

THE LONG DISTANCE WALKERS ASSOCIATION

NEWSLETTER



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August 1977

Number 18



WALKERS ASSOCIATION

President: Colonel Richard Crawshaw OBE, TD, DL, MP.

Committee

<u>CHAIRMAN</u>	Keith Chesterton (81)
<u>SECRETARY</u>	Alan Blatchford (2)
<u>TREASURER</u>	Chris Barton (695)
<u>EDITOR</u>	Chris Steer (1)
<u>PUBLICITY</u>	Peter Rickards (176)
<u>MEMBERSHIP</u>	John Feist (638)
<u>SECRETARY</u>	
<u>COMMITTEE</u>	Tony Cresswell, Mike Powell Davies, Eric Grice, Mac McArthur, Ann Sayer.

Regional Representatives

<u>SOUTH EAST</u>	This job is vacant. Any volunteers please?
<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>	David Rogerson (390)

COVER PICTURE. Downsman Hundred walkers waiting for 12 noon at the Wiers, Winchester. By Barbara Blatchford.

Photographs on pages 4, 7, 16, 22, 29, 30, 39 were by Barbara and Alan Blatchford.

NEWSLETTER 18 - PUBLISHED BY THE LONG DISTANCE WALKERS ASSOCIATION, AUG.'77.
 Edited by Chris Steer Assisted by Alan Blatchford. Events news Ann Sayer. Typing Margaret Steer. Addressograph Jeff Ellingham, Sue Coles and members of Wessex Group. Despatched with the assistance of local members. Our thanks to all contributors of copy.
 NEWSLETTER 19 will be despatched in November. All copy to be in by mid-Sept.

EDITORIAL

If long distance walkers in this country had to elect a patron saint then St Barbara would be a very apt choice.

Of those of us that were interested in long distance walking in the late fifties and early sixties a few may recall the extraordinary exploits of Dr Barbara Moore. When over fifty years old she walked the length of Britain, across the U.S.A., and made several other notable journeys on foot. Reports said that she lived on a meagre vegetarian diet and that eventually she hoped to live on air and water alone. Her fantastic walks were mainly to demonstrate that one could derive great physical endurance from a diet composed largely of raw foods.

Unfortunately, like most of us that live in developed countries, she came up against bureaucracy and this resulted in many drawn out legal battles concerning her residence and this wore her down finally. She died in Camberley earlier this year, in her early seventies.

It was partly the exploits of Barbara Moore that ushered in the ubiquitous charity walk and it certainly had some influence on the original concepts of the Tanners Marathon Challenge Walk. The "Tanners" was a direct progenitor of the LDWA. Long live the spirit of St Barbara.

The more recent tangible events include our main long distance challenge of the year - the third "Downsman Hundred". As mentioned later, this again proved to be a well supported and very successful promotion. That people were enthusiastic enough to travel to the south of England from Holland and Scotland, and that, if there had been no entry limit, there might have been nearly four hundred walkers at the start, proves that our hundred miles events are certainly in demand.

Our next hundred miler is expected to be another promotion of the "Cleveland Hundred" in 1978. To follow that the possibility of a "Two Moors Hundred" down in the West Country is being investigated. This might mean that the fourth "Downsman" will not take place until 1980.

To many walkers the Nijmegen and Castlebar walks are well known and an earlier Newsletter brought to notice a number of other similar continental style walks, or "marches" as they are termed. Based originally on Military marching with the object said to be physical fitness and well being, these flamboyant events are very popular in Europe. Three years ago British Airways introduced this type of walk into Britain with their "One Day International Walks" in Windsor Park. Now this annual gathering is established and over two thousand walkers from a dozen countries may be expected to take part. To be held on the same lines is the "Royal Military Police Centenary Walks" at Chichester, but this is expected to be a once only walk.

Our new-look format is the latest improvement in the Newsletter presentation and has done away with the growing job of hand assembly of each individual copy. It is hoped that this will be the style of the magazine for the foreseeable future.

Although originally the LDWA was established to cater for "challenge walkers" it became apparent that we had a role to play for those walkers not necessarily interested in this type of activity. If you feel that we concentrate too much on the organised events, please write in with any suggestions. ●

A.W.B.

THE MEETING AT LLANGOLLEN

This year's A.G.M. was held at the Chain Bridge Hotel, Llangollen in N. Wales, not far from the Offas Dyke Path. The hotel itself provided an interesting location being sandwiched on a narrow strip of land between the River Dee and the Llangollen Canal, nestling below the Berwyn Mountains. Despite the attractive setting and relatively easy access the attendance at the business part of the weekend was, at fifty, rather less than in the previous year, but as President Dick Crawshaw later remarked "It is quite a good number for what in most organisations is a traditionally poorly supported event".

The main meeting, held in one of the bars of the hotel overlooking the river, followed the normal pattern of such meetings. Unlike the Fourth A.G.M. there was little competition for election to the offices of committee. As shown elsewhere in the Newsletter, all the retiring officers were re-elected and only two positions in the committee changed hands. Here Eric Grice from Leeds and Mike Powell Davies from Essex joined the "council"

After the elections the President gave his address in which he thanked the previous committee for its work during the past year. He thought that the Newsletter was very acceptable in its present form and wondered if it was necessary to go over to a more professional format. On another topic he spoke about the work local authorities were doing in respect of mapping rights of way. In some places there appeared to have been little work done and he urged members to write to their local councils concerning the progress of documenting footpaths. He thought that more people were now taking part in walking and it was good to see a large proportion of them young walkers.

Four motions were debated. The first of these was the proposal to raise the annual subscription. This resulted in the meeting agreeing to leave it to the committee to decide the amount, not exceeding £1.50. The second motion was a proposal to adopt a name for the Newsletter because it was felt that now that the publication had grown considerably since the first issue "newsletter" was no longer an adequate description. By a narrow majority the motion was carried. Among the names suggested were "Footprint" and "Footnote". The final decision was left to the committee although any suggestions from other members would be considered.

Another motion was "That the Lyke Wake Walk route be supported as a long distance route in the same category as the Penine Way etc." After much discussion in which it was reported that over 6,000 people walk the route each year, and much undesirable erosion had occurred, the motion was lost by a narrow majority with many people abstaining. "That the LDWA deplores the giving of prizes for challenge walks" was the fourth motion put to the meeting. After several members had spoken for the motion it was carried unanimously when put to the vote.

In the evening members re-assembled for the second annual dinner. After the meal which was enjoyed by a few more people than attended the afternoon meeting, diners were entertained by speeches from the President, guest speaker Bill March (Director of the National Mountaineering Centre at Plas-y-Brenin), and Chairman Keith Chesterton.

The next morning most of those staying overnight were joined by a few more members and the party set off on a hill walk led by Keith Chesterton. Unfortunately the weather was damp and unseasonably cold. However, the complete weekend was felt to be another success and it is expected that similar arrangements will be made in another part of Britain for the sixth A.G.M. ●

A.W.B.

SATURDAY NIGHT



President and Mrs. Crawshaw enjoying an after dinner drink.



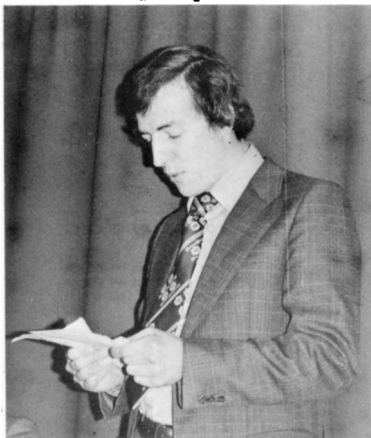
Alan Blatchford



Nancy Powell Davies

Below: Some regaling south west members.

at the Chain Bridge



Guest Speaker Bill March

SUNDAY MORNING



Keith Chesterton, Alan Hoare, John Feist. — Gerri Burgess, A.H., Keith Pennyfather.

INCOME & EXPENDITURE ACCOUNT

for the year ended 31st December, 1976.

EXPENDITURE

Cost of Newsletter and stationery	£667 01
Postage	£423 90
Advertisements	£17 80
Loss on 1976 A.G.M. Dinner	£7 04
Bank Charges	£3 20
Committee Expenses, including travel	£13 04
Depreciation of Addressing Machine	£38 00
Excess of Income over Expenditure	£549 02

Members' Subscriptions	
Donations	
Bank Interest	
1975 Downman 100 Surplus	
1976 Cleveland 100 Surplus	
Sale of old Newsletters	
Profit on Sale of Badges	
Profit on Sale of Ties	
Profit on Sale of Accolade	
Profit on Sale of "The London Countryway"	
Miscellaneous	

INCOME

£1,148 00
£174 45
£18 32
£40 46
£301 31
£12 24
£4 01
£8 89
£5 76
£4 57
£1 00

£1,719 01

£1,719 01

BALANCE SHEET

as at 31st December, 1976.

Accumulated Fund Account	
Balance brought forward	£333 10
Excess of Income for the year	<u>£549 02</u>
Sundry Creditors	

Cash in hand	NIL
Cash at bank	
Current Account	£615 22
Deposit Account	<u>£116 89</u>

£732 11

Debtors	
Written-down value of Addressing Machine	
Stock of Ties	
Stock of Badges	

£321 62

£152 00
£71 19
£80 97

£1,357 89

£1,357 89



AROUND THE GROUPS

what's going on ~ nationwide!

WESSEX

Again a busy three months for the Group. Although the February "Waltham Walkabout" clashed with the Mini-Downsman turnout was good and the only noticeable effect was the reduced alcohol consumption at the Flower Pots. Our second YHA walking weekend, this time at Bridport in March, was a great success. The fine weather showing off the superb Dorset coastline at its best. A special word of praise to the new hostel at Bridport. The warden is not bad either! Vast distances were not covered so we had time to 'stand and stare'. After much preparation and nail biting the Wessex XXX was finally launched. Not wishing to be too conceited we think that most people enjoyed the day (see Report on Past Events). Other walks by the Group have been in the Candover valley and in the New Forest. The New Forest Spring Saunter led by Nobbie Clarke will probably go down in the memory of most as the soggiest on record - both from moisture under foot and precipitation from above. In May we all enjoyed the joint walk with the South West Group on the Somerset Border. It was good to put a few more faces to names already known. Barrie Deeks was faced with the awesome task of marshalling 41 walkers (27 from Wessex and 14 from the South West). It is hoped that a joint walk with the S.W. Group will become an annual fixture. It was good too to see John Loakes back walking with the group minus crutches.

Forthcoming Walks are: (starting time 08.45 hours)

- SUN. 14TH AUG. River Avon Circular 21 miles. Meet Wilton Market Place Car Park (SU 097311) OS 1:50000 184. Pub Stop: Upper Woodford.
- SUN. 11TH SEPT. 24 miles. Pitt Down Car Park (SU419291) OS 1:50000 185. Pub Stop Leckford.
- SUN. 9TH OCT.. 22 miles. Cheesefoot Head Car Park, (SU 530276) OS 1:50000 185. Pub Stop: Tichborne.
- SUN. 20TH NOV. Vernham Dean & The Downs. 20 miles. Vernham Dean SU340566. OS 1:50000 174. Pub Stop: Ham.
- SUN. 18TH DEC. Christmas Saunter & Pub Lunch. 16 miles (majority in morning). Contact Wilf Lyman for details.

As a result of the AGM (excuse for a social evening really) in February a local group subscription of 50p per year was introduced and the following members were elected as officials:

Chairman: Tony Farrell

Sec. & Treasurer: Frank Sharp

Programme Secretary: Wilf Lyman

Social & Events Secretary: Sue Coles

SURREY

April, for most Group members, was dominated by the Surrey Summits event, either walking or organising and altogether over twenty participated one way or the other.

Next year it will be held on April 22nd/23rd. It is proposed to reverse the roles!

Our programme for the Autumn is:



- | | |
|-----------------|--|
| SUN. AUG. 7TH | Dorking Dawdle. A social walk. Details from Gerri Burgess |
| SUN. SEPT. 11TH | Guildford Boundary Walk. (Not 4th September as first announced.) 22 miles. Details from Alan Blatchford. |
| SUN. OCT. 23RD | North-South Surrey Walk. Coach from Guildford at 07.00 to the start at Colnbrook. details from Keith Chesterton after September 1st. |
| SUN. NOV. ? | Hot Dinner Ramble. Bob Ball is organising this year's hot dinner ramble for a Sunday in November. |

Membership: Ralph Henley

Programme

Enquiries: Tony Youngs

Picture: S.S. entrants starting from the High Street, Guildford

WESTMORLAND and NORTH LANCs

In this programme we have tried to include as much variety as possible and also walks to suit varying levels of fitness. If you cannot find anything you like on the programme, please write to me with your suggestions. There is still no subscription to join this group (just SAE's with enquiries please). All LDWA members are welcome to attend our walks.

Derek Esmond has taken over from Keith Daly as vice-chairman and the chairman, Frank Hodson, has submitted the following recipe (?):

Lancashire Hot Pot. Take a city square, add some miles of canal bank, a touch of urban street, a disused railway, now a footway, some field tracks, a dash more canal, minor roads, leafy lanes, a bleak moorland track with superb views, some river bank and finish with a seashore. To this add sun, may-

WESTMORLAND AND NORTH LANCS CONTINUED.

be a rain shower, or possibly mist and even wind.

The final result - a very exciting and rewarding weekend walk!
When? Where? Manchester Town Hall front entrance 8.0 a.m.,
Saturday, October 1st, to Slaiburn Youth Hostel for overnight
stay (book early or make your own accommodation plans). Sun-
day, October 2nd depart Slaiburn 8.0 a.m. to Morecambe Promen-
ade.

If anyone fancies joining a party to do this interesting and
informal walk (or just part of it) between Manchester and More-
cambe, then pass your name to Frank Hodson

The walk totals approximately 70 miles and has a lot to offer
by visiting so many different places en-route. Many walkers
pride themselves, when route planning, that they avoid urban
areas. This route is different in that it includes such places
and makes an interesting walk through them.

Sounds great, Frank, but who's doing the cooking?

PROGRAMME

- | | |
|-----------|--|
| Aug. 14th | ARNSIDE MARATHON - see event. |
| Aug. 18th | WHINFELL - meet Mint Bridge, Kendal 7.0 p.m.
(Les Stephenson) |
| Aug. 21st | MIDDLETON FELL - meet Barbon Inn 2.0 p.m.
(David Hulme) |
| Aug. 28th | BANNISDALE HORSESHOE - meet Kendal County Hall
9.30 a.m. (KFW) |
| Sep. 10th | KENDAL GATHERING WALK - see events. |
| Sep. 15th | PROGRAMME MEETING |
| Sep. 17th | HIGH CUP NICK - meet Dufton Youth Hostel 9.30 a.m.
(Frank Hodson) |
| Sep. 25th | SHARPE EDGE & BLENCATHRA - meet Threlkeld 9.30am (KFW) |
| Oct. 1/2 | LANCASHIRE HOT POT (Frank Hodson) |
| Oct. 13th | PADDY LANE - short walk followed by social evening
in the Duke of Cumberland. Meet Kendal Station
7.0 p.m. (Sue Rayner) |
| Oct. 16th | KETTLEWELL CIRCUIT - 35km, meet Kettlewell Car Park
9.0 a.m. (Jack Rayner - W. Yorks) |
| Oct. 29th | HALLOWEEN HAPPENING - see events. |
| Nov. 5/6 | CONISTON WEEKEND - stay at Coniston Far End Youth
Hostel or meet there either day 9.30a.m. for walks
to Tarn Hows and the Old Man. Bonfire on Satur-
day. (Frank Hodson). |
| Nov. 13th | EEL CRAG - meet Whinlatter Car Park, Braithwaite
10 a.m. (Derek Esmond & Les Stephenson). |
| Nov. 27th | MORECAMBE BAY WALK - meet Canal Tavern, Ulverston
10 a.m. (Frank Hodson). |
| Dec. 10th | GRASMERE - meet Easedale Road Car Park 10.0 a.m.
(Frank Hodson). |

Sue Rayner

STAFFORDSHIRE

The Group's first meeting, held on Friday, 27th May, was well attended, probably due to the influence of the CAMRA connections at The Chains, Stafford.

The Group has organised three walking meets:

SUNDAY, 10th JULY. Cank Chase Circuit, starting from The Chetwynd Arms at Brocton at 9.0. This 20 miler takes in all the varying types of scene in the area. Leader Anthony Hewitt.

SUNDAY, 12th MAY. Group Meeting at The Chains, Stafford 8.00pm

SUNDAY, 25th SEPT. The Stretton Dale Walk organised by Chris Winn. Meeting at 9.00 at the Pub Car Park Cardington (Ref: Sheet 129 1" 506953) Shropshire. Approx. distance 20 miles.

SUNDAY, 9th OCT. The Roaches Walk, another 20 miler starting at Leek Bus Station Car Park at 9.00. Leader Ray Botton. Ref: 110 1" Map (984566)

Besides these specific group activities several members are entering Regional events such as the Malvern Marathon, Firemans Walk (6 Salop Summits) and The Long Mynd Hike.

For further information on Group activities contact Anthony Hewitt

HIGH PEAK

PROGRAMME OF WALKS - EVERYONE WELCOME.

SUNDAY, 21st AUG. Eastern Edges - 21 miles. Meet 9 a.m. at Moscar lay-by (GR 231878)

SAT/SUN. 3/4 SEPT. Support Bullock Smithy. Contact John Corfield.

SUNDAY, 16th OCT. Gritstone Trail plus - 20 miles. Meet 9 a.m. at Lyme Hall Car Park (GR964824) (To get there leave A6 road at 966844)

SUNDAY, 13th NOV. Twenty miles in the White Peak Dales. Meet 9 a.m. at Castleton main car park.

SUNDAY, 4th DEC. Bleaklow Bog Bash - 20 miles. Meet 08.30 at Snake Summit lay-by (088929).

Enquiries to Haydn Morris

SOUTH WEST REGION

We had a very enjoyable weekend in Snowdonia in March, and our thanks go to Ted and Nora Howes for their arrangements. Our monthly walks have been very well attended, and we thank "Mac" McArthur and Gary Jones for "Grand" walks and their respective families for splendid teas.

The combined walk with the Wessex Group was a great success (see Wessex Report), and we look forward to inviting them to

our territory soon.

The programme of monthly walks for the first half of the winter is as follows:-

SUNDAY, 18th SEPT.

(Starting time 9.00 a.m.)

A walk on Wansdyke and the Vale of Pewsey. Peter Joslin. 30 miles. Meet Cemetery entrance, Avon Terrace, Devizes (005618) Sheet 173, 1:50,000.

SUNDAY, 16th OCT.

Brendon Hills near Taunton. Michael Benison. 27 miles. Meet lay-by on B.3190 at Raleigh's Cross (035343) Sheet 181, 1:50,000

SUNDAY, 20th NOV.

Country circuit of Bath. John Prall. 25 miles. Meet outside (792665) Sheet 172, 1:50,000

SUNDAY, 11th DEC.

North Somerset Coastal Path and Cadbury Camp. Robin Lambert. 22 miles. Meet Clevedon Pier (402719). Sheet 172, 1:50,000 (Note this date is second Sunday in Dec.)

Pam & Robin Lambert

TYNE TEES

MAY 1ST saw over a dozen members set out and complete the new Teesdale Marathon. Thanks for attending, those who did - let us hope the day's fine weather can be repeated in September. See you on the Mallerstang and in September to work out a programme of meets for the Winter/Spring.

Tony Cresswell

THAMES VALLEY

SAT., 30TH JULY

(Philip Ward)

WED. 10TH AUG.

(Bob Ford)

SUN. 4TH SEPT.

MON. 12TH SEPT.

(Colin Abbott)

A transit of Wiltshire from Hungerford to Bath. Details from C.E.A. on request after 15th July. Evening walk of about 14km from the Black Horse Checkendon; starting 6.30 p.m.

The Long Square Walk, postponed from 17th April. West Wycombe via Great Missenden, Coombe Hill & Chinnor Hill to return to the start, the junction of A40 & the Bledlow Rd (827948) 8.30 a.m. Programme Meeting at Don Cooper's

8.00 p.m.

Colin Abbott

NORTH YORKS

Enquiries to: Mike Smith

KENT

Enquiries to: Peter Rickards

WEST YORKS

A snowy, misty, April morning did not deter 13 enthusiasts from the Group's first walk and we were rewarded with afternoon sunshine, firm ground, a consistent pace and some fine dales scenery. We continue with another programme of varied and entertaining walks. New members very welcome.

- SUN. SEPT. 18 Todmorden Boundary Walk - 22 miles. Meet Eastwood (GR 965 286) 9.00 a.m. Leader - Martin Dearden.
- TUES. SEPT. 27 Meeting - ideas, walks, comments. Meet - Long Bar Victoria Hotel (behind Leeds Town Hall) from 8.00 p.m.
- SUN. OCT. 16 Kettlewell Circuit (with Westmorland and North Lancs.) - 35km. Meet Car Park (GR 968 724) 9.00 a.m. Leader: Jack Rayner -
- SUN. NOV. 13 North York Moors Circular - 20 miles. Meet Cow House Bank Car Park (GR 613 886. Leader: Roger England
- SUN. DEC. 18 Dalesway Link - Leeds to Ilkley - 30km. Meet Leeds Town Hall Steps 8.30 a.m. Return by bus. Leader: Tony Wimbush.

Tony Wimbush

ESSEX & HERTS

The Group had a good start to the year, the highlight being the well supported Chiltern Kanter. We hope to be just as successful with our next event which is the Blackwater Marathon.

SATURDAY/SUNDAY 24TH-25TH SEPTEMBER.

Coach to the White Rose Walk, North York Moors. Those interested please send SAE to Frank Duerden

SATURDAY, 29TH OCTOBER - BLACKWATER MARATHON.

See future events for full details.

Secretary: Tom Lyons

WEST MIDLANDS

Following the first announcement of the proposed new Group in this area, Roy Gudgeon reports that very little interest has been forthcoming and he is of the opinion that the time is not yet ripe to progress at present. However, he will be pleased to hear from anyone in the area with ideas.

ROY GUDGEON

THE GEN VINE

THE GENERAL
INFORMATION
GRAPE - VINE

27. TUBIGRIP BANDAGES. Comforting support for aches, sprains and bruises in the joints and limbs. These tubular bandages come in three sizes:

Size B for wrists and ankles.

" D for elbows, arms, wrists and large ankles.

" F for thighs and knees.

Recommended for varicose veins. Made by Seton Products and obtainable at most chemists.

ED.

28. SAFETY PINS. Always useful for repairs or emergencies. Pin 3 or 4 of different sizes along the inside of your rucksack flap.

JOHN FEIST

29. CHIROPODIST'S FELT. Comes in small sheets from Boots Chemists in three thicknesses, and is white, dense and sticky one side. Very useful for padding out boots, rucksack harness etc.

ED.

30. MAP MARKERS. Following on from No. 26, Mike Burton has suggested cutting triangular pointers from stamp edging or jam jar labels to stick on maps as indicators.



31. WALSH BOOTS. A light-weight boot, designed for fell runners, is proving popular with some members for walking. Hand made in various materials and colours the standard sizes, off the shelf, are priced at £12.50. An extra layer can be added to the hard wearing ripple sole for rough walking if desired (+£5) A very comfortable boot that won't need breaking in.

As they are made to measure from an outline of your foot they are especially suitable for odd shaped feet as any peculiarities can be allowed for plus as many socks as you wish.

Direct from the maker:-

Norman Walsh



Report and pictures by Jeff Ellingham (173)

FUTURE EVENTS and activities

JULY 23RD, ICKNIELD FORTY.

This new event will be held on Saturday the 23rd July 1977. The route will be approximately 40 miles and will be from Ivinghoe to Streatley. If sufficient demand there will be transport laid on from Streatley Hostel to Ivinghoe on the Saturday morning. Contact Alan Melsom

S.A.E. please.

JULY 31ST, ROYAL MILITARY POLICE CENTENARY MARCHES.

As part of its centenary celebrations the Corps of Military Police, helped by the people of Chichester, is organising marches of 10, 20, 30 & 40 kilometres. The event will be open to all individuals and teams from home and abroad. Commemorative medals to all who complete their courses. Contact the R.M.P. Centenary March Secretary

AUGUST 14TH, ARNSIDE MARATHON.

A circular walk of about 27 miles with route description. Mostly on footpaths and passing through beautiful limestone and coastal scenery with views of the Lakeland mountains and Pennines. Starting and finishing from Arnside Youth Hostel on the Kent estuary between Lancaster and Kendal. Book early if staying at Arnside Y.H. For details send S.A.E. to Sue Rayner

AUGUST 21st, DORSET DODDLE.

A repeat of last year's successful 33 miles from Weymouth to Swanage along the cliffs. Tougher than you think, with 5,000' of ascent. A coach will run from Swanage to Weymouth for the start. Contact Fred Dalry

Entries close August 7th.

SEPTEMBER 2ND, LONDON TO BRIGHTON WALK (London/Surrey/Sussex)

An annual race walk that several people have enquired about. The distance is 52½ miles and as with most race walks the route is along the road. First class time is nine hours and second class ten hours (!) but people are timed in up to about twelve hours. Possibly harder than completing the walk is getting to the start which is at 06.00. Details from G.Hallifax

SEPTEMBER 3RD, BRITISH AIRWAYS ONE-DAY INTERNATIONAL WALKS.

The third promotion of British Airways International "March" type event with Service, Civilian and Overseas entrants. Courses of 25 and 40 Kms (15½ and 25 miles) round Windsor Great Park, starting and finishing at Ascot Race Course. Medals to successful participants. Entry fee £1.50. Details from: Miss M. Dobson (40KM distance), British Airways, Viscount Way, Technical Publications, Room 217, Engineering Head Office Block, P.O.Box 6, London Heathrow Airport, Middlesex. OR Mrs M. Willis (25KM distance), British Airways, Operations, Queens Building, Central Area, London Heathrow Airport, Middlesex.

SEPTEMBER 3RD, ACROSS WALES WALK.

45 miles of varied going, across the Principality from near Clun to Aberystwyth. Quite a bit on roads, but the crossing of Plynlimon requires navigational skill. -Certificates to participants completing the course in 18 hours. All entrants must be members of the Y.H.A. Details from A.R.Morris

SEPTEMBER 3RD-4TH, BULLOCK SMITHY HIKE.

This is a repeat of last year's successful hike, starting and finishing at Hazel Grove, Stockport, and covering some 56 miles of mostly path and road in the Peak District. This year the start has been brought forward to 12 noon. Some trophies; certificates to all finishers within 24 hours. Entries Secretary is Fielding Lord

SEPTEMBER 9TH-10TH, KENDAL GATHERING WALK.

A major event in the Kendal Gathering fortnight is the challenge walk along the Lancaster canal. This year it starts from Kendal and goes south to Preston. Walkers have the choice of attempting the 58 mile total length of the canal from Kendal or doing just either the 22 miles overnight Friday from Kendal to Hest Bank or the 36 miles journey on Saturday from Hest Bank to Preston. The walk starts about 10.30 p.m. on Friday after the Kendal Torchlight Procession. Further details from John Fisher

SEPTEMBER 11TH, GUILDFORD BOUNDARY WALK, SURREY.

The 22 miles of this walk cover a variety of scenery ranging from the chalk hills overlooking Guildford to the sandy St Marthes Hill, and the waterside section of the Way and is never more than four miles from the centre. The nine hours time limit will provide an interesting challenge for all but the strongest walkers. 09.00 start. Entry fee 30p. Details from A.W.Blatchford

SEPTEMBER 17TH, TEESDALE MARATHON.

A new event organised by the new Tyne-Tees Group. Start and finish at Middleton-in-Teesdale. 25 miles if you ford Maize Beck - 35 miles if you walk round! Tough moorland territory followed by Pennine Way by the Tees. Carry safety kit. Certificates to finishers. S.A.E. to Tony Creswell

SEPTEMBER 18TH, CHILTERN MARATHON.

A very popular event over about 25 miles of pleasant footpaths and bridleways, starting and finishing at Marlow. Certificates for successful individuals and teams of six.

Entry on the day is possible but it would help the organizers greatly if entries were made early.

Details from Vince Smith

OCTOBER 1ST-2ND, LONGMYND HIKE.

Contact Longmynd Hike Organizer

OCTOBER 8TH, MYSTERY MOUNTAIN MARATHON, SOUTH WALES.

To celebrate its first birthday, Gwent Mountaineering Club is organising a 28 mile marathon starting and finishing at Crickhowell Youth Hostel, S.Wales. It's a mystery because the list of checkpoints and their grid references is only issued at the start and is thus a good test of navigation and route planning. The Hostel is providing accommodation for Y.H.A. members. Full details (S.A.E. please) Richard Dowle

Pennine Way
Walkers leaving
Kirk Yetholm (see
Page 22) L to R
Ann Sayer, Jack
Rossiter, John
Needham, Alan
Barber, Dave
Jefferey, Mike
Powell Davies.



Photo by Jeff Ellingham

Events --- **October**

OCTOBER 8TH, 9TH VECTIS MARATHON WALK.

Organised by Hants & Berks Sub-Region of Y.H.A. this 50KM walk will start at Newport and finish at Totland Bay Youth Hostel, by paths and tracks of the Isle of Wight. Entry fee 75p. Certificates for individuals and for teams of six or more. Details and entry forms from Malcolm J. Cox

OCTOBER 9TH, 3RD MASTERS AND MAIDENS MARATHON (Surrey)

Originally intended as a "fun run" or jogging event for those with a desire to attempt the traditional Olympic Marathon distance for the first time without entering into a high class competition. Several walkers have found it possible to complete the 26½ miles within the 5½ hours and have done so. Slower walkers have supplemented their walking with jogging down hills. Like all true marathons the course is completely on metalled roads. Runners who have beaten three hours (unless over 40) not accepted. Full details from A.W. Blatchford

OCTOBER 14TH, CENTURIONS WALK - THE "BRISTOL 100" (Avon)

The next "Centurion" qualifying event will be the walk organised by the Bristol Race Walking Club. This will start at 18.00 on Friday at Winterbourne, Avon. The walk is basically a race although many of the starters will simply be attempting to cover the 100 miles within the allotted 24 hrs. The course is 10 laps of ten miles each lap, all on road. Only walking action permitted. Further details from Charles J. Shelley

OCTOBER 15TH, TWENTY FOUR HOURS RUN (London)

Mentioned here for general interest. A 24 hours race will be held at Crystal Palace track for invited runners. In 1952 159 miles was run by Wally Hayward (South Africa) and in 1973 this record was improved to 161 miles by Ron Bently (Tipton, England). For reference, the walking record is 133 miles. It is expected that Joss Naylor, the fell runner, will be amongst the starters at "the Palace". Details of the run are available from Peter Goodsell, Hon.Sec. Road Runners Club

OCTOBER 22ND-23RD, KARRIMOR TWO-DAY MOUNTAIN MARATHON.

A tough two-day orienteering event over mountainous terrain, for teams of two carrying camping gear. This year's venue is in the "Middle Pennines" but the exact location will be revealed only a week or so before the event. Various classes from elite downwards; last year's event also included a less competitive "expedition" class. Total distances for the different classes vary from about 25 miles to about 50 miles. Contact Gerry Charnley

OCTOBER 29TH, BLACKWATER MARATHON.

A circular from Heybridge, near Maldon, Essex. A repeat of last year's successful event but in the reverse direction - field paths first then back along the sea-wall beside the Blackwater estuary. Optional 3 mile extension to give routes of 25 and 28 miles. Details from Mike Powell Davies

OCTOBER 29TH, HALLOWE'EN HAPPENING.

A fun event for hostellers, walkers, cyclists and others set in the Bowland/Pendle area of Lancashire. The object is to travel between checkpoints on a 15 or 25 mile course on foot, or by cycle or broomstick. Based on Slaidburn Youth Hostel. Ends with a social/folk evening in the hostel. Details from Frank Hodson or Peter Todd (Warden)

OCTOBER 29TH, BURLEY MARATHON.

30 miles of New Forest tracks and trails in 9 hours, based on Burley Y.H. Some team awards. For details contact Brian Smith

NOVEMBER 12TH-13TH, MASTER'S HIKE.

About 45 miles, mostly over Pennine moorland and incorporating three transmitting masts at Pole Moor (BBC radio), Holme Moss (BBC TV) and Emley Moor (ITV/BBC). Open only to members of the Scout and Guide movements over 15 years of age. (Included for the benefit of LDWA members who may have heard of this hike and wondered what it is all about).

JANUARY 2ND, 1978, SURREY INNS KANTER.

A fun event to start the New Year. The object is to stagger round a course of either 11 or 18 miles via a series of pubs masquerading as checkpoints. Details in due course from Keith Chesterton

FEBRUARY ?, 1978, BOGLE STROLL.

Although this is a charity walk it may be of interest to LDWA members because of its great length, 55 miles. It has been organized for some 15 or 16 years by the students of Manchester and Salford Universities and goes by road from Manchester out to Chorley and back a different route. Teams of 10 are accepted. Details later from Bogle Stroll, UMIST Union

Downsmen
and a
Downswoman
leaving
Winchester.

**MORE PICTURES OF THE HUNDRED**

----- **NEXT TIME**

DAILY MILEAGE CHART.

This chart, advertised in Newsletter 16, seems popular as it was applied for by 75 members, so we will print some more at the end of the year. Will print details in No. 19. Ed.

KEEPING HIS COOL?

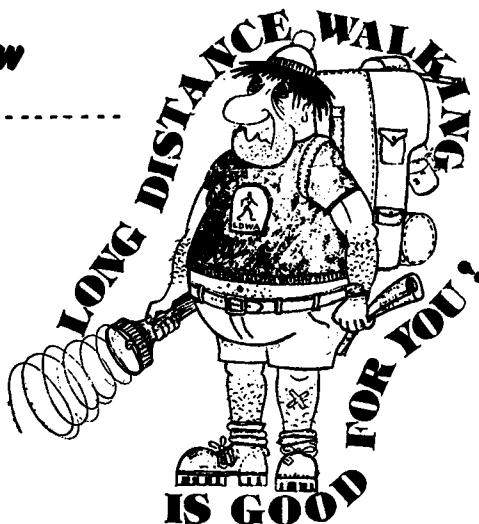
Seen on the Berkshire Ridgeway recently, a backpacker wearing boots and pack that's all!

THE TEE SHIRT SCENE

*meet the new
character*

YOU WILL FIND HIM ON THE FRONT OF THE USUAL STYLE T-SHIRT - COLOURS WHITE, LIGHT AND NAVY BLUE, GREEN, YELLOW AND RED, IN SMALL MEDIUM OR LARGE SIZES AND IN BLACK LINE PRINT.

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NEW SWEATER SHIRTS

High quality cotton long sleeved fleecy lined shirts are now available and are red in colour (only). With the usual crest and worded print, the price is £3.99 (p.&p. incl.) and they are available in medium and large sizes.

Please make cheques/P.O.'s payable to Tony Cresswell

It is good to see a few shirts being worn at events but this does not balance with the amount that have been sold.

SO WEAR YOUR SHIRT AND ADVERTISE THE ASSOCIATION TOMORROW!



THE OLD SHIRT

LOOKS LIKE THIS

DID YOU HEAR?

FIRST STEPS ON THE ULSTER WAY. The Ulster Way of Northern Ireland was first proposed as long ago as 1946 but it was only last summer that the first section of its proposed 450 miles length was opened. After 30 years of discussion by various bodies the Sports Council (N.I.) began to co-ordinate matters in 1974 which resulted in this waymarked route of 26 miles coming into being. This section is known as the Fermanagh Lakeland Route. It is hoped that by the end of this year a total of 150 miles of the Ulster Way will be waymarked for use.

COUNTRYSIDE COMMISSION DESIGNATED LONG DISTANCE PATHS. Since 1951 the Countryside Commission have designated eleven long distance routes for walkers (some are also for horse riders). To date, nine of these have been formally opened - the Pennine Way, Cleveland Way, Pembrokeshire Coastal Path, Offas Dyke Path, South Downs Way, Dorset Coastal Path, Cornish Coastal Path, and the South Devon Coastal Path. The other two routes are the North Downs Way and the North Devon and Somerset Coastal Path which it is hoped to open in the not too distant future.

Other routes that are being examined by the Commission include the Wolds Way, the Cambrian Way, Peddars Way, the Norfolk Coastal Path. It is also hoped to extend the South Downs Way westward to the Winchester area (a la Downsman Hundred?)

Free leaflets for the paths that are opened may be obtained from Countryside Commission, John Dower House, Crescent Place, CHELTENHAM, Glos. GL50 3AR.

For walkers who prefer more detailed information about the paths H.M.S.O. has published books on the following: Pennine Way (£2.50), Pembrokeshire Coastal Path (£2.50), Cleveland Way (£1.80) and more recently on the Ridgeway Path (£2.50), Offas Dyke Path (£2.50), and Cornwall Coast Path (£2.50). Obtainable from the above address (add 16p for post and packing). These books are about 5" x 8" and are suitable for an anorak pocket although it will lengthen their life if they are covered in clear polythene. The books contain plenty of background to each path and this may best be read at home before setting out on the walk. For those actually on the path the large scale Ordnance Survey maps showing the route (and any alternatives marked) in red will be very useful.

THE IRISH WAY. In a number of events in England the organisers state that walkers falling well behind time will be retired from the walk. This seems reasonable enough here but walkers tackling the "Lug Walk" face somewhat more drastic action if they go slow because "the stewards have the power to eliminate participants" who do not reach certain points by the given time!

THE DANISH WAY. Walkers taking part in the seven-day "Haervejs-vandringen" can expect a few novelties. They will "feel the 1000-years old history of Denmark slide by when they pass runic stones, banks, ancient highs, wheeltracks and so on". "Sanitary teams will give massage and settle blisters" but in principle you have to take care of small damages yourself.

EASTER TOUR 1978. It is planned to arrange a short (4 days) walking holiday in the West Country over the Easter Holiday period next year. The walks would be along the N. Devon and Somerset coast, across Exmoor, and the longest trek a coast to coast (almost) walk. Accommodation would be at youth hostels and b & b. If support was sufficient a coach would be hired from London for the to and from journey. Interested walkers should contact Alan Blatchford. Limit - 30 walkers.

FELLSMAN HIKE 1978. Provisional date for the 1978 hike is May 20th-21st. Details are available from FEBRUARY 1st, 1978 (not January 1st), from P.O. Box 30, Keighley, West Yorkshire BD21 3EP

COUNTY TOPPING - ONE. A brief item in the Daily Telegraph (31-5-77) gave the news that Phil Cooper of Darley Dale, Derbyshire had claimed a record by climbing all the 95 county summits in the British Isles in 708 days. It did not say whether he had walked, run or motored between the summits or even whether the series had been completed in a single, but extended expedition. From the time taken it would appear that he had either linked the tops on foot or more likely visited them by car over a series of separate ventures.

COUNTY TOPPING - TWO. Charles Baldey (LDWA 14) has also completed the tops of England and Wales, and we propose to print his story in the next Newsletter.

ANN'S HUNDRED. Mr Tom Richardson, President of the Centurions, has made a fine art of coaching men to qualify in the 100-miles-in-24-hours event, but as if to prove that life always holds its surprises, he met with the novel situation this year of a lady, our committee member Ann Sayer, wanting to take up the challenge. Not knowing what he was letting himself in for, he entered her at short notice for the "100 English Miles" race of the Sint Oedenrode festival of Walking near Eindhoven, Holland, 4th-5th June.

Ann didn't let him down. Out of a field of 72 starters, half of them already Centurions, she finished in the first twenty, in 21 hours, 45 minutes, 52 seconds, and was the first lady home.

For those who half-believe me she is a machine (someone once said she walks like a metronome) she confesses to have been 4.8% slower over the second 50 miles. While walking her ten circuits she found time to enjoy the scenery - long avenues of trees that looked better than in the paintings of the Old Masters, she says, and managed to surprise her coach again by asking for green beans to eat before the event. To complete the occasion the Chief Judge handed her a bunch of flowers on the last bend before the finish.

This was a non-qualifying event for the Centurions Club, and sadly, as the present regulations stand, Ann would not be allowed to qualify, as the Women's A.A.A. forbid their members to compete against men, and do not provide long-distance race-walks for their members. One can only feel that if such opportunity is denied to ladies of her aspirations and proven ability it would not only be a personal loss but one to the sport as a whole.

JACK ROSSITER (LDWA 422)

REPRESENTING ENGLAND is a good reason for missing the "Downsman" and this is why David Rosen, always one of the first finishers in the LDWA 100's, was an absentee this year. Although entered, he was later selected to run for England in the Orienteering International in Finland. ●

THIRD TIME LUCKY

**an account by
ANDY LEWSLEY
of his
BOB GRAHAM
ROUND**



WELL THIS WAS IT, MONTHS OF TRAINING WERE ABOUT TO BE PUT TO THE ULTIMATE TEST - THE BOB GRAHAM ROUND. THIS IS THE 75 MILE CIRCULAR ROUTE WHICH INCLUDES 42 MOUNTAIN SUMMITS AND 27,000 FT OF ASCENT IN THE LAKE DISTRICT; AND WHICH MUST BE COMPLETED WITHIN 24 HOURS FOR MEMBERSHIP OF THE EXCLUSIVE BOB GRAHAM CLUB.

Bob Graham was the first man to complete the round at the age of 42 in the early 1930's; it was not repeated again until 1960 when Alan Heaton succeeded. This was my third attempt at the 'round', having failed after over 30 summits twice the previous year.

The time was 11.30 p.m., the place was the Moot Hall, Keswick, which is the traditional start and finish point. The clock moved towards midnight and the weather started to deteriorate with many of the summits being shrouded in mist. Midnight arrived and off I went with my pacer Steve Tosh, this leg being over the three hills of Skiddaw, Great Calva and Blencathra is always hard because of the three big climbs and difficult terrain. A fast first climb and Skiddaw is reached in 1 hr 09m, a quick check of the compass and on again and suddenly the clouds lift, the moon breaks out and the scene is set for a magnificent day. 3.0 a.m. sees the top of Blencathra and 25mins of suicidal running down Halls Fell bring the first drinks point where my parents provide a cup of tea at 3.25 a.m.

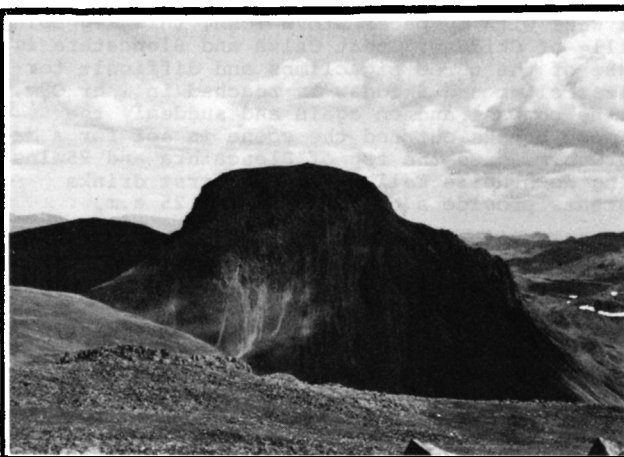
3.30 a.m. and off again with Richard, my brother, pacing a brisk run to Newsham Farm and then the long climb onto Clough Head and the start of the Helvellyn ridge; a series of grassy summits, Great Dodd, Watsons Dodd and Stybarrow Dodd and then the rock of Raise, White Side, Helvellyn Lower Man, Helvellyn, Nethermost Pike and Dollywagon Pike before the long drop to Grisedale Tarn. A tough climb up Fairfield and back to Grisedale and up Seat Sandal, then down to Dunmail Raise and more drinks and ten minutes rest for tired legs - the time is 7.15am.

Mike Gilbert takes over the pacing job and off we go up the killing climb of Steel Fell; this is followed by fast running to Calf Crag and then a long hot climb to Sergeant Man. It is here you start to realise that every pool of water, stagnant or otherwise, is drinkable if mixed with Accolade. On over the Langdale summits of High Raise, Thunnacer Knott, Harrison Stickie and Pike o' Stickie. Now a long run to Rosset Pike

and then to the hand climbs and rough ground. A gully through Hanging Knotts gives a short cut to Bowfell summit, then Esk Pike, down to Esk Hause and up over Great End, Ill Crag, Broad Crag, Scafell Pike. A short breather here on the roof of England before descending to Mickledore and the rock climb of Broad Stand, up to Scafell. Now the heart break descent to Wasdale, and another rest point. It was on this descent that my first real problem started; I strained my stomach muscles and from then on descent was very painful.

A 15 minute break at Wasdale before the devastating climb up Yewbarrow. We left Wasdale at 13.35, Mike Gilbert was still pacing. This is the crux section and involves some very hard climbs and provides a superb hard days walking; we covered the distance in 5½ hours. After Yewbarrow comes Red Pike, then Steeple Pillar, Kirk Fell, Great Gable, Green Gable, Brandreth and Grey Knotts; it is a very dry section and in the afternoon sun very telling. Honister brought a welcome 10 minutes rest before we set off again, this time Mike and Richard came with me. The long climb up Dale Head seemed endless, but an easy run to Hindscarth and then on to Robinson and the last 500 feet of climbing raised by morale.

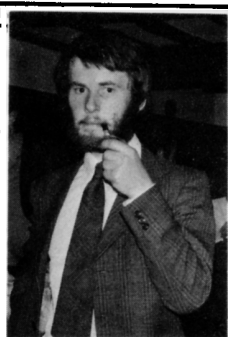
Robinson summit was reached at about 8.15 p.m., the 42nd summit. We spent 5 minutes here just looking at most of the previous 41 summits which were spread around us on a beautifully clear summer evening. There are still a few miles to go so off we went again towards the Newlands Valley and a finish down the easy roads into Keswick. A run up the main street to the Moot Hall and it was all over 21 hours 54 mins after starting, the 44th Bob Graham round was complete. My thanks go to my parents, brother, Stephen Tosh and, in particular to Mike Gilbert for their superb support and encouragement. ●



THIS PICTURE
IS OF GREAT
GABLE FROM
KIRK FELL (?)

THE PICTURE OVERLEAF IS THE HEAD OF ENNERDALE AND GRASMOOR GROUP FROM GREAT GABLE.

WALKERS



On the Pennine Way

LDWA MEMBERS ANN SAYER (LEFT) MIKE POWELL DAVIES (ABOVE), DAVE JEFFERY AND ALAN BARBER WALKED BRITAIN'S PREMIER LDP IN 6 DAYS 13½ HRS THIS EASTER. THE FIRST TWO WALKED EVERY STEP, WITH JOHN NEEDHAM AND JACK ROSSITER DOING THE SAME IN 7 DAYS 2 HRS AND 7 DAYS 11 HRS RESPECTIVELY.

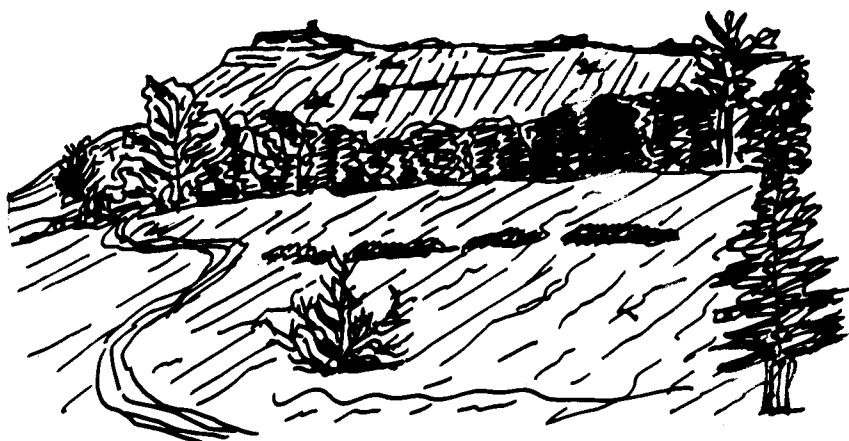
This attempt to record a fast walking time was the result of the banter in the Association Newsletter about runners v walkers on the point that not enough was being heard about the performances of the latter. It is always hard to determine who has actually walked every step of an event so a group of mainly southerners decided to have a go at a suitably difficult task under the same conditions as the runners. The Pennine Way record of 3 days 1 hr was fully supported by transport and pacers and is also the route most popular with walkers. The route was also thought to be in line with the average LDWA member's type of challenge. It was, therefore, this route that was chosen, and advice was sought as to what would be a suitable and realistic time aim. The fastest time seemed to be around 7 days so 6½ days was made the target. This target was achieved on April 9th, 1977, and a comprehensive report was compiled for the benefit of those with similar walking aims.

Briefly; the conditions were quite good; it was very cold but clear; the Cheviot was crossed in a blizzard and snow fell on the next three days, but mainly after dark. 82 hours 33 mins were spent walking, and nights were spent at B. & B.'s. It was felt that under the same conditions but with the use of the knowledge gained, the same trip could be completed in well under 6 days. For this reason alone it is hoped that others will avail themselves of the report and thus avoid the abounding problems.

With regard to the actual time taken it must be pointed out that Ann and Mike are experienced long distance walkers who have done the way before and subsequently took 18½ hrs and 18½ hrs respectively on this year's 'dry' Fellsman. Even so they don't consider they do much training and the speed of the party was governed by the slowest member at any one time.

Jeff Ellingham, who was the sole supporter, will be happy to supply the report to anyone who sends a 9" x 4" SAE. He would also like to hear from anyone who has done a faster time on this route or anyone who has achieved similar walking aims, supported or unsupported. Ideally he would like to publish a report in the Newsletter on how long walkers have taken over all the long distance paths, with enough details to give other members a realistic idea on how long it would take them with their particular standard of fitness. ●

The Staffordshire Way



The Cloud, looking eastwards from near High Bent.

THE OFFICIAL START OF THE WAY IS AT MOW COP, BUT FOR MOST PEOPLE IT WILL BE KIDSGROVE. UPON REACHING THE CURIOUS SHAM CASTLE, BUILT BY RANDLE WILBRAHAM IN 1754 TO ENHANCE HIS VIEW FROM RODE HALL ON THE EDGE OF THE CHESHIRE PLAIN. FROM THIS 1,100' HIGH OUTCROP STARTS ANOTHER FOOTPATH, 'THE GRITSTONE TRAIL'; BOTH THIS AND THE 'STAFFS. WAY' ARE WAYMARKED, SO THERE IS NO EXCUSE FOR GETTING LOST ON THIS SECTION.

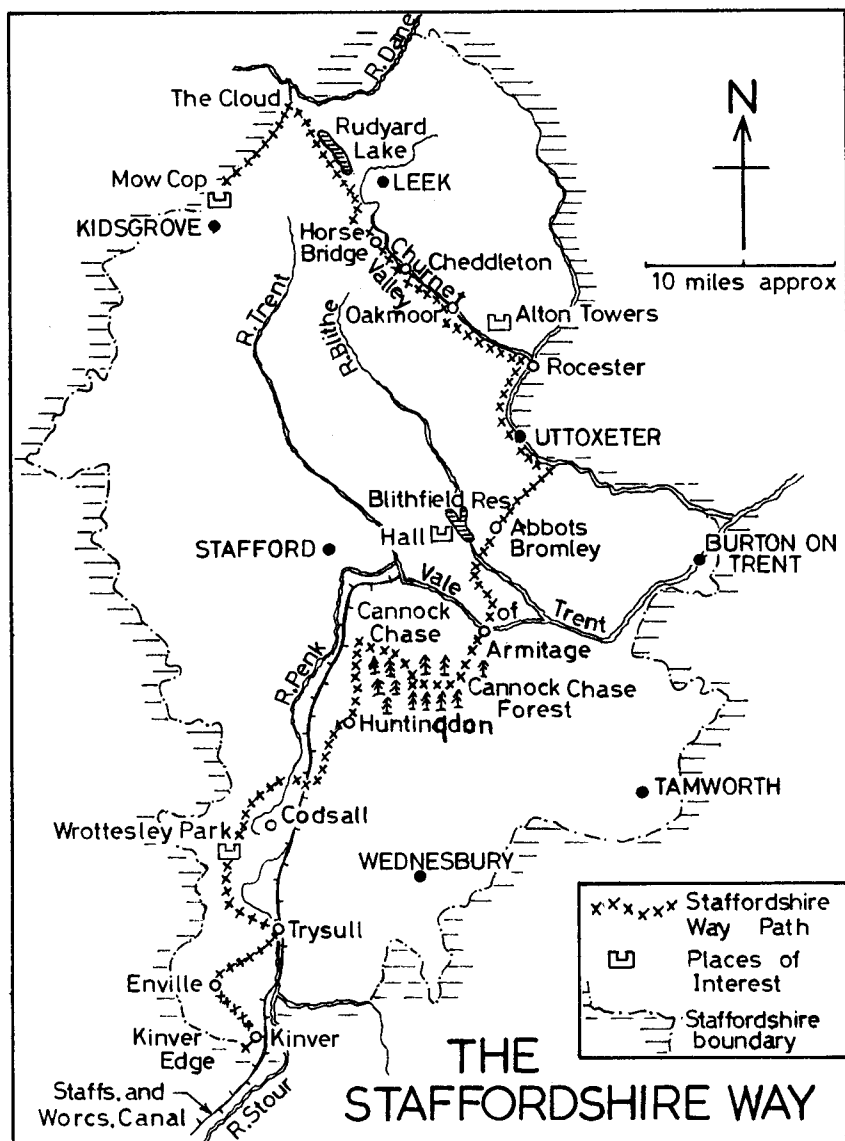
The 'Staffs. Way' is indicated by a white Stafford knot and/or yellow arrows painted at strategic points. For the 'Gritstone Trail' there is an additional letter 'M', but beyond The Cloud it departs on its easterly sweep towards The Peak District. After leaving Mow Cop village, the birthplace of primitive Methodism (1807), the way follows the crest of Congleton Edge for three miles, until a descent is made at Dane in Shaw near Congleton to follow Biddulph Brook for a short distance.

Then follows a mile of pleasant contouring before the slog up to The Cloud with a 650' climb; but the view is worth it. From the top you can see across the Cheshire Plain and into 'The Peak' before one has to depart, moving slowly downhill through open fields and a wooded valley to the side of the River Dane. Here, near Hughbridge, is something queer, because as the path turns southward one expects it to follow the river, but the valley ahead is not that of the Dane. It is in fact a large glacial overflow channel, occupied beyond Rushton Spencer by Rudyard Lake which was built as a reservoir for the Caldon Canal at Leek (1831). Time has greatly improved 'the intrusion' and the steep sides of the valley give an atmosphere of a 'Scottish Loch' to it.

Beyond the two mile length of Rudyard Reservoir, the place where

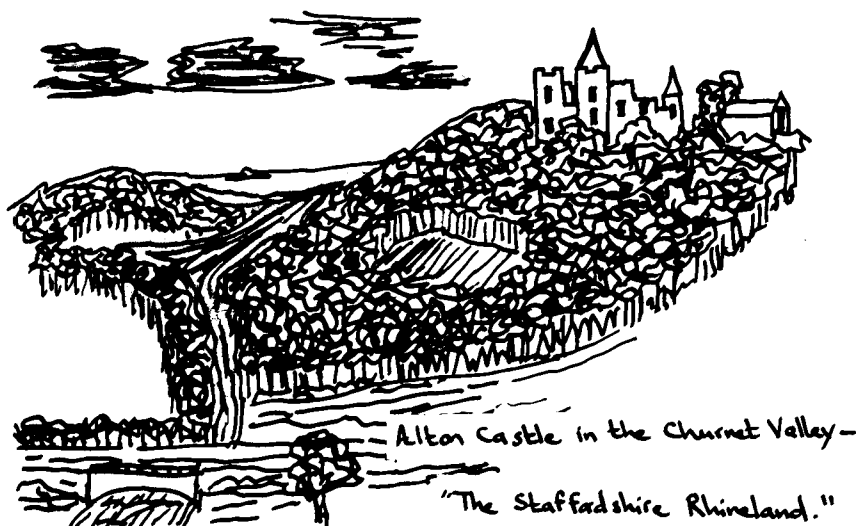
the famous Kipling's parents met, is a stretch of open moor leading to the River Churnet which the way follows to Ladder-edge. At Wall Bridge the Way follows the 'edge', a climb of 250' in half a mile before heading east to Horse Bridge. Here, in a narrow valley the Leek Canal, Stanley Brook and the Caldron Canal are squeezed together, oh! and the railway too. The scene reminds one of the upper gritstone dales of Yorkshire; but it's not spoilt here either.

The towpath of the Caldron Canal is followed to Cheddleton, the



River Churnet flows to the north by a couple of hundreds of feet. This hillside village is famous for its double wheeled water mill and its paper. Beyond this hive of activity lies an isolated, wooded and picturesque valley. The only transport routes being the canal and the mineral line from Oakamoor further to the south-east. Two miles beyond Cheddleton, near Consall Wood, the canal joins the river as the valley floor is too narrow to accommodate both. A mile beyond, at Consall Forge, they separate again as the river drops several feet here, but both are nearly touching each other due to the confinement of the valley.

During the Industrial Revolution the Churnet Valley was alive with industry but today you have to look carefully to see the remains. One flint mill, now minus its huge wheels, is located by an impressive waterfall (hidden the other side of the railway) near Far Kingsley Banks. A short distance beyond, the path climbs the southern side of the valley to the village of Kingsley and then to Kingsley Holt. A gradual gradient down to the Churnet before taking a small tributary valley to Hawkesmoor Wood and the wooded seclusion of Dimmingsdale, and if by now (after 28 miles) you feel you have had enough for a day, there is The Ranger Youth Hostel just a matter of yards away. At the end of the dale you enter "The Staffordshire Rhineland".



The hillside village of Alton, with its castle and the "Towers" on the other side explain the reason for this comparison. Alton Towers was built for the 15th Earl of Shrewsbury and its garden scape costing well over £1½ million in 1856 is not paralled anywhere in Europe for its diversity.

The Way continues on the south side of the valley along the top of Tithebarn Hill and down Holebrook to Penstone. Here the path uses the road bridge over the Churnet and then follows it on the north side until Rocester is reached.

Rocester (pronounced Rooster) is the site of a Roman Camp and



Upper Sherbrooke Valley, Cannock Chase.

once had a Norman Abbey. It is located near the confluence of the rivers Churnet and Dove. For a couple of miles the path follows the Dove through the pasture fields as it heads towards Uttoxeter where it follows the tributary river Tean and crossing it before Dovebridge is reached. The path continues to the east of the market town, known for its races and agricultural machinery (pronounced Utcheter). The broad Dove Vale is forsaken at Woodford, where we depart southwards to start an undulating walk towards Bagots Wood in the Needwood Forest. The gradient isn't severe, only 200' in $3\frac{1}{2}$ miles. Bagots Park marks the watershed between Dove and Blithe, and two miles further on is the picturesque village of Abbots Bramley. Here is the home of a unique horn dance (performed early in September), many timbered houses and a market. To the south-west of the village is Blithfield Reservoir, built in 1953, it holds 4,000 million gallons of water. However, the view is greatly enhanced from Blithfield Hall, the home of one of Staffordshire's oldest families.

Across the rivers Blithe (there are two - River Blithe and Little Blithe) to the undulating field scene on our trek to Hill Ridware and Mavesyn Ridware before crossing the Trent, Trent and Mersey canal to Armitage. We are over half way now and to greet us is the eastern prospect of Cannock Chase. The edge of the plateau is dominated by trees, soon you are amongst them on a 400' climb to Wandon. (Marked by the shell of the old Youth Hostel). Here Marquis's Drive is followed to Brindley Heath. The drive was constructed to allow the Marquis of Anglesey to get quickly and safely across 'The Chase' to Stafford from his seat at Beaudesert. Back into conifer forest for a short distance before passing the post office tower at Pye Green to head due south, skirting Huntingdon, to Shoal Hill, an outcrop of Bunter pebble beds topped with trees. The view from this 600' hill is pleasant, except perhaps towards Cannock. The Way skirts Hatherton Park before reaching Four Crosses and a brief encounter with Watling Street to cross over the Staffs. and Worcestershire Canal to Great Saredon (the Cannock branch)

The (East) River Penk is followed by the canal for a short distance and the path runs between the two until at Slade Heath the towpath is utilised for just over a mile to Coven Heath. Here the canal is left behind and the (West) River Penk is

bridged at Pendeford a short distance from the Shropshire Union Canal. Ahead is the large estate of Chillington Park, the ancestral home of the Giffard family over 800 years, established during the Conqueror's time. The Way turns south towards Codsall and skirts the Big Wood at a distance, although it nearly reaches it at Codsall Wood. The next three miles run parallel to the Shropshire border over undulating fields and via Wrottesley and Cranmoor, places with only a couple of buildings, to Trysull at the top of Smestow Brook. Between here and Trescott a short distance of the Way follows the west side of the Staffs. and Worcestershire Canal, a 1½ miles crammed full of industrial archaeology.

Beyond Awbridge Bridge is the small village of Trysull, and beyond that is Abbots Castle Hill and the heath of Highgate Common. With the last but one hill out of the way, the going is very gentle, rising occasionally on its way to Enville. Thence passing through Enville Park the Way contours to Heathlands before rising to White Hill at the northern end of Kinver Edge. The path clips the periphery of Kinver Village on its journey along the steeper side of the edge passing the remains of the Iron Age hill fort here to the trig. point at 550' and Nanny's Rock, and you have made it! ●



*View of Kinver Edge from Nanny's Rock, the southern end of
The Staffordshire Way path.*

NOTE: The above description is from north to south and accompanying booklets will cover the three sections - Mow Cop to Rocester (North), Rocester to Shoal Hill (Central) and (South) to Kinver. At the present only the Northern Section has been printed. Available from A.Hewitt (at 45p. including postage.)

The Staffordshire Way story and pictures are the copyright of Anthony J. Hewitt.

SANDSTONE TRAIL- CHESHIRE

by TED HOWES (LDWA 795)

MAPS O.S. 1" SHEET 109 (CHESTER) or O.S. 1.50,000 Scale No.117 CHESTER.

The trail in its present form stretches some 16 miles from Delamere Forest to the village of Duckington, by way of the Central Cheshire Sandstone Ridge.

There will be times when you will wonder where the sandstone has disappeared to particularly when you are floundering through mud a foot deep. We've walked it three times, in summer, deep winter and in April; each visit became worse and the latter being the worst by far.

So you know the maps to use, but it's a good idea to write to the Director of Countryside and Recreation, County Hall, Chester (s.a.e. please) for the leaflet "Sandstone Trail". This contains four strip maps and lots of information on the walk itself, history, facts and figures.

The walk poses the usual transport problems solved by having a couple of cars, the O.S. map(s) are only necessary really to find the beginning of the trail, if you have the leaflet mentioned above. And to get back to the beginning to collect the other car.

The trail is nicely way-marked with yellow discs with a direction chevron and a footprint with an 'S' on the sole.

From Barnesbridge Gates in Delamere Forest the trail goes through tall trees to a farm called Eddisbury Lodge and climbs out of this rather superior farm up through an avenue into forest. In 3Kms the A54 is reached and crossed, down a flight of steps in a forest and up to Birch Hill.

There will be little doubt in the walker's mind at the end of his trek that he has passed through dairy land, cows, evidence of cows, farms and muddy lanes and gateways are the order of the day.

Then down Sandy Lane, that's a joke, the sandy part must be under the mud somewhere.

So it's fields and footpaths, forests, over a canal and under a railway, past a Castle, then another, though you'll not see it.

But eventually the sandstone is met with and an edge is traversed and the views are good on a clear day. With Rawhead giving the best view of all.

Down through Bickerton village, then up through trees to another sandstone edge, Bird's Hill and Maiden Castle, now that latter was an Iron Age fort we are told.

Into a lane with a superior bungalow up to your left, now you are in Duckington and you can scrape the mud off your boots, the walk is finished.

We have heard on pretty good authority that negotiations are in progress to extend the trail by ten miles from this end.

Happy walking and don't forget to send for that leaflet. ●

"THE LAST

A GENERAL VIEW

JOHN BAINBRIDGE



WILDERNESS"

ON DARTMOOR

LDWA 660

THEY SAY THAT FAMILIARITY BREEDS CONTEMPT; BUT I FIND USUALLY THAT KNOWING AN AREA QUITE THOROUGHLY GIVES A DEEP-SEATED CONTENTMENT. IT IS A MARVELLOUS FEELING TO BE ABLE TO WALK ACROSS A PIECE OF WILD COUNTRY, WITHOUT USING A MAP, AND BEING ABLE TO NAME ALL THE HILLS FOR MILES AROUND. I HAVE SPENT A LARGE PART OF THE LAST TWELVE YEARS WALKING ALMOST EXCLUSIVELY ON DARTMOOR - CAMPING, TRAMPING AND LEADING OTHERS IN THE PROCESS, AND THOUGHT THAT ANY WALKERS UNFAMILIAR WITH THE 'LAST WILDERNESS' MIGHT WELCOME A FEW GENERAL NOTES ON THE SUBJECT.

The first problem is how to get there, especially for those people with no transport of their own. The three main railway stations serving the Moor are Exeter, Newton Abbot and Plymouth, and buses can be caught up to Dartmoor from all of these; in addition the National Park Service run their own buses to some of the more popular places including a trans-moor link from Plymouth to Moretonhampstead on weekends and bank holidays throughout the summer.

Having got there the problem of accommodation arises. Of course, there are numerous small hotels and farmhouses dotted all over the Moor and several organised Camping Sites round the borders; most of these are quite pricey, especially during the Season. There are Youth Hostels at Bellever (SX644774), Gidleigh (SX670885), Steps Bridge (SX 803883), Lownard (SX782623) and Tavistock (SX469737). Backpackers can usually camp anywhere on open moorland for a night or two if they stay clear of farms. (However, at the time of writing, a large section of Northern Dartmoor is occupied by the army who fire on three or four days a week. An inquiry has been set up to find them somewhere less damaging to shoot, so until then I suppose we will have to put up with them. Firing times can be ascertained at local Post Offices, Police Stations and in the local press on Fridays). For those hardy souls who like to sleep out in polybags there are numerous ruins, dating from the year dot onwards, many in good condition.

Few walkers walk just for the sheer joy of it; most of them like to see a few things en route. The Moor is one of the richest archaeological areas in the world. There are no great henges (or pyramids) but for sheer numbers Dartmoor is unsurpassed, few areas being bare of Stone Rows, Circles, Kists, Hut Circles and Cairns etc. The Stone Row on Erme Plains (SX635645) is over two miles long. The industrial archaeologist can have a whale of a time as well, most of the area has been turned over at one time or another in the search for tin, copper, arsenic and so on.

Most important of all for the walker is the scenery you can see (or in a mist the lack of it), and there are two or three really good introductory long distance walks. Perhaps the most popular is the North to South. Starting from Belstone or Okehampton and going via Okement Hill, Cranmere Pool*, Fur Tor*, Rough Tor*, Crow Tor*, Two Bridges, Fox Tor*, Ducks' Pool*, Grant's Pot*, Petre's Cross, Three Barrows, Western Beacon to Bittaford. About 31 hard-slogging miles. The places marked * have visitors' books and 'postboxes' where you can frank you own postcards (not

on the stamps) and leave them in the box for the next walker to collect and post. The north to south is occasionally walked as a competition.

To my mind the grandest Dartmoor tramp is the Perambulation of the Forest of Dartmoor (forest not to be taken in the tree sense) It is a wonderful route, the line being marked on the 1" Tourist Map as a parish boundary. The best place to start from is Belstone, going to Cullever Steps, Hound Tor, Watern Tor, Fernworthy, Walla Brook, Dartmeet, Ryder's Hill, Huntingdon Cross, Crossways, Broad Rock, Nun's Cross, Hessary Tor, Great Mis Tor, Lynch Tor, Rattle Brook, Stenga Tor, Sandford and back to Cullever Steps. The way is marked by bondstones. The distance is roughly a devastating 40 miles.

May last year saw the opening of the Two Moors Way, a long distance footpath running from Ivybridge, crossing Dartmoor, central Devon and Exmoor to Lynmouth. The Countryside Commission refused to sponsor the path; however, Devon area of the Ramblers' Association and Devon County Council got their heads together and worked out, cleared and waymarked a route. The R.A. have published a descriptive guide, with maps, to the route. Incidentally, the Devon area of the R.A. have a walks programme all the year round, mostly short walks (maximum 16 miles) and nearly all on Dartmoor. They welcome anyone whether members or not.

Dartmoor is a wonderful area for devising walks on your own and below I give a few books for inspiration. For maps, I recommend the O.S. 1" Tourist Map for route planning, and the 1:25,000 for ground use. ●

"GUIDE TO DARTMOOR" - William Crossing	David & Charles
"AMID DEVONIA'S ALPS" " "	" "
"DARTMOOR" - R.H. Worth	" "
"A CLIMBER IN THE WEST COUNTRY" - E.C. Pyatt	" "

Further information can be obtained from:-

Dartmoor National Park Committee,
County Hall,
Exeter.

Devon Area R.A.
Miss J. Twigg

Dartmoor Preservation Association,
Mr A.H.D. Davies*

*Stamped addressed envelope req'd

TWO BRIDGES.





SEVEN FOURS

IN TWO DAYS

***A story of the first
solo attempt on the
seven giants of the
Scottish Highlands***

Written and illustrated by

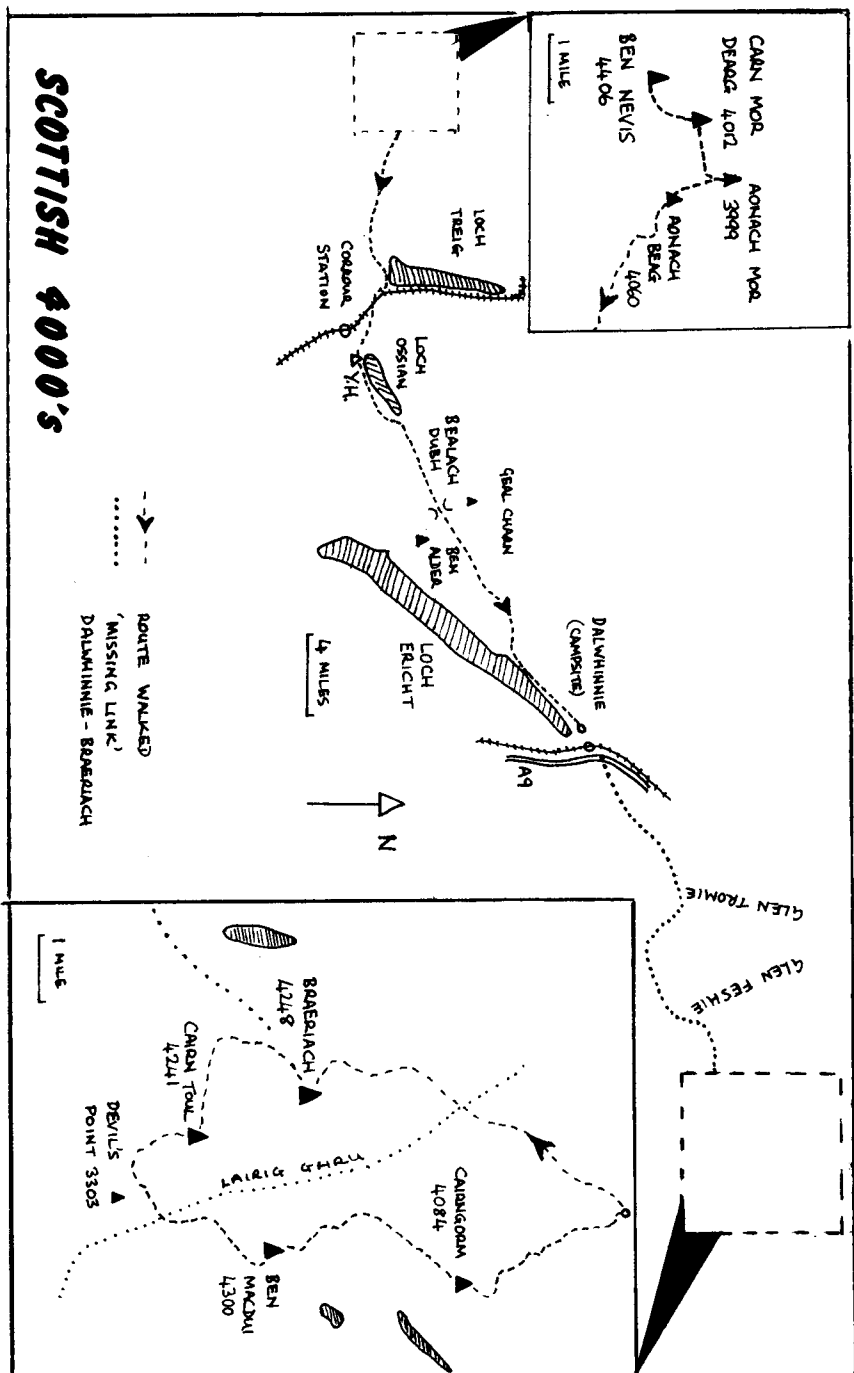
Jim Barton

'SEE YOU IN DALWHINNIE AROUND MIDNIGHT'. IT SOUNDED INCONGRUOUS TO BE SAYING THAT AT HALF PAST FIVE IN THE MORNING ON THE SLOPES OF BEN NEVIS. I WATCHED HARRIET START DOWN THE STEEP SCREE TO COIRE LEIS, THEN I SET OFF ALONG THE ROCKY CREST OF THE ARETE. IT WAS ESPECIALLY EXHILARATING THAT JULY MORNING, BEFORE THE SUN HAD RISEN CLEAR OF THE HAZE. AT HALF PAST SIX I REACHED CARN MOR DEARG SUMMIT AND TURNED TO WAVE TO MY WIFE, BY NOW INVISIBLE SOMEWHERE DOWN IN THE CORRIE. I LOST NO TIME IN MOVING OFF DOWN THE EASTERN RIDGE TOWARDS THE AONACHS, FEELING VERY MUCH ALONG AND SUDDENLY REALISING WHAT WAS IN STORE.

What was I doing up amongst the Lochaber hills so early in the day? Well, for some time I had been plagued by the idea of a solo traverse of the Scottish 4000' summits. Nature has arranged things so that our highest mountains are in two groups. In the west are Ben Nevis (4406') and his satellites Carn Mor Dearg (4012') and Aonach Beag (4060'). Neighbouring Aonach Mor reaches a tantalising 3999'. The eastern group comprises Braeriach (4248'), Cairn Toul (4241'), Ben Macdui (4300') and Cairngorm (4084'). There are subsidiary tops in the Cairngorm group, but there are only seven distinct Munro mountains exceeding 4000'. The snag is that the two groups are separated by over fifty miles of rugged Highland terrain.

The 'Fours' were first climbed within a 24-hour period by a Fell and Rock Club party in 1924 (see LDWA Newsletter No. 5). Thirty years elapsed before the whole route was traversed on foot. Two Rucksack Club members, Frank Williamson and Philip Brockbank, left Fort William on a Friday evening. 48 hours later, Williamson reached Cairngorm summit with about 90 miles and 13,000' behind him. Brockbank unfortunately had to call a halt near Newtonmore. After this tour de force, several parties have completed the walk, but to my knowledge nobody had made a solo attempt.

In the winter of '75 I worked out a route starting at Ben Nevis, via upper Glen Nevis, Loch Ossian, Loch Ericht, Dalwhinnie, Glen Tromie, upper Glen Feshie and finally the Cairngorm plateau.



This appears to be the most direct feasible route. The only alternative would be an appalling 28 mile road plod along A86 to Newtonmore, aesthetically unacceptable and damned dangerous! Roads are for cars, hills for walkers.

My wife saw no future in trying to talk me out of my megalomaniac scheme and did all the hard work setting up our base and intermediate camps on the Ben and at Dalwhinnie.

So that's why I was on Ben Nevis that July morning. No turning back now! From Carn Mor Dearg, the second 'Four', I had to lose a thousand feet to a col connecting the Aonachs with the 'CMD' ridge, and promptly regain the height up a steep bouldery hillside. Fortunately the sun was still low and the air cool, for it was hard work. I detoured to bag the 3999' top of Aonach Mor, a broad whaleback ridge. The third and last Lochaber 'Four', Aonach Beag, is a great mountain. The ridge narrows and gullies bite into the edge giving views fifteen hundred feet down into the magnificent eastern corrie, remote and rarely visited. Despite the heat wave old snow still clogged the gullies and I could see avalanche debris on the slabs far below. I breakfasted by the summit cairn, enjoying the view of the Ben and tried not to think about the mileage ahead. The descent to Glen Nevis was new ground to me and proved to be a delightful chain of descending ridges. The rock here was mica schist, forming big slabs at a characteristic angle of tilt.

I shrink from describing the next few miles in detail. The sun retreated into a thundery-looking haze and the path shown so confidently on my map disappeared into acres of bog which turned out to be a breeding ground for clegs. This is the kind of thing that makes solo walking difficult, having no-one to grumble to. Things improved further on and after lunch I was on the estate track curving round the head of Loch Treig. The sun had reappeared in earnest and I blessed the last-minute purchase of a sun hat in Fort William, an article of clothing I have never before worn in the British mountains.

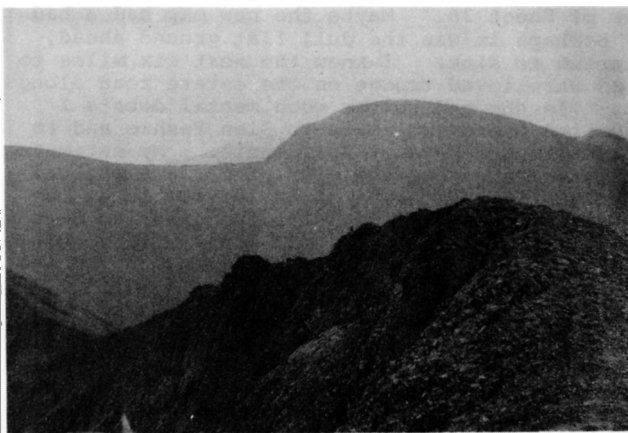
After crossing under the railway line I followed the old track towards Loch Ossian with its lonely Youth Hostel. This was a significant point, for I could now see the pass called the Bealach Dubh eight miles away. I'd spent four days at Easter exploring this area and I looked forward to seeing my old friend Ben Alder again. The afternoon heat was fierce. I sat down by the loch for a drink of lukewarm orange and watched some herons circling the pine trees on a little island.

Beyond Corrour Lodge I left the track for the wild glen where the Uisge Labhair cascades over rock slabs on its way down to join the River Ossian. I'd promised myself a half-hour rest here and bathed my feet in the cool water. How different it must have been near this spot 25 years ago, when five people were benighted in a December blizzard. One of the party, a woman, returned to Corrour Lodge; the four men were found dead from exposure.

The Bealach Dubh never seemed to get nearer. It was 8 p.m. when I stood by the cairn marking its crest. A few bits of aircraft wreckage heightened the feeling of remoteness of this lonely pass.

There's a good path down the other side and the scenery is unforgettable as the track winds down between Ben Alder and Lanchet Edge. Another milestone here, for at long last I walked

THE TITLE PICTURE IS OF THE AUTHOR ON THE CAIRNGORM PLATEAU



THE CARN MOR
DEARG ARETE
WITH AONACH
BEAG IN THE
BACKGROUND.
SMALL SPECK
RIGHT OF
CENTRE IS
THE AUTHOR.



CROSSING THE
NORTHERN END
OF THE LAIRIG
GHRU AT THE
START OF THE
SECOND DAY.



DEVIL'S POINT
FROM THE UPPER
SLOPES OF BEN
MACDUI, CAIRN-
GORMS.

off the edge of 1" O.S. Map Sheet 47, and started to creep across the corner of Sheet 36. Maybe the new map had a bad effect on me, or perhaps it was the dull flat ground ahead, but my morale started to sink. I knew the next six miles to Dalwhinnie were an unrelieved trudge on the estate road alongside Loch Ericht. In the end, after much mental debate I decided to abandon the overnight route to Glen Feshie and to sleep in the tent waiting for me at Dalwhinnie. My estimate of a midnight arrival was a good one, for at 12.15 I spotted the tent near the lochside, 21 hours after leaving it at the lochan below Ben Nevis. Harriet fussed around and fed me and agreed that doing a round of the Cairngorm Fours with me would be better than sitting and waiting for me to stagger over the horizon next day.

With a faint twinge of guilt and many midge-bites we bundled the tent up at 6.30 next morning and drove off to Cairngorm. The weather was superb. We chose one of Braeriach's northern ridges as a way onto the plateau and our first 'Four' of the day. It's the third time I have done the high-level traverse from Braeriach to Cairn Toul and it never fails to impress. In his book 'Mountaineering in Scotland' W.H. Murray describes a walk across this plateau in a white-out blizzard in the month of May. Here were we in bright sunshine, with only thirst as our enemy! I tried to recall Murray's description of his battle against the storm; it was not difficult to imagine this place in bad weather.

We followed the burn up to the Wells of Dee and drank the ice-cold water from the topmost spring, the highest river source in Britain. Once over Angel's Peak and Cairn Toul we descended to Corrour Bothy where I put new life into my feet with a quick immersion in the Dee.

The last big effort was the climb up by the Tailor's Burn to Ben Macdui, a relentless slope crowned by boulder fields for the top few hundred feet. We reached the summit at 8 p.m. in warm sunshine. There on the viewpoint indicator was 'Ben Nevis 54 miles'; we could see its distant bulk in the west. I wondered how I would have fared had I carried on overnight. Maybe I would have managed, but it would have been a cruel disappointment to have been too tired in Glen Feshie to risk the Cairngorm tops.

Only the herd of reindeer saw us on our last lap to Cairngorm. At 10 p.m. I stood by the summit cairn, the seventh and final 'Four' of my two-day campaign. Statistics, mileages, route planning, records, success or failure, none of these things seemed quite so important. I was satisfied with my attempt on this big walk and I had enjoyed it. That's what matters. ●

A PAST EVENT REPORT THAT CAME IN LATE (and just fills out the page)

CHILTERN KANTER - 27th FEBRUARY.

This inaugural event, based on Ivinghoe Hostel, was very well supported with 100 starters on the 20 mile course and 124 on a 12 mile route. Both routes included Ivinghoe Beacon and Ashridge Common, with the final sections being over the Ridgeway Path. In the main it was a fine, sunny day but very wet underfoot. Times ranged between 4 and 8 hours for the longer course and 3½ and 6½ for the short course.

Walkers were given a set of grid references at the start and had to find their own way between the checkpoints which were unmanned. A simple question had then to be answered at each checkpoint. The event was organised on behalf of the Essex-Herts group.

Brian Graves & Alan Wakefield

SOME PAST EVENTS

REPORTS FROM ORGANISERS OR PARTICIPANTS WILL BE VERY WELCOME.

PERSONAL VIEW OF HIGH PEAK MARATHON '77 (MARCH 4TH/5TH)

What was I doing in this mess? Up to my knees in black wet peat, slowly sinking, a hand reached down and pulled me clear. Then I remembered. I was on the High Peak Marathon trying to lead, trying to navigate between Swainshead and Bleaklow Stones, trying to keep everyone's spirits up and above all trying to win one of those certificates I had seen back at Edale Village Hall. Twice we had failed. The first time driven into the ground by wind and rain crossing Rushup Edge to Edale Cross in '73. Running out of time by 3 mins at Snake Road in '74. But this time the route was in the opposite direction and we were determined to finish. Leslie Atkinson, Charlie Hunter, Peter Smith and Don Furness, all LDWA members, but walking under the name "Scarbro Gets Em Offs" as suits our character. It's a long drive from Scarborough to Edale and we were glad of a sandwich and cuppa before the start at 11 o'clock.

A beautiful, moonlit night where we didn't need torches gave way to clouds and freezing rain which anaesthetised the side of your face. From High Neb to Moscar and a drink. Our friends "The York Boot Boys" were just ahead of us - this is what makes long distance walking a challenge within a challenge. We kept picking up checkpoints, and passed Tony Cresswell near Margery Hill, muttering. We lost ourselves twice on Bleaklow by following the wrong set of foot prints. By retracing our steps we thankfully picked up the correct trail and the poles and stakes kept appearing out of the mist to tell us we were in the right grough. My wife came to meet me on the Pennine Way artificial footpath, down to Snake Road. "We've only got six minutes, don't speak to me till I get there", I said. We just made it before the checkpoint closed at 1 o'clock. We set off again knowing a finish was on the cards. We passed our friends from York. John Cole was sitting on the ground, his legs had gone. I felt for him, they had all tried so hard. Soaking wet but cheerful now, I walked through every stretch of water up to Mill Hill; I couldn't get any wetter. Don was wearing Wellies, his boots in his sack were nice and dry. Kinder Downfall was throwing its water back at us as we passed. Looking at Rushup Edge from Edale Cross I wondered how on earth we had got lost in '73 and finished up on the airshaft. My wife again came to meet me as we descended from Hollins Cross. I think I cried as much as her when I realised we had finished. A loud cheer greeted us as we walked into the Village Hall - now everyone could go home. We had the record for the longest time (19hrs 25mins) but we had completed the hardest walk in Britain (? ED.) which is more than twenty-seven other teams of four had done that day.

LESLIE M. ATKINSON (951)

THE 15TH MID-WALES MARATHON, APRIL 2ND, 1977.

For the second time in succession the Mid-Wales was graced with pleasant weather, much to my surprise!

122 enthusiasts set off from Dinas Mawddwy Youth Hostel at ten minutes past eight, down the road past Tyn-y-Braich Farm and up

onto Bwlch Siglen, the first checkpoint. From there the route follows the edge of Craig Maesglasau with its impressive waterfall plunging to the valley bottom several hundred feet below. On past the summit plateau of Maesglasau, well over 2000'. The going is easy over rolling grassy summits, with huge rounded valleys falling away on either side.

Over the summit of Waun Oer, and there, 1500' below, is the checkpoint in Cwm Ratgoed. Most people find this descent, followed by a 1200' climb out again, the psychological - and physical - crunch! However, most survive it and go on to conquer the toughest ascent on the route, to the summit of Cader Idris.

This is a most rewarding climb. Tired legs are soon forgotten at the sight of forested slopes rising from the tidal sands of the Mawddach estuary. Behind, the peaks of the Rhinogs march away in serried ranks, while to the west, the waters of the Mawddach merge with the sea under the weathered timbers of mile-long Barmouth Bridge.

In all, 114 completed the walk in times ranging from 4 hours 26 mins by Mike Walford, down to a more leisurely 11 hours. Fastest lady was Mrs L.A. Walker from Shrewsbury, in 7 hours 45 mins.

My thanks to the many people, too numerous to name, who helped with organization and checking on the day. Thanks to them, the event was again very successful.

NEVILLE TANDY (130)

WESSEX XXX - SUNDAY, APRIL 3RD, 1977.

The 98 entrants to the Wessex Group's first event were treated to a variety of Hampshire scenery and the later finishers to a variety of English weather.

The day, which started off in brilliant sunshine, ended with snow! First man home was Bob Joiner in a very fast time of 4.50 hours. The two youngest entrants - Sean Davies and Jonathon Farrell (both aged 11) finished in very good times of 9.00 and 9.05 respectively. 73 completed the course in the 10 hours and 3 completed outside the time limit. In the eyes of both entrants and organisers the event appears to have been a great success and the Wessex XXX is now a firm fixture in the LDWA Calendar so we hope to welcome more of you next year. A quick thank-you to everyone who helped to make the event a reality.

SUE COLES (1308)

THE MANX MOUNTAIN MARATHON - EASTER MONDAY, 11TH APRIL.

30 miles. 12 mountain summits. 9000' of climbing.

Yet again this most scenic of marathons was held in beautifully clear conditions. There was, however, a cool head wind for much of the time. The amazing thing on this year's marathon was that the underfoot conditions were very dry; despite heavy rain and snow during the previous week.

It was good to see so many LDWA members at this tremendous event; over half the Bronze Standard (for walkers) were LDWA members. The Association also had several members in the Silver and Elite Standard. A noticeable absentee was John (the bath) Leather due to injury. About 110 people started the event in the various classes with 87 finishing. The winner

in the elite class was Mike Short, with Jos Naylor a few minutes behind in second place. Me? I was 37 mins behind.

The buffet that evening was great and gives a fine end to a wonderful marathon. As a final enticement to try this great event, a quote from 'The Fell Runner' (which applies equally to walkers as well as runners) " - this very hilly course with hardly a strand of barbaric barbed wire. Lovers of the Lake District type courses would really enjoy the event". Need I say more.

ANDY LEWSLEY (1102)

100 MILE TRACK TEAM RACE WALK - 30TH APRIL, 1977.

News of a new world record for long distance walking. Six clubs competed in a ten-man team race walk over 100 miles on the Chelmsford Athletic Club track overnight from 30th April to 1st May, each man having to walk ten one-mile relays.

The previous record, by an American team, stood at 14 hours 23 minutes, and most of the clubs taking part at Chelmsford were rightly confident that they could beat that time.

I was called in to officiate at short notice, and had much chauvinistic pride in watching my own club, Borough of Enfield Harriers, finish a few laps ahead of Sheffield United and Belgrave Harriers to claim the new record with an aggregate time of 12 hours 37 minutes 24 seconds (nearly 8 m.p.h.)

It could be a hard record to beat. The walkers had fine, if cold, weather, and though they may have lost some freshness by having to spread their efforts over a whole night, they had over an hour's rest in between each individual stint, and they all agreed there is no time for coasting over a one-mile dash as there would be, say, over five or ten miles.

There was an LDWA member in the winning side - Peter Worth from Broxbourne, Herts. Peter is a fine roadwalker at all distances, and on current form could have finished this walk in less than 20 hours for Enfield if the rest of the team hadn't turned up!

JACK ROSSITER (422)

SURREY SUMMITS 100KM - APRIL 23RD/24TH, 1977.

On Saturdays, in Guildford's ancient High Street, all traffic is banned and the walker reigns supreme. In the past, Guildford people have accepted bands, Morris men, and parades of various kinds, but the motley crowd that gathered beneath the Town Clock was something different. Curious shoppers wondered whether this was some form of demonstration, a band of demolition workers or perhaps an army of urban guerrillas. However, all speculation was ended when founder member Chris Steer arrived with a Roman standard-like banner informing that this was the start of the "Surrey Summits 100 Km Walk".

At 12.00 noon, the appointed hour, nearly seventy optimistic and presumably very fit people rapidly departed through the Tunsgate arch and immediately began the ascent of the first of many summits. Although the rules said "no running" it was hard to refrain from a mode of locomotion that certainly appeared to be a little faster than walking when making the first rapid descent.

To those from the outer regions, who had not set foot in Surrey before, there was some surprise that although close at hand, so

little contact was made with civilisation. With veritable wealth of tracks and footpaths navigation, especially in the darkness, would have been a major problem but for the step by step route description issued to those who required it.

For almost all the way the two Keiths, Arnold and Chesterton, plus four-footed Henry, headed the ever lengthening procession but with less than 2Km to go the duo was augmented by Martin Greaves, Dave Roberts and Alan Blatchford, and these five finished in times of just over 18 hours. Two trophies were open to competition from (a) Surrey teams and (b) outside Surrey teams, with the rule being that the three members of the team must remain together for the duration of the walk. With Surrey walkers being unable to produce three compatible walkers the "home" trophy was not awarded but the "outsiders" bowl went to the team of Ernest Bishop, Chris Barton and Phil Hastings representing the Kent Group.

A total of 45 completed the walk within the allotted 28 hours.

The event, a suitable trial for would-be-hundred-milers, was promoted by the Surrey Group and is the third longest (62½ miles) walk arranged by the LDWA. Although it was hoped that the entry would top a hundred, the organisers were pleased with the results and have already fixed a date for the next promotion - April 22nd/23rd, 1978. A.W.B.(2)

Found after the event, a red nylon cagoule - loser contact Editor.



Winners of the Leith Trophy
Chris Barton, Ernest Bishop and
Phil Hastings.



Behind the table, Assistant Cook
Judith, and Organisers Chris and
Jeff.

16TH RIDGEWAY WALK, MAY 7TH, 1977.

There was a limit on the number of entries again this year, but nevertheless at 08.10 on the Saturday morning there were 162 starters (143M 19F) out of which 150 (133M 17W) successfully finished the 40 mile walk in a wide variety of times. However, although there were inevitably some runners among the participants, this event is primarily one for walkers and is a test of endurance rather than a race. The course is sufficiently strenuous in length and terrain to test the determination and endurance of the person of only moderate capabilities and to recompense him/her for all the toil, perspiration, blisters and stiffness with a satisfactory sense of achievement.

The low rate of "fall-out" this year may be accounted for by

the cooler weather, although conditions were the muddiest ever. Showers and hailstones were very localised and many walkers remained dry throughout the day. The first man home was John Dryden (YHA) in 5 hours 3 minutes, while the last finishers took 14 hours 18 mins. The first girl was Linda Wright in 9 hours 35 mins., claiming her 6th success. Among the successful YHA and RA teams each of 3 members, were Croydon YHA 8, Vanguards 4, Reading University Outdoor Club 4, Hendon Hammers 3, West London Ramblers RA 2, Northampton Ramblers 2, Blewbury Ramblers 1 and YHA Sailing Club 1. Successful LDWA teams were RAF Wycombe 3 and Thames Valley 2. Two dogs finished while one dog retired to look after his owner. Robin Ray had to retire because his shoe fell to pieces.

This year the new Ridgeway badges were available and were distributed to those entitled to wear them by previous years efforts. They were green for two successful attempts, red for five and black for ten. Black badge recipients were Chris Dawes, Dave Wright, Ken Royce, John Harding and Ernie Foster. Black badges were won this year by Howard Johnson, Roger Tyler, and George Fitzgerald. Ernie Foster retained his position at the top of the "League Table" by completing another successful attempt, making 12 in all since 1964. However, I have it on good authority that he is now retiring to give someone else a chance.

Well done Norman, Wardens, Marshals and helpers for another well-organised event. Next year's date - Saturday, 6th May.

ERNIE FOSTER (26)

THE KENDAL SILVER JUBILEE WALK - MAY 21ST, 1977. (Formerly known as Kendal Spring Walk.)

Congratulations to John Fisher and friends for organising this new 28 mile walk. They have opened up a new area of the Lake District to all walkers whose main object is to enjoy themselves walking. The green lanes, the wild flowers, the forest paths and the odd views of some well known beauty spots are all there along the route. Of course, there are some stretches of metalled road which one has to contend with, but this occurs on most lowland walks. There were complaints from some walkers but they must have done more than their share of road work. I was fortunate to join Frank Hodson's group where his leadership and route finding were first class. The perfect sunny weather made this into a really special walk.

To end my report may I say how pleased I was to see young people taking part and the 12 air cadets from Lancaster A.T.C., the youngest walkers on the day to complete the walk around 10 p.m. tired but happy.

A Jubilee walk to celebrate the twenty-five years of our Queen's accession enjoyed by us all. Glad to have taken part, the checkpoints were good, also my thanks to CAMRA for serving real ale at the manned checkpoints in pubs. Of the 136 entrants 115 started and 108 finished the full route. First man home was Alan Hoare at 6.15 p.m. just inside opening hours at the Rifleman's Arms, Kendal. The last walker, however, just missed his pint by not arriving till 11.20 p.m.

CYRIL RICHARDSON (23ON)



Some of the 115 walkers at the start of the Kendal Silver Jubilee Walk.
Photo by Dave Currie, Westmorland Gazette.

THE FELLSMAN HIKE, MAY 21ST, 1977.

A hot but windy day saw 450 starters away, 200 of them on their first Fellsmar experience.

The perfect conditions, with even Fleet Moss amazingly dry, produced many fast times, the first home being Mike Walford in 13 hours 42 minutes. Alan Heaton was unfortunate to fall whilst coming off Whernside in 12th position, and dislocated his shoulder. Andy Lewsley, the first Scout, finished 4th. The first lady was Ann Sayer in 18 hours 34 minutes - a new record time. Manchester Associates R.C. claimed the team prize with 5 in the first 12.

The course has been remeasured at a more realistic 59 miles and the organisers must be praised for their high standards and this year's improved layout at checkpoints.

JEFF ELLINGHAM (173)

REPORT ON THE 3RD SEVENOAKS CIRCULAR - 20TH MARCH, 1977.

On a dull morning, which gave some hint of later improvement, a record entry of 209 gathered at the Otford Scout Hut. The steady increase in size of entry and the number from outside the area; many old familiar faces; proves the event's growing popularity.

As an early season event the hills were testing enough for those whose muscles were suffering from winter stagnation. The first warnings came on the climb up to the North Downs Way above Chevening and those who began to realise their lack of fitness then, finally succumbed to the call of the various pubs en route,

or to the hot soup and shelter from the hail and rain at the mid-way checkpoint.

However, two thirds finished the course within the time limit, in spite of the body blow by the hill above Kemsing after 28 miles, and so most muscles must have been subject to early season training. One who was obviously fit was Alan Blatchford (not in Wellies) who recorded the fastest time of 5 hrs 47 mins, closely followed home by a whole group within a few minutes.

Those who were not quite so fast had the satisfaction of some bright sunshine later in the day, and perhaps more time to appreciate some attractive scenery.

Our thanks must go to a large number of helpers who gave their assistance unsparingly on the day. Perhaps in particular we should mention Derek Lamb who had the sickening experience of seeing his car damaged in the cause.

ERNIE BISHOP (1691)

DOWNSMAN HUNDRED - JUNE 4TH/5TH/6TH

Our third promotion of this popular event attracted well over 300 applicants but only the first 250 were accepted. Of these nearly one hundred had previously completed a walk of a similar length. This was probably the greatest assembly of "non-athletic" walkers ever seen in Britain, or perhaps anywhere.

The event proved to be the most successful yet staged and if a list for the next "Downsman" were opened now it would soon be full. At noon nearly 200 walkers set off from Winchester to attempt to reach Eastbourne within the allotted 48 hours, and six hours later 22 runners and fast walkers followed in their footsteps. Apart from a few hours of light rain just after dawn the weather was ideal and the full moon was a great asset during the night.

The new finishing point at the Rugby Club in Hampden Park was an improvement and here hot meals were served for 24 hours to all finishers and officials. As was to be expected the runners gradually overhauled the walkers but the first to arrive at the finish were two of the early starters - R. Beard (23.30) and J. Leather (23.). An hour later the first two runners arrived. These were K. Arnold and B. Millen who recorded 18.31. The first lady was again Di Pegg (25.15). A total of 143 finished the event - all well within the time limit.

Of the eleven committee members eight completed the walk. These were A. Blatchford, P. Rickards, C. Steer, J. Feist, A. Cresswell, J. McArthur, E. Grice and M. Powell Davies. The other three members had already completed a "Downsman".

A report of the event and route details on the new Tyvek indestructible paper are available from the Hon. Secretary. Send 25p (includes post.)

MAAM TURKS WALK - MAY 14TH. This walk is held over 14 miles of steep rocky mountains in Co. Galway. The 1977 walk, the third to be held, took place in excellent weather and 70 of the 117 participants completed the course. This was in amazing contrast to the two previous years when 64 had started and 6 finished (1975) and 68 had started and 4 finished (1976). On both these occasions the weather had been "absolutely atrocious". The route requires navigation skills of high standard. (Correspondents: Joss Lynam, Sec. of Federation of Mountaineering Clubs of Ireland and Derry O'Connor, Walk Organizer.)

THE BIORHYTHM PLOT

Ever had one of those days when you feel tired after a few miles and when, despite studying the map and compass, you haven't a clue where you are? Well, you're in good company because just about everyone has the occasional "off day" when nothing seems to go right. Whilst never thinking deeply about the reason for "off days", I imagined that they were probably due to anything from diet to lack of sleep; but now some people have a theory that Biorhythms are behind the variations in our mental and physical performance.

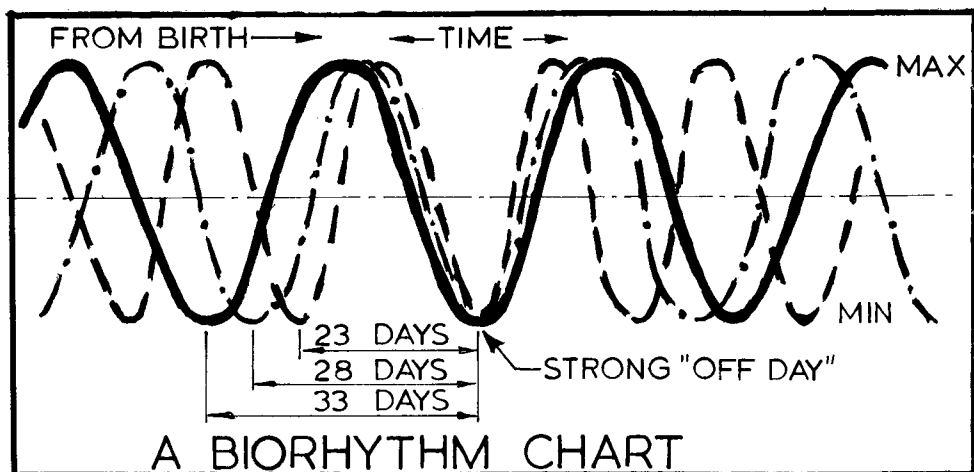
Basically the Biorhythm theory says that we live by cycles and three cycles in particular should be watched. These are the physical cycle of 23 days, the emotional cycle of 28 days, and the intellectual cycle of 33 days. These cycles start the day we are born and continue throughout life. If the cycles were plotted for an individual in the form of a sine curve (wave shape) at certain intervals all three curves would coincide, or nearly so, on the negative side before swinging back to the positive side. At this point we would have a very strong "off day", may well be below par and prone to accidents.

To find out the state of your cycles now, you must work out how many days you have existed (not forgetting leap years). When you have the total divide it first by 23, then by 28, and finally by 33. You will then be left with three numbers in the hundreds plus three remainders. Forget the whole numbers (the hundreds) these are the number of completed cycles to date and no longer of interest. The numbers that you are left with might be 3, 27 and 32 for the respective cycles. This would indicate that today you are up physically, down emotionally and intellectually. It may be a good day for a long walk with no navigation to bother about but not so good for a night map-reading walk. Should all cycles be at rock bottom at the same time then it might be better to stay in bed for a day or two!

Whilst many people say that the theory has no scientific basis others believe that it is worth pursuing. Several airlines have taken the matter seriously and plotted their aircrews cycles and when an "off day" is due the pilot is either rested or partnered by a second pilot whose cycles are on the up side.

Ref: "Shell Aviation News" No. 429, "Runners World", June 1975. ●

ALAN BLATCHFORD (LDWA 2)



LETTERS TO

THE EDITOR



MORE STATISTICS PLEASE

After completing an event I look forward to receiving the results sheet, but in several instances only the minimum of information is given, whilst other Hike Organisers provide full statistical coverage.

The 'Downsman', 'Cleveland' and 'Bullock Smithy' results for instance, give actual times that all hikers reach checkpoints, together with details of when and where Non-Finishers fall by the wayside. Some other Organisers however, only give the barest details of the finishing times of the actual finishers. One meets many new faces on a hike and if their name does not appear as a finisher one does not know when or where they retired.

I realise full coverage entails more work for the Hike Organisers but I am sure that the extra effort involved would be much appreciated by the majority of entrants.

ROY GUDGEON (1685)

JUST ONE VARIATION

I was interested in Brian Graves' (Newsletter 13) description of the Welsh 14 3000's, and Neville Tandy's (Newsletter 16) account of his 'Double' in 1976. Interested, but double is undoubtedly a formidable undertaking for normal mortals! It's not the distance that saps the energy on such a marathon; it's the ascent and descent. However, members may be interested in a more reasonable approach to the 'Tandy-Winn Special' which, in summer, can be completed in day light hours. It was first walked by Harold Rentall and Norman Willson in May 1936 when they started and returned to Ogwen.

Their route was to do the Carnedd's first, returning to base in Ogwen. They then traversed Tryfan, the Glyders, Y Garn and Elidir Fawr to Nant Peris followed by the ascent of Snowdon, Crib-y-Ddysgl and Crib-Goch. The final bite was to follow the miners track from Pen-y-Gwyrdd back to camp at Ogwen.

The beauty of the route is that you are within the confines of the most northerly peak, Foel Fras, and Snowdon the most southerly peak, during the whole course of the walk. Additionally the distance can be walked within day light hours during summer and support is not essential if one makes use of your base in Ogwen and the 'watering places' of Nant Peris, Snowdon and Pen-y-Pass. In fact the whole day can become a glorified pub crawl if care isn't exercised!

There are various ways of walking the 14 3000's. There are various ways of completing the distance and returning to base whether starting from Pen-y-Pass, Nant Peris or Ogwen. All have character. I confess to being a 14 Peaks addict. We all have our various addictions. I can't think of one better for any mountaineer, particularly in the excellent weather we had this past summer when I enjoyed repeating Rentall's round in approximately 19 hours, with generous rests. Tandy and Winn must have experienced many

generous though forced rests on their stout effort - and how did they feel about that little menace Yr Elen - out on a limb like that? Alright one way, but both ways - miserable little swine.

JACK ASHCROFT

MISSING---ONE PATH AND A BRIDGE

I enjoyed Keith Pennyfather's two-part survey of Highland routes. The only comment I can make from personal experience concerns the eastward route from Glen Nevis on the Trans-Highland Trek (Route 7). The 1" map does show a continuous path across the watershed near Tom an Eite, but I could see no sign of it last summer. It's also worth noting that there is no bridge at Luitbeilt, where the river crossing could be a problem after a wet spell. The tricky wire strand bridge at Steall, further back down the glen, can be avoided by following the road up the north bank to the car park and continuing on a good path through the Nevis gorge.

JIM BARTON

TWO MOORS WAY -- A PLEA FOR HELP

It is now just over a year since the "Two Moors Way" was officially opened. (See "The Last Wilderness" on Page)

It was originally planned that the route should be cared for by the Countryside Commission but they refused to sponsor it and Devon Area of the Ramblers' Association and Devon County Council were forced to go it alone.

It seems that the only way to get this route adopted and thus to qualify for a maintenance grant is to increase its popularity amongst walkers. LDWA members and groups can help by organising walks along all or part of its length and by writing to the Countryside Commission at Cheltenham expressing your interest in the 'Way'.

Anyone interested in the route can obtain the illustrated guide for 75p, including postage and packing, from: J.R. Turner

to which address any reports on the route should be sent.

JOHN BAINBRIDGE (660)

OFF SHORE ISLAND CHALLENGE

Re the list of members in Newsletter 17 who have qualified for the Centurions status. There are at least two names missing. Bill Duffin (LDWA 784) who became Centurion 357 on the 1964 Leicester to Skegness - time 21hrs 19mins. Also myself, Harry Peel (LDWA 15) Centurion 196 who qualified in the first Bath to London 1952, and also completed the Birmingham to London 1953. Brighton and Back 1955. The 2nd Bath to London 1957. The first Skegness to Leicester 1958 and the second Skegness Walk 1960.

My personal feeling about the ton on the road is the discipline needed to pass the judges with a "fair walking" gait, constitutes the extra strain that puts it into the tough list. What experience I have gathered during the last thirty years or more of cross country walking leaves me with admiration for those hardy bods who complete such walks as the Downsman. While I am on the cross country subject, and as I hope you will publish this, on behalf of the Isle of Wight, I am throwing down the gauntlet for three walks: (1) Round the Island by road, 65 miles vetted by the County Surveyor; roads as close to the coast as possible (I can send the exact route) Record

so far as I know, 13 hours. (2) Round the rim via coastal cliffs and paths, using, when tides allow, the beaches; walked so far four times. The record was in 1973 when, on my 72nd birthday with the aid of the Island's ramblers who walked in relay, I got round in 21 hours 20 mins, the mileage being round about 70. With the combined knowledge of the ramblers there was no need for any map reading. If any of our members accept this challenge I would be pleased to hear how they get on (time etc.) and will give details of a route if needed. (3) A walk from east to west - from Bembridge Harbour to the Needles with as little road walking as possible. The mileage, well, as the crow flies, 24 miles, so I think about 27? may be more. The record to my knowledge - a party of eight including two men in their seventies, took eight hours on Easter Monday 1973. Again I would welcome any information re this as I am starting a register of these three walks. Wishing you and all our members the best of walking.

HARRY PEEL

Sorry Harry for missing you off the list. ED.

YOU CAN'T WIN ALL THE TIME

I have decided not to renew my membership this year. This letter is merely to do you the courtesy of letting you know, and to explain my reasons.

The main reason is that for the past four years I have done virtually no walking, largely through lack of time. I was once an active fell walker, but this is no longer so.

There is a secondary reason, however, inasmuch as the LDWA seems more and more to cater principally for the "organised" walker. This holds no attraction whatsoever for me; I prefer to walk alone and without any sort of competition or organisation. Thus your Newsletter rarely contains much of interest.

This is not a criticism of the LDWA - merely to say that your aims and mine are different.

Very best wishes.

J.A. DEFT

RECOMMENDATION

Last year's holiday was taken September first week, doing Wainwright's Coast-to-Coast Walk - 190 miles in ten days.

Stayed mainly in Y.H.A. Hostels, only B. & B. worth recommending to fellow members was:

Mrs M. Finch,

B. & B., Evening Meal - £3.40.

On right hand side of road when you enter Shap, just before main road. Beer in pubs poor.

I would like to see page of similar recommendations in Newsletter.

W.E. HULL (1326)

I think it's a good idea too. Send me your accommodation recommendations and I will start a new feature - "ROUTE ROOMS"? ED.

BOOKS OLD AND NEW

"THE BIG WALK" by A. Walker (or rather "a walker"). Prentice Hall, 1961. In 1960 Billy Butlin issued a challenge to all comers to walk from John O'Groats to Land's End within a month and offered prize money totalling several thousands of pounds to the winners. This is the story of the adventures, trials, tribulations and achievements of one of the 800 or so walkers and runners who set off from John O'Groats in severe wintry conditions in February 1960 to walk the 891 miles to Land's End. 113 men and 25 women made it to the finish. Gripping reading.

ANN SAYER (646)

"LONG DISTANCE PATHS OF ENGLAND & WALES" by T.G. Millar. Published by David & Charles, price £4.95.

This is the first book to bring together all the long distance paths now open for public recreation. It covers in detail the 1500 miles of countryside encompassed by the eight paths - Pennine Way, Pembrokeshire Coast Path, South West Peninsula Coast Path, Offa's Dyke, Cleveland Way, North & South Down's Ways and the Ridgeway. Each of the routes is fully described by Mr Millar, an ex-head of the Long Distance Paths branch of the Countryside Commission, who thus has an intimate knowledge of all the ground covered. After a general appreciation of the area concerned he gives a step by step guide to the main sections of each path, pinpointing such fields of interest as natural and human history, geology and architecture.

Special attention is paid throughout to practical matters like route finding and difficult terrain with advice on preparation, accommodation, sign-posting, weather conditions and hazards. Some probable future routes are described and there is a section on how long distance paths are planned and made. A useful map of each part is included, with 80 photographs and line drawings illustrating typical scenery and specific points of interest.

NOTE

The above is not exactly a "review" - I have copied it from (part) of the publisher's "blurb" on the dust cover. However, from what I have seen from a quick look through, it seems a most interesting and well produced book which I hope to obtain eventually. Incidentally, nine of the photographs were produced from colour slides taken by Jean Jefcoate (an LDWA member) and on one of them there is an (almost indistinguishable) rear view of me with a Pennine Way walking party approaching Horton-in-Ribblesdale from the direction of Penyghent (19th July, 1967).

ERNIE FOSTER (26)

A GUIDE TO THE CLEVELAND WAY and MISSING LINK by Malcolm Boyes.

Published by Constables £2.95. The pocket size book gives a full and detailed description of the Cleveland Way and the .

Books continued

Missing Link. (The Missing Link was described in the North York Moors Special, February 1976). The hardback book is illustrated with 40 photographs and the new Ordnance Survey maps. It contains 166 pages and gives full details of the entire route of both walks, forming a 150 mile circular walk. It also details the many exciting events which have occurred on the way, smugglers, the Arctic whalers, miners, lifeboat heroes, ghosts and cattle drovers. Each chapter ends at a point where you can obtain accommodation or take a bus to a town.

"NATURALLY FIT" by Bruce Tulloh. Arthur Barker £3.50.

"Fitness is being able to work all day, come home and go for a five mile, half hour run and feel refreshed by it; then to spend an hour in the garden, go to a dinner party, have a bottle of wine, dance, make love and wake up next morning looking forward to the day".

Autographed copies of this book on the philosophy and practice of fitness from a new standpoint are available from the Author

YORKSHIRE DALES CENTURION WALK BOOK. We are informed that the price of this booklet is 75p (in. post and packing) and not as originally stated. Available from Miss S.F. Peters

LONDON COUNTRYWAY.

Due to overwhelming demand, the first edition is now sold out. A second edition has been produced, saddlestitched like this Newsletter, with a new map drawn by Brian Graves and various minor corrections to the route. Priced to the public at 45p, available, post free, to members at 35p only.

Eight people have now walked the whole 205 miles. Make sure you are on the pioneer list and walk it now. Marvellous value 6 miles of description for 1 penny! Rush your P.O. or cheque to Keith Chesterton

Land's End to John O'Groats

The Club concerned with this is The End to End Club whose Founder and Organizer is Alroy Lees

The aims of the Club are "to help organize events in aid of charity or for social purposes, and to help or sponsor any attempts on the Land's End to John-O-Groats journey in either direction, or other endurance attempts".

There are two classes of individual membership: Ordinary Membership at £1.00 a year for "all persons in sympathy with the aims and objects of the Club" and Life membership of £5.00 "open only to persons who, having set out from either Land's End or John-O-Groats with the expressed intention of completing the journey to John-O-Groats or Land's End respectively, have successfully reached their stated destination by any mode of transport" (I assume that this includes "on foot").

Thanks to those who responded to the request in the last Newsletter for information on this Club. First, by a short head, with the details was Jack Rossiter of Waltham Forest, Herts, whose father is probably the oldest surviving record holder for the route, having set a new cycling record in 1929.

ANN SAYER (LDWA 646)

APOSTLES WALK

eighty miles and twelve churches ***in the Bradford area***

A ROUTE DEVISED
BY MR ASHWORTH AND THE VICAR OF HARDEN AND WILSDEN TO RAISE
MONEY FOR THE CHURCH FUNDS.

This walk may be of interest to walkers living in and around Bradford who feel that three days walking is all they can spare. It can obviously be modified to suit any one who lives within one days walk of Bolton Abbey.

We went to Harden, through Ryecroft, past Catstone Moor and the village of Hainworth, going down the road to the level crossing on the Worth Valley Railway at Damens. There followed a steep climb through the somewhat drab Bracken Bank Estate and up past Branshaw Moor to Goose Eye. After the climbing, the bonus was a wonderful view over Airedale prior to the descent into Sutton-in-Craven, where the first church (St Thomas) was visited.

On leaving Sutton we followed a stretch of road work through to Kildwick and the second church (St Andrew), then on to Silsden. We left the main Silsden-Addingham road (A6034) at Town Head and followed the path along Moor Side, past Hebers Ghyll and into Ilkley, where the third church (St Margaret) was visited.

The final part of the first day was a section of the Dalesway, following the course of the river Wharfe, leaving this along the B6160 road and completing the day at Bolton Abbey, the fourth church en route. The impact of the beautiful setting of Bolton Abbey was to convey how accessible is good countryside to the industrial centres of Leeds and Bradford.

The second day started at 6.15 and we walked along the bank of the river Wharfe, past the Strid and Barden Bridge and joined the road (Point 436) to Appletreewick and into Burnsall, where we visited our fifth church (St Winifrid). This was a marvellous stretch of the walk with the countryside fresh and alive with wild life. We were impressed by the power of the Wharfe as it passed through the narrows of the Strid.

After following the B6160 past Kilnsey Crag, we turned left after crossing the river Kirfare and walked through Hawkswick, prior to our arrival at Arncliffe and visiting our sixth church (St Oswald). We then took the path to Malham behind the Falcon Inn which skirted Yew Cogar Scar and crossed the hills to Malham Tarn following the Pennine Way into Malham itself and on to our seventh church (St Michael) at Kirkby Malham.

Having stayed the night in Malham, we started our third day by walking along the Pennine Way as far as the bridge on the Eshton Road and through Bell Busk to our eighth church (St Peters) at Conistون Cold.

Then followed a rather frightening section of the A65 road into Gargrave when we were both uncomfortably conscious of the obnoxious petrol and diesel fumes and of the distinct lack of safety for walkers. Having visited our ninth church (St Andrew) at Gargrave, we left the road as quickly as possible and walked along the path of the Leeds-Liverpool canal, leaving this in order to go through the villages of Thorlby and Stirton prior to descending into Skipton and visiting our tenth

church (Holy Trinity).

A further stretch along the towpath of the canal as far as Kildwick was followed by our final section of main road walking to Steeton where we visited our eleventh church (St Stephen).

Then followed the steep climb through Whitely Head and we took the footpath at Tan House and went over the fields to Laycock. Our final "church" was the site of the new St Matthews Church in Wilsden where we were greeted by many friends at 9.15 p.m. on July 24th.

The walk was primarily a fund-raising event, but it showed the many facets of the Yorkshire countryside within a three day walk, whetting the appetite for walks like the Pennine Way and Dalesway.

Cloth badges are available for 25p (plus SAE) on the submission of a walk report from the Vicar of Harden and Wilsden: Rev.G.W. Beltridge

Information supplied by Cyril Richardson (LDWA 230) who completed the walk last year and is the third "Apostle".

Metrication and the Walker

As most people are now aware metric measures are gradually replacing our old familiar units. Things like water bottles have been available in litre and half litre sizes for some time and many items of clothing are stocked in strange numbers. Users of the new O.S. maps will have noticed that all contours and hills are dimensioned in metres. This may seem fine when climbing to a summit which involves a mere three figure ascent but once at the top it doesn't seem the same to see 990 instead of 3270. As yet it is not known when miles will become kilometres (athletics are ahead here) but when the time comes it may boost the ego of the walker.

The Pennine Way walker will find that he has covered nearly 450K and the ultimate walker going from John O'Groats to Lands End will have trekked nearly 1600K. With most of our challenge walks being over distances in multiples of ten miles the metric conversions will provide some nondescript figures as shown below. Those who have 100 miles aspirations will only have to plod 62 miles to achieve 100K. No doubt the ultra long distance enthusiasts will be thinking in terms of 200K or perhaps 250K. Here are a few metric conversions.

<u>Miles</u>	<u>Kilometres</u>	<u>Typical Walks</u>
25	40½	Chiltern Marathon, Berks 25
30	48¼	Vectis Marathon
31	50	Tanners Marathon, Punchbowl M.
40	64½	Ridgeway Marathon
50	80½	Fellsman, Long Mynd
62½	100	Surrey Summits
93½	150	
100	161	Downsman, Cleveland
124½	200	
155½	250	North Downs Way
270	450	Pennine Way

A.W.B. (2)

(Distances approximate)

1644 – 1863 members.

LDWA	1644	JOYCE V. EATON,
"	1645	RONALD W. EATON
"	1646	KEVIN PAUL DUXBURY
"	1647	DAVID NICHOLLS
"	1648	ERIC ACKLAM
"	1649	ROBIN TREVOR RICKINSON
"	1650	HAROLD REDVERS COOPER
"	1651	GARY FREDERICK SMITH
"	1652	G. COLLINSEN
"	1653	ERNEST PHILLIPS
"	1654	NORMAN MICHAEL HARPER
"	1655	ROGER YARDLEY
"	1656	DOROTHY TIPPER
"	1657	ALAN WILLIAM BROOKS
"	1658	JANE MARGARET TEMPLE
"	1659	ANTHONY RICHARD WALTON
"	1660	GEOFFREY BRIAN COOMBS
"	1661	THEO CLARKE
"	1662	ROGER ENGLAND
"	1663	PETER SMITH
"	1664	WILLIAM READMAN RICKINSON
"	1665	STEPHEN GARY MUTTON
"	1666	MICHAEL JOHN HARRISON
"	1667	STEPHEN JOHN TAYLOR
"	1668	ANDREW JONATHAN ROBERTS
"	1669	JAMES ERIC BELL
"	1670	DAVID ARTHUR GUEST
"	1671	ROBERT BIRKETT
"	1672	JAMES BARRINGTON THACKERY
"	1673	CHRISTOPHER BORKETT
"	1674	CHRISTOPHER DOBSON
"	1675	ALICK BIRTLES
"	1676	ALASTAIR JOHNSTON TAYLOR
"	1677	JOHN WILLIAM NASH
"	1678	JOSEPH MAY
"	1679	JOHN KEITH JONES (Dr)
"	1680	ALAN E. FOX
"	1681	ANNE PAULINE DEAKIN
"	1682	DAVID SMITH
"	1683	B. BARROW
"	1684	JOHN MORRIS
"	1685	ROY GEOFFREY KENNETH GUDGEON
"	1686	JOHN GILBERT TIMMIS
"	1687	IAN COOPER
"	1688	JOHN PETER THICKETT
"	1689	KENDRICK IAN EVANS
"	1690	RAYMOND KENNETH EVANS
"	1691	ERNEST LEE BISHOP
"	1692	ADRIAN GEORGE BROADBENT
"	1693	JANE ELIZABETH GREEN
"	1694	COLIN MCKENZIE FELL
"	1695	I. C. BAILEY
"	1696	ALBERT HORROCKS
"	1697	COLIN JAMES MORTLOCK

members · members · members

LDWA 1698 WILLIAM SIDNEY PORTER
" 1699 JAMES HENRY SEAGRAVE
" 1700 KEITH WILLIS
" 1701 JOHN WHARTON
" 1702 FREDERICK CHARLES HOY
" 1703 ARTHUR HUGHES
" 1704 GORDON BROWN
" 1705 MICHAEL BOLDISON
" 1706 JOHN TOMLINSON
" 1707 DAVID BROOME
" 1708 PHILIP WALTER HASTINGS
" 1709 ROBERT ANTHONY YOUNG
" 1710 WILLIAM JAMES THOMPSON
" 1711 PETER LIDGETT
" 1712 JOHN ERIC DENNIS
" 1713 DAVID MAURICE SMITH
" 1714 DAVID JOHN MORRIS
" 1715 RODERICK JAMES CLIVE PATERSON
" 1716 ROY WHEELER
" 1717 ALAN MEADOWS
" 1718 CHRISTINE DAVIES
" 1719 BRIAN MURPHY
" 1720 RICHARD ROADS
" 1721 JAMES ARTHUR LEE
" 1722 JOHN CASSELLS
" 1723 MICHAEL ADAMS
" 1724 MARGARET WILSON
" 1725 GEORGE RICHARD HENRY CLEMONS

" 1726 MICHAEL STANLEY COPE
" 1727 WILLIAM FRANCE
" 1728 JAMES LAURENCE FERNS
" 1729 GEOFFREY STOTT
" 1730 IAN McINTOSH
" 1731 ROBERT JOSEPH LIVESEY
" 1732 DONALD McCUNE
" 1733 JOHN KENNETH SPARKS
" 1734 ALLAN RUSHWORTH
" 1735 ANTHONY DAVID ROBERT MARSHALL

" 1736 SHIRLEY ANN CLARKE
" 1737 JONATHAN SIMON LAWTON
" 1738 EDWARD WILLIAM MARSH
" 1739 ALEXANDER PATRICK H. McCARTHY
" 1740 J. G. BAKER
" 1741 DAVID BEESTON
" 1742 JAMES McVEIGH
" 1743 REV. CLIVE ARTLEY
" 1744 BARRY HIMSWORTH
" 1745 TERENCE MICHAEL WALKER
" 1746 EDITH ROWBOTHAM
" 1747 SIAN OWEN
" 1748 MICHAEL JOHN NEDELJKOVIC
" 1749 NIGEL CLIVE CROSS
" 1750 BETTY FRANCE
" 1751 ROBERT RADFORD
" 1752 DEREK FLETCHER TUNSTALL

are there any members living

LDWA 1753 ALAN SMITH
" 1754 TERENCE JOSEPH CARTER

" 1755 RICHARD PEEL
" 1756 ROY REGINALD HUGHES
" 1757 JACK LEONARD IASON
" 1758 BASIL JOSEPH WOODROFFE
" 1759 E. W. ASHCROFT
" 1760 GREGORY HAYWARD
" 1761 DAVID ADAMSON
" 1762 JOHN ERNEST HOOPER
" 1763 MARY KATHLEEN HOOPER
" 1764 PETER FRANCIS PERROTT
" 1765 CHRISTOPHER LEONARD HOWE
" 1766 RICHARD JOHN BEARD
" 1767 LEONARD JAMES FALICK
" 1768 JOHN HIGGINBOTHAM
" 1769 SYLVIA HACKNEY
" 1770 PETER GARETH DAVIES
" 1771 SIMON CHRISTOPHER WEIGOLD
" 1772 BRIAN STOREY
" 1773 CHARLES JOHN SARGENT
" 1774 JOHN FARAM
" 1775 PETER GEOFFREY WALLS
" 1776 A.K.M. ABELL
" 1777 IAN DUDLEY KERLOGUE
" 1778 JILL IRENE LAZENBY
" 1779 MICHAEL PALMER
" 1780 JOSEPH RALPH PEACOCK
" 1781 ROSEMARY ANN PEACOCK
" 1782 CHRISTOPHER JOHN BANKS
" 1783 MARTIN ALEXANDER JAMES STONE
" 1784 PETER JAMES ALDERSLEY
" 1785 DONALD HOODSON
" 1786 ALASTAIR BRIAN ATKIN
" 1787 HAROLD GRAY
" 1788 ROBIN LEONARD WOOD
" 1789 HOWARD BARKER
" 1790 ANNE HEBDITCH
" 1791 ELIZABETH HEBDITCH
" 1792 JOHN MELLOWS
" 1793 PETER TRAVIS
" 1794 HAROLD LIONEL MITCHELL
" 1795 JOHN DENNIS DOOLAN
" 1796 ANTHONY JOHN DOOLAN
" 1797 RICHARD FRANCIS SUTTON
" 1798 NICHOLAS JOHN AITKEN

" 1799 JOHN WALKER
" 1800 ANTHONY JOHN HEWITT

" 1801 HOWARD PATTINSON
" 1802 TONY HALPIN
" 1803 DOROTHY COLLINS
" 1804 GEOFFREY COLLINS
" 1805 SUSAN KNOWLES
" 1806 DAVID FROGGATT

nearby? why not get in touch?

LDWA 1807 MARTIN BEVIS GILLET
" 1808 JOHN BRIAN HICKLING
" 1809 MARK KENRICK PICKARD
" 1810 GORDON TURNER
" 1811 RAILTON CHRISTOPHER FRITH
" 1812 JOHN BARRY SELLENS
" 1813 WINIFRED JOY RIGBY
" 1814 ROBERT EDWIN JENKINS
" 1815 DAVID CHARLES CAREY
" 1816 BARRY WARRINER
" 1817 GEOFFREY MARTIN GRIMWADE
" 1818 MARGARET MARSH
" 1819 LOUISE MARGARET BADE
" 1820 MICHAEL FRANK BLOOM
" 1821 STUART JARRETT
" 1822 MICHAEL JOHN WELFORD
" 1823 STANLEY GORDON HARMER
" 1824 ALAN ECKWORTH
" 1825 DANIEL CHARLES JOHNSON
" 1826 LESLIE DELLER
" 1827 JAMES SLOANE
" 1828 ALBERT BARKER
" 1829 JOHN BEARD
" 1830 KEITH IAN BELL
" 1831 JEREMY ANDREW DRAPER
" 1832 ANDREW JOHN ADDIS
" 1833 WALTER BIRKS
" 1834 JOHN LE WARNE
" 1835 CHARLES CHECKLEY

" 1836 JOHN HOPKINS
" 1837 GEOFFREY AKEROYD JEFFERSON
" 1838 PETER JOHN BYSOUTH
" 1839 DAVID MAXWELL OWENS MILLER
" 1840 ANN FOWLER
" 1841 FREDERICK VICTOR MEACHIN
" 1842 WENDA GAJEWSKI
" 1843 DEREK BEAN
" 1844 MOIRA RICKARDS
" 1845 ALAN GLYNNE WILLIAMSON
" 1846 JAMES DOUGLAS ROBINSON
" 1847 AL MYATT
" 1848 MICHAEL ERNEST MILLER
" 1849 ALAN JAMES LOADER
" 1850 GEORGE EDWARD HEATH
" 1851 TERENCE ROY BIRCHILL
" 1852 JEROME GUY COLLINSON
" 1853 JONATHAN FARRELL
" 1854 D. J. PARKIN
" 1855 RODGER COUPAR
" 1856 GEOFFREY PHILLIP NEWTON
" 1857 ALAN BRICE ROUSHAM
" 1858 JEFFREY OWEN REID
" 1859 RICHARD WILLIAM COOPER
" 1860 GLYN WATSON
" 1861 JACK CROSSLAND
" 1862 ALFRED JOSEPH CLARKE
" 1863 MARIE COLETTE FAIR

CALENDAR OF FUTURE EVENTS

THIS FEATURE IS UPDATED AT EACH ISSUE OF THE NEWSLETTER AS INFORMATION IS RECEIVED. 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.

DATE	EVENT	LOCATION	MILES
JULY 23 SAT.	ICKNIELD FORTY	Oxon-Bucks	40
JULY 31 SUN.	R.M.P. CENTENARY MARCHES	Sussex	6-12-18-25
AUG. 14 SUN.	ARNSIDE MARATHON	Cumbria/Lancs	27
AUG. 21 SUN.	DORSET DODDLE	Dorset	33
SEPT. 3 SAT.	BRITISH AIRWAYS ONE-DAY INTERNATIONAL WALK	Berks	15-25
SEPT. 3 SAT.	ACROSS WALES WALK	Dyfed-Powys	45
SEPT.3-4 SAT/SUN	BULLOCK SMITHY HIKE	Ches-Derbys	56
SEPT.9-10 FRI/SAT	KENDAL GATHERING WALK	Cumbria/Lancs	26-32-58
SEPT. 11 SUN.	GUILDFORD BOUNDARY WALK	Surrey	22
SEPT. 17 SAT.	TEESDALE MARATHON	Durham	25
SEPT. 18 SUN.	CHILTERN MARATHON	Bucks-Berks	25
OCT. 1-2 SAT/SUN	LONGMYND HIKE	Salop	50
OCT. 8 SAT.	MYSTERY MOUNTAIN MARATHON	Gwent	28
OCT. 8 SAT.	VECTIS MARATHON WALK	I.O.W.	30
OCT. 9? SUN.	EPPING CIRCULAR	Essex	CANCELLED 30
OCT. 9 SUN.	MASTERS AND MAIDENS MARATHON	Surrey	26½
OCT.14-15 FRI-SAT.	BRISTOL CENTURION WALK	Avon	100
OCT.22-23 SAT/SUN	KARRIMOR TWO-DAY MOUNTAIN MARATHON	Middle Pennines	25-30
OCT. 29 SAT.	BLACKWATER MARATHON	Essex	25-28
OCT. 29 SAT.	HALLOWE'EN HAPPENING	Lancs	15-25
OCT. 29 SAT.	BURLEY MARATHON	Hants	30
NOV.12-13 SAT/SUN	MASTERS HIKE	W. Yorks	45
<u>1978</u>			
JAN. 2 MON.	SURREY INNS KANTER	Surrey	11-18
JAN. ?	WINTER TANNERS	Surrey	30
FEB. ?	BOGLE STROLL	Lancs.	55

ORGANISERS - please address all correspondence relating to events to Ann Sayer

STOP PRESS

SCOTLAND

Inaugural meetings for Scottish members are being arranged by David Rogerson as follows:-

October 1st & 2nd - Stirling Youth Hostel
December 3rd & 4th - Loch Lomond Youth Hostel

The prime objectives will be walking! meeting others of similar interests; getting some of their own stuff organised and perhaps forming a local group.

David's address is:

DOWNSMAN HUNDRED RESULTS

Don't worry if yours hasn't arrived yet! We are working on it and hope to despatch early in August.

TEETHING TROUBLES

We regret the omission of page numbers at the end of the Newsletter. This was due to a misunderstanding with the printer.