

Hello Everyone

Lots to tell you about this week

A Valentine's Venture, details of the LDWA's February Virtual Challenge and more information about the Virtual Y 100 Sir Fynwy. (Brian Chandler would love to walk the Chiltern 100 route and is looking for walking companions - see below). And we're finishing with an update on the Slow Ways project and a reminder about the Quiz.

BBN's Valentine's Venture

To help us cope with what has been a tough January (no social walking, 3.5 years unbeaten home record broken, hardly any goals scored and out of the FA Cup...) how about a virtual challenge for February?

For the Valentine's weekend (Saturday and Sunday 13th/14th February) please submit any photos that you might take when out walking with a Valentine's theme, any of the following or a combination thereof.

- Chocolate
- Champagne
- Flowers
- Rose or Roses (for a bonus point)

The winner will get a virtual hug from me...or a handshake!

Either email your photos to me or put them on the BBN Facebook page.

Good walking and romancing!

Norman Corrin norman.corrin@gmail.com

Anyone yearning to walk those Lakeland fells?

Back by popular demand - the LDWA monthly virtual challenge.

February's challenge is being organised by Lakeland Group who will whet your appetite for the tors, the towns, the tumps and all the other tops and tit-bits of the Lake District. The idea is to encourage us all to go out and walk each day and also to share information and our own anecdotes about the Lake District. You need to join the Lakeland FB group to see the daily

posts <https://www.facebook.com/groups/LakelandLDWA>.

There is also a spreadsheet for you to record your total daily mileages throughout the month. You don't need to join the FB group to access this. It is here: [Lakeland virtual challenge - Google Sheets](#)

More News of the Virtual Y 100 Sir Fynwy

This will be taking place between the 29th and 31st May this year, and will allow any LDWA member to walk a 100 mile route of their choice. Entries can be made at: https://www.sientries.co.uk/event.php?elid=Y&event_id=7793

Julian White, the LDWA Communications Officer, writes:

Although it's not what we intended, it gives us a unique opportunity to engage members who might not normally take part in the 100. Entrants will want different things from this event, some will want this to be a private challenge, but we know others will want to feel included as part of a wider event. So, there will be an optional

Facebook group and WhatsApp group just for entrants to discuss their training ideas, ask questions of others or just chat through their route and what food and drink they're taking.

And LDWA groups can take part as well. We're conscious that Covid-19 rules aren't yet certain, but we're hopeful that by late May it'll be possible for groups to help their local members who are taking part in the 100 walk. Some groups have already planned pop-up checkpoints, some are collecting the names of volunteers to walk part of the route with entrants to provide company, or to be on call as a mobile checkpoint service to offer moral support. We're hoping groups will consider this in their local area, seeing what they can do to help entrants and seeing if walkers want to buddy up for some or all of the route.

This is a great opportunity for the LDWA community to work together to help those brave walkers and runners taking part in the 100. And, anyone who walks 50 miles in 24 hours or under will qualify for the 100 in 2022, so some entrants might want assistance in completing this shorter distance.

There's also lots that is being planned publicity wise before and during the event and we'll keep in contact with entrants and groups. There's a list of entrants at https://www.sientries.co.uk/list.php?event_id=7793 so groups can see who has entered from each area.

Brian Chandler is looking for walking companions. He would love to walk the Chiltern 100 route, but preferably not on his own.

Brian says: I think I could do it in about 36hrs but I don't mind if its 48 hrs. If we had a group of walkers it would be start together and finish together. I have finished 7 one hundred mile walks but find the night time hard work on my own. It would be good fun helping each other to do this long walk.

If anyone is interested in making up a team, please reply to this email and I will forward your reply to Brian.

Slow Ways - with thanks to Chris Bent for keeping up updated.

Here is a link to the latest video from Slow Ways. Although it is an hour long, it is a great inspirational piece. <https://www.youtube.com/watch?v=yToKR5fubT4>

Lots more information on their website <https://slowways.uk>

BBN/Essex & Herts Quiz (Zoom) - Friday 12th February from 7.30pm.

There has been a lot of interest in the quiz– but there is still plenty of time for you to get involved. Do join in – you're guaranteed an enjoyable evening with friends. Remember you do need to register beforehand - so we can send you the link to join in. All the information is here [Quiz](#)

Happy Days First weeks of February

2019 We collected Towers and Bowers with Geoff Curnock [Towers & Bowers](#)

2018 Mike Bowley took us on a train trip [West-East Rail](#)

And back in 2014 we enjoyed a Stanion Stomp with Anne Addison [Stanion Stomp](#)

And for those who took part in the Big Garden Birdwatch:

What do you give a sick bird?

Tweetment!

What is black and white and black and white and black and white and.....?

A penguin falling down the stairs!

What is a polygon?

A dead parrot!

What kind of bird works on a construction site?

A crane!

Why does a flamingo lift up one leg?

Because if it lifted both legs it would fall over!

That's it for this week.

Gill Bunker

bbn@ldwa.org.uk

To keep up-to date with the latest news about walking in the pandemic and how this has affected the LDWA, please see

<https://ldwa.org.uk/library/coronavirus2020.php>