

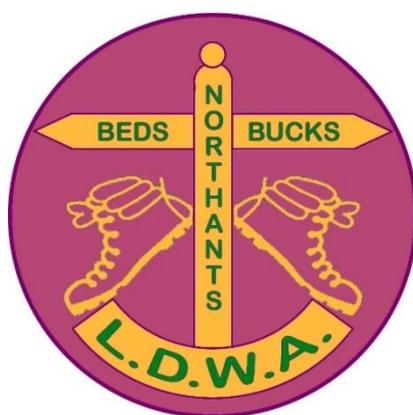


LONG DISTANCE WALKERS ASSOCIATION

furthering the interests of those who enjoy long distance walking

BEDS, BUCKS & NORTHANTS GROUP

NEWSLETTER SUMMER 2020



HAVE A GREAT DAY OUT, WALK WITH BBN
www.ldwa.org.uk/bedsbucksandnorthants

Dear BBN Members

Little did we realise when the Spring Newsletter came out in February just how radically our lives were to change with the Covid-19 pandemic! My sympathies go to those of you who've been directly affected and have lost friends and loved ones.



As you can imagine, there were plenty of emails from National LDWA and amongst the BBN Committee whilst we got to grips with the implications and consequences of the Government's lockdown rules. We held a useful 'Zoom' Committee meeting in May and made the following decisions:

- It doesn't look like we'll get fully back into action until the evidence suggests that it's safe to relax social distancing rules and, even then, we'll have to develop a 'new normal' way of doing things for all our activities to protect everyone's health and safety.
- Our Social walks programme is suspended at least until the end of July. We'll review this at our next meeting on 16th July. The Marston Moors weekend and the Midsummer Meanders walks day will be rescheduled for next year.
- The Hathersage Weekend 28th-31st August, being led by Roy Carter, remains on the programme for now, again with review in July.
- For our Challenge events - the cancelled Pick and Mix is rescheduled for 6th June 2021. The Shillington Shuffle, November 15th, and the Chiltern Kanter, 7th March 2021, remain on the programme for now, will be in Strider and are on SiEntries with 'entry open' dates to be confirmed. Again, we'll review this in July and monthly thereafter.
- The LDWA 100 events have all been pushed on a year so the Sir Fynwy 100 is now rescheduled for May 2021 and BBN are booked to run the Abergavenny checkpoint. Subsequent 100s are all moved on a year and, again, we have confirmed our checkpoint commitments where necessary.
- Following a request from National LDWA for views about the future of listing social walks in Strider, we'll still publish our social walk dates and provide details that are available by the publication deadline but will continue to use our website to publish new details, pop-up walks and update existing information.
- We also agreed to take up an 'event protect' insurance offered by SiEntries to cover the cost to refund entrants if our challenge events have to be cancelled. The small cost to us will be covered by increasing non-member entry by £1.00.

For this newsletter Gill asked members to tell their story about why they joined the LDWA and, by way of an introduction to your responses, here is mine....

Walking has always been part of my life. As a child we went on family holidays to the Lake District and in my early twenties I went on backpacking holidays with friends to the Lakes, North Yorkshire, Scotland and Austria.

Work, marriage and motherhood meant that walking took a back seat until the mid-nineties when, living in Hitchin, north Hertfordshire, I discovered the Icknield Way long-distance path. I did this with my Mum, we completed it as day walks over about 6 months and thoroughly enjoyed it.

My interest in longer distance walking started after I had did the London Moonwalk power walking marathon in 2007. I enjoyed doing the longer distance but wondered if I could do this regularly without having to get charity sponsorship each time – there's only so many times you can ask your family and friends, even if it is for a good cause!

I was talking about this to David Anderson at a Bedfordshire Bird Club meeting in winter 2007 and he mentioned the LDWA. He very kindly lent me some back issues of Strider and I realised this was what I'd been looking for! I remember being quite amused by the alliterative walk names but very impressed by the passion and dedication shown by members in the various reports and articles and the way the organisation was run. I joined as a BBN member in January 2008 and have never regretted it. It's brought me great enjoyment, fun, challenges, achievements and, best of all, many friends.

With all best wishes for a speedy return to our social walking.

Terry Brown

Until we can all meet up again on a walk or at an event – here are our stories about how we joined the group that brought us all together, the LDWA:

Andy Carpenter

How I joined in 2013.

I used to walk in the Lakes quite often, and while there I heard about a 100k event called The Three Rings of Shap. It sounded like fun, so I entered. As I enjoyed it, I then thought: "I wonder if these LDWA people organise any other events that I might enjoy". That's when I found out about what else the LDWA do! I promptly joined, got addicted, and the rest is history, having done 100+ events since then!

John Mole:

I first heard of the LDWA when I was on a Cotswold Warden Walk in Gloucestershire. I got talking (as you do on a walk) to a Graham Instrell. I mentioned that I would like to do longer distances - Cotswold Walks are about 12 miles maximum. Graham is a member of the Wiltshire LDWA and suggested I have a look at the LDWA website. I did just that

and joined several years ago now. I went on BBN, London, Thames Valley (even Lincolnshire !) walks for a number of years but gradually, although I am fine with the distances, I started to find the pace too much - a bit like a route march. One has to be honest.

I'm still a member of the LDWA and intend to be for many years to come, as I think it's a fantastic association. Maybe, just maybe, I'll come on another BBN walk.

David Holland:

I used to walk with the Ramblers. I was considered to be a pain. Always wanting to go faster and further.

Someone said you should join the LDWA! I said who? how? They said someone by the name of Foot. Lives in Devon!

I rang every "Foot" in Devon. After about an hour a booming voice yelled at me GEORGE FOOT. He was Chair of Cornwall and Devon (as I am now).

The rest as they say is history. 500+ Challenge Walks and innumerable social outings.

Sheila Richards:

I walked the Cumbrian Way with Headwater Holidays some years ago.

It was a wonderful experience although I found the pace a bit slow. The leader was always telling me off for walking too fast and staying ahead of the group.

One of the group was an LDWA member and he recommended that I join in order to walk with people who covered good mileage at a good pace.

I have been a member ever since! He was right!

Dianne Sutton:

I was a jogger and somehow some of my friends and I found out about LDWA challenge walks that allowed people to run them as well as walk. So we started doing them.

I particularly remember one lovely event out in the east of Northants that started in a lovely village where Roy and Janet Presland were checking us back in.

Other particular memories are some events from Barton le Clay, one where the mud was awful not far from the finish, and a snow flurry on top of the hill behind the hall. That may have been 1988.

So many great memories of running LDWA events, especially with the late Gwyneth for company.

I can't remember at what stage we decided that as we were taking advantage of these LDWA events we should join and so we did.

This was a good move as around the end of 1997 I had to stop running as my knees were causing me issues and I started walking with the group on some Sundays rather than my usual Sunday run.

Everyone was so friendly and made me very welcome as a walker.

As I approached retirement I started to take an occasional Thursday off work to join the Thursday walks and once I retired I was able to make the Thursday rather than Sunday walks my usual choice.

I am so pleased that we decided all those years ago that we should join LDWA.

Clive Pearson:

I joined the LDWA many years ago after being introduced to it by my brother. He was an avid walker and we would do walks such as ;

The Scarborough Rock
The Smugglers Trod
The Falcon Flyer
The Rudolph's Romp
The Windmill Way

The Corn Dolly Folly
The Elland Back
The Three Peaks of Yorkshire
The Lyke Wake Walk
The Swaledale Marathon

Many of these were every year. Sadly some of these don't exist anymore. In 2010 I moved to France, and walked many miles round the Charente. Then, as things happen, had to move back to the Uk to look after my father, and rejoined the LDWA. Sadly, both my brother and my father passed away within 6 months of each other, so we moved down to Northampton to be near the granddaughter. At some stage I would very much like to join in with the BBN and resume walking. Maybe at some stage do the Northampton Round !



Val Thompson:

I walked the Cotswold Way a few years ago and decided as I could do the distances I should try and keep it going.

Being friends with the BBN chairperson meant I couldn't really join any other group... .. but seriously, I'm glad I did and look forward to the day when we can get together again.

Mira Nair:

My best friend Paul, who usually teams up to do the long distance walks, and I live in Cambridge where there is currently no LDWA chapter, so we usually make the rounds of social and challenge walks that are within 2 hours driving distance of us, including a number of BBN challenges.

I am always very impressed with the BBN challenge catering including the beer that has often been served at the end of the event! My type of walk :-). Nowadays, I'm not walking quite as much as I used to, and not just because of the lockdown. I had a beautiful baby boy come into the world on April 8th, and he has taken after his mum with endless energy and a restless spirit. I'm hoping he's a future long distance walker — he certainly came on many a ramble when he was in the womb. Photos below of Max and his very tired parents.

I think all this sleep deprivation from having a newborn should be good training for my next 100.



Suzanne:

Both my husband and I along with several running friends have recently joined the LDWA after spending the last few years entering local challenge events. Although we run the events we have always been made so welcome, I have many times been overtaken by walkers, I must spend too long eating cake and drinking tea at the checkpoints!

My friends always ask how can you eat cake and drink tea and still run, my reply is, "it is hard and requires practice and perseverance. But I soldier on like a brave little soldier to get to the soup, apple crumble and a cup of tea at the end! The LDWA have made it possible for me to have increased my distance running, last year I did 100k. This year was meant to have been 100mile, but Covid 19 put an end to that dream.

I am so looking forward to getting out running with my friends, and the next LDWA event.

Thank you for such a wonderful club, stay safe.

Sarah Feal:

In 2016 I had signed up to walk a 100km event to raise money for Oxfam and the Ghurka Welfare Trust. As my training sessions increased in length of walking distances I started to run out of friends who were prepared to trek such long distances with me. I Googled long distance walks and the LDWA National site came up in my search results. I quickly navigated through to the Beds, Bucks and Northants (BBN) local group and impulsively signed up and bought the book.

My first walk with BBN was called 'Offley Again' an 18 mile walk led by Peter on 22 May 2016. I'm naturally an introvert and was quite nervous on the morning, but I remember pulling up in my car to meet everybody and enquiring whether the group of strangers standing at the edge of a field dressed in hiking outfits complete with walking poles were the LDWA. I remember Dee laughing and responding that "they were just dressed up like that for the fun of it" which made me laugh. Everybody was so welcoming to me on my first walk and Phil gave me many great tips that day, which helped me go on to achieve my first 100km walk in July 2016.

Since then I have joined many BBN walks and met so many wonderful individuals. I love the camaraderie of the group and the quirky people that long distance walking attracts. I enjoyed Norman's many food themed walks; cream teas, ice cream sundaes and Santa's mince pies and mulled wine. My favourite all time walk has been Gill's A to Z of London. I am full of admiration of Gabriel and Peter and their fitness level. And who knew you could walk around Corby... thanks to Wayne and his family for that memorable event.

I have attempted a few challenge events to date, and hope to do some more of these in the future once I have improved my navigation skills.

The lockdown will be over soon and I'm looking forward to more great adventures with BBN. Until then stay safe and well everybody and see you soon.

Marcus Rogers:

My memory is a bit rusty but I think my first 26 mile challenge event was probably called the Chiltern Walkathon in the mid eighties, from the Towersey area, and covering the northern part of the Chilterns.

I had walked a number of the Long Distance Trails and done a lot of hill walking so thought I was reasonably fit. I soon found myself towards the rear of the field huffing and puffing after the main pack who were rapidly disappearing into the distance. After settling for a comfortable pace I met up with Chris Goodman and walked and listened to him for several hours learning about the LDWA and being drafted into the BBN Group. I have been a member ever since although not always as an active participant.

For the next 15 years or so I participated in a large number of LDWA events all over Great Britain, and was later introduced into foreign event walking which I am still fond of. The main benefit of that first ever challenge walk was that realising I wasn't as fit as I had thought, it gave me the reason I needed to quit smoking. I am still participating in some of the Group's events but only choose one of the shorter distances.

Sara Waldron:

5 years ago our neighbour Neil, seeing that I was at a bit of a loose end after retirement, said " You like walking Sara, how do you fancy coming on a long walk with a great group of people anywhere in Beds Bucks or Northants? " So I did. He was right - great walks & great people.

Merrian Lancaster:

Jim Morrison gave me membership as a present, I don't know when that was. Long Distance Walkers Association, very intimidating. Challenge walks, more intimidating. So I did nothing and I didn't renew. Sorry Jim. That's why, when I hand out LDWA flyers, I always say "don't let the name put you off". DFH took me on a couple of walks locally and convinced me to join. My LDWA record tells me I joined in 1996. I don't know when it was, but I remember going on a social walk that Sylvie led and she told me I would be fine on a challenge. There's an entry in my diary on 17th November 1996 that says "Shillington Shuffle 8:30am". I've no idea if I did it. The first event I have filed is Shillington Shuffle, November 1997, I did that with Jenny Melton. I travelled with Jim, Jenny and DFH and we saw a Lady Amherst's pheasant in Woburn on the way home. I have fond memories of finishing Bog Dodgers in July 1998, the first time I'd been on the moors and I did it on my own. The only event I've been late for was Ouse Valley Amble in September 1998; it started just round the corner from home.

I've been looking again at my first Strider, August 1996. [Strider Extracts](#) Not much has changed since those articles - people "cheating", runners/walkers, the aging membership, updating the structure of the LDWA.

Paul Kitson:

At school I was lucky enough to participate in a fair amount of hill walking, which I loved. After that, I hardly did any walking because there was always football or running or cricket until in 1998 I moved with work to Moscow. I lived there for about 12 of the next 15 years. There, I joined a group that would meet up at a rail terminal more or less every Sunday and go out to the countryside for a group walk of 25 to 35 Km. It was a great opportunity to meet new friends, practise Russian, see the Russian countryside and breathe some clean air. There were no pub stops, but in summer usually there would be a picnic and swimming in a lake or the Moscow river. In winter, you would eat your sandwiches early, otherwise, they would freeze! Walking in deep snow is very tough!

On return to UK, I looked for a similar group and after trying the Bishop's Stortford & District Footpaths Association I joined Essex/Herts LDWA and never looked back. Now I live in Rutland, so registered with BBN.

Brian Graves:

I joined in 1973, advert, I think, in Climber & Rambler magazine. My no is 648, one less than the late but beloved Ann Sayer. First event I did was the Punchbowl 30 on a blazing summer's day and then followed by the traditional Tanners 30 which I completed for many years after and a 50 or two. Got to know Alan Blatchford and Chris Steer quite well. The first Sevenoaks Circular rings a bell as it rained throughout.

Dee Brockway:

I once was a runner. Up to 2003, with one exception, my enjoyment of walking had been limited to pleasant local walks, maybe up to 6 or 7 miles, mainly with my family. However, up to this date, 2 significant things had already occurred which, whilst unknown to me at the time, would steer me towards the LDWA.

Back in the late 90s I had responded to a request from my teenage nephew to complete a 26 mile challenge walk in Northamptonshire. It's name escapes me...."Spires and Squires?????" (Happy to be enlightened). It nearly killed me but I remembered my sense of achievement and the food stations and friendly people.

Also late 90s, I had pulled back my curtains in my house in Barton Le Clay one Sunday morning to witness an unusual sight, what seems liked hundreds of walkers were purposefully striding past my house. A quick question to one from my front door briefly explained their purpose....a 26 mile challenge walk organised by a gentleman from a local walking group. They wrote down his name and phone number. At the time I worked for The Luton Tourist Information Centre so, the following morning, wearing my TIC hat, I called John Nickerson. He sent me a copy of The Strider to display in the centre. When it went out of date I kept it.

Back to 2003. In October that year my dear mum passed away suddenly and I was struggling. A good friend suggested we walk The Moon Walk 26 mile challenge in her memory the following June. We needed to train. I remembered my copy of The Strider. It somehow resulted in ringing a lady called Sylvie Eames to join a social walk she was leading In January 2004. The rest is history.

I can't remember exactly when I joined BBN and the LDWA and, until I gave up competitive running in 2007, my participation in walking events was quite limited. Then walking became the sport I loved. 13 years later, ten Hundred completions, many challenge walks, even more social walks, I still love walking. The LDWA and in particular my wonderful friends in BBN are a big and very special part of my life. During these difficult unnatural times of social isolation I miss them all dreadfully. This will all come to an end and my wonderful walks will begin again. Until then I continue to walk but it's not the same without you lot.



Peter Simon:

Mooi joined first. We were dating at the time and were members of a Ramblers group in London. Another member told Mooi about the LDWA. Mooi was keen on information on challenge walks, and so she joined. When we bought our first house together, we changed her single membership to a family membership. That's how I got involved.

Dave Findel-Hawkins:

Brian Graves, a fellow member of MKAC, was part of E&H organisers of the Chiltern Kanter and suggested some of us enter. That was the 1979 event. Four of us did and we went round as a group and were first back. I joined the LDWA in 1980 but didn't do another event until the 1981 Kanter. No idea when I first did a BBN walk, but it wasn't until a lot later.

Peter Hamson:

I was running the South Downs Way 80 mile trail race in June 1986. It was a boiling hot day and after 30 miles I was suffering from dehydration and had a splitting headache. I was picked up by the rescue minibus and sat there feeling terrible. I remember there were two other people on the bus talking about an event they were doing the following weekend run by an organisation called the LDWA. I felt much too ill to join in the conversation but decided I would investigate the LDWA when I got home. I can't remember how I found contact details. Of course there was no such thing as Google in those days but I remember the LDWA advertised themselves in some outdoor magazines. Anyway, I joined the LDWA and have been doing their events ever since.

Steve Smith:

I first heard of the LDWA through an advertisement in *Trail* magazine. I still keep all my old Striders and the first one I have is August 1990. However, I think it took me almost 2 years to do my first challenge event which was the Dorset Duddle. My first BBN social walk was a Christmas walk from Olney about two years later led by Gill Bunker. My first 100 was Dartmoor 1994.

I think my favourite 100 was Exmoor in 2004. Nice weather and great scenery. The worst was Kent 2000. Non-stop rain and incredibly muddy. Favourite challenge event is probably the Hardy Annual. Again, great scenery.

One thing I like about the LDWA is the friendship. I think I became good friends with Norman Corrin when we both marshalled in the tent on the Shillington Shuffle. This despite the fact that he comes from the wrong side of the Mersey! I found I've made lots of friends at BBN. We miss everyone living in Derbyshire, but we will be down on a social walk sometime in the not too distant future.

Chris Burns:

Having joined a group of bell ringers on a monthly Monday wander of about 6 -10 miles, one lady, Terry, told me of a great group for walking longer distances. She explained that she was about to try 26 miles in 9 hours on a challenge walk and I thought she was mad. It wasn't long before I too joined BBN and I've not looked back. Thanks so much Terry. Little did I know how far I would end up walking or that Terry would end up as chair of BBN.

Derek Jacob (Jake):

I first heard of the LDWA when my long time friend and work colleague John Nickerson asked me if I would mind helping him Marshalling on a challenge walk, The Nene Valley Kanter. I agreed to help, and I was the on first and last checkpoint. I enjoyed the day and everyone was very friendly. I didn't join the LDWA until many months later after helping out on more events and joining some marshals' walks.

Norman Corrin:

After several postings in the RAF including a 2.5 years tour in Germany at RAF Bruggen where I'd done several overseas walks, I was posted to RAF High Wycombe in Buckinghamshire. There I met Chief Tech Gordon Turner of the RAF WARMA (Walking and Road Marching Association) who told me about something called the LDWA. This was shortly after Alan Blatchford had died and he'd been to his funeral.

I went to Nijmegen with the RAF in July 1980 (for the 4th time) and after that was beginning to find out more and more what the LDWA had to offer but was hesitant to commit myself as my map reading skills were pretty poor. I joined eventually in April 1981

Shortly after that Gordon told me about something called the LDWA 100 and would I like to go and support Flight Sergeant Angus Sutherland on it in the Lake District? This was the Cumbrian 100.

Well with nothing else to do over the Whitsun weekend and curious about what a 100 was I thought I'd go. WOW! The conditions were atrocious, the terrain was very challenging and I was completely smitten by seeing Pauline Shore come in and out of checkpoints looking absolutely immaculate! Angus had planned to do the optional 25-mile loop which was available on this 100 but when he got into our van at an overnight checkpoint the phrase "Bollocks to that" or something similar was used.

After this event I thought "I want to do this!" As part of my training for the 1982 Pilgrim's 100 I entered the 35 mile Malvern Marathon in June 1981 and never looked back.

This led on to a couple of more 100s, getting involved with BBN and so much more. Without it I honestly don't know what I would have done to occupy my time, maybe underwater basket weaving? For me it has given me so much pleasure and enjoyment.

I would miss it dreadfully both for the walking but also the people.



Steve Clark:

I was in St Johns Ambulance at the time and I remember covering a duty called The Woburn Walks, and all these walkers were all over the place so I asked "who are you" and I think that I remember that it was Gill Bunker who I was asking. She replied we're the Long Distance Walkers Association, do you want to join us. I was walking with the MK Ramblers at that time so I said yes, how far do you walk, and Gill told me all the details. I filled out the application form that day and joined the LDWA in 1990. My first challenge event and first 25 miler was the Stonehenge Stomp in 1991. I've never looked back.

**Gill Bunker:**

Looking back I was amazed to find I did my first challenge walk in 1977, the 20 mile Chiltern Kanter, and then the Chiltern Marathon in 1978. I used to go to Ivinghoe Youth Hostel a lot with my mum Syb and my sister Jackie, and we picked up flyers for the challenge events there. I joined the LDWA in 1980 and led my first BBN walk in 1986. This would have been a very ordinary plod around north Buckinghamshire, but that day the countryside was transformed by snow and we literally did walk along the canal, it was frozen solid.

Roy Carter:

I spotted there was a 3-Day Greensand Challenge of 40 miles run by the Ramblers in the Bedfordshire Walking Festival.

This was exactly what I was interested in, having walked some national trails like the Coast to Coast with friends.

Not many attended this walk but the leader was interested in my walking history where I revealed liking to walk long distance.

"You should look at joining the LDWA" was his reply. Who are they??

Well, that was 10 years ago and I've felt right at home walking longer distances with the BBN since then.



With many thanks to Tim Vine:

I'd like to start with the chimney jokes – I've got a stack of them. The first one is on the house.

I rang up my local swimming baths. I said: 'Is that the local swimming baths?' He said: 'It depends where you're calling from.'

I went down the local supermarket. I said: 'I want to make a complaint – this vinegar's got lumps in it.' He said: 'Those are pickled onions.'

I was stealing things in the supermarket today while balanced on the shoulders of vampires. I was charged with shoplifting on three counts.

Uncle Ben has died. No more Mr Rice Guy.

Eric Bristow asked me why I put superglue on one of his darts. I said 'you just can't let it go can you?'

I saw this advert in a window that said: 'Television for sale, £1, volume stuck on full.' I thought, 'I can't turn that down.'

I was in this restaurant and I asked for something herby. They gave me a Volkswagen with no driver.

A friend of mine always wanted to be run over by a steam train. When it happened, he was chuffed to bits!

I saw Arnold Schwarzenegger eating a chocolate egg. I said: 'I bet I know what your favourite Christian festival is.' He said: 'You have to love Easter, baby.'

I used to go out with an anaesthetist – she was a local girl.

I went to a Pretenders concert. It was a tribute act.

I went down my local ice-cream shop, and said 'I want to buy an ice-cream'. He said 'Hundreds & thousands?' I said 'We'll start with one.'

My next-door neighbour worships exhaust pipes. He's a catholic converter.

I bought some Armageddon cheese today, and it said on the packet 'Best Before End...'

So this bloke says to me, 'Can I come in your house and talk about your carpets?' I thought 'That's all I need, a Je-hoover's witness'

Norman Corrin

The Malteser Challenge – the saga continues

Well folks I know a lot of you were thinking I couldn't do this but photographic evidence shows that there are still 5 packets of Maltesers surviving. Unlike missives on the Virtual 100 and Virtual Dodentocht this is real and happening! I can provide photographic evidence of the bar codes if anyone wishes to check.....

I do have photos of some trouble in the Kitchen when Paddy attempted to run away with one of the packets but Super Scouse Teddy was there to intervene and try to stop him.

Pictures of the struggle are shown below and before you read any further, I must warn you that these are scenes of a distressing nature.



Paddy attempting to run off with one of the packets



Super Scouse Teddy to the rescue.



The fight to the last Malteser

If you want to find out what happened then you're going to have to wait until the Autumn edition of the newsletter.

TO BE CONTINUED.....

Norman Corrin



HANNINGTON HIKE 1st March 2020 REPORT

Having switched the event from July to March, I was not sure how it would go. As the entries went up it looked as if it was a good decision. With the limit of 200 reached by mid-February and with 30 on a waiting list, the decision was made to raise the limit to 240 and everybody on the waiting list was invited to join. When entries closed on 27th February a total of 235 had entered.

	Oct	Nov	Dec	Jan	Feb	Total
Entries	9	18	41	107	78	253
Cancelled	1	1	2	8	6	18
	8	17	39	99	72	235

Anytime Anywhere	1	Kent	2	Surry	2
Beds, Bucks & Northants	71	Lincolnshire	3	Sussex	1
East Lancashire	3	London	5	Thames Valley	8
Essex & Herts	8	Norfolk & Suffolk	13		
Heart of England	10	North Yorkshire	2		
Irregulars	1	Sherwood	5	Non-Members	100

Had a few worries along the way. The badges that I ordered nearly did not arrive in time. I received an email in January say that due to some of the materials coming from China there will be a delay in delivery (due to Covid19). Having not heard from them by mid-February I emailed to find out how things were progressing and was told that they were in production and should be despatched the week beginning 2/3/20. I replied that as the event was on the 1/3/20 it would be nice to have them for the event day. Got a reply say that there was a production meet on 24/2/20 and will ask if it could be possible to produce them soon. On Wed 26/2/20 was told that the badges were in the office and would be despatched by courier. I got home from work on Thursday to find that the badges had arrived and been left with a neighbour. What a relief.

Had 9 marshals + myself for the marshals' walk on 1st February. 1 on 27 miles route, 2 on 18.5 mile route and 7 on 14 mile route. Thank you.

Liz Sheffield	27	Karen Earwicker	14	Mike Hyland	14
David Findel-Hawkins	18	Gill Bunker	14	Dave Yorston	14
Merrian Lancaster	18	Norman Corrin	14	Steve Bacon	14

With all routes checked and amendments made to the route descriptions, these were then put on the website.

8 entries withdrew before the day and with 29 no shows that left 198 to start their chosen route.

27 Miles	18.5 Miles	14 Miles
98	60	40

There was a misunderstanding amongst us about start times, we only recorded two start times, 08.00 and 09.00. Some may have started before 0800, many started sometime between 08.00 and 09.00, and some started after 09.00.

On the list for next time, 2022, will be to have a rolling start.

6 entries retired (4 at checkpoint 1 and 2 at checkpoint 2). 5 entries missed out a checkpoint but still finished. A couple of runners went off on the walkers' start, were 15 minutes early at CP1 and 45 minutes early at CP2. They did not wait for the checkpoint to open. At the finish, when asked why they had done this, they said they thought they were only five minutes early at CP2 and did not want to wait because they had things to do in the afternoon. When told they would be recorded as missing CP2 and not get a certificate, one said "well in the whole scheme of things, it's such a small event, it doesn't really matter". If that was the case why did they enter in the first place (makes me wonder)?

	Male 48%	Female 52%	
Walkers	62	71	133
Runners	34	31	65
	96	102	

Walkers	Male	Female	Runners	Male	Female
27 miles	34	25	27 miles	21	18
18.5 miles	20	23	18.5 miles	9	8
14 miles	8	23	14 miles	4	5
	62	71		34	31

A big THANK YOU to all who helped before or on the day without their help this event would not be able to go ahead. We had a few new marshals this year, some doing it for the first time, Sophie Butler, Betty Sturgeon, Steve Bacon and Frank Hodgson. Hope they enjoyed themselves and will help on future events.

Marshals

Car Parking: Andrew Gilbertson, Steve Bacon and Frank Hodgson

Registration: David Findel-Hawkins, Merrian Lancaster and Gordon Shaughnessy

HQ Kitchen: Karen Earwicker, Liz Sheffield, Andrew Gilbertson and Sue Leonard (pm)

Checkpoint 1: Gill Bunker, Norman Corrin, Derek Jacob, Anne Addison, Betty Sturgeon and Sophie Butler

Checkpoint 2/3: Terry Brown, Dave & Lynn Yorston, Mike & Sandra Hyland and Frank Hodgson

Accounts

Income	£	Expenditure	£
SiEntries	2047.01	HQ & Halls	435.50
		Badges	266.44
		Food	340.27
		Van & Fuel	188.00
Total	2047.01	Total	1230.21

Income minus expenditure = Surplus – donation = **total surplus**
£2047.01 – £1230.21 = £816.80 - £400.00 = **£416.80**

With a surplus of £816.80, a donation of £400 was made to the LDWA website fund.
100 Non-members paying £4 more than members.
With the donation taken away that leaves a surplus of £416.80

I would like to thank everybody who took part or helped on the event and hopefully see you all next time in 2022, with some route amendments.

Alan Leadbetter





The new BBN marshals' T-shirts at the Hannington Hike

The surplus food from the event was donated to NHS staff at Stoke Mandeville. A brilliant idea. Thank you to Alan and Karen for organising this.



LDWA NATIONAL AGM EASINGWOLD Friday 13th to Sunday 15th March 2020

The LDWA National AGM like the 100 is held each year in a different part of the country and in 2020 the venue was at The HawkHills hotel in Easingwold, North Yorkshire. However, overshadowing all of this was the Covid 19 pandemic.

This weekend has become something of a tradition for Steve and Pearl Smith and I. On Thursday 12th March I drove to Belper to stay at their lovely home for the night and we left for Easingwold on Friday.

To digress slightly in December 2013, I had heard from an ex RAF friend Des Mahon who I'd not seen since about 1986. It turns out that by coincidence Des lives in Easingwold and had been there since he left the RAF in the mid-90s. Des was an armourer (aircraft bombs and things that go bang) and I got to know him through the RAF WARMA (mentioned in other article) during my posting at RAF Honington. On two occasions I'd been to Nijmegen with him and in 1982 he was the last walker to finish the 100 km Death March along with an American lady he'd helped along. Being followed by all of the sweeper vans and marshals meant there was no chance of sneaking in!

Back to today. I'd arranged to meet him at Easingwold when we got there. The accommodation was in a separate building to the hotel and in a very eco-friendly style. Normally I share with John Stewart from the Northumberland group (organiser of the Heart of Scotland 100) but although he was in good health, his wife was not and he did not want to risk attending and catching something. The attendance over the whole weekend was down as other regulars did not turn up for the same reasons. Instead of the normal greetings, hugs and handshakes there was a lot of elbow pumping taking place. We thought that would be the normal greeting in coming months but subsequent events have disproved that.

I finally met up with Des in the coffee lounge and it was a chance to catch up on old times. Steve and Pearl joined us and after about an hour or so I arranged to meet Des at the lunch break on the C walk on Saturday.

The AGM follows the same format each year although it has evolved with a buffet meal followed by a quiz, replacing Ken Falconer's Barn Dance (they could never find a field big enough for the barns.....) and a couple of workshops to discuss walking related matters on the Friday night.

On Saturday there are 3 walks, an A walk of 24 miles, B walk of 18-ish miles, a shorter C walk of 15 miles and a coach trip to a local town or tourist attraction. The walks are all led by the local group(s) hosting the AGM and this year it was The Irregulars and North Yorkshire. After the Saturday walks in evening there is another meal followed by a guest speaker and the AGM is held on the Sunday morning.

After the Buffet meal on Friday night Steve and Pearl (and I did a bit) hosted the quiz. We managed to get enough people for 5 teams with latecomers from the 2 workshops joining us. We had 5 rounds with the last being the infamous Tee Shirt round. This is

really an excuse for Steve to show off his collection of Tee Shirts and his Chippendale torso. If I ever do it (which I said I would do next year) my torso is more of a Chips and Ale shape. The quiz took about 1 hour and 10 minutes so they got it just right as people had to be up to walk the next morning.

Steve and I had booked on the B route but switched to the C and Pearl went on the coach trip. We set off at 0900 and one of our party was an American lady who was walking with us to Easingwold dressed in a long black coat and trainers. Easily the most elegant outfit I've seen on an LDWA event and probably the most impractical!

The route then went on giving us views of the Kilburn White Horse (just... if you squinted!). We continued onto Husthwaite, where we met up with Des at The Tomahawk Steak House pub for a coffee or soft drink. Very nice it was too, although the service was a bit slow.





From then it was east to Oulston via Beacon Banks. Lunch stop was on the village green where we ate our packed lunches (supplied by the hotel) and then onto the Foss Walk, returning south.

The route was a mixture of field edges, footpaths, green lanes and quiet country roads with roughly 800' of ascent.

On returning to the hotel we found out that the C route which was advertised at 14 miles was 16 and the B route advertised at 18 miles was also 16! DFH and Merrian were on this walk and they were still quite happy that my beloved LFC had been eliminated from the FA Cup by Chelsea.

We retired to the lounge in the hotel for a coffee which I found more refreshing than a pint and then a couple of hours later joined the other AGM attendees at the Buffet Dinner in the evening. It might come as no surprise that I did rather disgrace myself with the number of different desserts I had. However, it is only once a year which funnily enough applies every year!

The After-Dinner speaker was Colin Utting from Dorset Group who gave us an interesting chat detailing his journey from being the Chief Engineer on Nuclear Powered Submarines to a Mountain Leader. How do you design a Nuclear Sub?

Another feature of the weekend is Tim Glenn with his shop of LDWA merchandise, both old and new and if you negotiated with Tim you were able to get a few bargains. I did enjoy seeing Madeleine Watson wearing the new Polo Shirts displaying the revised logo.

Breakfast on Sunday morning was followed by the AGM starting promptly at 1000.

We went for a game of snooker beforehand to pass the time away

Our dynamic President Phoebe Smith was unable to attend as she was caught in the chaos with air traffic returning to the UK either being cancelled or diverted due to Covid 19.

From what I can remember she got home in the early hours of the morning and the journey would not have been practical.



With the reports either being read out or stated as being submitted in the booklet the AGM was then thrown open to the floor for questions from the attending members. On the Saturday evening before the Sevenoaks Circular had been cancelled and the main concern amongst members was the 42 groups' future social walks and challenge events.

Of prime concern to the LDWA Chairman David Morgan was the Y 100 Sir Fynwy due to happen at the end of May. The answer was that at all times they would be following the Government advice. Following the Government announcement on the 23rd March the LDWA programme was suspended. No other course of action could be expected.

With no other topics raised the meeting was closed and followed by coffee and biscuits before we said our respective goodbyes.

The LDWA AGM weekends represent good value for money. Even if you don't want to stay for the AGM (and some people don't) it is a good social weekend with the chance to meet old and new faces and to visit a new part of the country.

Well worth a visit!

Norman Corrin

VIRTUAL Y100 SIR FYNWY 23RD MAY TO 25TH MAY 2020

As we all know due to the



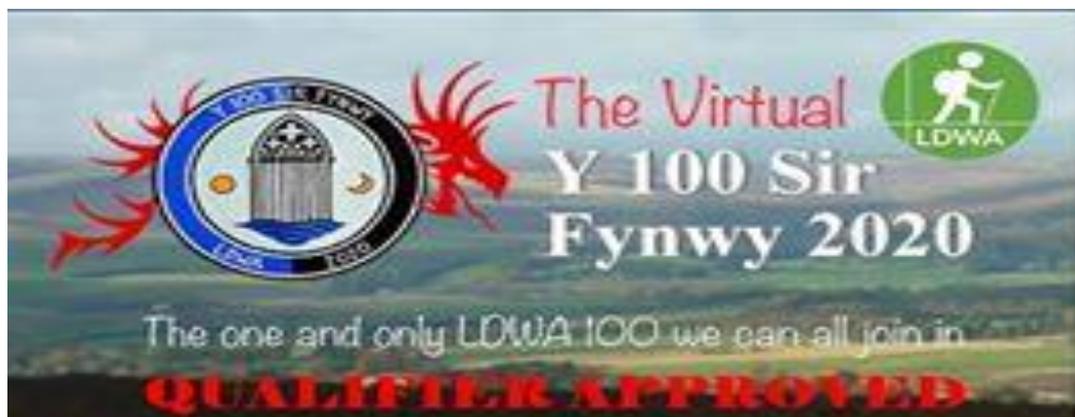
virus the Y100 Sir Fynwy was postponed. No matter how many videos I've watched of David Morgan say it on YouTube I still can't pronounce it.



However, with the announcement of a virtual 100 to replace it I thought I can do this! Thus, I was able to obtain my qualifier from Julie Cribb with the following evidence

Apologies Julie Cribb but I'm late with evidence of my qualifier. Please find attached photo of one of my teddy bears surrounded by 5 packets of Maltesers with a dark chocolate bar for the cream topping. I'd promised to make a Malteser Cake for BBN on our Midsummer Meander group walk in June but sadly can't. The fact that I've managed to resist tucking into any of the bags indicates that I have the required mental resilience to complete the Virtual 100. Please accept this as evidence. Plus, I'll be your bestest fwiend evva if you let me in....

Shortly after I received the best news, I'd had in the last 10 minutes.....



Lo and behold at 0900 I stood in my doorway listening to Phoebe Smith giving an inspirational speech to all of the entrants. We were off!

Throughout the first day it was a case of walking along, admiring the scenery and trying to figure out the tracker so I could check in to each checkpoint. Then out to the shed, pick up my chair and sit in the garden!

Along the way I met up with various faces from 100s in the past. Mike Childs, Dee Dawdle, Jude Rickwood and last but not least..... our Henry, scion of

Nicky Wood of the Lakeland Group. From listening to him tell me about his many activities such as his painting, gardening, laying flag stones he kept me entertained for hours. Along with his mum Nicky of course!



I must pay tribute to two people who went above and beyond the call of duty in keeping me going, namely the bi-groupal sisters, Jackie Burnett at CP 3 at Usk and Gill Bunker at CP 5 at Abergavenny who kept me supplied with constant helpings of



By their superhuman efforts and copious amounts of



they were able to stay up for the whole 48 hours looking after the entrants.

Starting the first night section, it was a case of open the fridge door and be guided by whatever was in there, beer, cheese, beer, cooked meat, beer, crisps (the latter out of the cupboard not the fridge).



I was able to make the breakfast point where I was served a delicacy of pasta, pie and peas which managed to keep me going until the finish. To add a bit of class I added some olives 😊

It was a case of trudging on for the 2nd day following the old mantra of checkpoint to checkpoint (not necessarily in the right order due to the onset of rectangular eyes!) I just had to remember to keep putting one foot in front of the other and making sure I didn't get the





Finally, after 61 hours I trudged into the finish at Chepstow School to arrive to an overwhelming reception

I'd decided to walk the event wearing my bog snorkelling outfit to make it more challenging!

All in all, a fabulous couple of days, great fun for the weekend and a way of raising some funds for the LDWA. Thanks to Julie Cribb who came up with the idea. Roll on the next one in 2021 which is the physical Y 100 Sir Fynwy. Oh, hang on a minute.....

Norman Corrin

Julie Cribb has produced a souvenir booklet

"the Virtual Y 100 Sir Fynwy - the one and only LDWA 100-mile walk that we could all join in. Very quickly it became apparent that this was a milestone in the history of the LDWA so the storyboard developed to stage the event has been enhanced to make it a souvenir booklet and archive document to record why and how a virtual event was put on to celebrate the postponed 100-mile walk".

Take a look here [Souvenir Booklet.pdf](#)

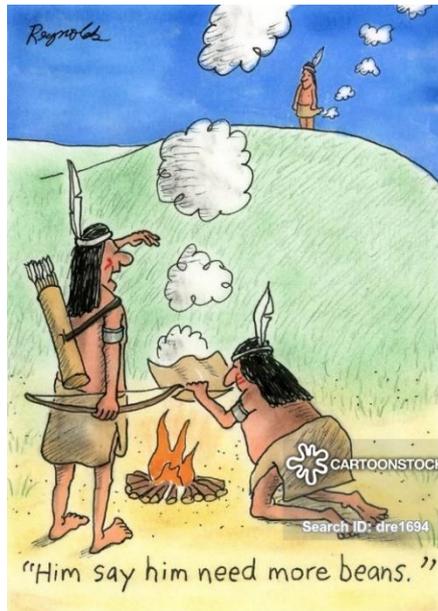
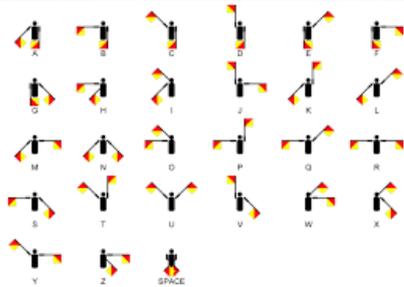
THE VIRTUAL Y 100 SIR FYNWY - CP 5: Abergavenny Girl Guide Hall - BBN's Storyboard

During the previous week we were very busy:

Collecting kindling for the campfire.

Rehearsing our performances of Kumbaya, Ging Gang Goolee, and Camp Fire's Burning.

Working on our semaphore and practising smoke signals – we'll need to be in constant touch with HQ.



Early Saturday evening - Camp Fire's Burning – we're ready for the walkers.



19.10 The CP opens with the Raising of the Flag and Reveille played on the BBN Bugle.



But no time for the welcoming spiel – the first walker had arrived. “I’m here, can I come in?”..... From them on it was full on - greeting the walkers, feeding and watering them and taking care of their every need.



Our Baden-Powell Baguettes (Egg & Sausage) and Camp Fire S’mores - Digestive Biscuit, Marshmallow & Chocolate Sandwiches - went like the proverbial hot cakes.

“Have you got Dampers?” asked one eager lady. Of course we have – they were soon cooking on the fire (thank you Google) and rapidly devoured. Cue enjoyable reminiscing of long ago guide camps.



Come on in.
You're looking good.
How are you doing?
Red or White?



It turned into a very warm evening and the BBN Sundaes on Saturday were extremely popular.



And this gentleman was kept extremely busy



Some folk got just too comfortable



After nearly three hectic hours we were at the end of our evening and the CP closed with Taps and the Lowering of the Flag.



It was all Brilliantly Bonkers and Great Fun.

Gill Bunker

And the following weekend BBN held its own Virtual Event

THE VIRTUAL PICK & MIX
Saturday 30th/Sunday 31st My 2020

Well done to everyone who took part in the Virtual Pick & Mix.
A record of our loops is here: [Virtual Pick & MIX](#)

Special mention for:

New members **Sara and Del** – this was their first LDWA event – here’s hoping we can welcome you both on a real walk soon

Adrian – who was the longest loopiest looper

Jackie – who visited 7 St Mary’s churches

Steve and Pearl for the most northerly loop in Derbyshire

Sue for two loops in Warwickshire

Norman for his loop showing two friends some Chiltern Kanter highlights

Brian for taking the over 80s award

And **all the rest of us** for taking part!

Gill Bunker

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Virtual 100 Km Covid Challenge powered by Dodentocht 13-07-20 to 09-08-2020

Well if we can do it with a Virtual 100 in Wales why can’t it be done abroad? I was supposed to be taking a group over to Belgium in August this year to take part in the renowned 100 Km Death March but alas, like the rest of the world, sporting life has been put on hold.

As with our Association, JH Kadee the youth group that organises the event has decided to put on a virtual 100 Km event. Details are as below from the organisers. I’ve copied the details directly from the website. That explains why their English is better than mine!

The challenge runs from Monday July 13, 2020 to Sunday, August 9, 2020. So you have four weeks to cover the total distance of at least 100 kilometers. Who wants to can do that 100 kilometers in one go. This is certainly not mandatory. You can safely spread those 100 kilometers over several days and walk at your own pace. The only goal is to achieve a minimum of 100 kilometers by the end of those four weeks.

With this symbolic edition we want to motivate people and let them taste one of the best sports relaxation there is, namely walking and in particular 100Km Dodentocht.

But we also want to dedicate this edition to all the people who continued to take care of our society during this crisis. That is why 100Km Dodentocht vzw donates the proceeds of the 100Km Covid Challenge to the universities of Ghent and Leuven to support research into a vaccine and preventive measures.

Registration is 10 Euros and for an extra 20 Euros you can get a Tee Shirt
The website is below so if anyone is interested please click on it and have a look
<https://www.dodentocht.be/en/wandelaar/inschrijven-100km-covid-challenge/>

Norman Corrin

LDWA BEDS BUCKS & NORTHANTS GROUP : COMMITTEE 2020

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bbn.chair@ldwa.org.uk

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Newsletter/Website: Gill Bunker T: 01908 321308 1 Abbey Way, Bradville,
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Member: Alan Leadbetter T: 07775 887493 E: acleadbetter64@gmail.com

Member: Roy Carter T: 01234 301182 E: roycarter367@hotmail.com

Member: Sara Waldron

*The Minutes of the Zoom Committee Meeting held on
Thursday 14th May 2020 are on the website*

<https://ldwa.org.uk/BedsBucksAndNorthants/W/1052/meetings.html>

NOTICE OF AGM

**The AGM will be held at Ellesborough Village Hall & Parish Rooms,
Butlers Cross HP17 0TX at 2pm on Sunday 29th November 2020**

There will be four vacancies on the committee that will need to be filled at the AGM. This includes the election of a new Group Secretary and a new Social Walks Secretary.

We are pleased to report that we do have a volunteer to take on the role of Social Walks Secretary but we do need other members to step up and play their part in the running of the group.

The committee is a team of ten who all work together and support each other to provide the best service for the group - please do have a think about joining. If you are interested, please speak to any committee member.