk slowly) up to half an hour before a long walk will increase the available supply of glycogen (only source of muscle energy), reduce the need to carry bulky food and create a feeling of well being. EL GRECO

17. DEAD SKIN, on the feet can only lead to trouble, soreness, and blisters, and should be constantly guarded against. It usually forms on outside and back of heel rim, ball of foot and outside big toe joint and ends of toes. A piece of pumice stone used regularly at the end of a bath or shower keeps this under control. It is best used whilst one is still submerged as water, and sometimes soap, help the process, especially on some skin types. ED.

18. TOGGLES. Has your caggle or anorak got two cords on the hood which you tie in a bow under your chin?

If so go out and buy, as soon as possible, a "self-securing spring toggle" (our name) This can be adjusted up with two hands and down with one no matter how icy your fingers or even with gloves on. Leave plenty of length on the cords, so that you can easily pass it over your head, and don't forget to put a knot on the end or it will come off.

Can also be used on waist cords but you have the inconvenience of stepping in and out.



19. HOW MANY MILES do you walk in a week/month/year? How many events and what times do you record? How many Long Distance Paths do you cover? If you are "in training" it is essential to scale your build up to a special event peak. We have devised a daily mileage record chart to cover a year's activities which we will send FREE OF CHARGE to any member on application. Just send A.5 envelope (9" x 6") stamped, to the Editor for your copy.

Association T Shirts

TONY reports that sales have now exceeded 200 and that inflation has caught up with us. The price has gone up 10p to £1.35 including p. & p. Choose white, blue, orange, green, yellow or red (give 3 choices if possible). The symbol is black. State size - large, medium, small. Send orders to Tony Cresswell



DID YOU HEAR? - - - - -

JEAN DAWES (Wife of Peter) almost became the first lady of the Bob Graham Club in July when she completed the (75 miles 27000') course but over-ran her time by 50 minutes. We hope she will be successful on her next attempt.

THE FELL RUNNERS ASSOCIATION has had a change of secretary recently, George Broderick has retired and the post has been filled by Ann Joynton

WILLIAM R. SMITH (LDWA 101)

CROSSWORD RESULTS NO. 3

Last edition's crossword was rather a hard one which is probably why only two attempts were received - from Mr A. Lewsley (1102) and Mrs B. Cooper N/M - both being either wrong or unfinished. Answers as follows:

ACROSS 1.MUNRO 4.ACHILLES 9.DODD FELL 11.COMBE 12.GNAT 14.LAIRIG
GHRU 17.SLADES 20.PELTS 23.TRAVEL 25.BIKES 26.MIRES
28.THWAITE 29.WHIN 30 ESK HAUSE 31.CHASE.

DOWN 1.MID-WALES 2.NIDD 3.OFFA 5.COL 6.INCH 7.LOMOND 8.SWEATY
10.LING 12.BRIDLEPATH 15.GUST 16.UPPER 18.LEITH 19.CAM
21.ELENITH 22.SWANAGE 24.VIEWS 27.LEA'S 28.TOE

I thank these two for their 'trys'; sorry for all those who were baffled.

ALAN HOARE (LDWA 131)

COBDENS HOTEL

Information has been received from Mr Goodale, Proprietor of Cobdens, about their Snowdonia Club and activities.

The idea of the Club is to provide very reduced priced accommodation and food in a comfortable hotel set in the heart of Snowdonia. At the same time, provide for those interested, expert instruction in everything from hill walking, scrambling, to basic and advanced rock climbing. The emphasis however is to provide a carefree informal atmosphere where members can meet others of like interests, whether in the hills or at the bar!

Equipment will be supplied free with instruction, for those without their own gear; even boots may be hired locally.

Clubs are particularly welcome, and club dinners especially catered for.

Full information from the above address.

AND NOW ANOTHER ROSEN. Congratulations to David Rosen and Miriam Bescoby on their marriage in early June. The week before, David successfully completed another hundred miler and the following week ran in the Rotherham Marathon on the Saturday, and then they both completed the Berkshire Twenty-five on the Sunday! Brother Alan completed the first Downsman and father Monty has completed several shorter walks. Like the rest of the family, mother takes part in orienteering and David is currently a British International representative. - - - - -

For the International Walker

(Including M.G. of Pulborough)

For people who wish to include an organised walk in their overseas holiday, or for those who simply want to tackle an event in another country, there are several opportunities each year. However, not all the walks are on the same lines as the Fellsmann Hike or Tanners Marathon. Often they are routed entirely along roads and are termed marches rather than walks, due to their close association with the armed forces. In some cases they are spread over a number of days with a different section to be covered each day. Often the entry fees are quite high but this covers the cost of meals and a medal at the completion of the walk.

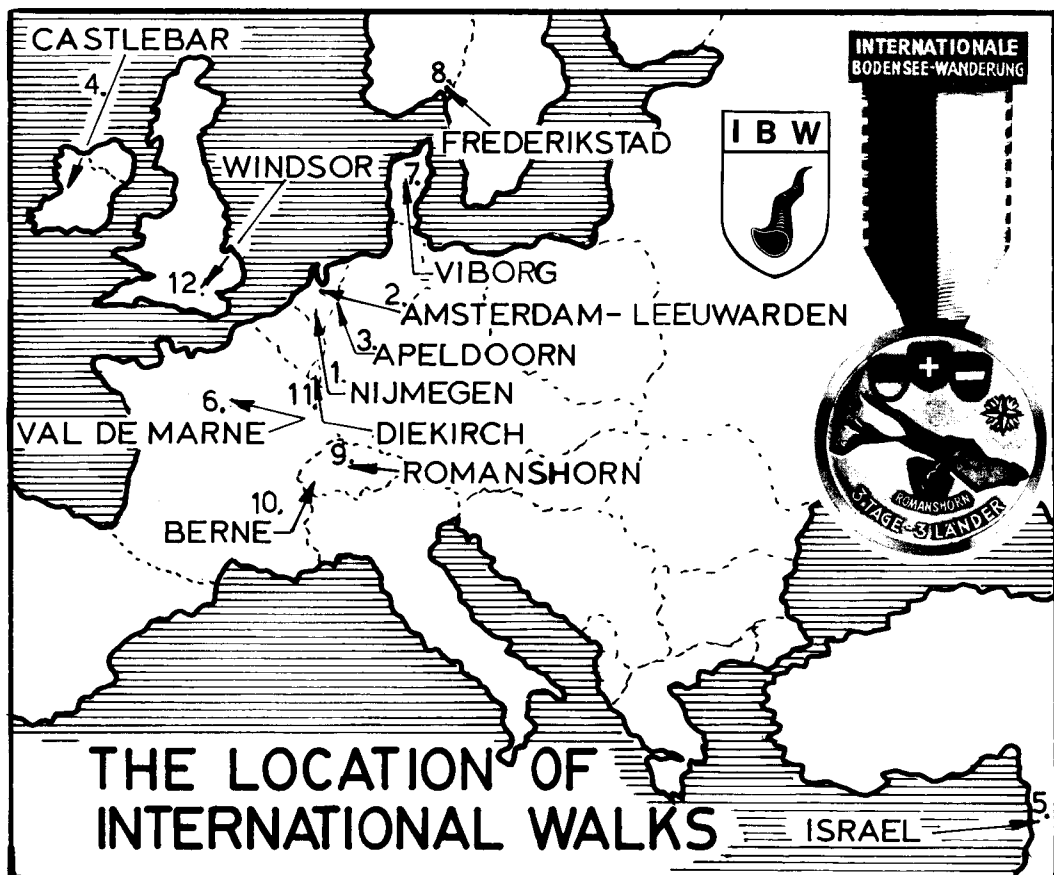
The most notable of the overseas walks is undoubtedly the Four Days Marches held at Nijmegen in Holland. These originated about sixty years ago when participants walked from one town to another. Later they were based upon one town and, about 1930, Nijmegen became the permanent base. From the few hundred who took part in the 1920's the numbers rose rapidly as people from other countries were attracted and in 1937 over 4000 participated. By 1959 the figure had passed 10,000. Most of the route is along public roads which are temporarily closed, and thousands of spectators watch as the walkers pass. Walkers are categorised and cover distances appropriate to their section. Thus "girls" may walk 30Km, "gentlemen" 16-18 years 40Km, and male military personnel 50Km daily. The rules state that you must never use dope, and that your attitude must be correct in public. It is forbidden to "march arm-in-arm", quick walk, or double quick walk, to make political propaganda, carry radios or take dogs".

Two other walks that are held in the Netherlands are the Amsterdam to Leeuwarden Walk and the Apeldoorn Walks. The former is a two day event and has been held more than thirty times. The total distance of 150Km has to be covered within 27 hours. Much of the way is along tracks and at 80Km begins the traverse of the Zuider Zee barrage. For the first 80Km walkers speed must not exceed 7.2Km/hour and it is not allowable to overtake the leading group. However, after this point "speed is free and everybody can walk as fast as he will". The Apeldoorn Walks are more on the lines of the Nijmegen event and were first held 23 years ago. Distances to be walked vary from 30Km to 50Km depending upon age.

Based on the "Nijmegen Marches" are the Irish Four Days Walks at Castlebar in County Mayo, first held in 1966. There is a choice of walk on each day and one can pick from the "long walk", "ramble", "short walk" and "mini-walk". Much of the walking is on "lightly trafficked roads". Irish law requires walkers to walk on the right side of the road where there is no path. Unlike Nijmegen, Castlebar is within easy reach of sandy beaches and several mountains. Being situated on the west coast, Castlebar is well away from the current trouble spots.

Another event located in Eire is the McGillycuddy Reeks Ridge Climb (also known as the McGillycuddy Reeks Ridge Walk). With six peaks of over 3000 feet to scale and a total of 12,000 feet ascent in its eleven miles, it is only suitable for experienced climbers who possess endurance and navigation skill.

Continued on Page 19.



THE LOCATION OF INTERNATIONAL WALKS

<u>NAME</u>	<u>COUNTRY</u>	<u>DURATION</u>	<u>APPROX. DATE</u>
1. NIJMEGEN MARCHES	Holland	4 days	July
2. 150K MARCH	Holland	27 hours	June
3. APELDOORN MARCHES	Holland	4 days	July
4. CASTLEBAR WALKS	Eire	4 days	June
5. ISRAEL MARCH	Israel	1 day	September
6. VAL DE MARNE MARCHES	France	1 day	September
7. HAERVEJSMARCHEN	Denmark	2 days	June
8. ANCIENT ROAD MARCH	Norway	2 days	May
9. BODENSEE WANDERUNG	Switz/Germny/Aust.	3 days	September
10. BERNE MARCHES	Switzerland	2 days	May
11. DIEKIRCH MARCHES	Luxembourg	2 days	June
12. BRITISH AIRWAYS WALKS	England	1 day	September

Much further afield is the Israel One Day March which covers about fourteen miles in the Judean Hills near Jerusalem. Although it hardly offsets the cost of travel overseas walkers are not charged an entry fee.

Nearer home the Marches Internationales du Val-de-Marne are held just east of Paris. The distances range from "Great Course" of 55Km down to "Family Course" of 10Km. Some of the routes are along forest trails. The regulations strongly urge the carrying of national flags, banners (what about an LDWA colour?) and the wearing of medals.

Denmark is the home of the Haervejsmarch which was first held in 1969. It is a two days event and walking distances are 30, 40 and 45Km for various categories. The walks are based on the very ancient (3800 years!) city of Viborg - an excellent place for a holiday.

Travelling further north, to Norway, there is the "Ancient Road March" with its headquarters at Fredrikstrad. This also is a two days event and among the side attractions is the "Blister Ball".

The Swiss town of Romanshorn stages the Internationale Bodeensee Wanderung which is a three day affair around the shores of Lake Constance, passing through three countries. Unlike similar events, the Bodensee Wanderung requires all participants to cover exactly the same distance, which is just over 30Km daily. The rules state that hikers must not walk at more than 7Km/hour nor take dogs along. Excellent medals are presented on completion.

Another walk held in Switzerland is the Two Days March held at the capital Berne. Distances vary from 20Km to 40Km depending upon the walkers category. Like some of the other marches participants are urged to carry flags and banners of their organisation.

Not to be outdone, little Luxembourg holds a two days "Marche Internationale", based upon Diekirch. Walkers may take part for one day (20Km or 12Km) or both days (2 x 40Km or 2 x 20Km)

Here in Britain, amid our somewhat more physically demanding walks, British Airways have now held the English version (twice) of the International March in the Windsor Park area.

There are probably many more such events throughout the World and we would be pleased to receive any information of them to pass on. With the great crowds and festive gaiety such walks may seem rather alien to the type of thing we normally expect an organised event to be. However, for those who have taken part, it has been a very memorable occasion with no regrets.

One or two people have enquired as to whether the Association could arrange for parties to travel to various walks. If there is a demand we will appoint someone to co-ordinate plans.

Addresses for further information.

1. Secretariat
2. NWB-Vierdaagse Wandeltochen
3. Jan F.H.v/d Linden
4. Secretary
5. Y.Vardi Major

6. Association des Marches, du Val de Marne
7. Haervejsmarchen
8. Oldtidsmarsjen
9. Internationale Bodensee Wanderung
10. Organiser, Schweizerischen Zwei-Tag March
11. Amicale des Anciens Artilleurs Luxembourgeois,
12. See appropriate Newsletter. ●

ALAN BLATCHFORD (2)

BOOKS OLD AND NEW

"NATURALLY FIT" by Bruce Tulloh, Price £3.50. If you want to set about getting fit for 1977 read this new book now. It contains the philosophy, biology and practice of lifelong fitness. Followers of athletics in the fifties and Sixties will remember that Bruce was a World Class track and cross country runner for over a decade, competing in all the major events from the Olympics downwards. His longest event was the traverse of the United States in which a new record time was set up. The book is available from Bruce

A PRACTICAL GUIDE TO WALKING "THE DEVON SOUTH COAST PATH" by H.D. Westacott, Price 60p, published by Footpath Publications

A 28 page guide to south-west peninsula footpath Plymouth to Lyme Regis section. In the Wainwright style this booklet is all handwritten, and the sketch maps do the guiding rather than a text. After a three page introduction the walk starts with the sketch map of Plymouth. 24 sketch maps later the walk ends just over the Dorset border in Lyme Regis. The sketch maps are a bit sketchy and most people would probably require the appropriate O.S. maps but they do provide useful information such as the location of gates and stiles and some indication is given in respect of the predominant vegetation (e.g. bushes, coniferous trees). One novelty is the depiction of barbed wire fences. Other useful notes on the maps are where pubs, shops, post offices and transport can be found. Book size is A5 which is our Newsletter size.

EXPLORING THE LAKE DISTRICT AND EXPLORING THE NORTH YORK MOORS. Two 64-page illustrated guide books containing information on what to see in the areas and also lists of the inns, shops, garages and other facilities available in the villages. They also include the bus, mini-bus and rail services available, youth hostels and nature trails. Two mines of information for visitors and locals alike. Signed copies available from M.D. Boyes 50p ea. and a 8"x5" S.A.E.

SNOWDONIA DOUBLE

NEVILLE TANDY
(LDWA 130)

It all started at Llandrindod Wells last January after the Reservoir Roundabout when some of us were sitting chatting after the walk.

"Fancy doing the fourteen 3000's both ways Nev?" It was Chris Winn who had uttered the dread words, from behind his beard and reeking pipe.

"Yeah, great", I heard myself saying, then Doug Arnold offered to support us and that was it: Tandy had opened his big mouth and fallen right in! I must admit that the idea appealed to me and the more I thought about it the more enthusiastic I became.

The '14 Peaks' is a fairly well known walk, about 23 miles peak to peak, with 10,000' of ascent, plus a few more miles and 2000' for the approach and exit from the route. Having done the walk in the past, I knew it to be a tough day's slogging over some of Snowdonia's finest peaks. Now Chris and I were contemplating a non stop double crossing, a challenge indeed, that would require fitness and good planning.

We decided on the last weekend in June for the attempt, to take advantage of the long daylight hours. This gave us time to train, getting in a few marathons, culminating in the Welsh 1000 metres, when we hammered each other into the ground!

Doug. Arnold and his wife proved to be a tower of strength. As they live near Conway they offered to accommodate us on the Friday night and feed us at various stages during the walk. We accepted gladly as a double 3000's was unknown ground so to speak, so a little help was welcomed.

At last the long awaited Friday evening arrived, weather conditions were perfect as we drove over the moorland road and then through the Conway Valley to the Arnold abode.

Up next morning at 5 o'clock sharp, a hearty breakfast and Doug. drove us up to the old Roman Road at the foot of Drosgl, one of the smaller Carneddau outliers: 6.20 a.m. on a perfect summer morning and we were off.

Our first objective was Foel Fras, first of the six major summits of the Carneddau and this approach, from the N.E. over the flank of Y-Drum is probably the easiest start for the 14 peaks route. More to the point for us, it would also be the easiest finish! From the summit of Foel Fras we could see practically the whole of the route and it was with delighted anticipation that we strode down the grassy ridge toward Foel Grach in warm sunshine and crystal clear air. Onto the top and time for a look around to absorb the majestic scenery; we still hardly dared believe our luck in getting such perfect weather. Our next peak, Yr Elen, is awkward to reach as it is an outlier, off the main ridge. Apparently it can only be reached by climbing over Carnedd Llewelyn, and then retracing one's steps. As we didn't want to do a peak twice, some crafty contouring was called for. A faint sheep track runs tenuously across Carnedd Llewelyn's north slope, high above Llyn Ffynnon Caeag. It is loose, broken, grotty stuff but it does avoid 500' of climbing by the

time it peters out on the S.E. ridge of Yr Elen, leaving a short climb to the top. Back down again and this time straight up on to Carnedd Llewelyn at 3,485', the highest point in the Carneddau. By now the character of the hills is changing, the peaks and ridges are more jagged and rocky although the walking is still easy. In fact the Carneddau are the easiest part of the route; once the main ridge is gained six out of the fourteen summits are traversed with comparatively little climbing. Soon the shattered rocks of Carnedd Dafydd are under our feet and we think of breakfast. Doug. is waiting for us at the E. end of Llyn Ogwen and thoughts of coffee, cereals and rice pud. spurred us along the ridge to Pen-yr-Oleu-Wen, our sixth peak. Then we scrambled and ran down the stones and heather of the S.E. ridge, ready for the delights of the Arnold cuisine.

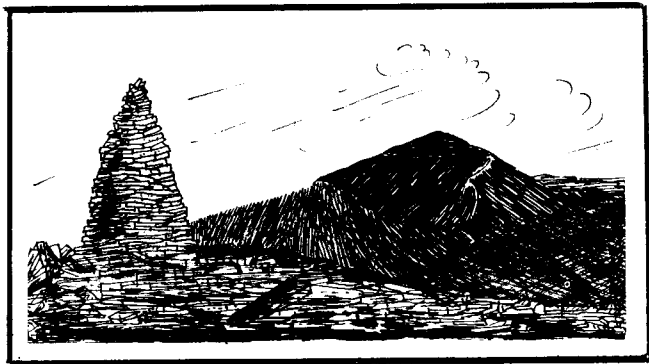
After feeding and slapping Ellimans Embrocation on my thighs (accompanied by lewd comments from Doug.) we moved off again to do battle with Tryfan's north ridge. The final 500' of this ridge provide particularly fine sport. Steep and rocky demanding the use of hands and feet, there are short easy rock climbing pitches affording airy views of Llyn Ogwen and the ribbon of the A.5 below our feet. Unfortunately, I had been "suffering" since leaving our breakfast stop and so I had the doubtful pleasure of watching Chris muscling up the rock until he disappeared over the crest - the swine! Eventually I sweated and swore my way to the summit to see Chris sitting on a boulder, the inevitable pipe stuck in his mouth, grinning at my discomfiture. He reminded me irresistibly of a big bearded troll as we exchanged the usual pleasantries like: "What kept you then?" - "You're not fit mate!" My replies were somewhat restricted, partly through lack of breath and partly due to the presence of other walkers within earshot! After a rough descent to Bwlch Tryfan, we flogged our way up the scree slope on to the Glyders.



Glyders and Y-Garn seen from Carneddau.

(Pen drawings by Brian Graves from Neville's coloured photographs.)

Fortunately I was recovering somewhat and was able to keep up with the galloping Winn again. By now the sun was quite hot and we sweated profusely as we clambered over the huge spikey boulders leading to the cantilever stone on Glyder Fach. A further 30 minutes mixed grass and boulder hopping brought us to Glyder Fawr, our ninth peak. This is followed by a rapid descent down a particularly treacherous scree to Llyn-y-Cwm, the small tarn cradled high above the Devil's Kitchen. By now we had found our form again and fairly flew over Y-Garn, my only problem being the descents, when a grumbling thigh muscle was causing concern. By mutual consent we threw ourselves down on grass for a "breather" and refreshment before tackling Elidir Fawr, our eleventh peak.



Elidir Fawr from near summit of Pen-Yr-Dleu-Wen

We sat gazing at the beautiful outline of the Nant Ffrancon, a particularly fine example of a glacial valley. We shared the view, and swapped experiences with another '14 peaks devotee'. In fact we met a great many others over the weekend but no other double journey maniacs as far as I could tell. Time to move again though and this time my enthusiasm was tempered by the fact that Elidir has a bad psychological effect on me. For some reason I just do not like that peak. Its summit ridge consists of a serrated cockscomb of the most awkwardly shaped, diabolically placed boulders imaginable. This is followed by a knee jarring descent of over 2500 feet into Nant Peris, aggravated on this occasion by increasing thigh muscle trouble. At last we gained the flat valley bottom and made for Doug.'s van on the Vaynol Arms car park at 4 p.m. - just in time for afternoon tea! It was great to plough through beef stew, rice pudding, oranges and mugs of coffee! when Doug. offered support he really meant it!

Reluctantly we packed our gear and arranged to see the Arnolds again on the car park at about closing time. "Fine", said a grinning Doug. with a thirsty look in his eye! The Llanberis road slowly unwound beneath our feet as we stared at Crib Goch, our next objective, rearing upward in front of us. We left the road by the climbers' hut at Ynys Ettws and struck up into remote Cwm Glas, the northern cliffs of Crib Goch and Crib-Y-Ddysgl forming a back drop, gleaming pink in the evening sun. A never ending trudge over steep grass and scree brought us onto the tenuous crest of Crib Goch's north ridge and finally, the summit of

Crib Goch itself at 8.00 p.m. A sense of urgency sent us scrambling along the steep rock of the knife edge ridge leading to Crib-Y-Ddysgl - the white ribbon of the Llanberis road showing up 2000 feet below my right knee! Speed was most desirable as we didn't fancy returning along that ridge in the dark, if we could help it. As I clambered along the ridge I couldn't help noticing how warm the rocks were even though the sun had gone down and we were in shadow. This gave a curious sensation of internal heat in contrast to the now cool atmosphere. Soon we were on the summit of Crib-Y-Ddysgl, touching the trig. point as we galloped past. A short descent followed by a steady climb alongside the railway track brought us to Snowdon summit at 9.15 p.m. We solemnly touched the trig. point and looked at each other. HALF WAY!!!!

"C'mon then" said Chris, and off we went over Crib-Y-Ddysgl, and Crib Goch, retracing our steps on the start of our second crossing. We delicately picked our way back down the north ridge of Crib Goch, slid down the screes into Cwm Glas and trotted down towards the Llanberis road 1700 feet below.

I think we were both feeling elated at this point, perhaps because the prospects of completing a double crossing seemed very good. Whatever the reason, we fairly flew down Cwm Glas, even my clapped-out thigh muscle, quite painful by now, failed to dishearten me. By 11.00 p.m. we were striding down the road to Nant Peris, with Chris contentedly puffing on his pipe again.

Back into the Vaynol Arms car park and wake the Arnolds, both fast asleep in the van - wished I could join them. The feeling of elation had faded, now I just felt hungry and completely shattered. While I ate, I stared at Elidir Fawr's great whale-back silhouetted against the paler night sky. I thought of that 2500 feet of bog, grass and splintered boulders and my spirits hit rock bottom! We arranged to see Doug. on the A.5 road at the foot of Tryfan, then staggered off into the darkness. After a few minutes groping around we found the path leading onto Elidir, just to lose it again in a patch of bog! However, it had served its purpose as we were now climbing steeply upward in the right direction. For a time we needed torches, as the full moon was covered by the only cloud in the sky, believe it or not! The next two hours were the worst for me as I lurched up the steep grass, resting every few minutes, until the rocks of the summit ridge were under my unsteady feet again. How I hated that never ending rocky purgatory, I was terribly sleepy and moved clumsily, jarring my leg badly. I eventually fell into the summit cairn and ate my way through a bar of mint cake, anxiously watched by Chris, I must have looked a right mess! Funny though how you can swing from one extreme to the other. After the descent of Elidir, an easy level track took us onto the North West ridge of Y-Garn; dawn broke, all sleepiness vanished and we trudged cheerfully onto the top of Y-Garn. We descended to Llyn-Y-Cwm and sprawled on the rocks by the lakeside. Chris started suffering now, he was becoming increasingly sleepy and we were both slowing down badly. It was delightful to lie by the lake, its mirror surface reflecting Glyder Fawr's craggy slopes. We just dozed and enjoyed the calm, fresh stillness of the early morning. Reluctantly we broke the spell, dragged ourselves upright and began slowly, to climb the scree slope onto the Glyders. In a surprisingly short time we were over Glyder Fawr and picking our way over the boulders onto the ridge leading to Glyder Fach. Now Chris was really feeling the lack of sleep. There was a thud behind me and I looked round to see Chris flat on his face. Luckily he had fallen into the slope on his left, a fall to the

right and he would literally have "dropped off"! Obviously another rest was necessary and what a sight we must have been. Sitting on the grass, heads in hands, like a pair of bedraggled gnomes; I couldn't help laughing. Fortunately, Chris began to recover and soon we were over Glyder Fach and off down the screes to Bwlch Tryfan and struggling up to the summit of Tryfan. We descended by a large dirty gully on the north west side, or rather Chris descended - I half staggered and half slid, as steep descents were anathema to my right leg by now. A very worried Doug. greeted us on the road, having spotted us on Y-Garn at 4.00 a.m. It was now 9.00 a.m.; we had taken 5 hours to do what should normally take 2 to 3 hours, no wonder he was worried!

While finishing our stew and rice pudding we discussed the situation and decided to split up. Although I was confident of finishing, the leg injury was slowing me down and it seemed pointless to hold Chris back.

For the last time we forced ourselves away from the food and comforts and started up the south east ridge of Pen-Yr-deu-Wen - 28 hours after descending it on the outward journey! Chris disappeared ahead as I settled down to a slow pace. Finishing was all important now and to do that I had to reach the top without further injury to my leg, in order to maintain a reasonable pace along the ridge connecting the remaining summits. At last the top, and Chris is still in sight on the ridge, but no chance of catching him. Over Carnedd Dafydd and Carnedd Llewelyn, then drop down towards Yr Elen then scabble across the loose traverse above Llyn Ffynnon Caseg and everything looks good, nothing can stop me now.

"Is your name Tandy?" one of a group of walkers shouted. "Yes", "There's two blokes up front asking after you". "Thanks" Two? Doug's come up to check us out I bet. An easy pull up over Foel Grach and at last I was on the final easy climb, even finding some speed again. Finally, 34 hours 10 mins after leaving it, I was back on Foel Fras, flat on my back, soaking up the sun and feeling as pleased as punch. ●

(A route map will be found on Page 11 Newsletter Thirteen - ED.)

REGISTER OF EVENTS.

COMMITTEE MEMBER ANN SAYER HAS UNDERTAKEN THE TASK OF COMPILING A LIST OF ALL CHALLENGE WALKS AND THEIR RELEVANT DATA. WHEN THE REGISTER IS AS COMPLETE AS POSSIBLE IT WILL HELP THE EDITOR TO DRAFT THE "CALENDAR" AND PROVIDE INFORMATION FOR PEOPLE WISHING TO ARRANGE NEW WALKS. BEFORE LONG ANN EXPECTS TO WRITE TO ALL EVENT SECRETARIES WHO WILL BE ASKED TO COMPLETE A FORM REQUESTING VARIOUS DETAILS OF THE WALK.

PENNINE WAY SUPPORT WANTED.

A WIFE WANTS A SECOND PERSON(S) TO HELP WITH 'SUPPORT' OF 6 WALKERS ATTEMPTING THE WAY IN 7 DAYS FROM MAY 7TH. AGE AND EXPERIENCE OF NO IMPORTANCE, JUST A DESIRE TO JOIN IN WITH THE SPIRIT OF OUR ATTEMPT (TO PROVE THAT NOT ALL LDWA MEMBERS ARE RUNNERS). PETROL EXPENSES PAID.

OFFERS TO JEFF ELLINGHAM

BY HILL TRACKS THROUGH THE HEATHER

Written and Illustrated by KEITH PENNYFATHER (LDWA 96)

part 2:

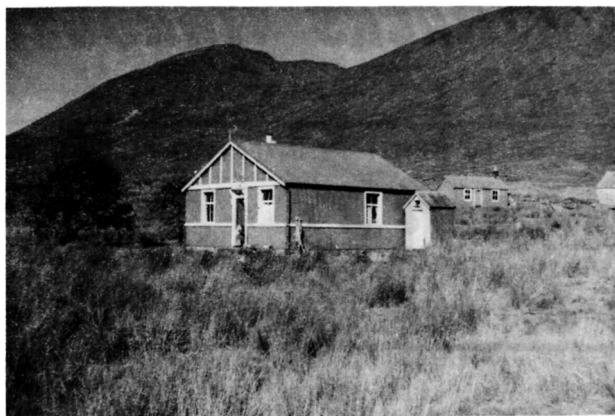
South of the Great Glen

ROUTES 1 TO 5 WERE PREVIOUSLY DESCRIBED IN NEWSLETTER 15; IT REMAINS TO DEAL WITH THE ROUTES IN THE SOUTHERN, CENTRAL AND EASTERN HIGHLANDS. THE FIRST LINKS THIS AREA WITH THE ROUTES ALREADY DESCRIBED IN THE NORTH AND WEST.

ROUTE 6 - THE DROVERS' TRAIL: 116 kms (72 miles) from Shiel Bridge (bus from Inverness or Kyle of Lochalsh) to Dalwhinnie (train to Edinburgh or Glasgow). Maps 25, 33, 34, 35 and 42.

Making use of many of the old drove roads used for leading cattle from the Western Isles to the Tryst at Crieff, and some of the later military roads, now grass-grown and disused, this trail follows one of the 'Roads to the Isles'. In Glen Affric it connects with the West Highland Watershed route, at Fort Augustus it links with the Lochaber Trail, and at Dalwhinnie it joins the route of the Trans-Highland Trek.

From Shiel Bridge (NG 935189) follow the road N (making use of redundant stretches of the old road) to Morvich in Strath Croe (958211). Beyond the farm and camp site a track leads SE into Gleann Lichd, continuing as a path climbing E to the watershed and down Fionngleann to Glen Affric. Beyond the youth hostel (080202) keep N of both the river and the loch to Affric Lodge (186231). The woodland and loch scenery at its E end makes Glen Affric one of the most attractive glens, but recent forestry operations on the S side have caused scars. The route through the glen is a very ancient one and was also followed by Prince Charlie during his escape after Culloden in 1746. At Affric Lodge turn SW and S to gain the path leading E from 182215 to Cougie, where a track is followed to Hilton Lodge (284244). Then S by Loch na Beinne Baine to Dundreggan. S of Torgyle Bridge at 308127 a forestry track climbs SW and then SE to join a path following the pylons uphill and after 1 km leading to the old military road (built in the late 1700s) which is followed to Fort Augustus. At 372074 a path leads SE to the start of General Wade's Military Road which climbs SE over the Corrieyairack Pass and down to Garva Bridge (521948) over the River Spey. (This road, built in 1731, with 12 zig-zags at a 1 in 7 gradient on the E side, was a considerable engineering feat. The soldiers who built it were paid sixpence a day. Garva Bridge itself, and the neighbouring Barracks, still stand as monuments to Wade's strategic planning. The Pass also has associations with the 1745 Rising.) At 532938 head S by a faint and intermittent path across Glen Shirra, via 533927, 536926, 539912 and contouring the slopes below Creagan Liatha to cross the main road at Feagour (569905) and continue SE through the forest (path partly obliterated) and N of the Allt an t-Sluic to join the road N of Dalwhinnie (NN 636861). From Hilton Lodge to Dalwhinnie the route follows almost exactly the line of a very ancient drove road, in use for generations before General Wade constructed his road on the same line across the Corrieyairack.



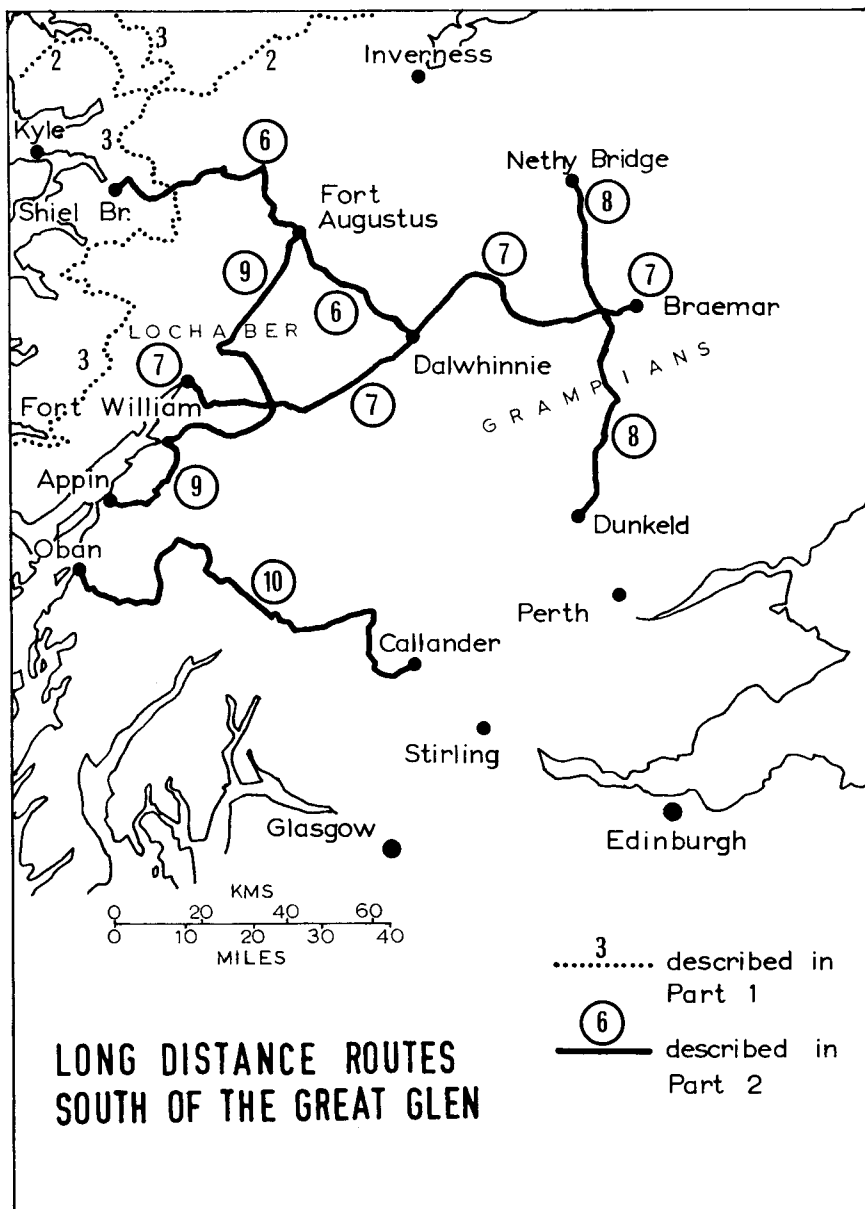
ROUTE 6 -

The Youth Hostel in Glen Affric, one of the remotest in Britain, lies on the route of the DROVERS' TRAIL near the point where it links with the West Highland Watershed route.

ROUTE 7 - THE TRANS-HIGHLAND TREK: 143 kms (89 miles) from Fort William (train from Glasgow) to Braemar (bus to Aberdeen). Maps 35, 41, 42 and 43.

From the heart of Lochaber to the heart of the Grampians this route across the central Highlands highlights the contrast between the scale and scenery of these two quite different mountain areas, and makes use of military roads as well as glens and hill passes. The route connects with the Lochaber Trail at the S end of Loch Treig, with the Drovers' Trail at Dalwhinnie, and with the Grampian Trail just W of Braemar.

From Fort William (NN 105742) head E for Glen Nevis, where by following the forestry track from 122737 much road walking, and throngs of tourists along the river, can be avoided. At 145684 follow a path on the S bank of the river, crossing a tricky wire strand bridge at 178685 (path disappears 1 km before bridge). A good path on the N bank leads E to the watershed, crossing again at Luibeilt, and on to Loch Treig where a track leads to the railway. Throughout this section there are good views of the surrounding peaks of the Grey Corries and the Mamore Forest. At 343681 a path (part of the old Corroul Road) heads SE for Loch Ossian, where a track follows the S shore. Beyond the Shooting Lodge make for the bridge at 418701, from which an intermittent path follows the N bank of the Uisge Labhair for 4 kms before disappearing. Just before the Bealach Dubh (480732) another path is joined: follow this NE to Culra Lodge and Loch Pattack and take the estate road NE along the shore of Loch Ericht to Dalwhinnie. Follow the remains of the old A9 road NE down Glen Truim to Crubenbeg, where at 685928 a track leads SE to Etteridge, then NE along the remains of General Wade's Military Road to Ruthven, S of Kingussie. (Ruthven Barracks, nearby, have 1745 and Wade associations.) At 794995 near Tromie Bridge a track leads SE to the Glen Feshie estate road at 848976. Continue S for 4 kms to Carnachuin, where a track crosses the river and follows the E bank S and E to the watershed. Beyond the bridge at 914886, a path keeps N of the Geldie Burn, joining the track from Geldie Lodge, crossing the Dee at White Bridge and joining the road at Linn of Dee (061897). (In the 1730s General Wade surveyed this route through Glen Feshie for a possible road linking Kingussie with the Linn of Dee. Although the idea has been revived in recent years, the road has never been built and the head of Glen Feshie remains as remote as ever. Long may it remain so!) At Inverey a path E of 088890 avoids 2 kms of road walking and at 119897 a track through woodland follows the lower slopes of Morrone, with good views of the Cairngorms, leading to Tomintoul and down to Braemar (NO 151914).



ROUTE 8 - THE GRAMPIAN TRAIL: 100 kms (62 miles) from Nethy Bridge (bus from Aviemore) to Dunkeld (train to Edinburgh or Glasgow). Maps 36 and 43, plus either 52 or 53.

This route, the only one of those listed here wholly in the Grampians, follows some of the long, deep hill passes characteristic of the area. To the W of Braemar it connects with the route of the Trans-Highland Trek.

From Nethy Bridge (NJ 001206) head SE to Forest Lodge (022164) where a good track leads S through the magnificent pine forests up the E side of the River Nethy, deteriorating to a path which, sketchy for the final kilometre, eventually joins a track from Glen More at 024104. This is the start of the route through the Lairig an Laoigh, which climbs SE and then S to cross the River Avon at 042031 (no bridge: ford dangerous in spate) and continues down Glen Derry to Derry Lodge (041934). The Lairig an Laoigh is one of Scotland's finest hill passes and was much used for cattle droving and other trade before the modern roads were built. From Derry Lodge follow the road SE past the Linn of Dee to Inverey, where at 089892 a track leads S up Glen Ey, deserted today but in 1830 supporting 40 families. Beyond Altanour Lodge there is no path and the going is rough E of Beinn Iutharn Bheag and past Loch nan Eun until a Land Rover track is joined in Gleann Taitneach and followed to Spittal of Glenshee (109702). Take the path climbing SW up Coire Lairige and over the An Lairig pass to Enochdhu. W of the River Arde a path and track lead to Kirkmichael (080601). Head W towards the Mains of Glenderby, forking S at 056595 and over a trackless section to Lochan Disinneach Beag where a path leads S, past 041539, to the Buckny Burn, then SW over the lower slopes of Deuchary Hill, past Mill Dam and Cally Loch to the road at NO 025433 on the outskirts of Dunkeld.

ROUTE 9 - THE LOCHABER TRAIL: 127 kms (79 miles) from Fort Augustus (bus from Fort William or Inverness) to Appin (bus to Oban). Maps 34, 41, 49 and 50.

This route makes use of drove roads, canal towpaths, a disused railway, military roads and other hill tracks on its way from the Great Glen, through the heart of the district known as Lochaber, to the coast of Lorn. At Fort Augustus it links with the Drovers' Trail and at the S end of Loch Treig it connects with the route of the Trans-Highland Trek.

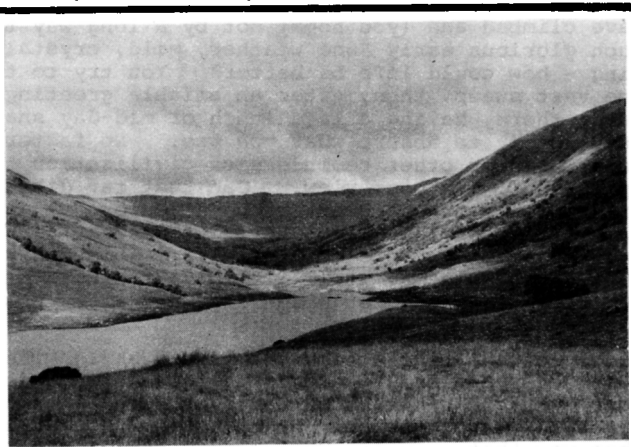
From Fort Augustus (NH 379095) follow the towpath on the N bank of the Caledonian Canal to Bridge of Oich (338036), then take the track along the SE shores of Loch Oich and Loch Lochy, on the line of General Wade's Military Road, built in 1725, (or follow the old railway line, parallel and slightly above it) as far as Glenfintaig Lodge (223864). To avoid the road to Spean Bridge, parts of the railway can be followed SW towards Mucomir and SE again to reach a path which finally joins the road at 215820. Follow the road to Corriechoille (252807) where a track climbs SE through the Lairig Leacach and a path continues W of the river to the S end of Loch Treig. (The route through the Lairig Leacach is one of the old drove roads leading S from the Great Glen.) Then S at 320687, by path up Gleann Iolairian to the dam at the W end of the Blackwater Reservoir and along the N side of the River Leven to Kinlochleven. To the NW a path leads to the old military road at 172630, which continues W to Lairigmor. (This military road forms part of the West Highland Way official long distance path.) From Lairigmor at 122640 a path climbs SW to Callert on the shore of Loch Leven. Follow the road over the new bridge to Ballachulish on the opposite shore (parts of old railway track for last 2 kms) and at 081580 head S up Gleann an Fhiodh and at 069548 climb S into Glen Creran to join a forestry track which emerges at 036489. From the bridge at Glenure (045480) a path leads SW to the road N of Druiamavic at 011457. From here 4 kms of road walking on the N shore of Loch Creran lead to Craegan, where parts of the old Ballachulish railway can be followed W to Appin (NM 926473).

ROUTE 10 - THE SOUTH HIGHLAND WAY: 140 kms (87 miles) from Oban
(train from Glasgow) to Callander (bus to Stirling). Maps 49, 50, 56 and 57.

This route, the most accessible of those listed, but avoiding the more popular areas, offers a good cross-section of the character and variety of the Southern Highlands. The central section, SE of Dalmally, follows the line of one of the great drove roads used for leading cattle from the shores of the Firth of Lorn to the Tryst at Falkirk.

ROUTE 10 -

The SOUTH
HIGHLAND WAY
follows the
water's edge
in Glen
Finglas, near
Brig o' Turk
in the
Trossachs.



From Oban (NM 858299) take the road S (and path to 870259) and on to Cleigh (881258) where a track leads SE up Glen Feochan, continuing as a path E of 927234, round the S shore of Loch Nant and over the Bealach Mor to Kilchrenan (036231). Then by road to 035256, where a path leads N to Bridge of Awe. The next section circumvents the mountain mass of Ben Cruachan, one of the finest peaks in the Southern Highlands. Take the Inverawe road, and at 025317 follow the track NE to Glennoe (055343) and continue along the coastal track to the foot of Glen Kinglass. Turn E up the glen to a bridge at 133357 where a path climbs over the shoulder of Meall Copagach to Glen Strae, joining the road at 145294. Leave the road E of Dalmally at 193275, where a track leads to Succoth Lodge. Beyond, the line of an old drove road, barely discernible except in one or two places, follows the Eas a' Ghail through the forest, crosses the watershed at 244239 and leads to Gleann nan Caorrunn. Once through the forest the route is obvious, but recent planting makes the first section tiresome. For the last 6 kms down to the main road near Glenfalloch Farm, a hydro-electric service track can be followed. At Inverarnan (319188) a farm track leads SE and a path continues along the N bank of the Ben Glas Burn. After 1 km cross the burn above a waterfall and strike SE with the pylons (no path) to cross the bealach at 347165 and contour along the S slopes of Parlan Hill to a further bealach (Bealach nan Corp) at 360160. (This section is nearly all trackless, and the complex topography calls for good route finding. Avoid descending Glen Gyle by mistake.) E of the Bealach nan Corp the route strikes E, keeping N of the river to Inverlochlarig, where a track is finally joined. There are associations hereabouts with Rob Roy. Cross at 443181 to the S side and continue E by the old path (partly obliterated by recent forestry) along the shores of Loch Doine and Loch Voil to Muirlaggan and Balquhidder (537202). Now S by path along the E bank of the Calair Burn to Ballimore in Glen Buckie, where a path continues W to the Bealach a' Chonnaidh and S to Glen Finglas Reservoir, following the E shore to a service road leading to Brig o' Turk (536066) on the edge of the Trossachs. Cross the Black Water to reach a track and path leading SE to Invertrossachs and continue S of Loch Venachar to the road at NN 605071, which leads to Callander. ●

Heaven in Hades ?

JOE GLOVER (419)

You pause some six feet below the cairn on this perfect Sunday afternoon to be that much more ready to enfold the vista that will now reward your steady upward progress of the past two hours.

Two or three steps and - there it is! As you pause to erect or re-erect a stone on the summit cairn there bemuses you a view beyond your wildest dreams. It is not the first mountain you have climbed and (you hope) not by a long way the last - but in such glorious early June weather, mild, crystal clear, exhilarating - how could life be better? You try to take it all in in one vast sweep, then, after an amiable greeting to the pair already there, having a late lunch or mid-day snack, you settle down to try to absorb what you see. No factories, motorways, waterworks or other reminders of civilisation or the inroads of "planning", mar your view. Can that far distant top be Snowdon or Skiddaw - or whatever? Where YOU are at that time on that late afternoon there is SOME faint-distant giant beckoning you. Nearer are those more modest hills; some you have already topped that day; some may still lie in your onward path; others are memories of long-gone golden days and a few remain for future pilgrimage.

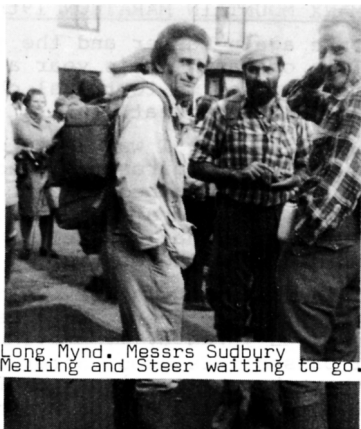
Fleecy clouds laze across the limpid sky. The slipstream of some jet propelled towards some far exotic destination catches your eye, clear-cut, then waning towards the West. That forest has sprung up remarkably quickly since you were last up here. When was that - in '71 or '72? Memories of that day flow back long since thought forgotten. Where now strides that lass with long, strong, slender legs and raven hair, sun-tanned and wholly at her ease as she loped past you so effortlessly that day? There still lies that gem of a lake, it's waters now unruffled by any random breeze. And there, nestling in that verdant hollow far below, is that friendly hostelry where you had stopped for tea. I wonder if she still provides those super scones? Ah well, that's for the future - and something to look forward to - this is the present - perfection in a perfect setting. Well, not perhaps QUITE perfect. That banana skin adds nothing to the prospect - or that coke tin tucked into the cairn. Never mind - these are very minor, if unnecessary, blemishes in your Heaven. Odd that at this precise moment there should steal across the still, still air the chimes from some far distant village church. Perfection added to perfection? It must be nearing six and time to think of setting off towards that fragrant plume of smoke which heralds tea. Not to worry - there's plenty of daylight yet and so much to see, to relish, to languish over. It's still Sunday.

Tomorrow's Monday. MONDAY!!! M for Monday, for mortgage payment, those Minutes (which you meant to write up last night); for middle-age, which you dread, for mediocrity, metrication, materialism, M.P.s and misery; for brother Mike, posted last week to South Armagh; for the Ministry of This or That. Not to speak of the hire-purchase commitment you could not afford, the "friend's" cheque which bounced last week, the interview you SHOULD have galloped through. And you know that for every reality of "down there" that has so suddenly swept to mind there are at least two others to match!

"Reality" - I wonder? Does it lie down there or are you savouring it at this very moment? What has this paradise got to do with inflation, strikes, or some other version of reality? Time enough lad - it won't be Monday for another six hours so make the most of this as it is THAT you came here to escape. ●



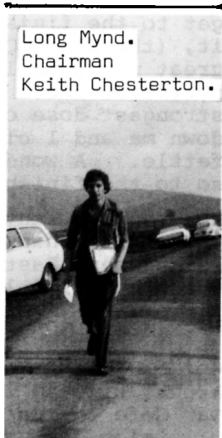
The Four Inns. Winners of the novice trophy - Messrs Cresswell, Hoare, A. Lewsley, and brother R. Lewsley.



Long Mynd. Messrs Sudbury Melling and Steer waiting to go.



Wansdyke - Water from a graveyard.

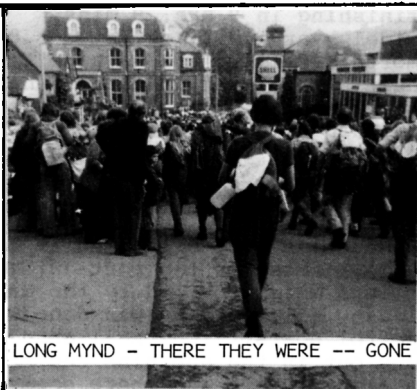


Long Mynd.
Chairman
Keith Chesterton.



Wandsdyke - Water from heaven.

EVENTS PAST



LONG MYND - THERE THEY WERE -- GONE

MANX MOUNTAIN MARATHON, 19th APRIL

Once again Easter and the excitement of that wonderful friendly Isle of Man. This year a mild spell and calm weather made my mind up for me to travel cheap on the overnight boat. The weather was great.

On the Sunday I walked leisurely round the coast stopping frequently for refreshment and visiting the old church at Lonan and other renowned places. Glens with waterfalls, peace and quiet yet always that cheery "hello, how are you?" when you met someone. What a lovely, peaceful way of preparing for the Marathon on the Monday.

This year the weather was misty, then clearing. All the old friends were there and a new set of hard walkers who had been perhaps lured by my previous write up on last year's Marathon. I passed this group after North Barrule starting $\frac{1}{2}$ hour later than the walking class on the Standard Fell Runners' class. A cheery hello and on my way. I soon teamed up with the Manx group and was dosed with honey (Manx style), Accolade, sweets etc. from the very friendly supporters. I was determined to get to the finish before Joss Naylor and so we certainly pushed it, (the Elite Class started a little later). The views were great until we left South Barrule and then life became rather horrible - need I say "a rough patch"? Still, I had the strongest dose of Accolade (half a bottle I should think) shoved down me and I climbed up to the Head near Port Erin in fine fettle. A wonderful view of the sea and down to the tower and so to the finish.

The route - fantastic, the company - great, the buffet afterwards - smashing. Need I say any more than - see you on the Island next Easter. By the way, I still managed a bath somewhere but I'll leave that bit out this year!

JOHN LEATHER (12)

15TH RIDGEWAY MARATHON, MAY 8th, 1976

Around 8.15 am 140 enthusiastic walkers set off from the Ridgeway Cafe on the A4 some 6 miles west of Marlborough on the 40 mile slog along this undulating prehistoric trackway. The day turned out to be a real "scorchers" (even surpassing the torrid conditions of 1966 and 1970) making this a really gruelling event. Nevertheless, Les Hathaway of Northampton Ramblers arrived at Streatley-on-Thames Youth Hostel in a very creditable 6 hrs 25 mins. Dianne Pegg of the Rockhoppers was first lady, finishing in 9 hrs. 9 mins. The remaining 108 finished in widely varying times between 8 and 14 hours. 30 suffering mortals fell by the wayside for various reasons including (mild) heat stroke, dehydration, general lassitude, blisters, swollen feet and inflammation of the boots. Norman Griffin and his faithful band of marshals and helpers performed their usual miracles of organisation and service; one of their more onerous jobs being to assuage the raging thirsts of the contestants. This year's soup was again provided free by Jean Griffin's Mum and Dad at their checkpoint and so was the tea, coffee, home-made cakes etc. dispensed at Mr & Mrs Smith's caravan at Gore Hill. Most of the soft drinks and tea supplied at other checkpoints were provided by the Marshal's themselves. Last but not least, all ferrying was done without charge despite increased petrol costs. One well earned reward they got was a wonderful day out in the sunshine and fresh air. The family parties were a treat to see and there seem to be more bonny babies every year.

I hope this event is still going strong when the youngsters are old enough to compete in it themselves.

ERNIE FOSTER (LDWA 26)

WELSH 1000 METRES, 5th JUNE, 1976

This year's event reflected the increasing popularity of Marathons, with a 50% increase in entries on last year. Over the 5 classes there was a total of 331 entries.

The start, as usual, was on the high tide mark at Aber, the object being to touch the 4 summits over 1000 metres in height. Nine-thirty, the report of the starting gun and it seems that the whole field have overtaken me! It's only the fell runners though, they soon vanish into the distance, leaving the rest of us to battle it out at a more sedate pace.

A traverse of the Carneddau to the Ogwen Valley is the first objective. The range contains two out of the four summits on the route; Carnedd Llewelyn and Daffydd. As we left the valley and started up the miners track to the Clyder ridge the weather turned Tandyish! Heavy rain and thick mist was the order of the day thereafter. Fortunately the Glyder summits are not part of the route, so we thankfully descended to Pen-y-Pass. There remains the long climb to the summit of Crib-y-Ddysggh, then to the finish on Snowdon summit; this is the only marathon I know of where the successful finisher is faced with a descent of 3000' or more after it is all over!

As I have said before, don't be put off by the fact that it is a fell race. Joss Naylor was first to finish in 3 hrs 26 mins, an incredible time for 19 miles and 9000 feet. There are plenty of slower idiots in the mountaineers class who take at least twice as long, and if you don't feel like racing, it is a delectable high level route over some of Britain's finest mountain country south of the Scottish border.

NEVILLE TANDY (130)

SHROPSHIRE SIX SUMMITS, 27TH JUNE, 1976

Once again this popular Midlands Marathon was organised by Dave Ramsey of the Birmingham Fire Service. Titterstone Clee, Brown Clee, Caer Caradoc, Long Mynd, Stiperstones and Corndon; linked together by some of Salop's finest countryside, 36 miles in all.

Problem this year - would you believe - was the sunny weather! One of the hottest days of the year seared the already parched land, with temperatures in the nineties fahrenheit. This resulted in about 20 finishing the event out of 80 to 100 starters, severe dehydration being the main problem.

Church Stretton was the breaking point for most people - 20 miles of blazing sun, scorched fields and three peaks was enough. The thought of three more peaks to do, in the hottest part of the day was too much; the call of some sandwiches and a pint proved the stronger!

For those brave souls who continued the beer had to wait until the finish. I bet the landlord of the Miners Arms thought he had won the pools when he counted his takings, the beer flowed like water.

NEVILLE TANDY (130)

TANNERS TWO DAY WALK, SATURDAY 7TH and SUNDAY 8TH AUGUST.

Early on Saturday morning approximately 25 people gathered on the lawn of Tanners Hatch Youth Hostel in preparation for a two day walk. There were two courses, one a gruelling thirty miles a day effort and the other a more moderate fifteen miles a day (but it felt very gruelling all the same.) The idea was to carry all food and equipment for the overnight camp on ones back. There was much surreptitious peeping at other people's packs at the kit check, either to find out what on earth they were carrying or hoping to find the secret of the extremely small packs of some competitors.

At the off signal everyone went tearing out of the gate and through the wood, all except Miriam and I who preferred to work out the grid references first, it always helps to know where you are going! The first day proved quite interesting, we had to navigate to grid references, follow route directions answer questions and then at the end, do a bit of orienteering (the first time ever I have orienteered carrying full camping kit!) A slight technical hitch arose at end because the finish wasn't marked, but everyone did eventually find the camp site. The second day followed the same pattern as the first, but this time the finish was marked!*

The whole weekend was very enjoyable and the weather was kind to us. It was disappointing to see so few entries as in fact the event was a very good way of preparing for the Karrimor Mountain Marathon later in the year. The terrain obviously is vastly different from the Mountain Marathon but equipment can be tested, food and cooking stoves experimented with and the compatibility of yourself and your chosen partner is put to the test! For more sane individuals who want a pleasant weekend's walking the ten mile a day course envisaged for next year's event should fit the bill. I shall certainly be taking part again.

* As far as I m concerned the most memorable event of the day was spending half an hour on the top of Leith Hill looking for the tower (how on earth can you miss a huge great tower). The solution was, of course, that we weren't on Leith Hill, never mind, you can't win 'em all!

13TH ACROSS WALES WALK, 4TH SEPTEMBER, 1976.

60 people travelled by coach from Clun to the Anchor Inn and stood on the border between England and Wales in the cold pre-dawn, rubbing the sleep from their eyes. Tallies were handed out by torchlight and after a few words of encouragement by the organisers we were off at 5 am, in cloudy but dry conditions that were to prevail throughout the day.

An easy track over flat topped Kerry Hill soon got everyone warmed up and by checkpoint one, dawn had broken and torches were stowed away. Two miles of tarmac lane led us to a grassy track which soon petered out by Blue Lins brook where one is faced by a seemingly endless and trackless moor. However, after a couple of miles a steep descent leads to the second checkpoint. Then follows an arduous 11 miles of tarmac road through Llanidloes and up the valley of the infant River Severn into the Hafren forest. Two miles of forest road lead up onto Plynlimon's vast flanks. A very tricky place this. Nearly 4 miles of interconnected ridges and valleys before the summit is gained. Extreme care is needed with navigation,

even in clear conditions, as several people discovered this year, to their cost.

From the summit there is an easy descent to the Nant-y-Moch dam, then westward to the deep gorge of Craigypistyll. Out of the gorge and through fields to checkpoint 5 at Elerch. Only 7 miles of road now to the sea, and the finish, at Clarach Bay.

Fastest time this year was 10 hours 58 minutes by a group of 3; John Harrison, Maurice West and yours truly. Everyone finished within the 18 hours limit, including two or three of the fairer sex.

Next year's event will be held on September 3rd 1977, entry forms available from May 1st, from:

Mr A.R. Morris

NEVILLE TANDY (130)

BULLOCK SMITHY HIKE, 4TH/5TH SEPTEMBER, 1976.

Just 72 hours decided the event should take place after the opening of footpaths in Derbyshire - previously closed because of the drought and fire risk. 125 hikers set out at 3 o'clock from Hazel Grove to complete a 56 mile circular course within 24 hours. 79 completed the circuit (the last with 10 minutes to spare) in fine weather and a moonlight night. The winner (Bullock Smithy Trophy) was Andy Lewsley in a time of 12 hours 22 minutes, second Roy Marlow 13 hours 13 minutes, joint third Richard Lewsley and Steven Tosh in 14 hours 22 minutes. Richard took the Scout "Shining Tor" trophy and Andy, Richard and Steven took the open team award "Windgather". The first lady home was Ann Sayer in a time of 15 hours 52 minutes. 3rd Hazel Grove Scout Group took the Scout Team Trophy and the District Trophy.

The event was a success and plans are being made to hold it again on 3rd/4th September, 1977 - details in next Newsletter.

JOHN CORFIELD - Organiser



BULLOCK SMITHY - Some of the starters. (Photograph by A.Mottram by courtesy of the Advertiser Group of Newspapers, High Street, Stockport, Cheshire.)

THE BULLOCK SMITHY HIKE - A Walker's Impression.

I was very pleased to have taken part in the first Bullock Smithy Hike, and proud to have completed the 56 mile circuit in a reasonable time under ideal walking conditions.

The route was well devised and particularly enjoyable in its early stages between Chinley Churn and Millersdale.

A particular mention should be made of the excellent work of the hike officials and checkpoint staff who, throughout the weekend, remained pleasant and most helpful.

The food and drinks were first class and the provision of seating at most of the roadside checkpoints a good idea on someone's part.

It would be difficult to compare the challenge of the event with others but I felt that it was perhaps a little more difficult than the Crosses Walk whilst being somewhat easier than the Fellsman.

As an annual walk the Bullock Smithy has a good deal to offer and should soon gain a foothold on the Calendar of many long distance walkers.

MIKE TEANBY (871N)

KENDAL GATHERING WALK, 11TH SEPTEMBER. 1976

Pouring rain greeted the 71 starters at Glasson Dock on the coastal end of the Old Lancaster Canal. A downpour which was to continue for each of the 37 wet miles which took us along the towpath through Lancs, skirting the Penines and finally to our goal in Cumbria. On the way there was wild life in plenty to watch. Swans, geese and ducks all enjoying the weather.

The checkpoints were sensibly spaced along the route and at each of them the refreshments were more than generous - at Tewitfield, where our spirits were at low ebb, we were fed with home-made soup, and a chocolate cake of rare distinction.

A surprisingly high number of 57 walkers trudged into Kendal Town Hall where, after more tea and buns, the Mayor presented us with the beautifully prepared certificates, the art work of which had been done by Sue Rayner who was also on the walk as well as helping with the organisation.

First home, in 7 hrs 26 mins, was Brian Watson of Workington, and of the six ladies who started, two local girls, Ann Bland and Joyce Evans were back in 9 hrs 15 mins.

The LDWA was well represented in the field and our thanks are due to Frank Hodson and his cheerful helpers for giving us our second opportunity to sample the delights of canal walking. The Kendal Gathering must now be a certainty for inclusion in the calendar of annual events, not only by virtue of the magnificent scenery which it offers, but also because of the totally different walking conditions which a towpath provides for those of us who normally find our pleasure on higher ground.

DOUG. ARNOLD (670)

7TH CHILTERN MARATHON, 19TH SEPTEMBER, 1976

Once again the weather was too good to be true, as it has been for all the other occasions; this no doubt probably accounted for the unpredicted turnout, swelling the pre-entry of 284 to 423.

Middle Thames Ramblers certainly had to pull all stops out to process this number, having only catered for an estimated 350, however we were pleased to say that through the determined efforts of members and helpers alike, it was yet another success.

At the 9.00 am mass start, barely half of the 391 eventual starters got away, the late entrants continuing to leave right up to 10.00 - this meant the checkpoints having to be kept open a little longer for our labour force, who had to rush round as one member had a clutch go on his car. Some 240 completed the 25 miles within the 9 hours, to gain a certificate, a further 56 finished just outside the time (we allowed some ten minutes grace). Retirements were somewhat heavy, as there were a couple of tricky bits; reason mainly for this was that kind farmers had ploughed up two portions only days before, one where walkers should have headed towards one of two 'telegraph poles', the other where they had to head towards the 'trees on the horizon' but perhaps this was an oversight on the part of the waymarker (guess who) who thought most difficult bits had been covered. In both cases though, careful tying up of map and details should have helped entrants who sadly 'followed others blindly'.

The best time was done by S.Elliott in 4.10, a creditable effort, and the first ladies, the Misses S.Keys, H.Widdowson and S.Widdowson, all arrived 3 hours later. Generally speaking, most folk enjoyed the walk, saying it was hillier and that it was longer than last year - maybe it was over the 25 miles.

There were some 88 girls and ladies, also a surprising number of families, in some instances four's and five's - maybe this is where we get the title ascribed to us recently 'The Children's Marathon', or perhaps some ardent biscuit fancier who called it 'The Chilton Marathon', but a note for your diaries - next year the 8th Chiltern Marathon will be on Sunday, September 18th - same venue.

We introduced the team idea this year, which encouraged more entries, to make the six up, at least. Out of the 10 groups who entered such a number and over, the best performances were Octavian Droobers O.C. (average 6.47), Nicholas Hawksmoor School (8.06) and Canon Rambling Club (8.16)

We now have 8 people who have completed 4 of the events, should the writer have gone wrong on his statistics, please don't hesitate to let him know - if there is a '5' entrant among you. As a final note of interest the four quarters that entrants came from, for longest distance travelled, were Devon, Northampton, Norfolk and Kent - the Devon one was approx. 200 miles.

Lost Department: Two Pullovers and a Long Sleeved Sports Shirt.

VINCE SMITH (Organiser for Middle Thames Ramblers.)

10TH LONG MYND HIKE, 2ND/3RD OCTOBER.

3 pm, and at the sound of the hunting horn around 230 hikers tally-hoed down the High St at Church Stretton to the surprise and wonder of the shopping natives, to start the 50 mile Hike, and they were soon spread out along the road; Lawley Summit, and the first checkpoint. The ascending and descending is great fun as you meet or pass the whole field either coming up or going down (unless, of course, you are right at the front or right at the back!) After reaching the bottom



everyone takes their favourite route to the next point and you hardly see more than a dozen people together for the rest of the event. The weather held fair and the half moon shone for some of the night but rain came in the morning and the later finishers got wet. Organisation, check and refreshment points were well up to the usual standard and an enjoyable time was had by all. Full marks to the 2nd Long Mynd Scout Group.

First man home, J.R. Jackson 9.58, first lady, Ann Sayer 15.57 The slowest took 24.14. Some parts of the event were filmed by Nationwide T.V. so watch your screens in the west.

CHRIS STEER (1)

THE KARRIMOR 2-DAY MOUNTAIN MARATHON, 23/24 OCTOBER.

The eight hour journey from London to the Galloway Highlands in Scotland soon passed in the company of good friends, Brian Graves, Chris Dodd, and my partner Frank Thomas.

We were greeted on the Saturday morning with torrential rain as we tried desperately to get things organised in preparation for one of the biggest challenges in the Marathon Calendar. We managed, somehow, and as the rain eased off we made our way to the start with our hearts thumping in excitement with the task that lay ahead. The Elite and Standard 'A' had already disappeared into the mist on their mammoth task. The start soon came round as the two hundred teams in Standard 'B' rushed off soon to be confronted with a steep, slippery climb up a forest track and to come to an open area for the distribution of the grid. references for the various checkpoints.

Our first major difficulty was in finding Checkpoint One. We spent well over an hour searching in the mist and just as my mind was beginning to think in desperation that we would never find it, a red and white flag appeared and our hearts lived again.

The weather, which played the most dominant factor in this year's event, was getting torrentially bad, with continual freezing cold hail and low mist. However, careful navigation saw us to Checkpoints 2 and 3. The terrain, rough and undulating and like a gigantic bog, saw your feet sinking every step into ice cold water. The journey, for me, from Checkpoint 3 to 4 seemed to take a long time, but from there on it was nearly all down hill to the boggy camp site at Loch Dee. The rain by now had stopped as we hurriedly erected our tent and enjoyed the wonderful feeling of getting into a warm sleeping bag.

Our evening meal of vegetable, mince and chocolate! over, it was by now 10.00 so we put our watches back an hour and soon went to sleep, with the rain beating against our tents.

The familiar greeting, as on previous years, of a continual hooting, wakened us at 6.00 as we faced the agony of putting those wet socks and boots on, but fortunately the sun was shining. A hurried start by my partner and I as we started on today's journey of a 20 km. optimum route with about 4,500' of climbing. The weather being very much more settled, with occasional hard sleet rain, our navigation and progress was considerably better.

Our journey was nearly completed as we approached Checkpoint 6, 'a re-entrant with Lochan' and the downhill run to home, was a great feeling as our test of companionship and equipment was nearly over. A last desperate effort and we crossed the finishing line with a loud applause by the crowd. The welcome cups

of tea were soon consumed as we soon learned that teams like Joss Naylor and Pete Walkington had failed and over 50% of the teams had failed to reach the mid-way camp.

It was a complete week-end, with Brian and Chris, also doing a good time, but I would like to add we beat them by 12 minutes, after losing 20 minutes the first day. We are still awaiting that pint!! Our times were: First Day - 9-10am to 5-10pm.
Second Day: 7.00am to 12.20pm.

MARTYN GREAVES (1368)

BURLEY MARATHON, 23RD OCTOBER.

Considering the weather preceding, and on the day, the 89 starters (out of 101 entries) on this second 30 miler organised by Brian Smith (Burley Y.H. Warden) augers well for this New Forest event. There were 61 finishers, some of whom stayed for the barbeque following which, because of the continuing rain, had to be held indoors. Next year's event will be on October 22nd and a new course is promised.

C.S. (1)

2ND MASTERS AND MAIDENS MARATHON, 17TH OCTOBER, 1976.

The Masters and Maidens Marathon, although basically a running event, attracted the attention of several members both as officials and contestants. Due to the extended time limit it is the only true marathon in which fast walkers can expect to be recorded in. The 305 entrants made it one of the biggest events of its kind in Britain. Of this number 66 were under 20 years and 62 over 40 years.

The "fun run" was blessed with fine weather; 266 started and 238 finished with the times ranging from 2.41 to 5.49. The youngest finisher was ten years old, with the oldest 64. There were no awards for fast times but a few runners and joggers were surprised to receive prizes for such achievements as being the hundredth over the finishing line, the youngest, or the nearest to four hours etc.

A.W.B. (2)

BLACKWATER MARATHON, 6TH NOVEMBER, 1976.

After years of neglect, the first challenge walk in Essex finally took place on a wet and windy November day. 118 humans and a dog set out from Heybridge Community Centre, although 32 were so overcome by the weather and the mud that they felt unable to complete the distance. The sea wall normally provides easy walking, but many competitors found the going became easier on the later inland stages, even though many paths have been neglected for years.

The distance for the main event was set at 25 miles, due to the limited daylight hours, but, as an innovation, an optional 3 mile extension was provided half way round the course for the faster participants and over 25% accepted this additional challenge.

Whether it was the hot food on sale at the end, or just the relief of getting out of the rain may never be known, but so many participants actually claimed to have enjoyed the walk that it is proposed to hold another Blackwater Marathon next year.

The provisional date is Saturday, 12th November, 1977.

MIKE POWELL DAVIES (349)

Letters To



The Editor

THE 'WAY' AHEAD.

It was with interest, I noticed that entries for this year's "Ridgeway Marathon" had to be members of either the LDWA, YHA or RA, to be able to compete in the event and to use the Youth Hostel for accommodation. It would be interesting to know what entrants' reaction would be, if the requirements were to have read "must be members of the LDWA, YHA and RA. In your editorial of the March edition, you refer to "the pleasures that we enjoy for almost nothing", with which I am sure the walking (and running) fraternity would heartily agree, but, at the same time, it makes me wonder how many people just take for granted this access to the countryside, using as we do on most of the events many of our Footpaths and Bridleways. There is certainly the need in this day and age of the so called 'rat race' to be able to get out into the countryside; at present though there is only a small minority, of those who enjoy walking who support the Ramblers Association, the organisation which represents the only body that devotes its entire efforts actively protecting the facilities, namely our Country Paths, which we largely use and enjoy on our Long Distance Walking Events.

It will be found that while hundreds are entering a marathon, there are often, unnoticed, a few stalwarts, surveying, clearing, repairing stiles and bridges, as well as waymarking paths for our use; in addition, these R.A. members are continuously contesting diversions and closures - with a good degree of success - in an attempt to stem the gradual erosion of our footpath network.

It would be a big 'step' (sorry about that) forward to see many of our Long Distance enthusiasts joining the R.A., thus giving the organisation more strength to its elbow to carry on this good work.

Membership includes such fringe benefits as getting a quarterly magazine "Rucksack", a regional supplement which gives details of forthcoming events and also a very useful "Bed and Breakfast" guide which I have used on many occasions.

For details of membership, please contact the Secretary, Ramblers' Association

Vince Smith (342)

COPELAND CHALLENGE

May I write a few comments on Tony Cresswell's report of the 1976 Copeland Challenge.

As Tony was aware before the start, the event was organised by local

people who were surprised by the publicity it had attracted, the number of entrants and the distances people were prepared to travel to take part in the walk.

Whilst perhaps some lack of experience on the part of the organisers in no way excuses inefficiency (and here I might be doing them a dis-service as they are not known personally to me), how refreshing it was to take part in a walk unfettered by a large number of "rules".

Surely some of the wording in the initial details gave an idea of what to expect - "tough but exhilarating high mountain path over the top of some of the highest and grandest fells in England", "adequate clothing and footwear will be necessary", "entrants should bear in mind that sections 2 and 3 comprise unsignposted footpaths over high mountain country".

Safety is quite rightly the most important aspect of any walk, organised or unofficial, but the prime responsibility for his or her own safety lies with the individual.

The vast majority of entrants that I saw carried sufficient and adequate gear and many would have completed the walk had it not been for the actions of the "few".

The organisers did not cause the event to be abandoned, nor did the atrocious weather conditions. Lay the blame where it really belongs - the thoughtless people who turned out ill-equipped and unprepared for bad weather.

Commonsense and experience should dictate the equipment necessary for a long walk in mountain country and one does not have an "official" gear check and set of rules when taking part in a non-competitive journey. When a walk becomes an event this is surely no reason to discard equipment and put speed before safety.

To describe the position at Wasdale Head as havoc is rather dramatic. One of the main radio links was situated there and was understandably over-worked but the Hotel was made available to competitors whether they were spending money or not. There was shelter from the freezing rain, a large fire in the lounge to sit in front of and refreshments. Agreed, there was a long wait for return transport but with over 100 people requiring it at the same time and priority being given to rescue the exhausted, delays were inevitable.

Sorry Tony but the event was spoilt for me, not by the weather or the organisation, but by the thoughtless individuals sacrificing safety for speed and those underestimating Lakeland conditions.

Eric Grice (1380)

COPELAND CHALLENGE TWO.

I was very interested to read Tony Creswell's account of this walk, (Bulletin No.15) since it differs considerably from my experience of it. I started from Distington not Whitehaven and although there was no kit check (a definite minus mark) I had been informed previously of the usual gear to be carried. Several of us passed through the second check point before the checkers arrived and this message was conveyed to Point 3 checker who just arrived in time (Scaith Gap).

After being informed that refreshments were to be provided en route, it was disappointing to learn that these involved nothing more than a glass of squash at Lamplugh and Sty Head. The entrance fee ought to have been increased to cater for something more substantial or competitors notified to carry all their provisions.

It was Joss Naylor who told the officials at Sty Head that everyone should be told to leave the mountains, but to say that no one completed the course is wrong. Joss Naylor (running) and I finished.

Incidentally, at a later date I asked one of the organisers (jokingly) why I had not received the certificate. He replied that they had decided not to award them since the event was abandoned. Anyhow, I have got my tally disc as a souvenir.

R.J. ENGLISH (1157)

BADGES

LYKE WAKE WALK CLUB

Isn't it about time the Lyke Wake Walk Club were encouraged to produce a proper woven and durable badge for their dirgers? After going to the trouble of tramping the breadth of the North Yorkshire Moors I, for one, would not begrudge paying a few bob extra for a good badge of distinction. They would do well to take a close look at some of the more recent works of art, the Bullock Smithy Hike badge for example, which at 40p is very reasonably priced and very attractive.

Would it also be possible for the Lyke Wake Club to provide a special badge for its members who complete the double crossing in less than 48 hours?

I do hope there are others who, like me, enjoy "winning" the many and varied badges and certificates that are available nowadays. Isn't this just a small part of the overall challenge in any event?

Mike Teanby (871N)

THE LAW AND THE MINI-BUS

Jack Spackman has touched upon a very complicated and woolly area of the law in his letter in the August Newsletter concerning payment for minibuses and coaches. Even those, like myself, who are involved intimately in the business of road passenger transport find ourselves permanently confused and perplexed as to the exact meanings of and the official interpretations of the relevant laws.

A simple explanation is nigh on impossible, but for those who wish to pursue the matter further, a quick line to their local Traffic Commissioners, requesting a copy of Memorandum PSV/A, might help. Basically, this sets out definitions of types of vehicles which come under the Public Service Vehicle regulations and the types of services which they may or may not engage in under the terms of their P.S.V. and Road Service Licences. At its simplest, if your vehicle has room for eight or more passengers and is being used for hire or reward in respect of any passengers being carried, then it must comply with P.S.V. regulations, which on 99% of occasions means that you must hire a minibus with a qualified driver from a licenced coach operator if there is any question of the passengers "chipping in" towards the cost of the journey or towards the cost of any other facilities used on the journey, unless it can be proven that payment of such sums was in no way a means of qualifying for a seat. The operation of P.S.V.s is divided into the categories of Stage Carriages, Express Carriages and Contract Carriages. Stage Carriages are basically local buses and therefore not relevant to LDWA members. Express Carriages are P.S.V.s which carry passengers at separate fares of 11p or more. Special Road Service Licences are required to operate Express Carriages. Usually these are obtainable only after lengthy applications to the Traffic Commissioners, and applications for long distance runs are invariably objected to by numerous vested interests such as National Travel and British Rail. Legal costs for applications can run into thousands of pounds on occasions. This leaves Contract Carriages, and when an LDWA group hires a coach or minibus and driver, it is under this classification that it will usually operate. However, as we have seen above, separate fares (except in Express Carriages) in any form, are illegal, except if, and I quote, "The

arrangements for bringing together all the passengers for the purpose of making the journey must not be made by the driver or owner of the vehicle or by the person who has let the vehicle for hire by any hiring agreement or hire purchase agreement, or by any person acting on their behalf; or by any person who receives any remuneration in respect of the arrangements".

This means, in effect (if you could follow the above quotation) that except under most unusual circumstances the coach must be hired as a whole and individuals must not pay for the privilege of travelling in it. This clearly is highly unsatisfactory for the purposes of clubs and societies such as the LDWA. Also, strict adherence to these rules would quickly put most small coach companies in the hands of the receivers, as they rely heavily upon club outings of one sort or another for their survival. Therefore, although it is most unlikely that anyone will admit it, and I could even find myself in hot water for suggesting it, the authorities turn a blind eye to most of these operations, only taking an interest if a complaint is made (usually by another coach operator with a regular service on a similar route who fears loss of traffic) or if blatant advertising to the public is carried out. The rule in all matters relating to coach operation seems to be that almost anything is illegal if the authorities choose to use the full powers available to them and most activities are carried out only under sufferance. This is a state of affairs well liked by the Traffic Commissioners as it keeps operators on their toes.

It would be totally improper of me to recommend that anyone flouts the law, but it would be sound practice for those concerned with the hire of coaches and minibuses to study the regulations so that they know exactly what they are dealing with. It is also probably fair to say that in most cases, if the prior knowledge of the coach operator can be proven in any case concerning the charging of fares, then it is he, rather than an 'inexperienced' club secretary who would suffer. In all cases, therefore, to avoid complications, it is wise to limit dealings with the coach operator to a simple outright hire of the vehicle to be paid for in a lump sum.

I fear that I have probably confused the issue as much as cleared it up, but it is that sort of subject - the more you discover, the more confused you become. One ray of hope (or gloom) is that the E.E.C. regulations still have not been settled upon and there is no sign of their being introduced in the foreseeable future for U.K. journeys - they are almost certain to be very different from the present rules however.

Mick Green

THE LAST WORD

The law on this issue is indeed complicated and contrary opinions from learned Counsels are available. Urgent discussions are in hand in official circles but your readers can be reassured on the particular issue mentioned which was in fact raised in the House of Commons on 19th January, 1976 (see Hansard p. 1103). To quote from the answer by the Under Secretary of State for the Environment:

"However, the Western Traffic Commissioners do not hold the view attributed to them. I am assured that they take the view, which is in line with advice given to the Department over the years, that where there was demonstrably no payment in consideration of a person's being given a right to be carried, the making of a payment in respect of other matters would not involve operation for hire or reward. I illustrate this by the example of a group of old people being taken to the theatre. If all they paid for was the theatre tickets, in the Department's view that would not be operation for hire or reward. I cannot assure the hon. Gentleman that if the theatre tickets cost 75p each and the buyers were charged 90p it would not then be operation for hire or reward."

Hilary Clark

NEW MEMBERS 1478 ~ 1531

IS THERE A MEMBER LIVING NEAR YOU? IF SO, WHY NOT MAKE CONTACT?

LDWA 1478 MALCOLM ROBERTS
" 1479 J. BROUGHTON
" 1480 PETER J. NOLAN
" 1481 SYDNEY DAVID BEVERIDGE
" 1482 ROGER JOHN PALMER
" 1483 STEPHANIE McARTHUR
" 1484 NICHOLAS CHEYNEY
" 1485 DAVID GRANTHAM MILLYARD
" 1486 MARTIN SMITH
" 1487 WILLIAM PATRICK BENNETT
" 1488 BRIAN BERNARD WALLAM
" 1489 PETER ANDREW MALLOWAN
" 1490 RONALD MAUDE
" 1491 KENNETH HILL
" 1492 BRIAN G. WATKINS
" 1493 JOHN RICHARD BEARDMORE
" 1494 TERENCE EDGAR MABBETT
" 1495 STEPHEN NICHOLAS BARRACK
" 1496 DAVID SADLER
" 1497 COLIN DIXON
" 1498 DONALD SHAW
" 1499 MARTIN DEARDEN
" 1500 KENNETH WALLS
" 1501 VALERIE MAVIS PEEL
" 1502 DAVID JOHN TANN
" 1503 PATRICK ERNEST PAY
" 1504 ROBIN GEORGE LAMBERT
" 1505 PAMELA ANNE LAMBERT
" 1506 CHRISTOPHER J. ROLLEY
" 1507 MARTIN ALLEN GRAIN
" 1508 BRIAN ARTHUR LINDLEY
" 1509 DAVID COLIN WADSWORTH
" 1510 GAVIN BARNES
" 1511 MICHAEL CARTER
" 1512 ALAN IRELAND
" 1513 DEREK RONALD SMITH
" 1514 RICHARD FREDERICK TANN
" 1515 RICHARD SIMPSON
" 1516 DENNIS HALL
" 1517 SIMON JOSEPH MARSHALL CLARKE

" 1518 JOLYON JAMES STRINGER
" 1519 NANCY ETHEL POWELL-DAVIES
" 1520 DR PAUL M.O. MASSEY
" 1521 GEOFFREY HOGGETT
" 1522 SARAH LOUISE BATES
" 1523 JOHN DESMOND COLE
" 1524 JOAN S. COLE
" 1525 ANTHONY REDFERN
" 1526 WILLIAM LAWRENCE EARNSHAW

" 1527 WILLIAM H. HEPPELL
" 1528 S.D. CLARKE
" 1529 LESLIE STEPHENSON
" 1530 PATRICIA FOSTER
" 1531 NIGEL PAUL HARKER

THE ESTIMATION OF WALKING TIME

ALAN EMMOT (LDWA 408)

I have been on several LDWA walks and on each the estimation of the time for the journey has always seemed very much of a guess-ing game. This will, to some extent, always be so when con-sidering the speed of a large party but for smaller groups and the individual there is a method of more precise estimation.

The standard means of time estimation for walking over rough country has been Naismith's Rule which states that the basic walking speed should be taken as 3 mph with $\frac{1}{2}$ hour added for every 1,000 feet of ascent; but if a pack is carried the speed should be based on $2\frac{1}{2}$ mph and 1 hour added for every 1500 feet of ascent. However, this rule can be very inaccurate both over short and long distances and takes no account of the fitness of the walker. Recently, attempts have been made to amend the Rule and the tables here are reproduced to illustrate this (Tranter).

First the standard of personal fitness must be assessed and a method of measuring this is to note the time taken, when fresh, to ascend 1,000 feet in $\frac{1}{2}$ mile. Referring to Table 1, the top line of figures are the times as per Naismith's Rule, and the left column shows the personal fitness time. Thus if Naismith's Rule indicates a time of 10 hours for your walk and your personal fitness figure is "25" then your amended time for the walk will be $13\frac{1}{2}$ hours. If the amended time falls below the heavy line then this indicates that the journey is too arduous for your present fitness.

Further adjustments are still necessary to take account of some of the other variables involved:

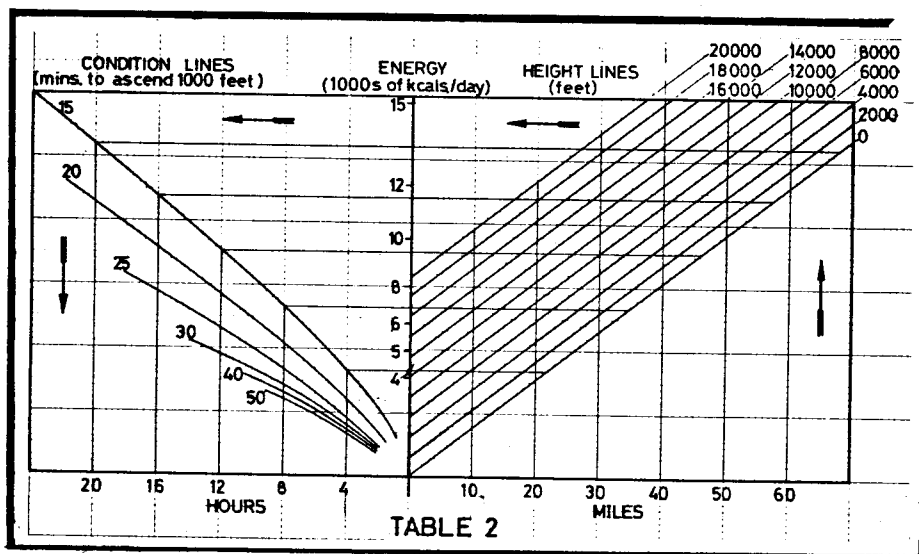
1. DISTANCE ON ROADS - use 4 mph as basic speed according to Naismith's Rule.
2. LOAD CARRIED - drop one "fitness line" from the one used if carrying 35 lbs.
3. TERRAIN - drop one (or two) "fitness lines" according to the roughness of the ground.
4. WEATHER - drop one "fitness line" in bad visibility (fog or darkness) or if there is a strong opposing wind.

This is a practical but rather involved method of estimating time but to simplify matters it has been summarised in Table 2 (Aldridge, Waddell, Tranter). To use this table ascertain the total mileage for the walk across country plus $\frac{1}{4}$ of that along roads. Working from the bottom right base line draw a vertical line until it intersects the height line for the walk (total ascent) then draw a line horizontally left passing through the energy expenditure (which is academic here) until your fitness line is crossed. From this intersection draw a line vertically down to the base line which, where crossed, will indicate the estimated time. If you are unable to cross your fitness line this again indicates that the walk is too arduous for your fitness. ●

THE ESTIMATION OF WALKING TIME.

Time in hours according to Naismith's Rule															
	2	3	4	5	6	7	8	9	10	12	14	16	18	20	22
15	1	1½	2	2¾	3½	4½	5½	6¾	7¾	10	12½	14½	17	19½	22
20	1¼	2¼	3¼	4½	5½	6½	7¾	8¾	10	12½	15	17½	20	23	
25	1½	3	4¼	5½	7	8½	10	11½	13¼	15	17½	limit line			
30	2	3½	5	6¾	8½	10½	12½	14½	TOO MUCH TO BE ATTEMPTED						
40	2¾	4¼	5¾	7½	9½	11½									
50	3¼	4¾	6½	8½											
Individual Fitness in Minutes															

Table 1. CORRECTIONS TO NAISMITH'S RULE



NEWSLETTER SIXTEEN - PUBLISHED BY THE LONG DISTANCE WALKERS ASSOCIATION - NOVEMBER 1976

This edition of the Newsletter was compiled and edited by Chris Steer
and assisted by Alan Blatchford. Typed by Margaret Steer.
Envelope addressing by Jeff Ellingham. Collated and despatched with the valued assistance of local members. Our thanks to all contributors. Newsletter 17 will be despatched in March. All reports and copy to be send in by mid-February PLEASE!