

STRIDER



the newsletter of the Long Distance Walkers Association



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NUMBER NINETEEN

NOVEMBER 1977

THE LONG DISTANCE



THE COMMITTEE
in Eric Grice's
garden at Leeds.
Back Row L to R:

Ann Sayer
Eric Grice
Chris Barton
Mike Powell
Davies
John Feist
Alan Blatchford

Front Row L to R:

Mac McArthur
Keith Chesterton
Tony Cresswell
Chris Steer

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.
<u>REPRESENTATIVE FOR</u>	David Rogerson (390)
<u>SCOTLAND</u>	

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Vince Smith - Pages 32, (Centre), 45
Stockport Advertiser - Page 40 (Lower)
Frank Hodson - Page 41
Stewart Pailor - Page 43 (Lower 3)
Editor - Pages 9, 11, 40, 42, 43 (upper), 46
Wilf Lyman - Map, Page 27

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EDITORIAL

THOSE OF US THAT SUBSCRIBE TO, AND FORM THE LDWA ARE ALL, PRESUMABLY, INTERESTED IN WALKING IN ONE FORM OR ANOTHER. But what kind of walkers are we? Are we just a band of masochists who trek unbelievably long distances simply to plaster our walls with bits of paper informing that we covered a certain distance within a specified time? Many of the older walkers no doubt set out on their supertreks to prove that they can still match the youngsters when it comes to endurance. Others may derive more enjoyment from spending as much time with the map as actually walking when preparing for a solo expedition.

To many people, walking is still regarded as little more than the method of progressing from bed to breakfast table, or from car to office and back. Walking as a recreation may seem absurd to them except perhaps when on holiday they take the obligatory sightseeing walk. When it is discovered that a person is a "walker" he is often looked upon as some sort of keep-fit fanatic or, at the best, slightly eccentric. The non-walker will often throw up his hands in mock horror when he hears of the recent exploits of a Pennine Way or Lyke Wake Walker, declaring that he could never accomplish such a feat. Poor people; little do they realise what walking in all its forms has to offer them.

"Walking" is just walking and nothing more to the vast majority of people, but walking for pleasure can assume a great number of variations and probably as many as any other pastime or sport. On one side of the coin are the competitive types ranging from the athletic speed walkers, through the slower long suffering Centurions, down to those who enjoy the popular challenge walks. On the other side are local group walkers, occasional weekend ramblers, and marchers. Although many walkers regard themselves as specialist racers, kings of the mountain, new-route pioneers, or certificate and medal collectors only, there is much to be said for sampling all forms of walking. Maybe there are relatively few of us who believe we could attain Centurion status but the completion of most challenge walks, a trek along a long distance path, the recording of our personal route, or the participation in one of the continental marches is within most people's scope. To add to the variety some local groups have included night walks, hot-lunch ramble, coach assisted walks and map reading events to their programme. For long distance walks whether en masse or solo there are endless possibilities; e.g. "Two Bridges Walk", three towns, four rivers, five peaks, six spires, white horses, pubs, churches - the possibilities are infinite.

In Britain we have many race walks and challenge walks but unlike the Western European countries the colourful flamboyant marches have, as yet, not really gained a foothold here. To date, only about four have been held and two of these are no longer in being. Such events may not be everyone's cup of tea but the bigger marches are without doubt occasions to remember. The most famous is, of course, the four day event at the Dutch town of Nymegen where more than ten thousand walkers from all over the world congregate in July. Here the whole town is on holiday and thousands line the route as group after group of walkers pass on their way to complete their 20, 30 or 40 kilometers. Whilst marching in the accepted sense is not essential, several parties, especially those in uniform from the forces, do keep step for much of the distance. Many of the organised groups carry a banner or flag and sing whilst they travel. This type of walking is extremely popular in Holland, Belgium and neighbouring countries and there is seldom a weekend when an enthusiast cannot take part in a march somewhere. The reward is the friendships gained although the medals issued are also highly prized. Perhaps one day this type of walk will gain support here to add even further variety to the walkers' world.

THE 6th A.G.M. & DINNER

will be held at

The
George & Dragon
Hotel
MARLOW
BUCKS



SATURDAY 8th APRIL 1978

The meeting will start at 2.30 p.m. and it is hoped that a record number of members will be in attendance to hear the reports of the year's activities and for the election of officers and committee.

The dinner will commence at 7.30 p.m. and the cost will be £3.50 per head. It is hoped that the President and Mrs Crawshaw will again be present. After dinner we will adjourn to a private bar (with extension).

There is accommodation at the Hotel for those requiring it; and there are plenty of other places to stay at in Marlow. The nearest Youth Hostel is at Henley-on-Thames.

Please book for your dinner and accommodation at the George & Dragon with Keith Chesterton

PROPOSED AMENDMENTS TO THE CONSTITUTION ON BEHALF OF THE COMMITTEE

3. MEMBERSHIP (i) ADD "An affiliated member will be generally understood to be a body of people such as a school, service unit or club, and not an individual person."
4. SUBSCRIPTION (i) DELETE completely and ADD "Each individual and each affiliated member shall pay annually, to the Association, a subscription. This subscription may be varied by a majority at General Meeting."
5. OFFICE BEARERS. (i) DELETE "Publicity Officer"
(iv) ADD "The records of all meetings shall be kept in the Minute Book and be stored until the Association ceases to exist"
9. GENERAL MEETINGS (vi) DELETE completely and ADD "Nominations for Office Bearers and Committee must either be sent to the General Secretary in writing before the meeting or be made orally at the meeting. The proposer must have obtained the consent of

the nominee, and have the backing of a seconder, all of whom must be current members of the Association"

7. LOCAL GROUPS

DELETE completely and ADD "A minimum of six members of the Association, preferably all residing in the same area may, with the approval of the Committee, form a Local Group of the Association. The catchment area for members will be agreed by the General Committee. A Local Group shall consist solely of members of the Association. Whilst each Local Group shall conform to the aims and policy of the Association they shall be autonomous in respect of finance and activities. They will supply the General Secretary with the names of any Officers of that Local Group, the number of members and their approximate catchment area for membership".

10.

DELETE "specifically", "beforehand".

Committee Meeting Notes

Acting upon the mandate given it by members at the AGM the committee has raised the annual subscription to £1.25 and decided upon a name for the Newsletter. After much deliberation a short list of names was drawn up and the name "STRIDER" chosen. This was first proposed by Mac McArthur.

All regional representatives have now been replaced by a central co-ordinator (A.Cresswell) except in the case of Scotland, where D.Rogerson remains in office.

The secretary has drawn up a "Guidelines for Challenge Walks" document which defines the requirements of organisation and safety in connection with organised challenge walks. Another proposal is that a LDWA Handbook be produced. A decision on this will be made later in the year.

Membership figures have now reached 2,154, with a current membership of about 1,400.

The next "hundred" will be a renewal of the "Cleveland" and the possibility of a "Two Moors Way" hundred is being investigated for 1979, which may mean that the next "Downsman" will be in 1980. The "Icknield Eighty" may be held again next year. An event longer than a hundred miles is also being proposed.

Since the AGM, committee meetings have been held at Chobham, Surrey, and at Leeds. On each occasion ten of the eleven members were present, despite the fact that their residences include Aberdeen, Newcastle, Malvern. The next meeting is at Malvern.

A.W.B.

DONT FORGET! — APRIL 8th MARLOW

NEWS

WESSEX, SURREY, HIGH PEAK,
WESTMORLAND & NORTH LANCs,
STAFFORDSHIRE, SOUTH WEST,
TYNE TEES, KENT, THAMES
VALLEY, WEST YORKS, NORTH
YORKS, WEST MIDLANDS,
ESSEX & HERTS.



from the

GROUPS

WESTMORLAND and NORTH LANCs

PROGRAMME

<u>TUES. DEC. 27TH</u>	KENDAL'S 3 PEAKS, and a social pint. Every- one welcome. County Hall, Kendal 9.30 Frank Hodson.
<u>SUN. JAN. 22ND</u>	SERGEANT MAM, Batharlyp How Y.H. Grasmere 9.30 John Fisher.
<u>SUN. FEB. 12TH</u>	BOWLAND FELLs, Slaidburn Y.H. 9.0. Dave Barlow (with West Yorks)
<u>SAT/SUN. 8/9 APR.</u>	DALESWAY (with West Yorks)
<u>SUN. MAR. 12TH</u>	ROUTE OF THE ARNSIDE MARATHON, Albion Hotel, Arnside 9.00.

Enquiries to: Frank Hodson

KENT

PROGRAMME

<u>WED. DEC. 14TH</u>	General Meeting and Christmas Drink to re- elect officers and greet new members at 7.30 p.m. The Bull, Otford, Kent.
<u>SUN. JAN. 22ND</u>	WALKOUT NEW ROUTE for Sevenoaks Circular. Meet 9 a.m. Otford Station.
<u>SUN. FEB. 5TH</u>	WALKOUT REMAINDER OF NEW ROUTE. Meet 9 a.m. Sevenoaks Station.
<u>SUN. FEB. 26TH</u>	GROUP ORGANISERS SEVENOAKS CIRCULAR. Start 9 a.m. Otford Station.
<u>SUN. MAR. 19TH</u>	SEVENOAKS CIRCULAR WALK. Start 9 a.m. Otford Scout Hut. Details from Peter Rickards

Enquiries to: Peter Rickards

**All members will be made welcome at any
group meeting, walk or activity.**

STAFFORDSHIRE

REPORT OF THE 'CANK CHASE CUSTODIANS' WALK HELD ON SUNDAY, 10TH JULY, 1977.

This was the first official walk organised by the newly born 'Staffordshire Group' and I was expecting to see the crowds as I swept round the corner of the end of the Brocton footpath. To greet me was the Hackney family consisting of five people, but shortly several others turned up including a new face we had not seen at the two initial meetings. In all a reasonable metric dozen (work that one out).

We strode up to the heathland at Sycamores Hill on the western side of the Cannock Chase plateau and then on to Brocton Field in search of 'The Glacial Boulder' - it can be elusive as the famous deer. From our lofty perch on top of the boulder at 535' we could see the equally well known 'Wrekin' and the distant Shropshire Hills.

Up on the plateau top an evasive Trig point marks the highest ground of the surrounding moorland which hides the most southerly peat bog in England and is reputedly bottomless, referred to as Womere it occupies a large gentle hollow surrounded by cotton grass. Following an old trackway we reached one of the many slades or small valleys that run out from the centre of the Chase. Here the scene changed to one of coniferous forest, part of the Forestry Commission's largest Midland Forest, as we walked over the Warren and Badger Hills towards the G.P.O. tower at Pye Green, 775' O.D.

From here the route took us eastwards over Brindley Heath, a rambling wilderness of small trees unlike the regimented battalions of conifers we had come out of, to Upper Brindley Valley and the site of the old Brindley village which has long since gone. The round trip of 18 miles encompassed much varied terrain and scape and was a circumnavigation of the area around the Cank Thorn at the meeting point of three ancient manor boundaries to the Royal Forest of Cannock Chase.

PROGRAMME FOR AUTUMN/WINTER 1977/1978

<u>SUN. OCT. 9TH</u>	ROACHES WALK, leader Ray Bolton. Meet at Leek Bus Station car park at 9.00 a.m. with packed lunch, for 20 mile walk. Ref: O.S. 1" Map 110. GR 988564.
<u>SUN. DEC. 4TH</u>	DOVEDALE WALK, leader Ken West. Meet at Thorpe (near Ashbourne) Car Park. Ref: O.S. 1" Map 111. GR 146508 (Thorpe to Ilam road) at 9.00 a.m., with packed lunch.
<u>SUN. FEB. 5TH</u>	WHITE PEAK WALK, leader Bob Stophair. Meet at Over Haddan car park, near Bakewell, Derbys.
<u>SUN. APL. 2ND</u>	SOUTH CHESHIRE WALK, leader Frank Hackney. (Details later.)

It is hoped that an exploratory walk of the Staffordshire Way may be conducted early next year by members of the Group.

All enquiries to: Anthony Hewitt (1800M)

WEST YORKS

A successful programme of walks was completed in the summer. The highlight was a comfortable completion of the Derwent Watershed in 13 hours with members of the High Peak Group. The walk was led by Roy Marlow, while thanks also go to his wife Barbara for providing refreshments.

The next main venture will be the 73 mile Dalesway in April. Other groups would be welcome to join us and combine support parties where feasible.

- SUN. DEC. 18TH A DALESWAY LINK - LEEDS TO ILKLEY - 30KM.
Meet Leeds Town Hall steps 8.30 a.m. Return by bus. Leader: Tony Wimbush.
- MON. JAN. 9TH MEETING - ideas, walks, comments. Meet Long Bar, Victoria Hotel (behind Leeds Town Hall) from 7.45 p.m.
- SUN. JAN. 22ND ROMBALDS WAY via "DICK HUDSON'S" - 25KM.
Meet Cow and Calf Rocks (GR 134 464) Leader: Jack Rayner.
- SUN. FEB. 12TH BOWLAND FOREST. Meet Slaidburn Y.H. 9.00 am.
Leader: David Barlow (Westmorland & N.Lancs)
- MON. MAR. 6TH MEETING - ideas, Welsh 3's, Dalesway.
Venue as January 9th.
- SUN. MAR. 12TH WHITE ROSE WALK (34 miles). Details Tony Wimbush.
- SAT/SUN.APL.8/9 THE DALESWAY (Windermere to Ilkley) - 73 miles.
Details: Tony Wimbush.

All enquiries to: Tony Wimbush

ESSEX & HERTS

- SUN. JAN. 15TH WARE (23 miles). Meet Ware Station at 9.30am
There is a train from Liverpool Street at 8.43.
Free car park north of station. Circular walk from Ware via Britain's craziest pub. Leader Jack Rossiter.
- SAT. FEB. 4TH WRITTLE - NEAR CHELMSFORD (20 miles). Meet at 9.15 by duckpond on the Green at Writtle (GR 678064). Circular walk by brooks and through woodland. Leader Frank Thomas.
- SAT. MAR. 11TH RIVER RODING (20 miles). Meet Ongar Station at 9.30 a.m. Walk to source of River Roding. Cars can be left at Epping Station. Walk finishes at Bishops Stortford, bus back to Epping. Leader: Frank Duerden.
- SUN. APL. 2ND FOREST ROUNDABOUT. See future events for full details.
- SECRETARY: Tom Lyons

SURREY

Thirteen lucky members traversed the Weald on the "Chalk to Chalk" walk from Reigate Hill to Wolstonbury Hill in July, and almost as many enjoyed the Dorking Dawdle in August. At the quarterly evening meeting in July Chris Steer talked on "One Man's Meat", advocating a high-fibre low-cholesterol diet for the walking person, and in October Jeff Ellingham tackled two subjects, "Breathing" (high recommended) and "Injuries" (best avoided).

Our Winter Programme is:

SUN. NOV. 27TH

EPSOM EXERCISE - 22 miles round Epsom with Dave Challenger. Meet 9.30 a.m. Clock Tower, Epsom High Street (TQ207607)

SUN. DEC. 4TH

HOT DINNER RAMBLE, Hurtwood Inn, Peaslake. Meet Car Park at rear of Inn 10.30 a.m. Returning at 7.0 p.m. for dinner. Come to either or both. ALL welcome. Book with Margaret

MON. JAN. 2ND

SURREY INNS KANTER - Start 9.15 a.m.-11am from St Catherines Village Hall, Chestnut Avenue, Guildford (GR991485). Bring OS Map 186 (1:50 000) or 169 (1") and 20p. (children 15p, non-members 25p)

SUN. JAN. 8TH

WINTER TANNERS. Meet 8 a.m. Leatherhead Football Ground (TQ162561) to walk the route of the 1978 Tanners Marathon.

TUES. JAN. 10TH

QUARTERLY MEETING & SLIDE SHOW of recent events - "Leg of Mutton & Cauliflower", The Street, Ashted, Surrey, 7.30 p.m. for 8.0 p.m.

SUN. FEB. 12TH

MILL END MEANDER - 15-17 miles in the Chilterns with Ralph Henley. Meet 10am in the car park at Mill End, near Hambleton. (SU785851).

MEMBERSHIP: Ralph Henley

PROGRAMME

ENQUIRIES: Tony Youngs

TYNE TEES

ENQUIRIES TO: Tony Cresswell

NORTH YORKS

ENQUIRIES TO: Mike Smith

WESSEX

"THIS IS WHERE WE
ARE":

On the lawn of the
"Bridge Inn" Upper
Woodford - Wilf
Lyman, Charles
Baldey and George
Sims.



We have been active during the summer months, attendances being good both on the monthly social walks and at events in the south and west. We shall be sorry to lose our newest addition to the ranks of Downsmen, Jerry Draper, who is taking up a full time course at Bristol. We wish him well and hope he will continue to join us in the holidays. Our loss is the South West's gain.

The summer Barbecue at Abbotstone Down was a great success. The weather stayed fine and it was interesting to see the variety of cooking implements, some showing remarkable ingenuity, used to remove the "delicacies" or "burnt offerings" from the fire. At the end of November the Group hopes to enjoy a walking weekend based on Crickhowell Y.H.

The monthly walks have seen the Group in action on the North Hampshire Downs - the Andover, Wilton and Winchester areas. Although the sun normally shines on the righteous, it let us down on Tony Farrell's walk and at the end we resembled the proverbial drowned rats. The fame of the Wessex Group seems to be spreading as, in August, we were glad to welcome Charles Baldey from Budleigh Salterton, who made a special trip for the walk. A more detailed mention must be made of Frank Sharpe's walk in September as he managed to achieve several firsts on this occasion! Two pub. stops! Having stopped initially at the "Seven Stars" at Leckford the group were relaxing in the garden when a rather irate landlady stormed out and aggressively told the group that they would have to take their custom elsewhere as we were eating our own food and not hers! This obviously left a nasty taste in the mouth so a very fast 2½ miles was walked and the group settled down in not only a much friendlier pub. but one which sold Gales Ales (the tops as far as our real ale experts are concerned). The other "first" achieved by Frank was the record number of route changes. Perhaps we should rename it the "mystery meander". Still we have stored up plenty of material to tease Frank with in the future and I am sure he will take it in good spirit.

SUE COLES (1308)

FORTHCOMING WALKS (Starting time 08.45)

SUN. DEC. 18TH

CHRISTMAS SAUNTER & PUB. LUNCH at the Cart-wheel, Whitsbury. 16 miles (majority in the morning). Contact Wilf Lyman for details.

SUN. JAN. 15TH

FOREST FORAY. 22 miles - Meet Dibden Pur-lieu Car Park, near Wadham Stringer Garage (SU 412061) OS 1" Tourist New Forest.

SUN. FEB. 19TH

SARUM SALLY. 21 miles - Meet Crane Street Car Park, Salisbury (141298). Pub stop Purcombe. OS 1:50 000 184.

SUN. MAR. 19TH

ALRESFORD AMBLE. Meet Broad Street, New Alresford (589328) OS 1:50 000 185.

PROGRAMME ENQUIRIES TO: Wilf Lyman, (238)



High hills and leafy lanes. The Wessex Group in action.

SOUTH WEST

Now that the "Region" is a thing of the past, we are currently renamed as the South-West Group. We intend to select a more glamorous title in the near future. The first Malvern Mid-summer Marathon was held in June. The event seemed to be very popular, and congratulations must go to the organisers, Tony Rowley and Mac McArthur, for all their hard work. A full report is to be found in "Past Events".

The first walk of our winter season was led by Peter Joslin; our thanks go to him for a fine walk. He would like to remind members that shorts in September are inadvisable due to the height of stinging nettles!

Our programme for the remainder of 1977 was printed in the previous newsletter. Our walks for the first part of 1978 are as follows:-

SUN. JAN. 15TH

SEVERN BANK north of Gloucester.
Gary Jones - 20 miles. Meet at
Gloucester - on A.40.
(845195) Sheet 162.

FRI./SAT./SUN. FEB. 17-19

BLACK MOUNTAINS. Weekend organised by Tony Rowley. Anyone interested in joining the group for this weekend, contact Tony

SUN. MAR. 19TH

CASTLE COOMBE and the SOUTHERN COTSWOLDS. Tony Rowley. 22 miles. Meet Chipping Sodbury clock tower. (727823) Sheet 172.

SUN. APR. 16TH

To be arranged.

Enquiries to: Pam and Robin Lambert

*Canal Bridge,
Devizes - South
West Group about
to start for Wans-
dyke and the Vale
of Pewsey.
(Far Right Wynne
Evans aged 71).*



THAMES VALLEY

Of the walks the Group has made this summer, one of the most enjoyable was the westerly transit of Wiltshire, led by Philip Ward, on a magnificent Saturday in July. We met in Hungerford before the full moon had set, crossed into Wiltshire as the sun rose, and reached the Three Counties Stone above Batheaston as it dropped behind the Cotswolds. On the way we passed through a remarkable range of scenery - from the deep Kennet meadows through the Sarsens to Avebury, and then up on to the downs again, with Silbury Hill behind us and wafts of butterflies breaking constantly from the grass in front, like a bow-wave. Off the chalk on to the clay in the afternoon, and finally the spectacular hills around Box in the evening. This Group's walks tend to be circular, constrained by the need to return to the waiting cars. Part of the particular satisfaction of this walk lay in the feeling of a journey completed.

I don't suppose we will ever know if the two girls in the old mini, whose wheel we were fortunately able to change at 5.30 that morning, ever made it to Scotland!

<u>PROGRAMME</u>	<u>THAMES VALLEY</u>
<u>SAT. NOV. 5TH</u> (Philip Ward)	PHILIP'S DOUBLE CROSS OF BERKSHIRE, the short way. Start 8.30 am at S. end of Pangbourne Bridge (637768).
<u>SUN. NOV. 27TH</u> (John Cassells)	JOHN'S JAUNT - 18 to 20 miles to the W. and N. of Henley. Start 8.45 am at Saracens Head, Greys Road (758823).
<u>SUN. DEC. 11TH</u> (Colin Abbott)	MORNING WALK across the grain of the Chilterns, starting above Stonor (743885) at 8.45 am.
<u>SUN. JAN. 15TH</u> (Philip Ward)	15 MILES MAXIMUM, at a sociable pace. Start 9.30 am at Lambourn Church (327789). Followed by PROGRAMME MEET from 6 p.m. at Philip Ward's
<u>SUN. FEB. 5TH</u> (Bob Ford)	BOB'S BREAKAWAY. 30 miles maximum, rather faster than January's walk. Start 9.0 am. at N. end of Marlow Bridge (851863).
Enquiries to: Colin E. Abbott	

HIGH PEAK

PROGRAMME OF WALKS - EVERYONE WELCOME!

<u>SUN. DEC. 4TH</u>	BLEAKLOW BOG BASH - 20 miles. Meet 08.30 at Snake Summit lay-by (GR 088929)
<u>SUN. DEC. 25TH</u>	MERRY CHRISTMAS EVERYONE!
<u>SUN. JAN. 15TH</u>	WHARNCLIFFE WANDER - 20.4 miles (approx.) Meet 09.00 at Oughtibridge Bridge GR307933 just off the main road from Sheffield to Stocksbridge.
<u>SUN. FEB. 12TH</u>	GOYT CIRCULAR - 20 miles. Meet 09.00 at The Boar's Head, Higher Poynton (GR944834) south-east of Stockport.
<u>FRI. NIGHT/SAT. 3RD/4TH MARCH</u> - HIGH PEAK MARATHON. Please contact Haydn if you can help on checkpoints, driving, cooking, etc.	
Enquiries to: Haydn Morris	

EAST LANCASHIRE

It has been suggested by Taff Lewis of Rossendale that there must be enough members in the Blackburn, Accrington and Burnley areas to form a local group, and he is prepared to start the ball rolling.

Anyone interested contact him

THE GEN VINE

THE GENERAL
INFORMATION
GRAPE - VINE

32. SCRUNCH 4oz. butter or good quality margarine
2oz. sugar
1½ tablespoons golden syrup
2oz. desiccated coconut
2oz. cornflakes
2oz porridge oats
2oz. self raising flour

Melt the fat, sugar and syrup in a saucepan, then remove from the heat and add the coconut, cornflakes, porridge oats and flour. Beat all well together, then press the mixture into a well-greased swiss roll tin. Bake for 20 minutes at Mark 3, or 350° Mark out in squares with a sharp knife before cold.

We handed this out at several checkpoints on the Surrey Summits and it was very popular. Try it.

ED.

33. TOE STRETCHERS. If you have a new pair of boots or shoes and the toes are not roomy enough - push down a tennis (or rubber) ball as far as it will go to stretch the leather. When not in use of course! You can speed up the process by soaking the boot in cold water overnight. (This will only work on lightweight footwear).

Ed.

34. HOODS. Ever been annoyed by a cagoule or anorak hood slipping down over your eyes or blowing off? Try replacing the drawstring with a piece of wire. (Suggest thin rubber or P.V.C. covered electric variety.)

PAM LAMBERT (1505)

- 35 FLASKS. The St Ivel "Five Pints" powdered milk containers make ideal drink or liquid food containers as they have a leak proof lid.

Ed.

36. COMPLAN. Some hikers, especially in long overnight events, get stomach trouble because they don't or can't eat properly. When solid food becomes unacceptable a hot liquid is the answer. Complan is the obvious alternative to tea or coffee because it contains all the ingredients for a properly balanced meal.
Method: Mix 9 dessertspoonsful (or more if you wish) into half a pint of cold water, flavour to taste with chocolate, coffee or meat extracts, or sweeten with honey or sugar. Carry in a polythene screw top bottle. When you get to a checkpoint pour some of the concentrate into your mug and get it topped up with hot water. Eat digestive biscuits with it.

Ed.

37. DYLON QUICK WASH. A cream detergent in plastic tubes is highly recommended to backpackers on coastal paths, and ordinary campers elsewhere! for washing clothes, washing up, and even as a shampoo. It works as well with sea water as with fresh.

TONY YOUNGS

**HAVE YOU ANY TIPS TO PASS ON?
DROP US A LINE**

DID YOU HEAR? - - - - -

DALESWAY AND WELSH 14 THREE THOUSANDS ROUTES.

West Yorks Group plan to walk the 73 mile Dalesway on April 8th/9th starting at Windermere and finishing at Ilkley. The Welsh 14 "3's" is also a probability for June. If other interested Groups/individuals would like to combine forces to make these walks a joint venture, please write to Tony Wimbush

SHOP

A secret cache of old Newsletters has been discovered and the copies (number in brackets) are as follows: Issue 8 (25), issue 9 (22), issue 11 (6) all on duplicated A4 format, issue 12 (?) and North Yorks Moors Special (?) on A5 litho format.

Also available are "Downsman Hundred" 1977 reports and route sheets. Send two 7p stamps per old Newsletter required to Secretary. The Secretary also has copies of the Tanners Marathon Report booklet for most years back to the mid sixties.

NORTH DOWNS WAY

It has been announced that the western end of the North Downs Way will be opened officially sometime next May. The Surrey Group hope to organise an informal walk along the complete Surrey section. There is, however, one little problem: unless the river is to be forded at Guildford a substantial diversion will have to be made because the long awaited bridge to replace the ancient foot ferry may not be constructed now until 1979!

MILEAGE CHARTS FOR 1978

These will be available again from Mid-December. Just send a 9½" x 6½" S.A.E. to the Editor. marked "Chart" in top left hand corner.

Ed.

THE LONG MYND '77

Some members on arrival at the pre-event kit check were shattered to learn that the Safety Officer would not approve their Welsh fell boots. However, after discussions were held with Mountain Rescue colleagues, the O.K. came through. The audible sigh of relief was heard all over Church Stretton!

IN PRAISE OF NATURE TREK

"Nature Trek" is not the name of a new walk but the style name of some of Clark's shoes. When I first wore my pair I had to look down from time to time to see that I had not come out in my carpet slippers so comfortable were they. The shoes, perhaps a little ugly at first sight, are made from just three pieces of leather, bent up and sewn, moccasin style, with thick solid-looking soles. They come in light or dark leather, shoe or boot style. Apart from being excellent for long distance walking I have also found them light enough for running in. The soles are guaranteed to last a year, although the saleslady said that they'd never wear out! If they do happen to require repair they can be done for about £3. "Nature Trek" cost about £14 and are generally available.

A.W.B.

THE 1977 THREE PEAKS RACE (SNOWDON, SCAPELL, BEN NEVIS)

The idea of scaling the highest peaks in Wales, England and Scotland in the shortest time has attracted many athletes. The main problem is covering the distance between the mountains. Usually this is done by car - a method now frowned upon as dangerous, requiring as it does illegal speeding. The late Eric Beard actually ran the whole route in about ten days, a feat not repeated as far as I know.

However, on June 25th this year a race was run under rather unusual rules. Entrants had to sail from Barmouth to Caernarvon, climb Snowdon, sail to Ravenglass and climb Scafell. Then they were to sail to Fort William and climb Ben Nevis. Engines were only allowed in certain congested waters.

The seven entrants encountered very rough weather off Ravenglass and the dinghy from one yacht capsized; but overall the race was considered a great success. Next year Snaefell on the Isle of Man may be included. Anyone fancy trying this revised route on foot?

MIKE POWELL DAVIES (349)

(Based on report in "Yachting World" September.)

DAVID ROSEN MOTORS TO RECORD

Long distance runner and international orienteer David Rosen of London, set a new best time for the motorised "National Three Peaks" circuit. Supported by a driver, navigator and motor cycle escort, he lowered the record to 14 hours and six minutes. He took 1.54 to ascend Ben Nevis, 2.06 to top Sca Fell Pike, and 1.35 to climb Snowdon.

FAST LONDON TO BRIGHTON WALK

Member John Lees won this year's London to Brighton walking race in the fastest time since 1965. He finished over half an hour ahead of the second man to record 7.34.52. Another member with a fast time was Peter Worth who took 8.45.40 for eighth position.

CROSSES WALK - RAFFLE TICKET WINNERS

1ST PRIZE £20 TO:	B.Smith	22193
2ND PRIZE £10 TO:	A.Carter	5037
3RD PRIZE £5 TO:	D.Butterworth	27362
4TH PRIZES £1 EA. TO:	J.Kay	27430
	L.Young	20895
	Mrs Wilkinson	0255
	C.Carron	14862
	B.Jewitt	5959

POST CODES

The use of the post codes will become increasingly important as time goes on. Members are asked to co-operate by including their post code in the space provided on the Renewal Form. Members changing their address are asked to include their new post code with their new address notification. If the post code is not known it may be obtained by inquiry at a Post Office.

260 MILE WELSH PATH PROPOSED

Initial proposals by the Countryside Commission for a 260-mile footpath, or so-called Cambrian Way, between Cardiff and Conway, North Wales, were announced yesterday.

Local authorities, landowners, amenity groups and other interests are being consulted about the suggested route, via Abergavenny, the Black Mountains, Llandovery, the Cambrian Mountains, Machynlleth, Ffestiniog, and parts of Snowdonia.

(From The Daily Telegraph 22.9.77)

UNLUCKY FOR SOME

Regular eventers will possibly have been wondering why Alan Hoare has been absent from the places he normally frequents.

The Grapevine has it that whilst on holiday in the Pyrenees he broke an ankle and had to be lifted off the mountain by helicopter to hospital and, thereby had his holiday somewhat foreshortened! When last seen he appeared to be walking normally.

ACTION URGED ON FOOTPATH RESTORATION

An extension of powers of prosecution to individuals is being sought by the Ramblers' Association so that its officials can take action against farmers who fail to restore public footpaths and bridleways after ploughing.

Announcing this at a meeting in Derby last night Mr Alan Mattingly, the association's national secretary, said farmers had no right to complain about trespass and damage as long as they neglected their legal obligations.

He criticised local authorities for non-fulfilment of their statutory duty to prosecute "continual and wilful" offenders and pointed out that this year's Criminal Law Act had increased the maximum fine for failing to restore a public path from £50 to £200.

(From The Daily Telegraph, 28.9.77.)

CONGRATULATIONS

Haydn (High Peak) Morris and Cathy were married on October 1st. Thereby ensuring the continuance of the Marathon no doubt?



SOME FUTURE EVENTS and activities January to July

JANUARY 2ND, SURREY INNS KANTER (Surrey Group)

A chance for "the hair of the dog that bit you" on the Bank Holiday after the New Year. Two courses of about 10 and 18 miles of route finding, with most of the checkpoints located at pubs. Details from Keith Chesterton

JANUARY 7TH, RESERVOIR ROUNDABOUT

A 20 mile course set in the remote Elenith area of Mid-Wales round the Elan and Claerwen Reservoirs. As last year, the route is circular starting and finishing at the Claerwen Dam. Walkers find their own way over moorland and hill between checkpoints, and safety equipment must be carried. Certificates to all finishers. Details from Neville Tandy

JANUARY 8TH, WINTER TANNERS

An informal walk over the proposed July 1978 30 mile course for the Tanners Marathon. Come and test out the draft route description. Start and finish at Leatherhead. Support will be limited and there may well be plenty of mud so this could be more demanding than it may appear. Further details from Alan Blatchford

FEBRUARY 24TH-25TH BOGLE STROLL

This is a sponsored walk organised by Manchester and Salford students over 55 miles of road from Manchester to Chorley and back to Manchester via Wigan. It starts at midnight on the Friday night and there is a time limit of 21 hours. It is described as being not competitive but there are some prizes and teams of 10 walkers are accepted. Details from: Bogle Stroll, U.M.I.S.T. Union, P.O. Box 88, Sackville St, Manchester.

FEBRUARY 25TH-26TH TANNERS TO HINDHEAD (AND BACK)

The distance between Tanners Hatch Y.H. and Hindhead Y.H. is around 28 miles, via Surrey heath and woodland, with some flat land thrown in. This event gives the chance to go from Tanners to Hindhead (or reverse) on the Saturday and from Hindhead to Tanners only on the Sunday. There is a choice of routes, one allowing participants to find their own way between checkpoints, the other using a different route with route description. The Warden, Tanners Hatch Y.H., Polesden Lacey, Dorking.

MARCH 3RD-4TH HIGH PEAK MARATHON.

For teams of four, Friday night-Saturday. Forty wintry miles around the Derwent Watershed, a traditional bog-trot on the high moors of the Peak District - Kinder Scout and Bleaklow at

their best! Organised by past and present members of Sheffield University Youth Hostels Society. Information and entry form (long S.A.E. please) from: Dr Havard Prosser

MARCH 19TH SEVENOAKS CIRCULAR

This 30 miler through good country around Sevenoaks in Kent, has rapidly become a popular feature of the Calendar. Details of the fourth promotion of this Kent Group event from Peter Rickards

MARCH 27TH MANX MOUNTAIN MARATHON

A good reason for going to the Isle of Man for the Easter week-end. A 30 mile fell-running race with 12 summits and 9,000' of ascent. There are competitive Elite, Standard and Bronze classes for those expecting to finish in under 8 hours, and a non-competitive walking class for those who anticipate walking most of the way in 8-11 hours. Details from Arthur Jones

APRIL 2ND FOREST ROUNDABOUT

Another of the Essex-Herts Group's Roundabouts - but longer this time. 30 miles in 10 hours, round and through Epping Forest by forest track and footpath, starting and finishing at Woodford Green, Essex. Details from: Pat Marchant

APRIL 2ND WESSEX XXX

A repeat of last year's successful 30 mile event organised by the Wessex Group. Starting and finishing at Winchester, mainly over foot and bridlepaths which traverse the chalk downs to the north and east of the city. Start 09.00. Certificates will be awarded to all who finish in 10 hours. Good facilities. Contact Tony Farrell
Send 9" x 4" S.A.E. please.

APRIL 8TH MID-WALES MARATHON

A Tandy Special! A 22 mile mountain traverse from Dinas Mawddwy Y.H. to Kings Y.H., Dolgellau, and including Cader Idris. Write to Neville Tandy

APRIL 22ND-23RD SURREY SUMMITS WALK A Surrey Group promotion.

This 100km (62½ mile) walk is rapidly establishing itself as an important event in the Calendar. A circular walk from Guildford over 16 summits, via heath and woodland and involving 7,000 feet of climbing. Not a doddle. Details from: Ralph Henley
N.B. This is a walk and jogging is not permitted. Two trophies for teams of 3.

MAY 6TH RIDGEWAY WALK

40 miles over the Marlborough and Berkshire Downs along the prehistoric Ridgeway track to Streatley on the Thames. Entries restricted to members of the Y.H.A., R.A. and L.D.W.A. Details from N. Griffin
Stay Friday and Saturday at Streatley Hostel if you wish, and travel to the start at The Ridgeway Cafe by coach early Sat.

MAY 20TH SPRING IN LAKELAND

A CAMRA walk - 28 miles - based on Bowness-on-Windermere.
Details from J.Fisher

MAY 20TH-21ST FELLSMAN HIKE

The toughest of them all? 59 miles from Ingleton to Threshfield the long way, via Ingleborough, Whernside, Gregareth, Great Knoutberry, Fleet Moss, Buckden Pike and Great Whernside. Usually guaranteed to provide wet feet (at least). Details can be obtained after February 1st from The Fellsman Hike, P.O.Box 30, Keighley, West Yorks. The draw for the 450 or so places on the hike takes place in March.



MAY 27TH-29TH CLEVELAND HUNDRED

This proved a very popular hundred in '76 and should do so again so apply early. Starting at Scarborough and ending at Malton, it follows much of the Cleveland Way and its coastal path, moorlands and wolds. Altogether an exciting mixture. Full details from: Tony Cresswell

An organisers' walk of the route has provisionally been fixed for April 15th-16th.

JULY 2ND TANNERS MARATHONS

Britain's most popular challenge walk will include, this year, a 50 miles in 15 hours, 30 miles in 10 hours and a 10 miles quiz walk for families, with starts from Leatherhead and Tanners Hatch Youth Hostel. Details and entries from Alan Blatchford

MEMBERS BECOME CENTURIONS OCT. 14-15

This year's "Centurion" qualifying race was the "Bristol 100" and the programme of 96 entries contained no less than thirteen walkers giving "LDWA" as their club and three other members walking for other clubs. For the first time in this country, ladies were admitted and so Ann Sayer and Di Pegg lined up with the men at the start. Far from being backmarkers Di and Ann were right up there with the men and at the finish Ann claimed eleventh place and Di twenty-sixth position out of 56 finishers. At just 21, Martyn Greaves was by far the youngest finisher and may well be the youngest Centurion ever. Also in the field was President Dick Crawshaw but on this occasion he failed to meet the goal.

The new LDWA Centurions are (time for the walk in brackets):
Ann SAYER (20 hours 37 mins), J.MORRIS (21.47), G.PEDDIE (21.57)
Dianne PEGG (22.05), M.GREAVES (22.36), J.WINYARD (22.13),
B. MORRIS (23.17)

ACROSS AMERICA RECORD. Walker John Lees' record for travelling across America on foot has fallen to runner Tom McGrath who took 53 days for the 3,000 miles journey. During the 60 miles a-day run he had to contend with blizzards and a plague of grasshoppers.

A.W.B.



THE MOUNTAIN OF BRIGHTNESS

**a day in the sun
on
an African journey**

by

ROWLAND BURLEY (264)

MOUNT KENYA IS AN ANCIENT ERODED VOLCANO LYING ON THE EQUATOR. IT IS THE BELIEF OF THE KIKUYU, WHO DWELL ON ITS LOWER SLOPES, THAT THIS KIRINYAGA (OR MOUNTAIN OF BRIGHTNESS) IS THE HOME OF THEIR GOD, NGAI; AND THEIR BELIEF IS NOT SURPRISING TO THE TRAVELLER WHO HAS SEEN ITS 17,00' HIGH GLACIER - JEWELLED SUMMIT FLOATING ABOVE A GIRDLE OF CLOUDS.

The majority of people who puff their way up the mountain start their trek from the top of a motorable track at 10,000' on the west side of the mountain, and go as far as the third highest summit, Point Lenana (16,353'). (The easiest way up the highest pinnacles is at best a Grade IV rock route). The return trip to Point Lenana would usually take two or three days, which I am not often able to take off at one time. Thus, having already been forced to make a few one-day ascents, the next step seemed to be to find out how quickly the journey to Lenana and back could be made.

So it was that one morning last March I crawled out of my tent at the 10,000' roadhead into a frosty dawn. Over the feathery tops of the bamboo, tiny plumes of smoke were rising from the plains as the first fires of the day were lit on the African farms far below. The sun was alighting on the top of the blue-distant Aberdare Mountains as I tied my cagoule around my waist, shivered, and started off.

This particular morning my luck was out. I had just started to get warm after a couple of minutes jogging up through the dense bamboo when I came across a large buffalo munching warily at the side of the path. He was about as pleased at being disturbed as I was to see him and stood stock still, glaring at me, or rather at the boulder from behind which I was now asking him none to politely to disappear. After a few minutes thus spent, it became clear that this was a typically uncooperative buffalo and that he was not going to give in. I was now faced with a problem, as the bamboo beside the track was virtually impenetrable, so I eventually crawled slowly past on the far side of the path, maintaining an extremely low pro-

file. Luckily the buff didn't think it worth its while to charge me (as is their wont) and returned to his grazing.

The path soon climbs up out of the bamboo through the more open forest belt of tall moss-draped Junipers, Olives and Podocarpus, and so out onto the moorland. The going was harder now since, even though the so-called 'vertical bog' was far less glutinous than usual, one still had to pick ones way between the large tussocks and giant heathers.

This bit's steep and I'm hot and puffed and I wish I was still in my pit. To make it worse, the sun rises straight ahead over the broad ridge I am ascending. But the view back down over the forest, the plains and the now orange-pink Aberdares makes it more than worth while. Puff, groan. Past the 12,000' rainuange, the towering volcanic crags, and now the first enticing glimpse of the top, far above and ahead. Thinks: "Air clean - gasp - sky blue - pant - mountain to myself - puff - it's good to be alive!"



The Teleki Valley
and Peaks - Mount
Kenya.

Now down into Teleki Valley, dodging the Giant Groundsels and Lobelias, dancing over still-frozen streams, with the jagged peaks circling the valley in an untidy wall ahead. Faster along the valley floor, scoured out by long vanished glaciers, the ground still good and hard. Two African Park Rangers peer, bleary-eyed and disbelieving, from their station at 14,000'; another mad mzungu! Small hyraxes whistle in warning as I approach and then dive for the cover of their bouldery homes.

The easy part is over now, as I start on the 1,500' scree; not too steep, but still no joke at this height. Things become a little painful, but now the main peaks are right above and the metal cross on Lenana beckons from beside the glaring expanse of the Lewis Glacier. Still the lingering doubt; will the ice be soft enough for my shoes? Rather crucial! The scree falls steadily away behind me and at last, after a final boulder-hopping stretch, here's Top Hut. A few minutes flat on my back on the glorious piles of foam rubber, listening to the moaning wind and the melting ice plopping from the roof, and I'm ready for the glacier.

Definitely slower now; well, after all, the air is almost half as thick as at sea level. Luckily the ice is not too hard.

The author in
Teleki Valley.



Quite a pull this, but not much further to go. And suddenly here it is; Point Lenana, the most peaceful place in the world. A little while to soak it in; the rocky spire of Nelion soars proudly just across the glacier and the huge U-valleys fall away on all sides. Over jagged peaks, sparkling tarns and sinister forest, infinite views of the Frontier District stretching away redly to the north and the sun-glittering specks of corrugated iron hut roofs nestling around the southern slopes. Warm morning sun. Enervating wind. Peace!

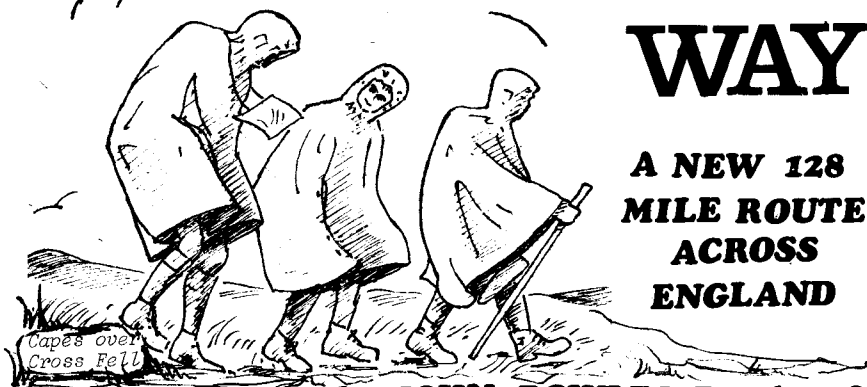
A deep breath and I start on the eight mile descent. The glacier's no problem this time; simply sit down and carefully avoid the cavernous crevasses. The scree murders the backs of the legs but half an hour after leaving the top I'm 3,000' lower down and trotting cheerfully back along Teleki Valley as the first of the day's clouds drifts up to meet me. Soon I'm up out on the moorland ridge again, and stopping to chat with friends from Nairobi who are on their way up for a week-end's walking in the Peaks. The now mist-enshrouded forest rushes up towards me and I plunge in - and ten minutes later I'm gratefully gulping down icy water at the roadhead. I cover my face and hands in mangos and think over the events of the trip; the state of the bog, my buffalo AND I LONG FOR THE NEXT TIME!



The Lewis Glacier
and Peaks.

THE CROSS WAY

**A NEW 128
MILE ROUTE
ACROSS
ENGLAND**



by JOHN BOWLES, B.A (1908)

JULY 1976 ON THE CLOSING DAY OF THE CLEVELAND WAY, THE TALK TURNED EAGERLY TO NEXT YEAR. "LET'S DO THE PENNINE WAY!" "SORRY, NOT ENOUGH TIME." "WELL, THE COAST TO COAST?" "WE'VE JUST DONE PART OF THAT. BUT HERE'S AN IDEA, WHAT ABOUT THE BEST OF BOTH? WALK RIGHT ACROSS ENGLAND OVER THE MOST DRAMATIC PART OF THE PENNINE WAY, CROSS FELL AND HIGH CUP NICK?" SO THE CROSS WAY WAS CONCEIVED, AND, IN JULY 1977, ACCOMPLISHED.

We christened it the Cross Way because it crossed England over Cross Fell, and also because every long distance walk is in some way a spiritual adventure and the "Cross" that replaced "Fiend's Fell" was apposite. "An Inter-Ocean Amble" or "The big BOG Trot" after John Bowles (56), Michael Osborne (14) and Geoffrey Goostrey (14) the pioneers, or just the Tercentenary Trek to celebrate our Sandbach School's 300th Birthday were alternatives.

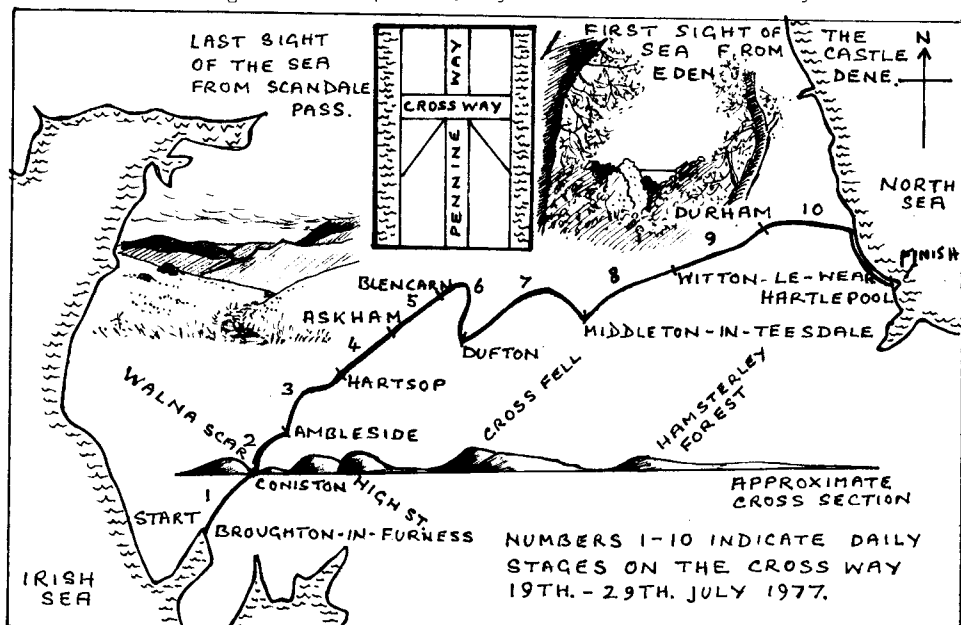
Consultation continued all winter, with help particularly from W.G.Stothard, Secretary of the Northern Area Ramblers' Association, who kindly sketched a basic route on our criteria, J. Swan of Shinccliffe who solved the problem of where to finish, and F.G. Taylor Page of Lowther Outdoor Activities Centre who encouraged our enterprise. Eight O.S. Maps (flat for relevant folding) and much literature were poured over. A proper carrying case for the map of the day proved essential in wind and rain. Our packs were as light as possible: our all-covering capes could press-stud together to form a bivouac, though a Bed and Breakfast was usual. Of the Youth Hostels, only Dufton could take us at a day's notice. Road walking, even on main roads, was not unpleasant but was avoided where possible. Walking from West to East was right: wind and rain were at our backs. How kind our hosts were: "I'll make you a pot of tea" was the common welcome.

Here is the Cross Way day by day. 1. From Broughton-in-Furness, after lunch, lanes led us NE to the foot of the Knott, and the forest track beside the River Lickle brought us to a rendezvous with passing clouds W of White Peak. Admiring the coloured slate at our feet and sunlit Seathwaite 1000 feet below, we found the Walna Scar Road, heavy rain, and Coniston. 2. A woodland walk, NE from Coniston, parallel with the A593, took us to Tilberthwaite, where quarries confused the route considerably: but the compass saw us through to the River Brathay and a picnic by the unexpected and vehement Colwith Force. Field tracks and the road took us down to Ambleside in time to exercise our arms on awkward oars. 3. Due N up

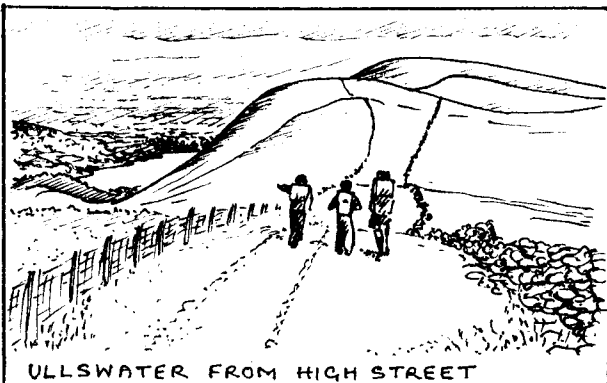
Scandale Beck, lunch on top of Scandale Pass with a view back to the sea we had left and forward to the hills yet to climb, a daring dip in Caiston Beck, provisions from the strategic shop at Sykeside Camp Site, and a cosy bivouac by the dancing beck in Hartsop Gill while buzzards soared - a perfect day! 4. It was a stiff climb up the side of the Knott. The mist cleared only to reveal great crags to the S and we knew we must keep clear of Ramsgill Head to the N as we headed for High Raise. Direction with a compass is easy, but distance is hard to judge: we landed on Kidsty Pike, a fact revealed to us by a helpful couple doing the proper Coast to Coast path, complete with guidebook. Little had been lost, and we soon were following that incredible Roman High Street NNE for 5 miles of superb turf and panoramic views of Ullswater. We came off the hills at Helton, but Askham where we spent the night would have been a better target.

5. Crossing the level Vale of Eden brought our maps to life: as we walked E, the Lakeland mountains receded behind us and the cloud encrusted Pennines mustered ahead. The route was governed by available crossings of the M6 and the Eden River and had been well researched beforehand: Lowther Castle, M6-bridge, NE to a T junction by Brownhow Farm, ENE to South Whinfell and Saiter Hill - I saw my first Red Squirrel here - NE through Atkinson's Plantation and Ash Hill, Eden Bridge, and Acorn Bank - how does one get out of a walled garden, - Newbiggin wet and unwelcoming, then N to Blencarn and "I'm afraid I don't do an evening meal but would eggs and chips be any good," 6. The path up Littledale on Cross Fell was clear at least to Wildboar Scar, then just 38° E of N until a helpful wind lifted us to the summit. The rain and cloud was intermittent but the gale was constant! It was just how we had imagined it! The sun would have spoiled the effect but we welcomed it as we followed the Pennine Way off Great Dun Fell to Dufton.

7. High Cup Nick was as dramatic as we had hoped, and there on the path was an exhausted balloon from some Ulster garden party! Should we cross the Maize Beck by the bridge or risk a wet crossing at 765268, Well, stepping stones were fun to make: deepening the channels between your stones halves the work. Cauldron Snout for lunch and High Force for tourists. Should we press on 8 more miles to Middleton in-Teesdale? The beauties of the riverside path made the going a pleasure. 8. Middleton has a good boot shop - "Ah, why did I wait till then to buy a comfortable



pair," E along the B6282 and a field path by Heatherley to the B6278, where we headed NE for Hamsterley Forest via Blackton Beck, a long, lonely and lovely trek. We followed Bedburn Beck almost to its junction with the unfordable Wear. All the farmers seemed to be out for the night, but just N of Witton-le-Wear we found a hay barn.



9. The morning bus queues in Howden-le-Wear were amused by our voluminous capes and hoods, but Willington had fine food shops. We had intended to follow the Wear to Durham, but the map ran out just there and nobody we asked knew any way to Durham except by the A690, so by its verge we went. After crossing the Browney River, we turned E for the Cathedral. SE to Shincliffe to the hospitable home of our "adviser". We 'bivouacked' in the lounge of a hotel by Bowburn - may that Manager be blessed! 10. E by laneways and the verge of A181, with only distant views of industrialisation, to Wellfield (409383) where we turned N into Castle Eden Dene, four miles of delightful Nature Reserve pathways to the sea. On the shingle, the challenge accomplished, we munched Mars Bars in the afternoon sun; then followed the canny cliff path to Hartlepool. 11. The morning was well spent on the sandy and unpolluted shore. The train left a 15.45 - back across the country to Cheshire. Our time (9 days and an hour or so without hurrying) and the distance (128 miles from sea to sea) were more or less as planned, THE ENJOYMENT WAS IMMEASURABLE.

A CAPTAIN COOK WALK

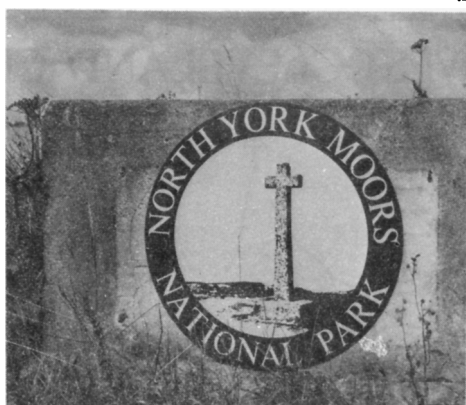
Three walkers, including two members of the LDWA have established a new 44 mile walk linking a number of places connected with Captain Cook. Colin Hood and Malcolm Boyes, with Pete Gough, set off from the Captain Cook Birthplace Museum at Marton, near Middlesborough, at 4.40 a.m. on 20th September. They passed through Marton to Great Ayton where Captain Cook was educated and spent his childhood. There are a number of places connected with Cook in the village. Field paths led to the Cook Monument 1,064 feet A.S.L.

They crossed the moors to Highcliff Nab using part of the Cleveland Way, then headed for White Cross, above Comondale. They continued eastwards to Lingdale by dinnertime, keeping off the roads. They reached the coast at Staithes where Captain Cook had been an assistant shopkeeper and first learned of the sea. They then followed the coast path down to Whitby. (The same route as the Cleveland Way). They finished the 44 mile walk in 15½ hours, at the statue to Captain Cook on Whitby's West Cliff.

Next year (1978) is the 250th anniversary of the birth of Captain Cook and the walkers are hoping to organise a special walk in October to coincide with the local celebrations. The three walkers are all members of the Scarborough Rescue Team and are actively involved in the North York Moors Crosses Walk. Further details will be available later.

WEST CLEVELAND CIRCUIT

**a 26 mile
circular walk in
NORTH YORKSHIRE**



The walk can be commenced from any convenient point, although the Old Quarries known locally as Sheep Wash on the Swainby road from Osmotherley, above the reservoir, provide an attractive finish point and a morning start from here allows the possibility of a lunch-time stop at the Buck Inn at Chop Gate. A good compass is considered essential for each party.

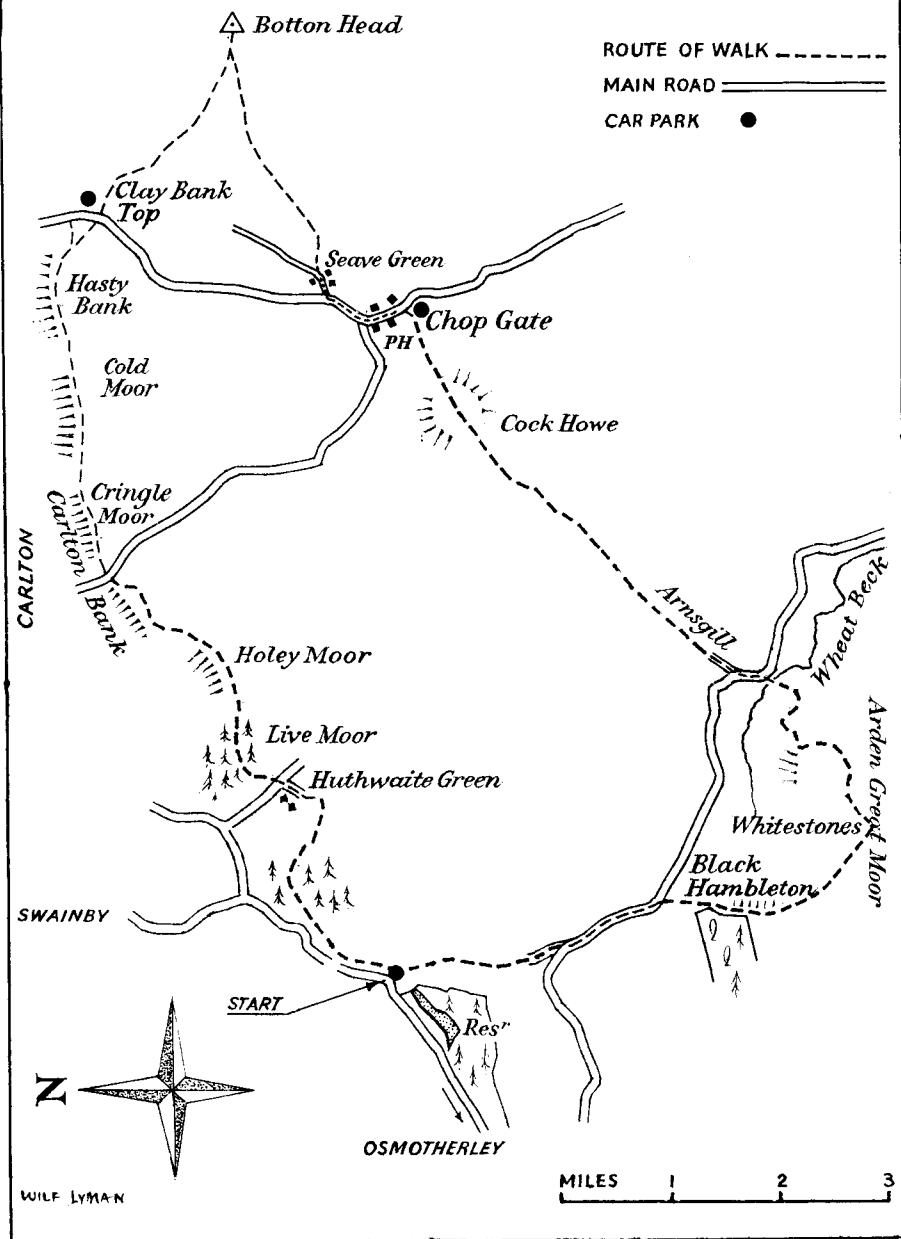
The walk largely encompasses two routes in the middle section of the White Rose Walk known as the Foliage Section and which is also described in the Dalesman Mini Book "The White Rose Walk" by Geoffrey White. Parts of the Lyke Wake Walk and Cleveland Way are incorporated in the White Rose and this walk.

Proceed from the car park at the Old Quarries right along the tarmac road until you reach a cattle grid at Scarth Nick. On the right is a sign "L.W.W. Ravenscar 39 miles". Take this good path and continue for a few miles until you see a small gate on the left by a fire warning sign and a "Keep to the Foot path" sign, go through the gate and cross the field to a ford and a metalled road to the telephone box at Huthwaite Green.

Take the gate with an Acorn sign at Huthwaite Green, straight across the motor road from the junction. Follow this path past old mine workings, with a forest on the right, until there is a gap in the forest and a stile, signposted "Moors Path". Cross the stile and climb the steep slope to a good track which ascends Live Moor to a cairn. The path falls gently from here before ascending Holey Moor. Keep to the path near the steep edge to the left on to Carlton Bank and past the glider field to the triangulation point. Descend to the road coming from Carlton, taking care in bad weather (there are steep cliffs to the left).

Cross the road and take the green track, first along a fence, and then to the right hand side of the wall to ascend Cringle Moor. (Schoolchildren and Senior Citizens may take the old miners track which forks left round the shoulder of the hill and keeps above the tree line. This also leads to Clay Bank Top). On the summit, the path skirts round the northern edge past a shelter. Drop down to the dip below and re-join the lower path for some 20 yards before passing through a gate on the right with an Acorn sign to turn left at the wall end and another Acorn. Climb to the top of Cold Moor. Keep to the left hand edge from here to ascend to the Wainstones and Hasty

WEST CLEVELAND CIRCUIT



Bank, before descending on the path to the main forest track. At a bend take the steps down the wall side on the right to reach Clay Bank Top. Another good support point.

Cross the road and go through the gate and continue on the Lyke Wake Walk Path. Keep to the right of the wall and follow the path through a cleft in the cliff and ascend on this now broad path to the triangulation point at Botton Head on your left. This is the most easterly point of the walk. From here re-trace your steps for a few yards to a track bearing due west at a standing stone on the right and near a cairn. Descend past wooden shields from Urra Moor to Bilsdale and the metalled road at Seave Green. Keep on descending through this delightful hamlet and join the major road at a T-junction. Turn left and proceed to Chop Gate and the car park just through the village. Another support point.

At the car park pass the public conveniences and over a bridge to ascend Cock Howe, on Bilsdale West Moor, the hill directly behind the car park. Aim for the track between two wire fences, just skirting the shoulder of the hill. Follow this narrow path to the summit. From here take compass bearing 230° heading for the right hand side of the wall at Head House. Join the wide track down Arnskill Ridge to Hill End Farm. Turn right at the farm on a track leading to a road and a bridge and down the valley to Low Cote Farm. Here join the motor road to Wheat Beck, another support point.

From Wheat Beck turn right across the farm bridge and along the farm road to the first bend. Take the gate to the right and along the top side of a field to a gate at the top left hand corner. Pass through the gate and proceed left along the wall side until the tractor route up the moor crosses your path. Turn right on this wide track until, after a sharp hairpin bend to the left, there is a peaty track to the right steeply ascending Arden Great Moor. Take this path to the top of the moor and turn right on the stony track you join. At Whitestones this track joins the Drove Road over Black Hambleton. Turn right on this green track. After descending from the hill tops, the track passes a forest to the left and joins a motor road at a bend. This can be another support point.

Proceed along this road for approximately one mile to a junction. Then take the road marked "Unsuitable for Motor Vehicles", virtually straight ahead, which becomes a rough track and leads to a bridge just above the car park at the Old Quarries, your start point.

As a guide, the initial circuit by a party of three average walkers achieved the following times:-

Start	9.00 a.m.	Chop Gate	1.40 p.m.
Carlton Road	10.30 a.m.	Wheat Beck	4.00 p.m.
Clay Bank Top	12.00 noon	Old Quarries	6.15 p.m.

Certificates are available for those who complete the walk within 12 hours from the Recorder, W.C.C. Yorkshire Bank Limited, Rambling Section, 2 Infirmary Street, Leeds, LS1 1QT. Please send stamped addressed envelope and brief description of walk.

Cloth rucksack badges are available at 35p each.

MAPS - 1" Ordnance Survey Tourist Map of North Yorkshire Moors.

DAVID ACOMB (1361) and PAUL METCALFE (1246)

"ROUTE ROOMS"

recommended resting places

COAST TO COAST (Dave Cashmore 754)

Mrs Johnson	B. & B. ONLY
Mrs G.M. Whittaker	B. & B. E.M.
Mrs M. Harrison	B. & B. ONLY
Mrs T.R. Robinson	B. & B. E.M.
Mrs L. Hugill	B. & B. E.M.

COTSWOLD WAY (David Newcombe 853)

Mrs P. Sturm	B. & B. E.M.	£3.75
Mrs Grimes	B. & B.	£4.50

THE DALES WAY (Phyllis Jackson 995)

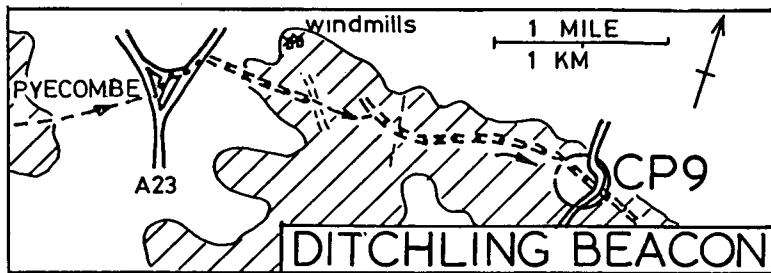
Mrs Hargraves	B. & B. E.M.
Mrs Robinson	B. & B. E.M.

THE RIDGEWAY (Phyllis Jackson 995)

Mrs Leggett	B. & B.) E.M.)	£6.00
Mrs Webber	B. & B. ONLY	
Mrs M. Roberts	B. & B. ONLY	
Silver Birch Cafe, Pitstone, Ivinghoe, Leighton Buzzard.	B. & B. Meals during cafe hours. (Daytime only)	

Alan Dodds (1003) endorses Arabella's Cottage by saying "This old world cottage is in a beautiful setting, with meals that make the price a bargain."

-DOWNSMAN HUNDRED-



THE STORY OF A CHECKPOINT

Checkpoint No. 9 on the Downsman Hundred this year was situated at Ditchling and was manned throughout the Sunday by Youngs Yeomanry.

The Yeomanry consists of ex-Rover Scouts and and Scouters from Wandsworth, home of Youngs Ales who, now saddled with family responsibilities and no longer living in the area, meet four times a year and tackle a long distance walk or just take a supply of Youngs Beer to one of the National Parks and drink it in 'outdoor' surroundings!

The story of Checkpoint 9 starts on the Saturday evening at about 8 o'clock outside "The Fountain" at Plumpton Green, the only Youngs house in Sussex, the pre-arranged meeting place.

After closing time and under the cover of dark we made our way up onto the checkpoint. On arrival we were greeted out of the dark by Rent-a-Mob all armed to the teeth with pickaxe handles. This unexpected reception turned out to be a guard for the Jubilee Beacon that we were to share our checkpoint location with over the weekend. Once satisfied that our intentions were in the very least harmless, we became quite friendly neighbours.

As expected, the wind was very strong on the Beacon and we had great difficulty in getting the tent up, the time was now midnight and the walk was 12 hours old. After finally pitching the tent on what looked like a flat area only to find that inside one side of the tent was about 9" higher than the other, we finally tried to get a few hours sleep.

5 o'clock came all too quickly and not wanting to be caught by the lead walkers with our pants down! our pre-planned routine slowly crept into action and we were able to be ready to provide the first customer of the day with hot tea just after 5.30 a.m.

From then on until 7 p.m. that evening we were able to provide hot tea and a full range of food to 149 walkers. The high point of the day being the arrival of tins of frankfurters at about mid-day which enabled us to offer 'hot dogs' as a chef's special.

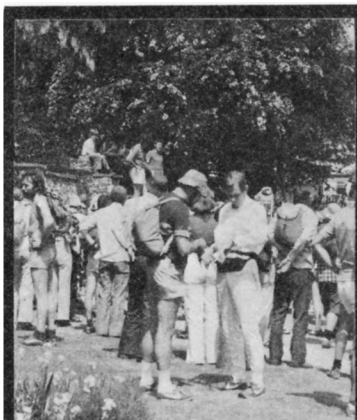
Many of the walkers may have wondered why, as soon as they had checked in and approached the tent, they were greeted with the shout "Don't lean on the table". This was due to the angle of the ground under the table, and the level table was only due to the presence of empty rice pudding tins, in fact on a number of occasions during the day, the rice pudding was nearly off!!

All in all we enjoyed our day at Ditchling, particularly as we were not walking. Would we do it again? certainly, just ask - Youngs Yeomanry have beer - will travel!

BOB BALL (467)

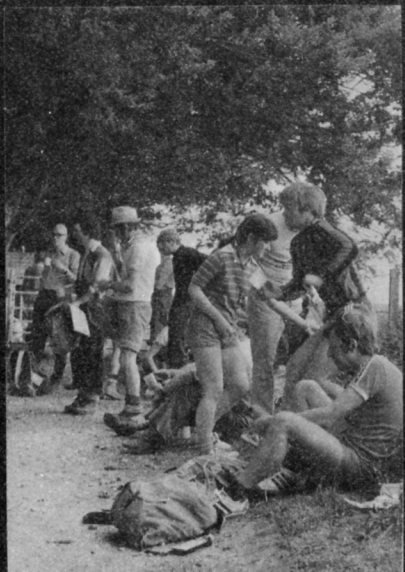
DOWNSMAN

77



They're
all leav-
ing Win-
chester.





TL & TR at Checkpoint 1.
ABOVE - Molly White & Phyl Jackson
 leave Steyning, C.P.6
 R. Peter Cooper & Joey leave Steyning
 (They did 66 miles)
BELOW - THE END - EASTBOURNE.



A MOORLAND MYSTERY

Tony Foxlow



Dear Editor,

I refer to your Newsletter No. 14 and in particular to page 40 and its closing line "BEWARE OF THE SILENT MAN AND THE DOG THAT DOES NOT BARK"

I have a profound interest in this declaration and I would be indebted to you for an explanation of its relevance and its reason for appearing in the magazine.

When I receive your reply I will contact you again and inform you of the reason for my enquiry.

I await your reply with some trepidation and much interest.

Yours sincerely,

TONY FOXLOW

Dear Tony,

Thank you for your letter concerning the quotation in Newsletter 14 Page 40.

On my office desk I have a daily 'tear off' calendar with short quotations on each page. I was so impressed by the "Silent Man" one when it came up that I thought it worth including in the Newsletter as a page filler. The latter part seemed relevant to walkers as they are always meeting dogs!

I am afraid I have no profound remarks to make and look forward to your reply with some 'foreboding'!

Yours sincerely,

CHRIS STEER

Dear Chris,

Many thanks for your kind attention to my letter. I read with interest your comments and I will relate to you the reason for my enquiry.

Before I begin may I first of all assure you that I am a perfectly ordinary rational family man and not in any way given to sensationalism nor do I reveal a carefully guarded secret lightly.

The facts you will read about are as true as they appeared to me when the incident occurred.

I completed my first crossing of the Lyke Wake Walk in September of 1972 as a member of a party 15 strong. The walk captivated me completely and I resolved to cross again the next year. Consequently, in 1973 I made plans for another attempt. For different reasons my two associates cried off at the 11th hour and I resolved to go alone but supported on route by another two friends of mine.

The month was August, the exact date escapes me but it was Saturday evening and there was a full moon in a patchy sky. I had made reasonable time arriving at Ellerbeck Bridge at 8.30 p.m. Having dined and watered I left at 9.00 p.m. with instructions to my support crew to meet me where the Stony Marl Moor path strikes off the Whitby-Scarborough road for the radio beacon. I followed the path up by Eller Beck and then, losing it during a patch of cloud cover, I struck off for the Early Warning Station fence. I followed the fence for some time, picking out Lilla Howe on the skyline slightly off to the left, until I came to where the fence strikes due South. I stopped, took out my compass and orientated myself until I was facing down the fence and in fact looking due South. I looked up and straight ahead down the line of the fence.

The sky had cleared and the full moon made visibility excellent. I took time to admire the beauty of the moors and then by way of an exercise I re-orientated myself to face Lilla Howe and read off a bearing given in Bill Cowley's guide to the walk. Having one last look around me (this is important) I set off walking towards the Howe and having gone some 100 yds only the strangest feeling overcame me. The overpowering feeling of someone or something watching me. I stopped and turned round and it was then that I saw what prompted me to write to you.

STANDING ABOUT 10 FEET AWAY FROM THE FENCE, IN FACT JUST OFF THE STONE LAID BASE OF THE E.W.S. FENCE AND NO MORE THAN 20 OR 30 FEET FROM THE VERY CORNER WHERE I HAD BEEN STANDING SOME SECONDS BEFORE, WAS A MAN AND A DOG.

My first thought was a security patrol and I hailed him saying something like "I'm doing the Lyke Wake Walk". There was no reply. I closed the distance between us by about half and hailed again "I say, did you hear me alright?" No reply again. I closed the gap to some 25 to 30 yards. The sky was still clear and I could see distinctly a dog sat by the side of what I took to be a man. The man was wearing what appeared to be a long overcoat or, on reflection, it could have been a cloak, the bottom of the material flapping gently in the light breeze. The head had no patrolman's cap on but was rather a shapeless lump, possibly a balaclava, or a helmet. The dog looked like an Alsatian, or perhaps a wolf. By this time I began to wonder if the fatigue was playing tricks on me. I looked away and closed my eyes but when I re-opened them it was still there. I said words to the effect of "Aren't you going to answer me?" at the same

time taking off my rucksack and removing my torch. There was again no reply and I shone my torch at the "apparition", immediately I saw the green glow of the dog's eyes but I could not make out any features on the man's face. More to reassure myself than anything else, I shouted "Well, please yourself" then I turned and walked back towards the Howe looking back six or seven times. Each time there it was. I reached the Howe and my nerve snapped. Looking back again at the still motionless and still "silent man and the dog that did not bark" I turned and ran as fast as my tired legs could carry me and I didn't stop until I reached Jagger Howe ravine.

I decided to forget about the incident for fear of ridicule but it did, in fact, disturb me to such an extent that last year and this time with two colleagues I did the walk again and during the walk I related my story to them. We searched the spot in question for any object, boulder or boundary stone which may have resembled what I saw, but the moor is featureless at that point.

Confident that I had, in fact, seen something with some animal that night I dismissed the matter until that night I opened the LDWA Newsletter on the back page and experienced the same prickling sensation as I did that peculiar night on Fylingdale Moor.

Laugh if you will but I am sure of what I saw, and it was exactly as I have told it to you.

Sincerely,

TONY

Have you seen the silent man on

Fylingdale Moor?

If so we want your story

A Reminder From John - - - - -

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

Subscriptions become due on January 1st for all members except those who joined after October 1st, 1977.

As agreed at the last A.G.M., the annual subscription is now £1.25 minimum.

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

Your subscriptions should go to Membership Secretary

SOME PAST EVENTS

REPORTS FROM ORGANISERS OR PARTICIPANTS WILL BE VERY WELCOME.

THE MALVERN MIDSUMMER MARATHON: 25TH JUNE, 1977.

With the steady patter of rain on the window panes during Friday night the signs seemed ominous, weatherwise, for the staging of the inaugural Malvern Midsummer Marathon. Thankfully dawn broke to reveal clearing skies. Sunshine greeted the sixty-six competitors plus one able-bodied dog (Tom Beattie's 'Jenny'). Everyone registered and collected their tallies before (Mac) McArthur whistled them on their way at 8 a.m. precisely. Among the participants many represented the Midland counties though it was pleasing to see support from Lancashire, Yorkshire, Essex, Kent, Sussex and South Wales. Despite nearly sixty years separating the youngest and oldest competitors it was fascinating to see the way everyone sped from the start to the summit of the Malverns, Worcestershire Beacon at 1394' above sea level.



Nine checkpoints later John Leather arrived at the Wych Hall finish in the time of 6 hrs 39 mins, followed by Michael Wilmer and Alan Hoare who finished second and third. Susan Coles was the first lady in 10 hrs 21 mins. Special mention should be made of Simon Parry from Malvern, not yet 12 years of age, and 14 year old Sylvia Hackney from Salop, who both completed the course.

We hope those who participated enjoyed the walk in a part of the country not previously blessed with Long Distance Walking Events. May they come back in future years bringing friends and families to add to the atmosphere of the walk and to enjoy the scenic qualities of the Malvern Hills. Saturday, 24th June is "D" day next year.

TONY ROWLEY (21)

TANNERS MARATHON, 3RD JULY, 1977

Once again the "Tanners" attracted over 800 entrants and, like last year, the weather was hot and dry. Of the 700 plus starters only 329 managed to cover the 30 miles route in the Surrey Hills within the allotted 10 hrs to give the lowest percentage of in-time finishers (44%) to date.

Much travelled David Rosen was the first finisher in a mere 4½ hours, the shortest time since Olympic runner Gordon Pirie had a go. Once more Croydon Y.H.A. Group won the Youth Hostel Group trophy but a new school, John Fisher, took the School Shield for the first time. The age range of the walkers was an incredible 71 years. The youngest finished but the oldest didn't. In the complementary "Tanners Ten" and "Mini-Marathon" there were over 100 walkers, mainly in family teams. The first "Tanners" took place in 1960 and this year there was just one survivor from that inaugural event - Alan Melsom who has now completed 16 marathons.

ALAN BLATCHFORD (2) ORGANISER

TANNER'S MARATHON

*The scene
at Check-
point One*



7TH NORTH YORK MOORS CROSSES WALK, JULY 16TH/17TH, 1977

This year 282 walkers set out at 12.00, July 16th on the walk. As usual it was sunny and dry with a light breeze, the only sign of rain was a light drizzle in the early hours of Sunday morning. Conditions were excellent and 14 people finished in under 12 hours. The winner of the Moorcock Trophy was Philip Puckrin in 9 hours 26 mins. The Moorhen Trophy went to Ann Sayer in the fastest time ever by a lady - 12 hours 33 mins. The Ruth Russell Trophy went to 16 years old Andrew Preston. The Team Trophy was won by R.Marlow, A.Lewsley and M.Hudson in a total of 30hrs 31 mins. There was an especially warm round of applause for Harry Schofield who collected the Old Man of the Moors Trophy. It was the sixth time he had completed the the walk, he'd only finished the Pennine Way two weeks earlier but cut 1½ hours off his 1976 time - not bad at 72 years of age.

MALCOLM BOYES (132)

THE ICKNEILD MARATHON WALK

On Saturday, July 23rd, 36 walkers attempted the first organised walk from Ivinghoe Youth Hostel to Streatley Youth Hostel. The route was mainly along the Countryside Commission's Ridgeway Path - a total distance of some 43 miles.

Some 27 walkers finished in times ranging from 8½ hours for John Leather (an early bath) to just under 15 hours for the "sweepers".

It is hoped to make this an annual event, possibly run in conjunction with an Eighty Event.

ALAN MELSOM (79)

ROYAL MILITARY POLICE CENTENARY MARCH - CHICHESTER, JULY 31ST, 1977.

What must have been one of the best-supported marches in this country, saw an entry of 2,980 participants in the Royal Military Police Centenary March at Chichester on a hot and almost windless day.

With a choice of 10/20/30 or 40km by far the largest entry was for the longer one. Troops from 15 nations including Canadian, American, Dutch, Greek, Norwegian, Danish and Turkish entered together with several overseas civilian groups. The well-defined routes passed the motor racing circuit, Goodwood Park and House to the race-course, the 40km's then descended to the village of Charlton before climbing onto the South Downs Way near Cocking. Leaving the Way some miles to the east, the route descended to East Dean village where the village



pub. opposite the checkpoint was more than welcomed especially as the two previous checkpoints had run dry and were having water delivery difficulties. Then it was back to the racecourse and over Trundle Hill at the far end where a silver band was playing as walkers checked in at the last checkpoint before the final four miles back to the barracks.

First home were two of our members - Martin Greaves (20) of Lower Street, Pulborough and Mark Pickard (17) of Reigate in an excellent time of 4 hrs 42 mins. 40km finishers received a specially minted gold medal, 30 km a silver and 10/20 a bronze. Despite the hard dusty tracks most appeared to enjoy the event and finish within the time.

Afterwards the Mayor of Chichester was quoted in the local press as saying he would like to see an International March becoming an annual event for the town. The idea is to be put up for discussion at the next City's General Purposes Committee.

R.B. MORLEY (847)

ARNSIDE MARATHON - AUGUST 14TH, 1977

This walk originated in a strange way. In an idle moment two years ago, I was pencilling a route on a map when Frank Hodson happened to call round. It was never my intention to 'organise' anything; I merely thought it would make a pleasant day's ramble. However, Frank never forgot it and, to my surprise, he announced at a local group meeting that I was organising the Arnside Marathon. That was the first I knew about it!

Out of the 86 entrants, 76 turned up but at first the walk seemed portended for disaster. It was not raining but there was a haze which obscured the fine views of the Lakeland mountains and Pennines, and Morecambe Bay looked like a desert. On arriving at the Youth Hostel where Frank had already made arrangements for the start, the warden claimed to know nothing about the walk! So there was a hurried and chaotic start in the small front garden during which I was informed that, due to a typing error, I had sited the first checkpoint in the sea and the tide was coming in. I breathed a sigh of relief when the crowd surged off but wondered if any of them would ever return. Fortunately there were no further mishaps apart from Frank forgetting his teapot but he made an excellent job of serving tea out of a saucepan. The warden recovered from his lapse of memory and kindly allowed us to use the hostel dining room for the finish.

Whilst awaiting the walkers' return, we took a break at a local cafe which was on the route. We stood an alarm clock on the table (neither of us possessing watches) in case anyone had decided to run the 27 mile route. The owners of the cafe were marvelling our precision timing, "so different from the Olympics", when Michael Wilmer (LDWA 772) flashed by so fast that we almost missed him. He finished in 5 hrs 35 mins which was incredible as the next batch of walkers, which included Phil Butler (2016) and David Cashmore (754), arrived 2 hrs 22 mins later. The first lady back was Marjorie Cashmore (492) in 8 hrs 32 mins. Surprisingly most people found the walk more strenuous than I would have imagined and so it was decided to waive the 9 hr time limit and 54 finished.

It may be possible to hold this walk annually, varying the route each year and even to include a 50 mile route but this depends on recruiting sufficient helpers. The walk was operated by only 6 people and thanks are due especially to Derek Esmond and his family who spent a whole afternoon baking buns and biscuits.

SUE RAYNER (282)

BRITISH AIRWAYS ONE DAY INTERNATIONAL WALK, WINDSOR, SEPT. 3RD

The third B.A. international walk saw the start/finish in a different surrounding this year, providing better all-round facilities than the previous year, but as this was nearer Ascot it meant some road walking to reach

the Great Park.

Choice of routes was cut to two, 25K and 40K, last year's 12½ mile being dropped.

Entries from abroad were well down this year but, despite this, over 1,200 walkers set off in brilliant sunshine. The usual medals were presented to successful first time competitors and those who had walked in the previous events were given either a '2' or '3' to attach to the ribbon of their medal.

The routes were similar to last year's but in reverse, but still some inadequate way-marking at the start sent a large number off in the wrong direction.

R.B. MORLEY (847)

14TH CROSS WALES WALK, 3RD SEPTEMBER, 1977.

It was a cold but moonlit pre-dawn at the Welsh border on a silent Clun-Kerry road.

"O.K. off you go" someone called and 57 enthusiasts set off intent on reaching the sea at Clarach Bay.

Dawn came up on Kerry Hill, disclosing views of rolling hills and mist filled valleys. A glorious prospect that lifts the heart and lightens the miles! A boggy but beautiful passage across the slopes of Pegwn Mawr lead to the second checkpoint and welcome refreshment. 14 miles behind us and the next 11 miles are hard - all on tarmac! All down hill for 2½ miles to Llanidloes, then steadily uphill, following the infant river Severn into the heart of the Llafren Forest to checkpoint 3.

This is a beautiful area, containing several forest trails open to the public, illustrated in a Forestry Commission Guide to the area.

From here two miles of forest track are followed to gain the slopes of Plynlimon. The main ridge is followed to Plynlimon summit and, in front at last, the sea! The views are tremendous. Looking back, scores of peaks and ridges form a jumbled landscape whilst to the west is the Nant-y-Moch Reservoir, the Dovey estuary and the sea, acting as a back cloth. From the Nant-y-Moch five miles of tracks lead past Llyn Craigy pistyll and through Craigy pistyll Gorge to the last checkpoint at Bontgoch. Seven miles of lanes lead from Bontgoch to the finish at Clarach Bay.

Out of 57 starters, 51 finished, including 6 of the fairer sex and three youngsters under sixteen. In fact, the youngest was only ten, a remarkable effort.

First to complete the route were Ian Sneddon and F. Thomas in 8 hours 44 minutes, the fastest ever crossing. Although the event is non-competitive, all credit to these two for a superb effort. As someone else said "they must be bionic"! A more average time seems to be 14 or 15 hours. Many thanks to Andy Morris and all the members of West Birmingham Y.H.A. Group for another fine walk.

NEVILLE TANDY (130)

THE SECOND BULLOCK SMITHY HIKE, 3RD/4TH SEPTEMBER, 1977

Excellent weather once again blessed the B.S. Hike, the start of which was brought forward three hours to 12.00 noon on the Saturday, enabling many participants to see more of the White Peak including the attractive areas from Castleton to Hollinsclough through the pleasant Dan Dale, Hay Dale and Peters Dale. 127 completed the 56 mile circuit out of 183 starters within a 24 hour period.

Nearly all the records were broken with Andy Lewsley knocking off over two



BULLOCK SMITHY 77



1. JOHN CORFIELD (Org.) at the starting anvil.
2. Collecting tallies.
3. They're away. (Picture by Stockport Advertiser)



hours to take again the Bullock Smithy Trophy in 10 hours 9 mins. Andy, together with Roy Marlow and Paul Tassiker - all Dark Peak fellrunners, took the Windgather Trophy in a total time of 35 hours 27 mins. Ian Cray, from 2nd West Kirby V.S.U., won the "Shining Tor" Trophy in 12 hours 8 mins, and Pauline Calder won the Ladies "Chinley" award in 18 hours 14 mins. Mark Elsgood won the Bullock Smithy Cup and together with Tom Smith and Richard Lockett, all of 3rd Hazel Grove V.S.U., won the "Axe Edge" Trophy in 48 hours 11 mins.

The event was a success and plans are being made to hold the Third B.S. on 2nd/3rd September, 1978 - details in next Newsletter.

JOHN CORFIELD - ORGANISER

KENDAL GATHERING WALK, SEPTEMBER 9TH-10TH, 1977

Once again this canal tow-path walk coincided with the monsoon season. The rain hardly let up at all throughout the whole 58 mile walk from Kendal to Preston, and it proved to be a much tougher event than was ever intended.

The Mayor of Kendal started the event off at 10.30 pm with his good wishes and Pat Phoenix (of Coronation Street) shook hands with all the 46 starters.

Many walkers decided they'd had enough at the Hest Bank breakfast point, and it looked as though the event might fade out there. However, a small group of enthusiasts did continue, and kept in remarkably high spirits throughout the day which made it all seem worthwhile.

First man into Preston was Bill McLaughlin, followed by Stan Jewell and his dog Fligh and 14 others who completed the whole route.

Bill McLaughlin had also managed to find us a Church Hall for the finish and arrange for refreshments. Thanks to Bill, to 8th Kendal Scouts at Hest Bank and to all who managed checkpoints.

FRANK HOODSON (Organiser)

DISUSED LOCKS ON THE
LANCASTER CANAL -
M6 MOTORWAY RUNNING
ALONG LEFTHAND SIDE
AT THIS POINT.



Picture by Frank Hodson.

THE FIRST 'SOUTH YORKSHIRE MARCH' HELD ON SEPTEMBER 11TH, 1977

This was an army-style event, with a choice of 8, 20 or 28 miles, all on major and minor roads in the Barnsley area. With an entry of around 900, it catered for military and civilian teams and individuals, from the family group to the experienced marching team.

The start was from the T.A.V.R.Drill Hall in the town centre on a sunny, warm day. The circular routes were all to the west of the town, the longest passing through Birdwell, Howbrook, Stocksbridge, Langsett, Hoyland Swaine, Cawthorne and back under M1 to the start. All finishers were awarded an attractive "Gold Medal" on a green ribbon.

R.B. MORLEY (847)



GUILDFORD BOUNDARY WALK, SEPTEMBER 11TH, 1977

This year's bi-annual Boundary Walk attracted a wide variety of walkers - and runners. There were many family groups, including the five LDWA members of the Palmer family, and the 22 miles circuit provided a suitable long distance walk for them. Accompanying the walkers was a record number of eight canine trotters, all of whom were duly certified at the finish! As if not to be outdone, a cow joined the walkers soon after the start but, not having a route sheet, soon went off course and was not seen again. The rising price of shoes apparently does not worry Mike Benison of Taunton because, like many other walks, he completed the challenge barefooted.

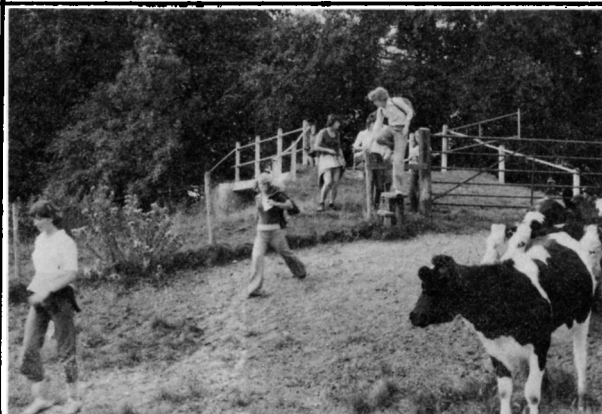


As an experiment, a later start was provided for those who wished to travel fast. Out of 262 starters 237 claimed certificates, of these 47 were ladies. The youngest finisher was 7 years old Simon Rickards, son of our Publicity Officer, and the oldest, 72 years old Leslie Griffiths from Brighton. The shortest time was 2.39 by runner Keith (wait for it) Walker!

ALAN BLATCHFORD (Organiser)

1. *The Starter's table.*
2. *Erica & Ian Blatchford.*
3. *Alexander Chesterton.*
4. *Starting off along the chalk track from Henley Fort.*





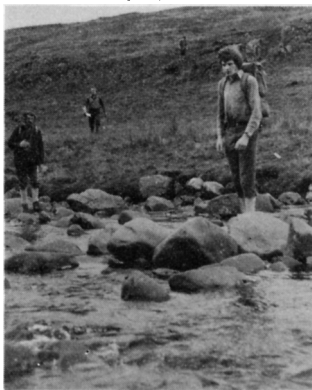
GUILDFORD BOUNDARY.

*"Excuse me, have you
a spare route sheet?
We have lost ours".*

*Walkers negotiating
the Wey Navigation
at Send.*

TEESDALE MARATHON 17TH SEPTEMBER, 1977.

After much biting of fingernails, the event started at 9 am on a cool fair day - all starters looking pensive about the much publicised Maize Beck fording near Cauldron Snout. Tracks on the map but not on the ground puzzled folk but the real comedy show was, of course, at Maize Beck. Several participants scored 3 points for a "refusal" at the water jump but even more



*Above:
Teeside Tony tell-
ing them what to
do. On his right
the lovely Claire
McIntyre - chief
cook.*

*Top right:
"How the 'ell do
I get over 'ere?"
At Maize Beck.*

*Right:
The checkpoint at
Maize Beck.*

*Photos by Stewart
Pailor (1596N)*



must have thought they would get a bigger certificate for crossing and re-crossing the most times! Unnecessary and very odd. 'Super Jack' Harding's reply, in a broad Yorkshire accent, when asked why, was "Me feet were 'ot"! A dry crossing of the 10 yards wide Beck was just about possible but most folk continued with a water cooled system - and boy was that water cold!

Anyway, we enjoyed organising it - incidentally, do not praise me, praise Bob, and especially Claire McIntre, for all those home cooked scones and cakes etc. It was her cooking that had all 72 starters back as finishers, including 8 women, in times varying from 5.28 (Phil Goreham LDWA 1074N) to 8.41 hours. A great day, a great success and thanks to all involved.

TONY CRESSWELL (1062) Organiser (Tyne-Tees Group)

CHILTERN MARATHON - 18TH SEPTEMBER, 1977

True to form it was another dry day, with just a hint of chill in the air and ideal for the even larger entry than last year, almost topping the 600, some 150 more. Actual starters numbered 513 for the mass start from Marlow Rugby Ground, there being plenty of jostling to get over the railway through the two small gates and encountering people coming from the newly acquired parking area the other side of the line. This will call for a start in the car parking area in future if the route is anti-clockwise.

It was road work at first leading up to the Fort at West Wycombe where there was quite an onslaught of walkers for the marshals to do deal with, but they did a splendid job in signing cards, serving drinks and obtaining extra supplies of drink from local residents. It was similar at C.P.2 at Routs Green, the local residents being very co-operative in letting us fill our containers, for which we were very grateful. At C.P.3 Cadmore End things were easier and C.P.4 saw some 440 runners and walkers pass through who eventually finished within the time and gained a certificate.

The fastest was David Rosen in 4.30 hours and to make it a family double, he ran out to meet Miriam Rosen who was to be the first lady home in 5.22 hours. There were noticeably fewer ladies this time; schools sent along more entries and there were fewer Scouts and Y.H.A. LDWA were very well represented.

Out of the many teams of six and over the three fastest were Happy Herts O.C. with an average time of 4.16, second was Reading O.C. with 5.09 and the LDWA came up with 5.27. Middle Thames Ramblers also came up with a successful team. There were quite a few runners but by far the most walkers who themselves recorded some pretty cracking times ranging from 6.30 hours.

The 25 miles was moderately hilly and the organisers, with their freshening up of the Chiltern Society Waymarks (Painted White Arrows) along the route - particularly through woodland - proved a great asset in keeping participants on course. Thanks also to several local R.A. Footpath Secretaries who ironed out, prior to the event (and also waymarked and cleared) problems along the route.

Thanks to all who assisted, both Club Members and outside individuals, to help make this the most successful walk to date and we look forward perhaps to putting on our next event on Sunday, 17th September, 1978.

N.B. LOST ARTICLES: 1 Pullover and 1 Anorak - please see or apply to the Organiser: VINCE SMITH

MYSTERY MOUNTAIN MARATHON - OCTOBER 8TH, 1977.

This maiden event which was well supported, especially by LDWA members, was most appropriately named. Not only were the checkpoint references not given till the start, but many of them above 500m. were not visible until within a few feet! A definite navigational challenge.

Starting from Crickhowell Youth Hostel at 7.30 a.m. in a fine drizzle we ascended to the first trig. point on Mynydd Llangattock, never really visible through the mist! The next stretch to the trig. point on Llangynidr was also misty, and having to concentrate hard on keeping to a bearing, anyone who escaped without sinking to mid-calf in boggy mush must have been relying on someone else's bearing!! From here we found Chartist's Cave for the next checkpoint, and then a welcome descent to the road at Llangynidr Bridge where for once we could see for more than fifty yards. Just as welcome too was the hot soup awaiting us. Another long climb followed to Mynydd Llangors at which time the sun was shining at brief intervals, and then down to the road again. A brief stop for tea and biscuits, and then the long ascent to the top of Pen Alt Mawr again completely in mist. From here a gradual descent over Pen Cerrig Calch and Table Mountain back to the Youth Hostel. We really felt a mystery had been revealed, and it wasn't easy!

Many thanks must go to Chris Barber the organiser, and all the other members of the Gwent Mountaineering Club, for planning such a splendid walk, and for sticking it out at the top of misty mountain checkpoints in far from comfortable conditions.

PAM LAMBERT (1505)

The Chairman
(second from
left) & younger
son at his
drinks point on
the "Masters &
Maidens"



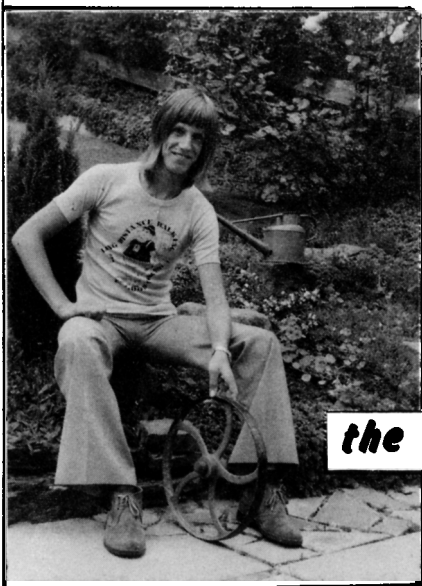
THIRD "MASTERS AND MAIDENS MARATHON", 9TH OCTOBER, 1977.

Although the "Masters and Maidens" is basically a fun run over the traditional marathon distance (26 miles 385 yards) many walkers were again attracted to this year's promotion. Unlike other marathons, finishers are recorded in up until 5½ hours, and unofficially until even longer. With 400 entries it was the biggest run of its kind in Britain. The starters included several members of the LDWA, cyclists, fencers, orienteers, footballers, and a team of uniformed marchers from the R.A.F. The finishers included many husband-wife, and father-son "teams" and one family had four runners. The oldest finisher was 70 and the youngest 12!

The route was over sections of rural roads in mid-Surrey and people travelled there from as far away as Keswick, Cardiff and Devon. Almost ideal conditions led to a new best time of 2.33 being recorded for the run, but a new "long time" of 5.52 was recorded by the final finisher! Of the 310 starters 274 successfully completed the challenge.

A.W.B. (Organiser)

THE TEE SHIRT SCENE



ABOVE - 'T' SHIRT
TONY IN PERSON
MODELLING THE NEW
SHIRT.

THERE IS NOW A CHOICE! "TRAD"
TOP RIGHT, AND "WAY OUT"
BELOW. COLOURS ARE THE SAME
WHITE, LIGHT & NAVY BLUE,
GREEN, YELLOW AND RED. IN
SMALL, MEDIUM AND LARGE SIZES.

BOTH AT THE NEW REVISED PRICE
OF £1.60 INCLUDING P. & P.
(PLEASE GIVE 3 COLOUR CHOICES.

the new character



ALSO

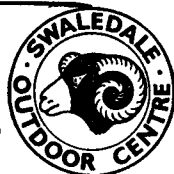
NEW SWEATER SHIRTS

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 and send to

THE SWALE WATERSHED WALK

Steven Bennett (1352)



This circular walk, pioneered by four members of Swaledale Outdoor Centre in November, 1970, is designed to be a challenge to hardened and experienced walkers - a form of weekend expedition. The regulations are designed to maintain its original severity and are as follows:-

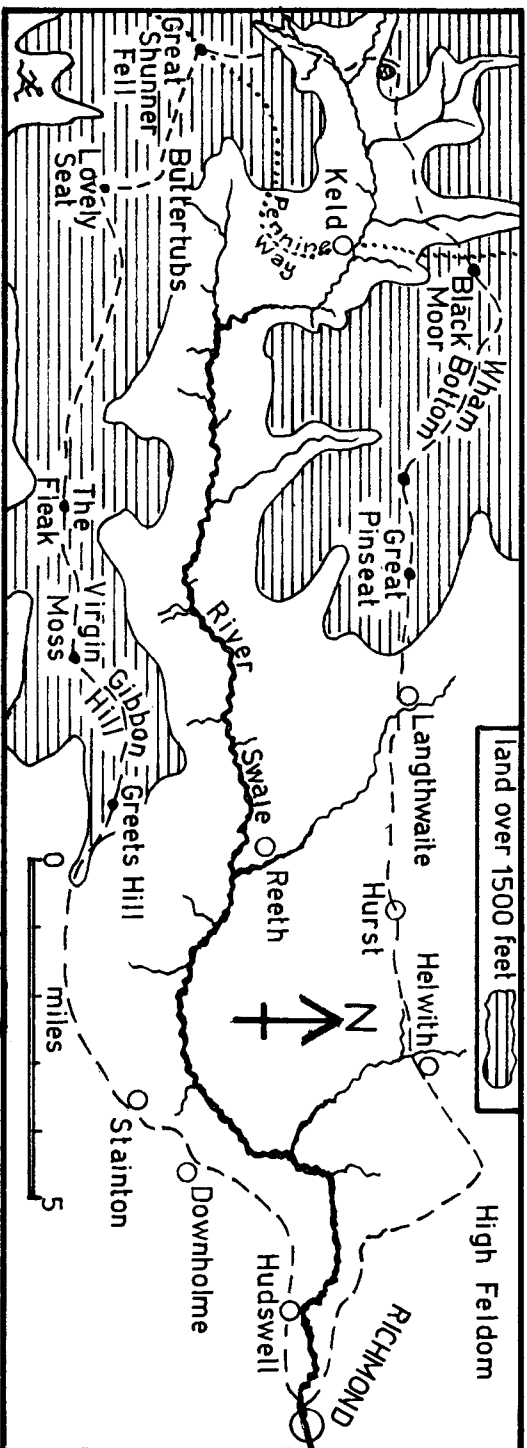
- (1) It is a winter walk to be attempted between November and March inclusive. This avoids interference with the grouse and also makes the walk a major undertaking.
- (2) It must be entirely unsupported with the participants carrying all necessary provisions and equipment - no parties periodically meeting.
- (3) It must not be attempted by more than ten walkers at any one time.
- (4) It must be completed within forty eight hours of being commenced.
- (5) Participants must register at the start - the upper Swale bridge, Richmond by:
 - (a) Signing the book held at the Sundial Shop or dropping a note telling of names, club/organisation, date and time of start.
 - (b) Signing the book at the North West corner of Birkdale Farm.
 - (c) Signing the book again at the Sundial Shop at the finish.
- (6) The route originally laid down is only approximate, although it is recommended that walkers follow it as nearly as possible.
- (7) The date and details of the attempt should be advised to J.R.Deighton

a clear fortnight beforehand so that a check may be made upon the Army firing timetable - the route crossing Military training area in two places, and so, that landowners may be advised.

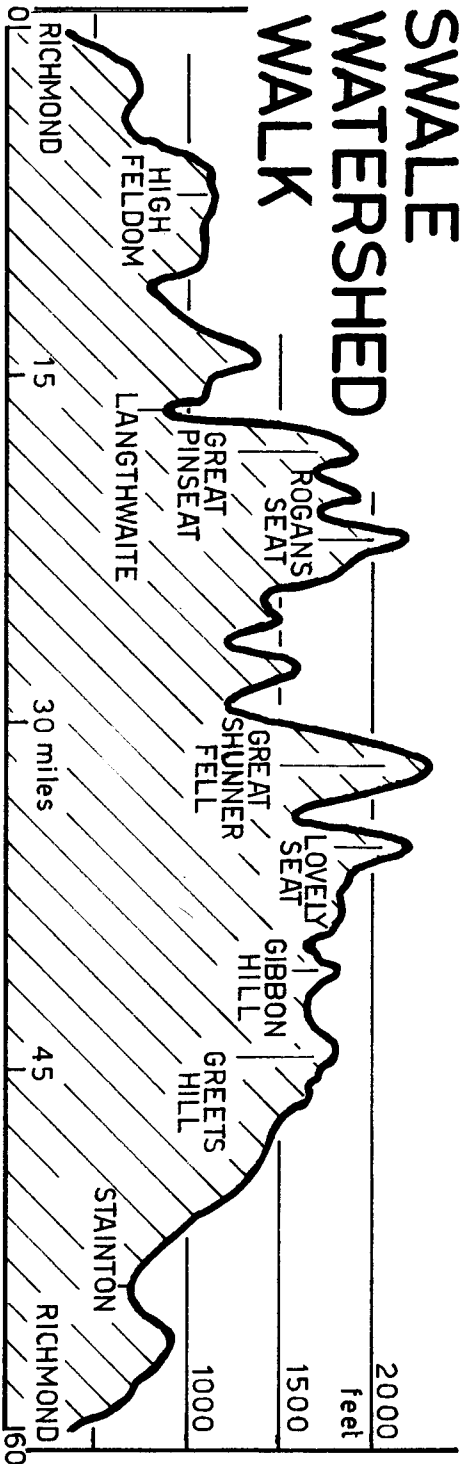
ROUTE:

Richmond (Upper Swale bridge)	SIGN	Crossing river after it
Whitecliffe Woods,	BOOK	ceases to be called
High Feldon		the Swale
Cardilleras		Great Shunner Fell (2340)
Helwith		Lovely Seat (2213)
Hurst		Oxnap Beck Head
Langthwaite		The Fleak (1807)
Great Pinseat		Gibbon Hill
Friarfold Moor (1931)		Greats Hill (1676)
Wham Bottom (or Rogans Seat)		Grid Ref. 073946 track
Black Moor		Stainton
Birkdale Farm - SIGN BOOK		Downholme
		Hudswell
		Richmond (upper Swale
		bridge) - SIGN BOOK

MAPS REQUIRED: 1:50,000 Sheets 92 98 99



SWALE WATERSHED WALK



BOOKS OLD AND NEW

"THE DROVERS' ROADS OF WALES", by Fay Godwin & Shirley Toulson.
Wildwood House £5.95 hardback. (Also available in paperback.)

At first glance this nicely-produced volume, copiously illustrated and with a superb colour photograph on the cover, looks destined for the coffee table. But closer inspection shows that, although lavish in format, this is a practical guide book intended to be used by the discerning long distance walker as an aid in following some of the great drove roads and hill tracks through North and Central Wales.

Coming from the same stable as "The Oldest Road", an exploration of the Berkshire Ridgeway, this latest volume is similar in format, and like the earlier book is superbly illustrated by some evocative photographs by Fay Godwin. These really capture the 'mood' of desolation typically encountered in parts of rural Wales - ruined farmsteads, rough hill grazing and derelict mines and quarries - and the way the intangible 'atmosphere' of the area is put across by these illustrations, some in dramatic atmospheric conditions, is perhaps the main success of the book.

Shirley Toulson, who wrote the introductory text and the route descriptions (which make up the bulk of the book), thoroughly researched her subject beforehand in libraries, by contacting local societies and by talking to farmers, literally in the field. She also covered, on foot, virtually all the routes described. The result is a creditable introduction to the way of life of the cattle drovers of a bygone age, whose tracks remain largely untrodden today, and offers an interesting insight into Welsh culture. The walks described, which are based on the drove routes, are concentrated in eight main areas from Ruthin in the north to Llandovery in the south, and are illustrated by sketch maps intended to supplement, rather than replace, the OS maps. An interesting idea not often found in guide books is the helpful way that grid references of the main points featured in the route descriptions have been shown separately in the margin of the text, thus permitting a quick check of the areas covered by each route and enabling a particular area to be found quickly without reading through the whole text. Included are some useful hints on walking the drove routes, a glossary of Welsh place names, and a bibliography.

Old tracks of this kind, with a wealth of history behind them, have their own peculiar fascination, and to those for whom long distance walking is more than just completing a course in the shortest time, this book will offer raw material for numerous long distance walks, while the photographs will enhance both anticipation and subsequent recollection.

KEITH PENNYFATHER (96)

"WALKING, HIKING & BACKPACKING" by Anthony Greenbank.
Published by Constable at £3.50.

A good introductory book for newcomers to walking, who want to get reliable information on how to set about it. It is aimed primarily at the prospective hill wanderer, but is useful for others too. It is a little fussy in places for the experienced, but you would expect that - the beginner should not cut corners. There is a thorough, if lengthy, section on equipment, and sections on camping and survival.

There is one intriguing chapter on 'how to walk', covering putting the feet down, the resting step and locking the knee. Another good section is on "Badlands" with advice on quaking sands, avoiding lightning, keeping away

from cattle, climbing steep grass slopes and burning off sheep-ticks. Experienced tips abound; if too tired to keep up with your party, get in front (!), get into wet clothes in the morning after camping, cross rivers at their widest. On survival, he emphasises the importance of saving yourself and not staying put for "Mountain Rescue".

Buy it for your children, but read it yourself.

B.K. CHESTERTON (81)

"THROUGH WELSH BORDER COUNTRY FOLLOWING OFFAS DYKE" by Mark Richards. Published by Thornhill Press at £1.95.

A handy 5" x 7½" guide to Offas Dyke Path in the Wainwright style. It's two hundred pages are crammed with illustrations and sketch maps giving information about the route and places of interest along the way. Apart from the introduction every page has a picture and, unlike most books, the brief texts are complimentary to the illustrations. Although its size makes it ideal for carrying in an anorak or rucksack, it is also the type of book that is nice to keep unsoiled on a book-shelf at home for reference before or after exploring the Path and Dyke.

A.W.B.

LAKE DISTRICT RECORDS

Fred Rogerson has updated his "History and Records of Notable Fell-Walks 1864-1972 Within The Lake District" to include the 1973-76 seasons. The book is a compendium of data in loose-leaf file form to facilitate the insertion of future supplements. It can be obtained, complete with recent supplements, from the author/publisher F. Rogerson

Price is £2.15. (£2.75 with and postage and packing.)

ANN SAYER (846)

SOME FAST SHORTS !

BOB GRAHAM ROUND. The first double has been achieved by Kendal member Boyd Millen (LDWA 485) in 52 hours 23 minutes. 150 miles of rough mountain tracks with 54,000 feet of ascent and descent.

Also, in July, members Frank Thomas (LDWA 127) and Chris Dodd (LDWA 1643) completed their first Round in atrocious weather in 23 hours 29 minutes.

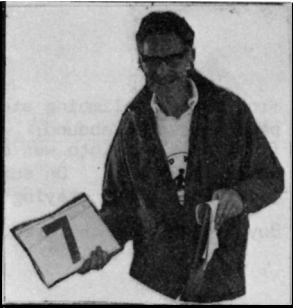
CAT & FIDDLE to TANN HILL - 108½ miles, 17,050' of climbing. Six members of El Greco Group walked the route on August 27-29 in 43 hours 48 mins: Chris Dodd, Mike Powell Davies, Martyn Greaves, Ann Sayer, Frank Thomas, Jeff Ellingham (54 miles). Concise time table and route description available to any interested parties from Jeff Ellingham
SEND S.A.E.

THE PENNINE WAY AGAIN. Just to clear up one point on Jeff Ellingham's write-up on the 6½ day "walk" by Mike Powell Davies and Ann Sayer. Jeff stated that both Mike and Ann are "experienced long distance walkers" and quoted times of 18½ and 18½ hours for the 1977 Fellsman. This may lead to some confusion as to what "walking" means in this context. Neither claims to have "walked" the Fellsman; both jogged occasionally. In contrast, the P.W. really was a walk - with no tripping lightly down the steep banks for a few steps, no running down one side of a peat grough to get impetus for scrambling up the other side, no pattering down the steep bit of Penny-Ghent. Always one foot on the ground. This needed a bit of discipline at times - but was great fun really (with plenty of time for photos!)

A.S.

LETTERS TO

THE EDITOR



END TO END SUGGESTIONS PLEASE

I am considering attempting the walk from John O' Groats to Land's End and would be grateful if any members who have completed the walk could offer any suggestions about routes, accommodation and any other useful advice which they could pass on to me. I have contacted the End to End Club! Many thanks!

ALAN DODDS (1003)

ANYONE GOING TO THE HIGHLANDS?

Like J.A. Deft in Newsletter 18, I have occasionally wondered if I ought to continue in membership. Like him I usually prefer to walk alone. Unlike him, I continue walking.

I hope he read No. 18, which included his own letter, because there was a good deal of news and information of value to the loner, as against the many column inches that he sees usually devoted to the "organised" walker. I see his point of view.

Past issues have contained news of and advice about many long walks. I only wish that I could do some of the long treks across the Highlands; these usually involve a wife who can drive or a very kind friend, one who is content not to walk.

Friend Deft has obviously lost interest in walking.

The best I can do, without support, is around my own, adopted, area, or into Wales or the Lakes. Though I did do the Pennine Way in June; not as some of our E.C. members did, in one week (with support). I took a leisurely 15 days, but I am an O.A.P. with more time to spare and at 67, twice or three times the age of those speedy folk.

I do not belong to a LDWA group and have given up entering 'events' but I still value membership and the Newsletter.

JACK WHITAKER (1012)

SNOWDONIA SUMMITS

Jack Ashcroft's "Just One Variation" (Newsletter 18) sounds an excellent idea. Possibly the ultimate in Snowdonia walks achievable in daylight hours. If I have understood correctly, it sounds like a "14-14 peaks", only the Carneddau being walked twice. Chris and myself were specifically looking for the 'double'. I shall look seriously at this variation; I might even talk Chris into it.

Incidentally, Yr Flen is no problem. A traverse above Ffynnon Caseg saves unnecessary climbs over the summit of Llewelyn. To me, the real crunch is Elidyr Fawr. Try climbing it from Nant Peris at 1.0'clock in the morning.

NEVILLE TANDY (130)

SANDSTONE AND GRITSTONE TRAILS

I was interested to read the article on the Sandstone Trail by Mr Howes published in your August Newsletter.

I am sure that Mr Howes and your members will be interested to learn that the Trail has indeed been extended at the southern end from Duckington to Grindley Brook on the A41 road at the Cheshire/Shropshire border. The extended length has been fully sign-posted and waymarked.. In addition the northern extension from Delamere to Frodsham Hill is nearing completion.

A second trail on which we are now working is the Gritstone Trail which eventually will extend from Lyme Park in the north to Rushton Spencer on the Staffordshire border to link with the Staffordshire Way. At present the Trail is waymarked from Lyme Park to Tegg's Nose Country Park near Macclesfield.

I enclose our current brochures relating to these Trails. Your members may obtain copies from this office, price 27p for the Sandstone Trail and 12p for the Gritstone Trail, both prices include postage.

Director of Countryside & Recreation, County Hall, Chester, CH1 1SF

YOUR DEVON INFORMATION BUREAU!

Apropos my article on Dartmoor in the last issue of the Newsletter, I thought members might be interested to know that I would be pleased to answer individual queries on routes, accommodation etc., if they write to me, enclosing a stamped addressed envelope, as long as they give me at least a week to reply. Incidentally, the photo on Page 30 of the last issue is, of course, Postbridge and not Two Bridges.

Finally, will all LDWA members who live or walk in Devon please note that the County definitive right-of-way map is at present being revised, so will they please check that their favourite footpath or bridleway is recorded. If not, claim forms are available from local council offices. This is an excellent opportunity to include paths missed out in the last survey.

✱ *John Bainbridge (660)*

NO TIME TO STAND AND STARE

Whilst walking the 93 miles from Knighton to Aberystwyth)Offa's Dyke to the Sea) and enjoying a leisurely ploughman's at The Royal Oak in Gladestry, an Offa's Dyke walker came in for a quick pint. I talked to him about his completed section from Sedbury Cliffs, having walked Offa's Dyke myself three years ago. It transpired that he had set himself the same number of days to walk his 168 miles as I had to walk my 93, and he asked to be excused.

"How many castles, abbeys and churches have you visited?" I asked. "None, I haven't time" he replied, and he left. Who is the loser, I wondered.

ALAN JONES (1372)

SO WOULD WE

We in this household would be very interested to know what Alan Blatchford does in his spare time.'

ROBIN (108) and HERRIE SMITH

✱ *ERRATUM - John has pointed out that the picture on Page 30 of Newsletter 18 is not of Two Bridges but Postbridge. Sorry!*

THE WAY IN WORCESTERSHIRE

I was interested to read Antony Hewitt's account of the Staffordshire Way in the Spring edition of the Newsletter; I would particularly take issue with his claim to be the first in the Midlands.

The Worcestershire Way was inaugurated in 1972 and in fact was featured in the Midlands Today TV Programme in December of that year. The W.W. starts where the Staffordshire Way is going to finish - at Kinver near Kidderminster; so immediately we have the possibility of a "Two County Footpath".

The W.W. was designed by Garry Owen of Kidderminster, when we were serving in the TAVR together. We wanted a long distance map reading route which could be accomplished by TAVR soldiers in a weekend. The then known and accepted routes were too long so we set about designing our own. The W.W. was designed with three main criteria in mind. Footpaths were to be used in preference to roads; the route should be scenic, and a certain element of map reading difficulty was required.

Only three of its forty-five mile length is on tarmac, the remainder being on public footpaths; some of these were rarely used and thus difficult to find, however with use, the Way is now easy to follow.

Broadly the route starts at Kinver then moves south west through woodland until the River Severn is reached by the railway bridge, now used by the steam driven locomotives of the Severn Valley Railway.

The river bank is followed to Bewdley and then we traverse a series of high features culminating with the Malvern Hills. The Way follows the length of the Malverns and then crosses under the M50 and thence to Gloucestershire.

After the five minute showing on TV we received some 3,000 requests for copies of the route and one of the earlier walkers kindly designed a badge which has been manufactured.

A.K.M. ABELL (1776)

WELL DONE TONY! DO IT AGAIN

I would like to thank Tony and all his helpers for putting on a first class event with his TEESDALE MARATHON.

Check points were just the right distance apart, with most of them serving hot or cold refreshments, whether it was tea, coffee or soup; the mixture that Peter Barker was making was superb!

Thanks for a grand day out amongst friends and let's hope there's more water in Maize Beck next time.

Many thanks.

G.T. HARDING (1350)

THE DOWNSMAN CHEATS

I write as spokesman for a team of members from the South East who entered the last Downsman Hundred, and I feel I may be voicing the thoughts of many other entrants. We had hoped that someone else would do this but no, complacency reigns supreme.

Our complaint concerns two matters. Primarily cheating; blatant and, in some cases, ruthless cheating, on a scale which makes one wonder at the twisted mentality of the people involved. It degrades the whole event to a level where the possession of a certificate is meaningless. The second matter concerns the organisers and their woefully lax enforcement of the

rules. The rules state that people who arrive at checkpoints late will be asked to retire and surrender their checkcards. Thus 13 people should have been disqualified at CP3. Now, these entrants must not be allowed to displace genuine finishers who kept within the time limits and stuck to the rules. I, therefore, formally request you to disqualify them.

Let me explain our position. We saw snags as soon as the rules were issued. If we took the late start we could, practice times showed, make CP4 by 01.30 but it would leave little margin for error, especially as some of the running would be in the dark. Therefore, we took the early start and, because of arriving at checkpoints early, had to wait and thereby lost at least 3 hours. Apart from closing times there seemed to be an equal amount of carelessness with the opening times. A study of the results will reveal that the early finishers were going through some of the later checkpoints at least 30 minutes early. It really is little short of disgraceful.

Speaking of disgrace brings me to the next and more serious subject - the CHEATS. You just would not believe the extent to which it goes on, and we are tempted to name those we know. We did make it plain to those we caught and they will remember the reception we gave them. For the record they do it by detouring climbs, and short cutting. It is so prevalent and calculated to preclude any excuses like "I lost my way". Steyning is one good example where people cut across the car park; and others took to the road instead of following the route.

The standard of such an event as the Downsman must not be allowed to deteriorate if it is to have any prestige in the future. Rules must be upheld and cheats publicly exposed, and debarred from further events. Now is the chance. Disqualify the time defaulters, amend the results and ask anyone who short cut the route to own up and retire. I challenge you to do this, and I further challenge you to publish this letter in the Newsletter. I don't think a thing will be done.

Disappointedly yours,

NICK CHEYNEY (LDWA 1484)

P.S. How about a Downsman 90 badge for the cheats?

(The above is an abridged version of the original letter in which a number of examples of "time faulters" were spotlighted, and references to the rules made).

DOWNSMAN CHEATS - ORGANISER REPLIES

Thank you for your letter concerning the third "Downsman Hundred" event. I am sorry to hear that both the apparent gamesmanship of the participants and the alleged laxity of the organisers caused you and your colleagues, and any others, such distress. Having received no word of criticism until three months after the event I was beginning to think that we'd got it right, but now it seems that there is possibly some room for improvement.

It is obvious that each person on a walk such as the "Downsman" has their own idea of the spirit of participation; some will be making a once-in-a-lifetime effort to cover the magic hundred miles, some will be out to improve upon a previous performance, and others simply hoping to add another hundred to their tally. To the more competitive element the finishing time will be the all important thing, but for the majority just to complete the distance will be the final goal. Unlike an athletic race, where each competitor will be out to beat as many of his rivals as possible, events such as the "Downsman" are intended to be a personal challenge where the achievement of any one participant is not intended to relate to that of any other walker or runner. If any finisher declares privately or publicly

that he is the fastest runner, best walker or greatest anything else then that is no concern of the organisers. How a particular participant meets the provided challenge is largely up to that person and if he or she is cunning enough ways of by-passing the rules can easily be found. It may be galling for a person who has religiously abided by the rules to see another gain a certificate or other award when that person has circumvented the rules of the event, but surely the person who has met and beaten the challenge fairly will have the real victory in his heart, whilst the "cheat" will merely gain a hollow victory. To provide more interest we have adopted the policy of recording and publishing a full set of checkpoint times and compiling the list of finishers in order of finishing. This has, unfortunately, given the "results" the appearance of a race, and some people now proudly quote their "placing" in various events.

As organiser of the "Downsman" (and numerous other events since 1960) I would suggest that you try to view the event from the organiser's angle. If you ever organise an event you will discover how difficult it is to cajole people to stand at a remote checkpoint, perhaps on a Bank Holiday, for several hours at a time. This year, to cut down the open period of the "Downsman" checkpoints, we operated the separate walkers and runners starts and we expected the walkers to walk and the runners to run, or at least jog. Of course, what happened was that the leading "walkers" ran and so arrived at some early checkpoints before their opening time. You, I believe would be in this category. As you say, some people arrived at the early checkpoints after their official closing time but most of those quoted went on to finish the event in shorter times than yourself. Our basic reasons for threatening to "retire" people were to safeguard the welfare of the participant and to ensure that the challenge was completed within the time allotted. Although closing times were stated, some latitude was given to the officials and I believe that this was justly exercised. On the other point - short cutting - this is largely the fault of the route planner for allowing the geometry of the set route to have kinks in it that may be straightened out by the good navigator. However, there are few places on the "Downsman" route where large short cuts can be made and I refute your suggestion that some people lopped ten miles from the total distance. Generally, the set route will be along public rights of way and be a balance between the shortest path and the most interesting. We would, of course, hope that all participants would keep to the "official" route but to enforce this is virtually impossible, especially at night. I will, however, consider if anything can be done about the "Steyning Kink" when we next come to hold the "Downsman".

At this late stage I do not intend even to consider the disqualification of the numbers mentioned nor do I intend to cast a slur on the particular person mentioned who, in my opinion, had a worthy performance to add to several others.

You are a very fine marathon walker/runner and also a great marathon letter writer, but it may be that your competitiveness might be best channelled into long distance road racing, where you will not meet the sort of problems incurred in fun events like the "Downsman".

Yours sincerely,

ALAN BLATCHFORD (2)

(For the record, Nick took 26.25 for the 100 and was the ninth "walker" to finish. Fourteen runners recorded faster times but had Nick not been held at checkpoints he might have been the eighteenth fastest finisher overall)

AND FINALLY

I would like to express my thanks to all who helped to make the recent "Downsman" the success it deserved and achieved.
Roy Dilliway (83)

1864 - 2025 members

LDWA	1864	CELIA MILDRED BISHOP
"	1865	RICHARD LOCKETT
"	1866	FREDERICK JACKSON
"	1867	ISABEL WELCH
"	1868	WILLIAM KENNETH SMITH
"	1869	GRAHAM ROWSELL
"	1870	JAMES HENRY FOLLIARD
"	1871	JAMES M. SHERLOCK
"	1872	KENNETH H. E. GEORGE
"	1873	BRIAN REES EVANS
"	1874	DAVID BRIAN EVANS
"	1875	EDWARD JEAVONS
"	1876	RICHARD STANLEY WELCH
"	1877	MARTIN E. GILLELAND
"	1878	ALAN CARADOG JONES
"	1879	G. E. WESTCOTT
"	1880	ROBERT ALLAN LEE
"	1881	GEOFFREY HARDY
"	1882	ALAN EDWARD CURRY
"	1883	RAYMOND ARDREY
"	1884	ERIC WILLIAM HARRISON WALKER
"	1885	RAYMOND PETER THOMPSON
"	1886	ROBERT W. MARTIN
"	1887	G. WILLIAM HOUGH
"	1888	ALAN A. BRAIN
"	1889	JULIAN WEBB
"	1890	KAREN GASSON
"	1891	JOHN FREDERICK KING
"	1892	ANITA STEVENS
"	1893	PETER JOHN LAMBARTH
"	1894	WALTER ERNEST SCOTT
"	1895	IAN DAVID JAMES
"	1896	MARY CHUCK
"	1897	ARTHUR COLLISTER JONES
"	1898	HARRY R. ROBERTS
"	1899	TREVOR A. ROBERTS
"	1900	PETER JOHN JARRETT
"	1901	ALBERT HENRY ARNOLD
"	1902	WILLIAM LESLIE PERRY
"	1903	ALAN MARTEN MORRISH
"	1904	HOWARD RICHARD JONES
"	1905	DENNIS IAN WILSON
"	1906	D. MYERS
"	1907	GRAHAM LESLIE KNIGHT
"	1908	JOHN HENDERSON BOWLES
"	1909	ALAN ASHWORTH
"	1910	JOHN MORTIMER BRADFORD
"	1911	STEVEN PETER BOYES
"	1912	RORY D. BURKE
"	1913	JEAN MARGARET WALLER

LDWA 1914 RICHARD HIGGS

" 1915 HOWARD HARGREAVES PICKARD

" 1916 ANTHONY RICHARD BURGHALL

" 1917 DAVID MARTIN CLARK

" 1918 ELIZABETH IRENE CLARK

" 1919 JOHN MICHAEL SEARLE

" 1920 MARTIN CROSS

" 1921 MICHAEL JOHN TILLEY

" 1922 C. R. CARY

" 1923 WILLIAM BEWLEY

" 1924 DAVID JAMES McALEAVY

" 1925 STEPHEN GREGORY LITTEN

" 1926 GRAHAM FORD

" 1927 J. SENIOR

" 1928 PETER ROBERT FRYER

" 1929 ANDREW COLLINSON

" 1930 DAVID SCOTT

" 1931 JOHN R. R. SMITH

" 1932 MALCOLM JOHN COOPER

" 1933 RONALD SONNET

" 1934 ROBERT GERALD FRENCH

" 1935 RICHARD K. MANSON

" 1936 MAURICE FITZGERALD PRENDERGAST

" 1937 ALAN PALMER

" 1938 JOHN ALWYINE

" 1939 NORMAN GRIEVESON

" 1940 P. MULHOLLAND

" 1941 JOHN HILLS

" 1942 RONALD NORMAN CHILD

" 1943 DAVID EDWARD McKIDDIE

" 1944 ALEXANDER ANGELI

" 1945 JOHN COLENSO

" 1946 DERRICK E. SIMS

" 1947 CATHERINE URSULA McMONAGLE

" 1948 WILLIAM WARBRICK

" 1949 DONALD CAMPBELL RANCE

" 1950 JOHN ANTHONY CLARK

" 1951 MALCOLM ARTHUR EVANS

" 1952 J. D. BOVEY

" 1953 KEITH THOMAS

" 1954 BERNARD CHARLES MOSTYN-HARRETT

" 1955 KATHLEEN MONICA DUNN

" 1956 GEORGE ALAN HALL

" 1957 DEREK MICHAEL JEFFERY HARDING

" 1958 A. W. ARMSTRONG

" 1959 JACK AIREY

" 1960 CATHY GRAHAM

" 1961 BARBARA ROSE BROWN

" 1962 DENISE JUNE HORSTEAD

" 1963 JULIE MARGARET RICHARDSON

" 1964 JOHN COULTER

" 1965 PETER MILLER

" 1966 STEPHEN RIGG

" 1967 TREVOR JAMES WADE

LDWA 1968 G. E. HIBBERT
 " 1969 PETER ANTHONY JOYCE
 " 1970 E. H. DRAPER
 " 1971 D. P. A. PEARSON
 " 1972 BETTY CHRISTINE COOPER
 " 1973 STEPHEN PARKES
 " 1974 JOHN HORTON
 " 1975 STEPHEN KEELING
 " 1976 MICHAEL TASKER
 " 1977 BRYAN ROBERT STADDEN
 " 1978 TREVOR WILLIAM TINDALE
 " 1979 DAVID ERIC ALLEN
 " 1980 ANDREW RICHARD PYE
 " 1981 MICHAEL BRIERLEY TEAL
 " 1982 JOHN BRANSTON
 " 1983 PETER BRIAN STRAY
 " 1984 JOHN DRYDEN
 " 1985 MARTIN LESLIE CLEGG
 " 1986 ROBSON JAMES SMITH
 " 1987 DAVID ANTHONY CHISMAN
 " 1988 PAUL TURNER
 " 1989 DAVID MARTIN
 " 1990 NEIL ROBERT HERBERT
 " 1991 MARGARET S. LEEDHAM
 " 1992 PETER BRUNT
 " 1993 NICOLA JANE GRAHAM GODFREY-EVANS

 " 1994 MARK SCOVELL
 " 1995 ROBERT RODNEY BRADLEY
 " 1996 ALAN STEWART
 " 1997 MARK DAVID KARRAN
 " 1998 ROBERT STANLEY
 " 1999 JOHN RICHARD SHILLETO
 " 2000 CLIVE IAN BAKER
 " 2001 PETER STUART DAYSON
 " 2002 HAROLD WALTER HUNTER
 " 2003 DEREK ATKINSON
 " 2004 JOHN ANDREW PARSONS
 " 2005 PETER A. NETSEL
 " 2006 TERRY KEMP
 " 2007 ROGER FRANK SMITH
 " 2008 WILLIAM OLIVER GYNN
 " 2009 DAVID JOHN PALMER
 " 2010 ANNE ELIZABETH PALMER
 " 2011 ANTHONY ALBERT PALMER
 " 2012 MACKENZIE JOHN DEACON
 " 2013 REGINALD RIGBY
 " 2014 JAMES HENRY WILKINSON

 " 2015 ALAN WATERS
 " 2016 PHILIP JOHN BUTLER
 " 2017 JOHN ELSTONE
 " 2018 DAVID CHARLES YETTON
 " 2019 MICHAEL THOMAS CLARKE
 " 2020 JOHN NICHOLSON EDGE
 " 2021 BRIAN DAVID BUTTIFANT
 " 2022 ERIC BARRY COULBY
 " 2023 DEREK ESMOND
 " 2024 SIMON JOHN LANE

 " 2025 ALAN ROBERT CHAPMAN

CALENDAR OF FUTURE EVENTS

1978

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 AND ORGANISERS OF EVENTS ARE INVITED TO SEND DETAILS OF ANY WALK THAT THEY THINK SHOULD BE INCLUDED HERE, TO: ANN SAYER

<u>DATE</u>	<u>EVENT</u>	<u>LOCATION</u>	<u>MILES</u>
JAN. 2ND MON.	SURREY INNS KANTER	SURREY	10-18
JAN. 7TH SAT.	RESERVOIR ROUNABOUT	POWYS-DYFED	20
JAN. 8TH SUN.	WINTER TANNERS	SURREY	30
FEB.24-25 FRI-SAT	BOGLE STROLL	LANCASHIRE	55
FEB.25-26 SAT/SUN.	TANNERS-HINDHEAD (AND BACK)	SURREY	28
MAR.3-4 FRI-SAT	HIGH PEAK MARATHON	DERBYSHIRE	40
MAR.19TH SUN.	SEVENOAKS CIRCULAR	KENT	30
MAR.27TH MON.	MANX MOUNTAIN MARATHON	I.O.M.	30
APL. 2ND SUN.	FOREST ROUNABOUT	ESSEX	30
APL.2ND SUN.	WESSEX XXX	HANTS	30
APL. 8TH SAT.	MID-WALES MARATHON	GWYNEDD	22
APL. 8TH SAT.	A.G.M. AND ANNUAL DINNER	BUCKS	
APL. 9TH SUN.	POST DINNER RAMBLE	BUCKS	
APL.22-23 SAT-SUN	SURREY SUMMITS	SURREY	62½/100 Km
MAY 6TH SAT.	RIDGEWAY WALK	BERKS/WILTS	40
MAY 20TH SAT.	SPRING IN LAKELAND	CUMBRIA	28
MAY 20-21 SAT-SUN	FELLSMAN HIKE	NORTH YORKS	59
MAY 27-29 SAT-MON	CLEVELAND HUNDRED	N.YORKS/CLEVELAND	100
JUN.17 SAT.	LAKES FOUR 3000'S	CUMBRIA	45
JUL.2ND SUN.	TANNERS MARATHONS	SURREY	50, 30, 10
JULY ?	ICKNIELD EIGHTY	BERKS/OXON/BUCKS	80
JULY 15-16 SAT/SUN	TANNERS TWO DAY WALKS	SURREY	20-50
SEPT.2-3 SAT-SUN	BULLOCK SMITHY	CHES/DERBYS	56
OCT.7-8 SAT-SUN	LONG MYND HIKE	SALOP	50
OCT.28-29 (Provis.)	CAPT. COOK WALK	NORTH YORKS	44

FOR INFORMATION REGARDING LOCAL ACTIVITIES SEE GROUP NEWS.