

Long Distance Walkers Association



Newsletter

CONTENTS

1	CALENDAR
2	EDITORIAL
3	A.G.M. 1976
4 5 6 7 8	GROUP NEWS
9 10 11 12	FUTURE EVENTS
13 14	PAST EVENTS
15 16 17 18	TODMORDEN
19	PROFILE
20 21 22 23	CAIRNGORMS
24 25 26	CHALK TO DEVON
27	GEN VINE
28 29	SPERRIN WAY
30 31	ONE MAN'S MEAT
32	BOOKS
33 34 35	LETTERS
36 37 38 39	NEW MEMBERS
40	ODDS AND ENDS
41	BACK



CALENDAR OF FUTURE EVENTS

This feature is updated at each issue of the Newsletter as information is received. Where the event is in capitals it is confirmed. The main details of events during the next few months are contained in the body of the Newsletter. Members are invited to send details of any walk that they think should be included here.

<u>DATE</u>	<u>EVENT</u>	<u>DIST.</u> <u>APPROX.</u>	<u>AREA</u>
APRIL 3	LDWA A.G.M.		DERBYSHIRE
" 4	KINDER SCOUT WALK	20	"
" 10	MID-WALES MOUNTAIN WALK	22	WALES
" 11	ACADEMIC KANTER	10-20	SURREY
" 19	MANX MOUNTAIN MARATHON	30	I. O. M.
MAY 1	COPELAND CHALLENGE	38	CUMBRIA
" 2	BRENTWOOD WALKS DAY	30	ESSEX
" 8	RIDGEWAY MARATHON	40	WILTS-BERKS
" 9	BERKSHIRE TWENTY-FIVE	25	OXON-BERKS
" 15-16	FELLSMAN HIKE	50	YORKSHIRE
" 29-31	CLEVELAND HUNDRED	100	YORKSHIRE
" 29-30	SOUTH WALES MARATHON	45	S. WALES
JUNE 6	PUNCHBOWL MARATHON	30	SURREY
" 6	CHEVY CHASE	17	NORTHUM- BERLAND
" 19	LAKE DISTRICT FOUR 3000'S	45	CUMBRIA
" 19	WHITE ROSE	34-40	N. YORKS
" 20	PURBECK PLOD	25	DORSET
" 26	MALLERSTANG MARATHON	25	YORKSHIRE
"	Peak Marathons	25-40	Derbyshire
JULY 3-4	NORTH YORKS MOORS CROSSES	53	YORKSHIRE
" 4	TANNERS MARATHONS	10-30-50	SURREY
" 18	WANSDYKE WALK	27	WILTSHIRE
" 31	TANNERS TO CROCKHAM	27	SURREY
AUG. 7-8	TWO MAN, TWO DAY WALK	25-25	SURREY
"	Leicester to Skegness	100	
" 29	Dorset Doddle	30	Dorset
SEPT. 4-5	BULLOCK SMITHY	50	DERBYSHIRE
" 11	KENDAL GATHERING	36	LANCS-CUM.
NOV. 6	BLACKWATER MARATHON	25	ESSEX

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

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

Please send S.A.F. when applying for information from Organisers.

COVER PICTURE. Haydn Morris, the Association Chairman, at Edale.

EDITORIAL

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

There are many reasons why a particular sport or pastime becomes popular whilst another falls into obscurity. When chess was televised it was said that the sale of equipment noticeably increased although conversely I don't suppose the number of boxing gloves sold varies much even after a big fight. Maybe the availability of the right environment and technical knowhow has something to do with it. Certainly cost has much to do with why we didn't all go in for motor racing or some of the sports shown in the recent Winter Olympiad. Perhaps another factor is a continuous element of danger or at least an action packed period of participation. But then someone will point out that fishing is reckoned to be the most popular sport in Britain and that can't claim much danger and the action is hardly continuous.

A leisuretime activity that can be carried out in almost any place, with no special equipment, no hard learnt technical knowledge and at any age, with both mental and physical benefits, is some thing that many people would give a lot to discover. Walking, of course, fulfills all these conditions plus many more. Why then is walking not our national sport? Is it because going on foot is looked down upon as a primeval mode of travel now that most of us get mechanically propelled from here to there? In my own area it is a regular occurrence to see children packed into a car and driven to school, whatever the weather. Walking isn't actually unpopular as a secondary activity (e.g. from the car park to the nearby attraction) but as a main pastime it may have acquired the wrong image in recent years. Years ago when I arranged Easter walking tours my father-in-law always referred to the the party that set off by coach as "the refugees", such was our motley appearance. Most of us had drab khaki anoraks and rucksacks to match so maybe we dressed the part. As far as we were concerned it was the culmination of many weeks anticipation of visiting an area like North Wales for four solid days walking in new territory. On returning it always struck me as strange that older people would say "I don't know where you get the energy" or "call that a holiday", and even younger folk would marvel at our apparant superhuman feats of walking say 15 miles with a full pack.

I am not advocating that everyone should at once give up all and dash down the nearest long distance footpath, nor would it be a good thing if several thousands suddenly subscribed to the LDWA. I am really curious to know why it is that the pleasures that we enjoy for almost nothing have not been discovered by the public at large.

Turning to matters more imminent we hope to see a record number of members at this year's AGM, to greet our President. We have to elect for certain a new Chairman, a new Treasurer, and possibly some new committee members. The Chairman's idea of having an evening dinner after the meeting seems to have gone down well because the fifty-plus places were very soon spoken for.

Did you notice the new address block on the envelope? This, along with the other 1160 is now produced on the Elliott machine that was purchased for £220 earlier this year. This bit of mechanisation has taken much of the drudgery out of mailing the newsletters and should lead to a minimum of mistakes.

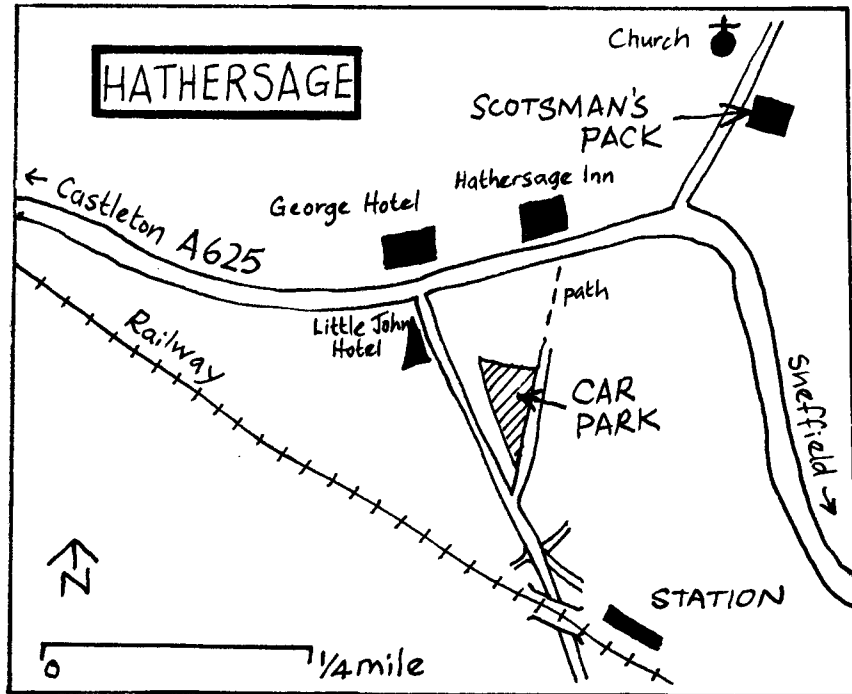
ALAN BLATCHFORD

A.G.M. + DINNER 76.

SCOTSMANS PACK INN, HATHERSAGE, APRIL 3RD.

We are pleased to report that all tickets for the dinner are now sold (but sorry for those who did not get one). However, a reserve list has been started, and there will be plenty of room at the meeting if you can come. Our President, Richard Crawshaw MP, will be there.

Please use the car park marked on the map if you can, as parking at the Inn is restricted.



YOUR REGIONAL REPRESENTATIVES

SOUTH EAST Christopher Barton (695)

SOUTH WEST Anthony Rowley (21)

NORTH Michael Smith (336)

MIDLAND Ewen Hogben (744)

SCOTLAND This post is vacant at present - any volunteers????

YOUR REGIONAL REP. WILL BE PLEASED TO HELP WITH GROUP FORMING OR OTHER KINDRED MATTERS. WRITE FOR "GUIDE LINES FOR LOCAL GROUPS"

Group News



HIGH PEAK

SUNDAY, 2ND MAY. 20 miles of the "Bullock Smithy" route.
Meet 8.30 a.m. outside Castleton Youth Hostel.

SUNDAY, 11TH JULY. Meet in the Snake Inn 12.30-1.30. Do your own thing in morning and/or afternoon!

A list of active members of the group is now available from Haydn Morris

KENT

Members of the Kent Group have been busy during the last few months, streamlining plans for the Sevenoaks Circular Walk. A new course description has been prepared (cries of triumph from Jeff Ellingham) and plans are well in hand for a super-event. The programme for 1976 is based on Wednesday evenings. Get-Togethers for a drink and natter in March and April and evening walks from May until September. All on the first Wednesday of the month.

Members are also planning a trip to the Nijmegen Marches in July and a cross Kent Walk, using the Pilgrims and North Downs Ways in August or September.

Details of the Kent Group Programme from: Dave Page

LAKELAND

CHAIRMAN: Frank Hodson (1164) VICE-CHAIRMAN: Keith Daly (690)

The inaugural meeting was held at the Brewery, Kendal, in November and was attended by ten people. Some members saw themselves in action on T.V. when we showed a video-recording of the Kendal Charter Walk. We then discussed the possibilities of starting a group in a sparsely populated area, with plenty of walking country, but few members. We decided to go ahead and have already attracted some new members.

This is tending to be a Kendal based group, but we hope to attract support from members in other parts of Cumbria, N. Lancs, and Yorkshire borders, particularly with offers to lead walks in their own areas.

Events so far have been the 12 mile Kentmere Horseshoe, a slide show, a walk in the Grasmere area, a social meeting and a 20 mile circular round Kendal, and in February a weekend of walking from Patterdale Youth Hostel and another slide show.

Future Programme:

SUNDAY, 28TH MARCH Join North Yorks Group.

THURSDAY, 8th APRIL Meet Rifleman's 7pm. Brigsteer Woods with Frank.

SUNDAY, 25TH APRIL. Wasdale Horseshoe. Meet Wasdale Triangle Car Park, Wasdale Head, 9 a.m.

THURSDAY, 6TH MAY. Meet at Keith's 7 p.m. for we don't know yet!

SUNDAY, 23RD MAY. Eskdale Horseshoe. Meet 9 a.m. Cockley Beck Bridge. GR 017247.

THURSDAY, 27TH MAY. Meet Ulverston, Canal Head, on A590. 7.30 GR 293786. Canal and Pepper Pot.

THURSDAY, 17TH JUNE. Meet Rifleman's 7 p.m. or The Albion, Arnside Promenade 7.30p.m. Arnside Knott, Jenny Brown's Point and Pepper Pot.

SAT./SUN. 26TH/27TH JUNE. Geoff Berry's Roman Way. Brongham Castle, Penrith-Ravenglass. 48 miles approx. Saturday afternoon start. Transport arranged from Kendal. Contact: Keith Daly

THURSDAY, 15TH JULY. Meet Rifleman's 7 p.m. or the pub, Beet-ham 7.30 p.m. Fairy Steps (with boots on?)

THURSDAY, 5TH AUGUST. Meet Kendal Railway Station 7 p.m. Benson Knott and Docker.

THURSDAY, 19TH AUGUST. Meet Rifleman's 7 p.m. Walk to Underbarrow. Coffee at Frank's.

SUNDAY, 22ND AUGUST. Yorkshire 3 Peaks. Meet County Hall, Kendal 8 a.m. or Horton-in-Ribblesdale Cafe 8.45 a.m. Another walk afterwards?

SATURDAY, 11TH SEPTEMBER. Kendal Gathering Walk. Contact Frank Hodson.

Further details: Sue Rayner

SURREY

The programme is a full and varied one with something for everyone.

SUNDAY, 11TH APRIL. "Academic Kanter" from Charterhouse School, Godalming, (964452) Start 9-11 a.m. Enter on day. Entry fee 20p for members. Write: Sven Neal

for access map to school. 12 or 24 miles.

SATURDAY/SUNDAY, 1ST/2ND MAY SURREY SUMMITS SIXTY 6400' Climb A circular route designed to provide unrivalled challenge in the south to the stronger walker, and those preparing for the long events. Along 60 miles of footpaths topping 16 of Surrey's major summits, including the Hills: Box, Leith, Holmbury, Pitch, Hascombe, Gibbet and Kettlebury; as well as St Marthas, Hydons Ball and the Hogs Back. Details from Jeff Ellingham

TUESDAY, 4TH MAY 7.30 p.m. Evening Social Meeting (and New Programme) at "Leg of Mutton and Cauliflower", The Street, Ashted.

The first in this area - please come along.

SUNDAY, 16TH MAY "Oxted Walk" 22 Miles. Meet 9.50a.m. Oxted Station. Leader John Probert

SUNDAY, 20TH JUNE "Coach to Purbeck Plod, Swanage" 6.15a.m. at rear of Guildford railway station. Repeat of 1975's success. Approx. £1.50. Book with Alan Blatchford.

THURSDAY, 24TH JUNE. 7.00p.m. "Midsummer Evening's Walk" Meet At Alan Blatchford's

TUESDAY, 13TH JULY "Peddle's Plod" 7.00p.m. Meet East Car Park on Ranmore Common (143503). 10 miles. Leader Graham Peddle

SUNDAY, 18TH JULY "Wansdyke Walk" 30 miles or less. The best ridge walk in the south of England. Coach from Guildford. Approx. £1-50. Book with Alan Blatchford.

ALL MEMBERS ARE VERY WELCOME TO JOIN US ON OUR COACH TRIPS.
Details for all events from organiser or Keith Chesterton,
S.A.E. please.
Also Surrey Members List available for potential lifts or teaming.

THAMES VALLEY

A new group has been proposed and is being formed around the Berks and South Bucks areas and they would like to hear from LDWA members interested in joining. Several meetings have been held in February and a programme prepared including:

SUNDAY, 21ST MARCH Sevenoaks Roundabout. (Share transport)
SUNDAY, 4TH APRIL Group Sunday Saunter.

Contact: Colin Abbott

TYNE-TEES

A new group has been proposed by Tony Cresswell and Eric Grice. Their first aims are to organise their own event in the region (which has not yet been defined) and to arrange a coach trip to the Tanners Marathons in July. Contact Tony

WESSEX

The Group's Autumn/Winter programme is nearing completion and a new one is being arranged which will include informal monthly outings until December next. LDWA members can have a copy by sending a stamped addressed foolscap envelope to the Programme Secretary, (address below).

Since the last Newsletter we've had three successful walks: 16th November saw a good turnout for the "Wiltshire Three Rivers" A fine walk along the downs west of Salisbury - which is being re-walked on 18th July for the benefit of those who couldn't make the original walk.

December 17th saw our "Pre-Christmas Canter". The route, devised by Ray Holt, covered the not-too-well-known eastern end

of the New Forest. We had a lot of fun in spite of (or because of) a certain amount of rule bending. It is planned to do something similar next December.

18th January was Frank Sharpe's "Pilgrim's Progress", a 23/24 mile trip up the valley of the River Itchen and on to Wonston.

A pool of about 55 LDWA members have been on our walks, giving a monthly attendance figure of 21 to 26. After being a very much all-male group we now number several ladies. They are very welcome!

We said 'au revoir' before Christmas to two of our younger friends, both from the Ordnance Survey contingent. Bob Bate-man took up "field" duties in Essex and Donald Williams started a new cartographical job at Aberystwyth. The Group sends its Best Wishes to both of them. We hope to see them again when they are able to join us.

The Programme Secretary has been 'off' walking since September because of a recurring groin injury but hopes to have been in hospital for repairs by the time these notes appear. As a result it has been possible to provide a 'back-up' service and hot soup on some of the walks. It's an 'ill wind'!

All enquiries or suggestions to: Programme Secretary, Wilf Lyman

ESSEX + HERTS

At the A.G.M. it was reluctantly agreed to increase the subscription to sixty pence for 1976, though it was hoped to hold it at that level for a further year.

A complete list of members is being compiled and will be circulated in March/April with the next quarterly newsletter.

SUNDAY, 14TH MARCH - "FOREST ROUNDAABOUT". A kanter with courses of 12 and 20 miles. Start Epping Forest Youth Hostel (GR 408983) from 9.30a.m. onwards. Entry 30p.

FRIDAY to SUNDAY, 23-25 APRIL "YORKSHIRE 3 PEAKS" Coach from Guildford and Hanger Lane on Friday evening. The walk (about 21 miles) will be on Saturday and that night spent at Haworth Youth Hostel. Return journey will start at about 1.00 on Sunday. The cost should not exceed £4.50 plus food and hostel. There may be one or two places left.



Hon. Sec. Mike Powell-Davies walking his 5.07 Marathon (Masters & Maidens)

If interested, please contact Frank Duerden

as

soon as possible.

SATURDAY, 5TH OR 6TH JUNE. Kanter in Cufley area of Hertfordshire. Details available nearer the time.

SATURDAY, 6TH NOVEMBER - BLACKWATER MARATHON. This, the group's first challenge walk will be held in the Maldon area. Further details in next newsletter.

NORTH YORKSHIRE

Many thanks to Phil Goreham for a very pleasant 20 miles on the Yorkshire Wolds, and a fine new pub.

Not many turned up for our walk around York in January, on a very snowy morning, but those who did, enjoyed a snowball fight in the grounds of the Yorkshire Museum.

It is hoped to run a mini bus to Snowdonia for the weekend 18th-19th September. Anyone interested, please write to Mike.

SUNDAY, 28TH MARCH. The route of the Mallerstang Marathon. Leaving Garsdale Youth Hostel (GR 789942) at 9.0 a.m.

SUNDAY, 11TH APRIL. Saddleworth 5 Trigs (approx 20 miles) Meeting 9.0 a.m. Greenfield, outside the Clarence Hotel.

SUNDAY, 2ND MAY. The Rosedale Circuit (37 miles). Meeting 8 a.m. Rosedale Village Green (GR 723959)

SUNDAY, 20TH JUNE. Approx. 20 miles in Wainwright's footsteps. Settle-Malham area. Meeting 9.0 a.m. Settle Car Park.

NOTE NEW ADDRESS: Mike Smith

SOUTH WEST REGION NEWS

The Cotswold Way Walk planned to take place between 17th and 24th April 1976 has had to be postponed until next year. From next September the usual monthly Sunday walks will re-commence. If any local members would like to lead walks, would they please contact Tony Rowley, the S.W. Representative, with their suggestions and plans. It is hoped that new faces will appear to join the happy band of regulars.

Thanks are extended to our regulars for the genial atmosphere created each month, no matter the adversities of swollen, aching feet, barbed wire cuts, driving rain and muddy fields.

Full details of next winter's walks will appear in the next Newsletter.

ANTHONY ROWLEY (21)

Future Events

AND ACTIVITIES - APRIL - SEPT.

APRIL 10TH - MID-WALES MOUNTAIN MARATHON.

Starts at Dinas Mawddwy and finishes at Kings Y.H. - 22 miles over nine summits, highest 2000' Use map O/S 116 to find way between checkpoints. Youth hostels at start and finish. Certificates to all successful finishers. Safety kit to be carried. Y.H.A. membership may be necessary. Full details from N.Tandy

SUNDAY, APRIL 11TH - ACADEMIC KANTER from Charterhouse School, Godalming (964452)

Start 9-11 a.m. Enter on day. Entry fee 20p for members. Write: Sven Neal

for access map to school. 12 or 24 miles.

APRIL 19TH - MANX MOUNTAIN MARATHON.

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

MAY 1ST - COPELAND CHALLENGE - Cumbria.

This new Lake District walk has for its 38 miles route the boundary of the Borough of Copeland. The route is divided into four sections, the first and last of which are over "easy ground" A walker may tackle a single section but those who wish to do the whole walk (or just the mountain sections 2 and 3) must satisfy the organisers that they are fit, and in addition certain clothing and equipment must be carried. The 7000 feet of ascent include Great Gable, Styhead, Red Pike, Bowfell etc. O.S. maps required: Shts 82 and 88. Entry fee 25p. Refreshments available on route, transport back from checkpoint for drop outs, certificates to finishers. Time limit ?? Further details from Bob Bennett

MAY 2ND - BRENTWOOD WALKS DAY.

30 miles of footpaths and lanes in a circular route besides other shorter walks, organised by Brentwood Group Ramblers. Write: Doris Knight

MAY 8TH - RIDGEWAY MARATHON - Wilts/Berks.

The fifteenth "Ridgeway" is limited to 129 walkers, all of whom must be members of either the LDWA, YHA or RA. As usual, the 40 miles walk will begin at the Ridgeway Cafe and follow the ancient way back to Streatley (Y.H.) Walkers staying the Friday night at the youth hostel will be taken by coach to the start. Inclusive entry fee £1.25. Refreshment at at least three points. Not much scope for dropping out. Certificates issued on Sunday morning. Further details from Norman Griffin

MAY 9TH - BERKSHIRE TWENTY-FIVE - Berks/Oxon

A good double for enthusiasts who have done the "Ridgeway" the previous day This year the walk will start at Membury Airfield where indoor accommodation is available. The route comprises tracks and paths over the chalk downs and there will be four checkpoints where refreshment is available. Entry fee 30p. Certificates at end. Organised by the Thatcham Walkers. Further details from and entries to: Roy Chapman

MAY 15/16 - FELLSMAN HIKE - Yorkshire.

The most popular upland walk in Britain - entry limited to 400 places which are drawn for from the thousand or so hopeful applicants. The 50 odd mile route starts at Ingleton and finishes at Threshfield (sometimes in reverse). A number of trophies are awarded for performance. It is too late to apply for this year but full information can be obtained from: The Fellsman Hike, P.O. Box 30, Keighley, West Yorkshire.

MAY 29/31 - CLEVELAND HUNDRED - North Yorkshire.

The fourth hundred miles challenge organised by the LDWA. A limit of 200 entries has been imposed and only a few places are left. Route follows the Cleveland Way Long Distance Footpath for much of its length. Entry fee £4 (more for non members). Full details and entry forms from: Tony Cresswell

MAY 29/30 - SOUTH WALES MOUNTAIN MARATHON.

A gruelling mountain walk of about 46 miles extending from Capel Y-Fffin Y.H. in the Black Mountains to Llanddeusant Y.H. Route includes the traverse of Brecon Beacons and Carmarthen Fans. Entry limited by Y.H. accommodation. For experienced walkers only. No strict time limit.. For details write: R.J.Barber

JUNE 6TH - PUNCHBOWL MARATHON - South West Surrey.

This 30 miles in 10 hours walk is now organised by the Surrey Group but will be over a similar course to that of 1974 (held every two years). Start and finish at Witley, which is between Guildford and Haslemere. Route circles the Devils Punchbowl. and crosses the second highest point in Surrey. Route maps and description issued at start but O.S. maps Sheet 186 (new) and Sheet 169 (1") cover. Entry fee 30p. Further details from Jeff Ellingham

JUNE 6TH - CHEVY CHASE - Northumberland.

One of the shorter walks but very popular. The 17 miles route passes through four checkpoints but between, walkers select their own way. One checkpoint is on the Cheviot summit. Map O.S. Sheet 71 (1") 8 hours time limit. Walkers must wear full upper body protection, carry a whistle and emergency sustenance, and wear boots. Walkers must also confirm that they have not competed in an athletic event in the previous five years. Entry fee probably 30p. Further details from W. Howe

by May 7th.

JUNE 19TH - LAKE DISTRICT FOUR 3000'S - Cumbria.

A circular, mountain walk, based on Keswick. Open to all over 18 years. Time limit for tough 42 miles is 24 hours. Sca Fell Helvellyn and Skiddaw and other notable peaks have to be ascended. About 14 miles along roads. Lake District Tourist Map covers. Twelfth year. Entry fees £2.00 and £1.50 (juniors). Organised by the Ramblers Association. Further details from C.H.Ford

JUNE 19TH - THE WHITE ROSE WALK - Yorkshire - An invitation.

The Yorkshire Wayfarers intend to do the walk on Saturday, June 19th, and will welcome guests. A coach will leave Rougier St York, at 5 a.m., taking walkers to the Glider Field, Sutton Bank, and will meet them at Newton-under-Roseberry, expecting to be back at Rougier Street at about 8 p.m. Bring own food for the day; cars may be left for the day in the Yorkshire-General Car Park, Toft Green, Rougier Street. The cost is £2 per head, including coach, support cars and soft drinks.

Geoffrey White (LDWA 366N) is leading. Applications to him at
Payment in advance up to
12th June secures a place. A fast party will take the long
route; medium and slow parties the short. Please state preference.

JUNE 20TH - PURBECK PLOD - Dorset.

Probably the most scenic walk in the south, the Plod starts in Swanage town centre and then follows the coast path west for several miles. At times the route actually leads along the sea shore. From its westward extremity the route turns inland to follow the hills to the famous landmark Corfe Castle. The 25 miles walk finishes back at the start. Detailed maps issued but O/S Sheets 179 (1") and 195 (1:50000) cover. Entry fee ? Further details from Fred Daldry

JUNE 26TH - MALLERSTANG MARATHON, - N.Yorkshire/Cumbria.

Starting from Garsdale Head Youth Hostel. This 25 mile walk encircling the entire Mallerstang and Upper Wensleydale Valleys on the North Yorkshire/Cumbria Border has been described as the most scenic Marathon in England. The route keeps to the high edges around the valleys, reaches the summits of High Seat 2,328' Nine Standards Rigg 2,171' and Wild Boar Fell 2,324' giving extensive views of the Pennines, The Three Peaks, Lakeland Mountains and the Howgill Hills.

Any Y.H.A. member over the age of 16 is eligible for entry and although a competitive spirit prevails, running is not allowed and all those taking part must be equipped for the hills with suitable boots and clothing.

The entry fee is 20p whilst to all those completing the walk within 12 hours the Mallerstang Marathon Certificate is awarded. For other details and entry form please send (9" x 4" Min.) SAE to: Mr P.G. Gilks

JUNE (No firm date) PEAK MARATHONS DERBY TWO ROUTES.

25 and 40 miles. Write Y.H.A. Peak Regional Office

JULY 3RD/4TH - NORTH YORKS MOORS CROSSES WALK - Yorkshire.

A tough 53 miles trek over the moors between ancient crosses. North Yorks Moors Tourist Map required. Start and finish at Goathland. There are several awards made, including trophies to the fastest man and lady. Some of the route is along private property for which permission is granted for the event. Details from: Mrs A.E. Hood

S.A.E. please.

JULY 4TH - TANNERS MARATHONS - Surrey.

After seventeen years now the most popular challenge walk of its kind. In addition to the standard thirty-miles-in-ten-hours walk, there is the fifty-miles-in-fifteen-hours event, plus the third 10 miles quiz-walk. All events start and finish at Leatherhead, although thirty milers may start at Tanners Hatch Youth Hostel. Entry fees: 25p (30m), 60p (50m) and 20p (10m). Prizes for 10 miles walk, and certificates for longer walks. Details from and entries to: Alan Blatchford

JULY 18TH - WANSDYKE WALK - Wiltshire.

An informal walk of about 27 miles in the Wiltshire chalk hills. The walk is named after Wansdyke the Anglo-Saxon defensive earth work which is followed for several miles. Start 09.15 at G.R. 071697. Maps Sheets 173(1:50000), 167, 157(1") Cars should be

left at Avebury, where the walk finishes (2M from the start). There is much to interest the archaeologist in this area. Further details from Alan Blatchford

JULY 31ST - TANNERS HATCH TO CROCKHAM HILL (Surrey to Kent).

Linking the Youth Hostel at Tanners Hatch, Surrey, with the one at Crockham Hill in Kent. The total distance is about 28 miles and for much of the way the line of the North Downs is followed. Details from Graham Peddie

Map Sheet 187 of O/S 1:50000 first series required, or 1" Sheets 170 and 171.

AUGUST 7/8 - "TWO DAY MARATHON MIXTURE". A SOUTHERN "KARRIMOR"

30 miles a day and overnight camping (shorter courses for juniors). Start Tanners Hatch Y.H. Details Graham Peddie, as above.

AUGUST 29TH - DORSET DODDLE - Dorset.

A new walk which promises to be both attractive scenically and physically demanding. The 30 miles walk starts in Weymouth and the route along the coastal path to finish in Swanage. O/s maps Sheets 178, 179 (1") and 194, 195 (1:50000) cover. Entry fee? Further details from Fred Daldry

SEPTEMBER 4/5TH - BULLOCK SMITHY 50

A new 50 mile circular route starting at Hazel Grove - mainly in the Peak District. Over 80% on footpaths and tracks, climbing over 7,000' passing through 13 checkpoints at Bow Stones, Chinley Hill, Edale Cross, Castleton, Peak Forest, Millers Dale, Sough Top, Hollinsclough, Axe Edge Moor, Shining Tor, and Sponds Hill. Some prizes and certificates for all finishers in 24 hrs. Details from John Corfield (LDWA 1049)

Entry fee £2.50

Please send foolscap S.A.E.

SEPTEMBER 11TH - KENDAL GATHERING WALK (Lancs/Cumbria.

This years walk on the Lancaster Canal tow-path covers the 37 miles from Glasson Dock to Kendal. Starting point Swing Bridge, Glasson Dock at 07.00 hrs, Saturday, 11th September, 1976. Grid Ref. 445561 O/S 102.

A coach will depart from Kendal bus station (car park adjoining) at 0.600 hrs prompt, and pick up also at Kendal Y.H. en route. The entry fee of 60p includes the cost of a meal during the late morning. Check points throughout the route and certificates at the finish.

To save on postages further details will not be sent and only if a query on a specific point requires an answer should S.A.E. be enclosed.

Route instructions and check cards will be issued at the start. Please enclose fee of 60p with entry and (if required) coach fare of 50p stating pick-up-point. Cheques/P.O.'s payable to Kendal Charter Walk Committee.

Frank Hodson

Hazel Grove - Chinley
Edale - Castleton - Peak Forest
Millers Dale - Hollinsclough - Axe Edge Moor - Sponds


**BULLOCK
SMITHY**
50 SEPT. 4-5
Information from
J. Corfield

Reports on Past Events

HIGH PEAK MARATHON 21/22 NOV.1975.

Rumour has it that this High Peak Marathon was nearly cancelled because the weather was too good! Moonlight, dry ground (for Bleaklow), no cloud and a superb sunrise made the event memorable.

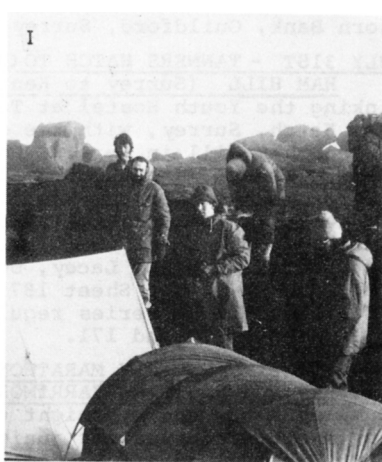
Other records apart from the weather were broken. Of thirty-eight teams to start, twenty-four completed the 40 miles, with its 6000 ft. of climbing (no ladies this time though!)

Rucksack Club finished first for the third time running, in 10 hrs 22 mins, with Clayton-le-Moor Harriers only six minutes behind. The High Peak Marathon Millstone was presented by Lt Col J.J.Quinnell, Commanding Officer of the Sheffield University Officers Training Corps, which provided the essential radio communications so efficiently.

The marathon started at Edale instead of Yorkshire Bridge as previously, and this proved successful, but added a couple of miles and some climbing to the rigours of the Derwent Watershed. The circular route was reversed to ensure that it was dawn before most walkers sampled Bleaklow. The start-time remained about 23.00 on the Friday in the hope of everyone being off the hill by dusk on Saturday, leaving Sunday to sort out equipment, clean up, travel home, or just recover.

HAYDN MORRIS (155)

1. Team Southern Resurrectioners checking in at the Bleaklow Stones.
2. Team El Greco leaving Lords Seat.
3. Team Rucksack Club (first home) at the Edale finish.
Left to right: Messrs H.Morris (Organiser), M.Cudaly, T.Dance, J. Richardson, J. Jackson, & Lt Col J.J. Quinnell, O.T.C.



10TH RESERVOIR ROUNDABOUT, JAN.3RD,1976 WALES

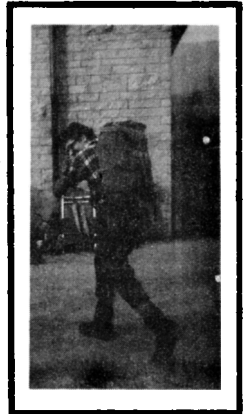
This year the event was heralded by "Hurricane Harry". Anxious discussions were held with the rescue team on the Friday night with a view to shortening or making easier the route. With screaming wind and rain and stories of roads blocked by fallen trees, we were getting worried. Fortunately our fears were groundless, as the weather moderated by morning - it was only slightly Tandyish!

Eighty-seven started at the Claerwen Dam and all but three completed the route in times ranging from 3 hrs 18 mins to over 7 hours. First to finish - again - was Alan Hoare, accompanied by a very determined Dave Gittus. Good visibility meant no navigation problems; this, coupled with the fact that the wind was blowing like mad from behind for much of the time meant that the average pace was quite fast, and accounted for the small number of retirements. A watery sun appeared periodically from behind racing cloud banks, serving to accentuate the loneliness and desolation of the Elenith Moorland, clothed in its austere winter coat of brown, yellow and faded green.

It seems that the only ones affected by the high winds were the organisers. A large section of conifers had been torn up by the gales, blocking the road between two sections of the route, causing communication problems. This meant taking detours and a tight schedule for marshalls, but all was well in the end.

Thanks once more to family, friends and rescue team for making the walk possible.

NEVILLE TANDY (130) pictured above, arriving at Edale Village Hall on completing the High Peak Marathon. (We think the other members of his team are behind but can't be sure about this!)



WINTER TANNERS WALK, 11TH JANUARY, 1976.

This event was intended to be a survey walk over the 1976 Tanners Marathon course, and a "depths of winter walk" for strong walkers only. When the walk was planned, miles of clinging mud were envisaged or possibly several hours of trudging through snow in freezing conditions, but as it turned out there was almost a heat wave and the underfoot conditions were no problem.

As with the weather, the numbers supporting the walk were also miscalculated and instead of the expected twenty or so, over sixty walkers met at dawn to cover the thirty-miles route. After a few miles three groups formed; the fast people disappearing ahead to ensure that the magic ten hours would be beaten, the main party keeping the leader in sight, and the back markers intent on finishing after tea time.

Two refreshment stops were set up en route by supporters and with some of the party sweating despite being almost stripped to the waist the drinks provided were most welcome. Of the sixty-two who started, forty-six completed the route, two retired, and it is believed that the remainder got lost and cut the route short. There were four ladies among the successful finishers. All but two of the finishers completed the distance within ten hours, and the first three nearly beat seven hours. The "Winter Tanners" may become an annual fixture. A.BLATCHFORD(2) Organiser.

The Todmorden Boundary

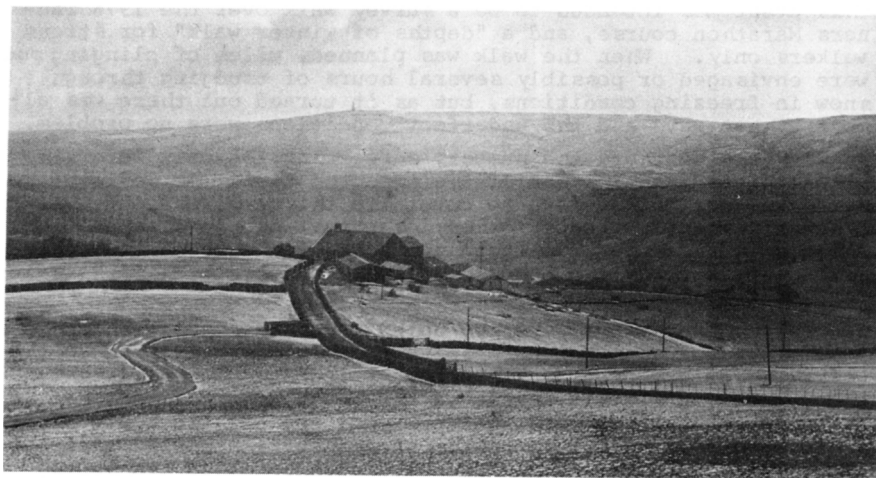
by WILLIAM R. SMITH (LDWA 101)

Walk

The wild Pennine moorlands rising in splendid isolation above the industrial areas of Lancashire and Yorkshire must have served well in the basic training of many fell walkers. Despite their close proximity to the mill towns, these rolling, windswept hills can usually be relied upon to offer true solitude when other, more picturesque areas are thronged with holiday or weekend crowds. Furthermore, their miles and miles of tussock grass heather and peat bogs make for really tough walking, while the occasional gritstone outcrops afford short rock climbs and pleasant scrambles.

Right in the heart of this fascinating area, where the homely native accents blend so well with the rugged countryside, stands the cotton town of Todmorden, located at the junction of three deep, narrow and partly-industrialized valleys: Cliviger Gorge, running northwest to Burnley; Calderdale, running northeast to Hebden Bridge and the Summit Pass, leading south to Littleborough and Rochdale. At one time the county boundary bisected Todmorden itself, but the town now stands wholly in Yorkshire, though retaining its Lancashire postal address.

The traditional 22 mile Todmorden Boundary Walk was revived in 1965 by the Calder Valley Moorland Rescue Association, who continued to organise the event annually until 1971, after which it was decided to cancel it due to the fact that many entrants - particularly young people - were unsuitably equipped for the moors and there was the danger of them coming to grief in bad weather. The route was always marked by flags, but it would have been easy for an inexperienced person to go astray in mist. It is of interest to note, however, that on Sunday, May 2nd 1971, which was a particularly fine day, certificates of merit were awarded to 484 finishers out of 554 starters.



Stoodley Pike, viewed across the Vale of Todmorden from the slopes of Lower Moor.

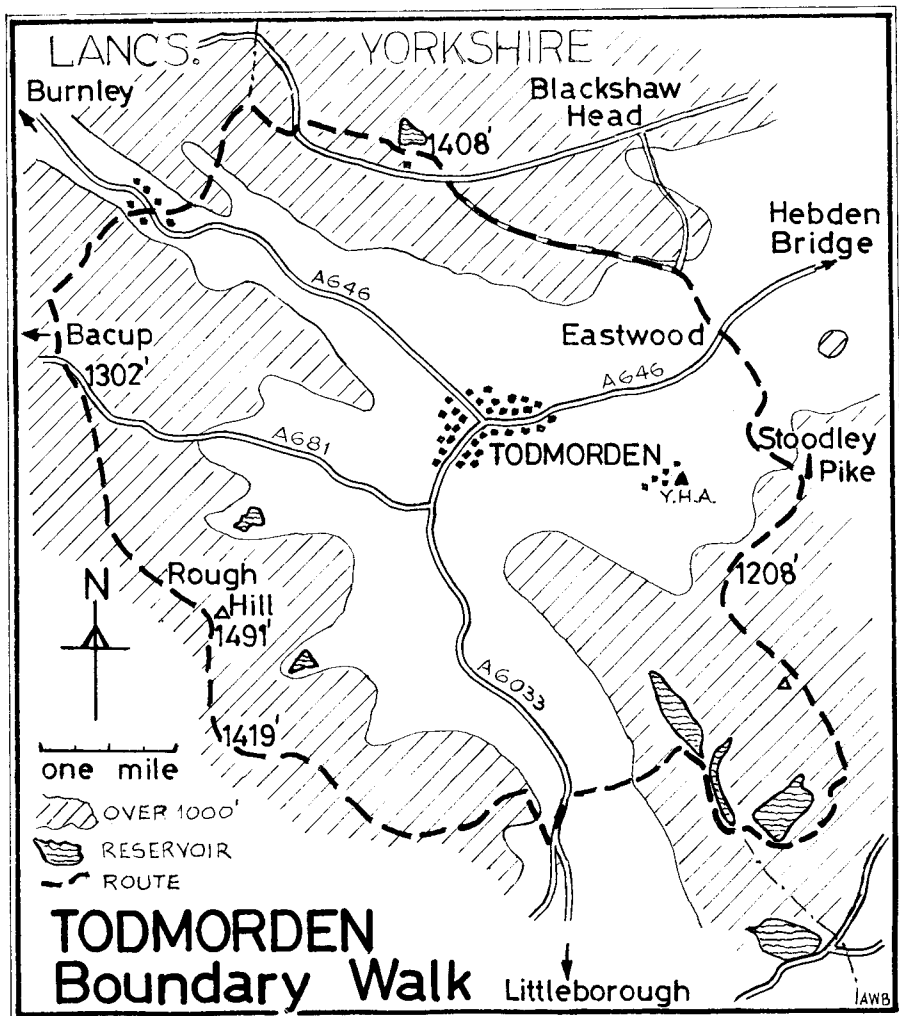
(W.R. SMITH)

Since it is a circular course, the walk may be started at any point, but the actual event began and finished at the site of the former Station Hotel at Eastwood (Grid. Ref. 965 256), halfway along the A646 road to Hebden Bridge. Follow the lane descending to the left of the building to cross the River Calder and the Rochdale Canal, whence it bears right to a row of houses at Stoodley Glen. Turn left up a rocky track climbing through Height Wood, with Stoodley Clough rushing down the shaded glen below. When the track curves sharply to the left, follow a lesser path to the right to ford Stoodley Clough. A stile alongside a gate leads into a walled lane beside a farmhouse. Follow this lane to the Fielden Hospital and bear left up the lane beyond it. When the lane turns right to follow the wall, strike off up the steep grassy fellside to the Stoodley Pike monument above.

The route now links up with the Pennine Way till the Warland Drain is reached. From the monument, turn right and follow a clear, though occasionally rocky path through the heather along the edge of Higher Moor, then over the shoulder of Coldwell Hill beyond which point the terrain becomes boggy in parts. This path is well marked by cairns, incidentally, and there are also four old boundary stones to be seen along this section. Where the Pennine Way turns right along the Warland Drain, the "official" Boundary route turned left for a short distance before crossing the White Holme Drain to strike out over the rough peaty ground to a gritstone outcrop on the crest of the moor. In mist, a bearing may be taken from the corner of the drain to the trig point at Little Holder Stones (269 214). The route now continues in a southeasterly direction, going by the Wool Pack Stones, to cross soon the White Holme Drain once more near the northern corner of White Holme Reservoir. Keep to the ridge and resist the temptation to lose height, for by doing so, you will only have to regain it later, as the drain cannot be crossed immediately at its entrance into the reservoir.

Follow the hard track around the southeastern edges of the reservoir till you eventually reach the Pennine Way track at the foot of Light Hazzles Reservoir. Turn right (northward) alongside the reservoir to the foot of Warland Reservoir, where a path descends to the left, running parallel to the Pennine Way for a short distance, before turning down the fellside alongside a stream. Go through the gate at Calf Lee Farm, pass through the farmyard, then turn left to a second house, whence a motor lane leads to the right before bearing to the left to descend alongside Calf Lee Clough. The lane passes the houses at Warland, then crosses the Rochdale Canal to meet the A6033 road near the "Bird In T'Hand" pub. Turn left along the main road, then branch off up Calderbrook Road to the boundary stone.

The boundary actually follows the stream flowing down the rocks from the moor above, but complaints from a local farmer have led to the course being re-routed in this area. From the boundary stone, follow the track ascending to the right beneath the gritstone ramparts of Reddyshore Scout. Beyond the second airshaft of the Summit Railway Tunnel, climb up the steep fellside to the right of a gritstone outcrop and you will emerge onto a track running along the edge of the moor. Pass through the gate and turn left along a footpath following the right bank of a stream between the drystone wall and the pylon. The boundary can soon be rejoined near Crook Hill, whence the route proceeds northwesterly to Rough Hill and Hades Hill, the former eminence being ascended by its southern flank.



From Hades Hill, a path runs northward alongside the broken-down Deacon Pasture Wall towards the trig point on Inchfield Moor (206 218). The route then slants northwesterly down the fellside to join the Limer's Gate track, which is followed to the A681 road climbing over the moors from Todmorden to Bacup. This road is then followed almost to its summit, whence a lane leads off to the right, along the edge of Todmorden Moor, and eventually contours around Carr and Craggs Moor to descend by Green's Clough. The stream is shortly crossed to follow a path on its right (southeastern) bank, which traverses the fellside high above the stream, without losing height.

Just before the path begins to descend to the right, watch out for another path running off to the left, which drops directly to the A646 road at Portsmouth, in Cliviger Gorge. Go to the left of the Roebuck Lodge pub, then round its back to the

right, to meet a lane crossing the railway. Proceed to the end of the lane and cross a stile. Follow the path uphill and contour northeasterly around the fellside, keeping high above the woods, till a deserted farmhouse is reached (905 267). From here, a track runs downhill a short distance, then bears left through a wood to bridge a stream. Turn right towards the farmhouse, but before reaching it, go through a small gate which opens onto a footpath following the left bank of another stream. The path soon crosses to the opposite bank and climbs to a fellside farm. Continue to ascend over pastureland (it might be best to obtain permission at the farmhouse first) till the Bank House Farm (912 278) track is reached. Turn right up this track, which is actually part of the old Long Causeway, and follow it to the junction of the modern motor road bearing this name, and the Shore road.

Cross the Long Causeway and follow a path up the fellside to the wall running along the edge of the moor parallel to the road. A good path follows the northern side of the wall. Beyond the gritstone outcrop, the Sportsman's Inn comes into view on the road below. Follow the track curving widely along a dyke to the rear of both the inn and the National Air Traffic Control buildings, where there are trespass warnings. (The track actually runs along the southern edge of Redmires Dam - 927 276 - which may be dry after a rainless period). When the deep walled track to Colden Water is reached, turn right and follow it to the Long Causeway, here turning right again to the road junction.

Turn left along Eastwood Road, sign posted to Todmorden, with Stoodley Pike dominating the view directly ahead, across Calderdale. At the gritstone outcrop known as Great Rock (690 264), turn right down Eastwood Lane, which is followed almost to the A646, the lane being left at a gate and stile giving access to a small wood (963 256). Beyond the second stile, cross to the right bank of the stream and descend to the lane below, having thus avoided the switchbacks it makes near its foot (see map). Turn right and follow the lane down under the railway bridge and so back to your starting point at Eastwood. There is a regular bus service along this road, incidentally, linking Todmorden and Hebden Bridge, and diverse points beyond both towns.

NOTE: In case any members are thinking of putting on this walk again, the last known organisers were - Mrs Smith and Mr D. Brill

TEAM - LDWA ONE after the
High Peak Marathon.

Left to right:

J. Feist (Membership Secretary)
K. Chesterton (Surrey Group Secretary)
F. Duerden (Essex & Herts Sec)
C. Barton (Regional Rep. S.E.)



PROFILE



Many organisations such as ours often find themselves with an experienced but inactive committee. However, in the case of our retiring officers nearly all can claim to have walked a hundred miles but even this is less than half the figure standing to the credit of our President, Lt Col R. (Dick) Crawshaw, OBE, TD, MA, LLB, DL, MP.

Although he has generally been fully committed with his Westminster and constituency work, he is hoping to attend the AGM with his wife.

We published (1974) an account of how he trained for and set the then World

record for non-stop walking, but many members have since subscribed to the LDWA and so here is a brief resume.

After contracting pneumonia three times before he was five, and having a serious illness at the age of nine, his doctor said that he should not run upstairs lest it affect his heart. Despite this ominous warning, from that day, he ran, swam, and climbed at every opportunity. It was not whether he could climb the mountain, but in how short a time.

After Cambridge and London University, he joined the R.A. and Para. Brigade. In 1965, when in command of a T.A. battalion, he first experienced long distance walking. In order to select a team for the Nijmegen Marches he arranged a 107 miles walk from Goole to Liverpool, and took part himself. From the resulting publicity a number of similar walks were held and later he instigated an annual 24 hours walk at Toxteth. Soon he had thoughts about attempting the record walk and this was duly arranged. After a non stop walk of over three days around a 1.64 mile circuit, he had pushed the best recorded distance up to an incredible 255 miles.

A. W. B.

CAIRNGORM CROSSING

Words by Jim Barton (162) Pictures by Alan Blatchford (2)

Spread out the 1" O.S. Tourist Map of the Cairngorms and at the south-east corner you'll see a green finger pointing across the map straight to the heart of the Cairngorm plateau. The finger is Glen Clova, and apart from the Braemar road, the mountain country stretches without interruption for thirty miles to Glen More and the Spey valley.

Glen Clova figures at the start of this tale because it was chosen for the November weekend meet of our local club, the Jacobites M.C. It was Harriet who had the bright idea - why not take advantage of the club coach to Glen Clova, camp there Friday night and make a two-day walk across the Southern Grampians and Cairngorms to Aviemore? A quick look at the timetable revealed a convenient train home from Aviemore on Sunday evening. All we had to do was plan a route, and wait.

Friday brought a promising weather forecast. The coach took us as far as possible along the Clova road; we all set out in the darkness to find the camp site. Head torches are indispensable for winter camping.

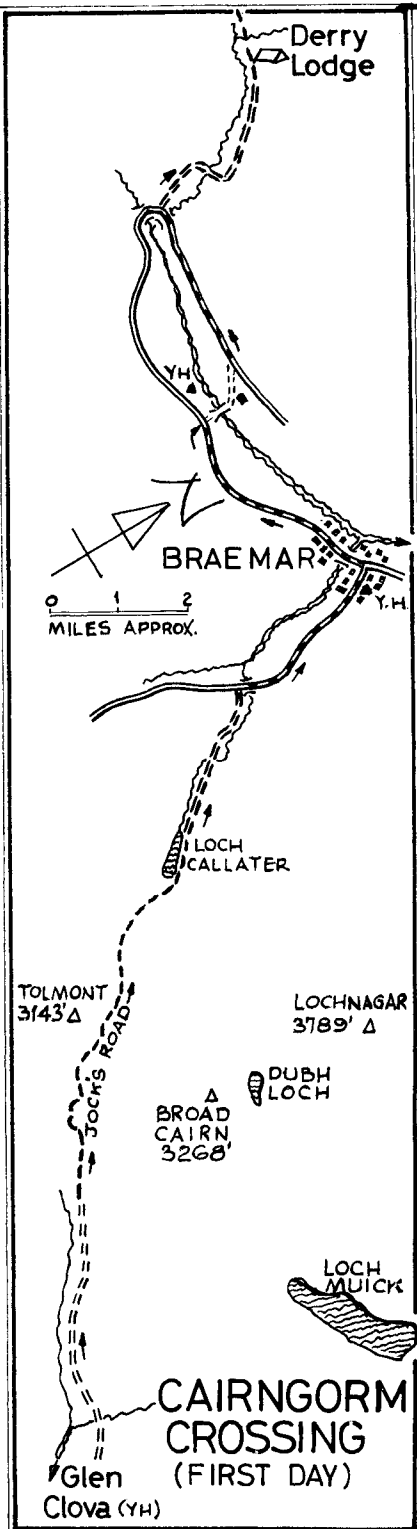
Saturday morning was grey and damp, but calm. We decided to go ahead, packed up, and tried to wear an air of confidence as we left the others eating their breakfasts.

Braemar is 18 miles from Clova and an old hill-track, Jock's road, takes a fairly direct line rising to 3000' by the Tolmount before descending to Glen Callater. The first mile beyond Glen Doll Youth Hostel was a messy quagmire churned up by forestry vehicles, but soon we turned off to the kinder surface of the original track. This zigzags cunningly at the head of Glen Doll and you gain the higher ground without much of a sweat. Our pace wasn't brisk; I seem unable to keep the sack to below 25 lb even after casting out all but the essentials. Though we were in mist, route finding was not difficult as the track is marked by cairns and stakes, and it keeps uncompromisingly N.W.

A halt at the top of the descent to Glen Callater gave us a remarkable view of the layer of mist on the slopes of the Tolmount pouring downhill into the glen as the sun started to break through.

The approach
to Derry Lodge





This is red deer country. We heard the roars of stags in the glen below. A bit later we saw them; a herd of twelve or so hinds and a few stags trotted away in front and disappeared on the hillside.

A sketchy track across flat ground takes you to Loch Callater. The next three miles were a bit tedious, on a stoney track with little of note until we reached the end of the glen and the A93 to Braemar. A road sign welcomed us to Royal Deeside, and ten minutes later we were passing through genteel out-of-season Braemar. Three o'clock. We turned west here to follow the Dee. The view of the river valley compensated for the hard road surface, and as we moved further west the high tops of Beinn a'Bhuird, Ben Macdui and Cairn Toul came into view. Inspiring giants!

We crept past the imposing facade of Mar Lodge as a thin moon rose and the sun disappeared to leave a cold yellow glow. A bit further we finally left the road to take the track up Glen Lui to Derry Lodge. Out with the torches.

Camping is allowed at Derry Lodge; there's a good spot under the pines by the Derry burn. We weren't alone; Aberdeen Mountain Rescue were in residence at the adjoining hut, and there were a few other tents. The cold spurred us on to erect the tent quickly. The morning's condensation on the fly-sheet had frozen within minutes, but we struck back at the cold with a hot meal and mugs of coffee. The first day had been 24 miles and had taken us ten hours.

Away by eight next morning. The cold was intense and the grass white with frost. We got our circulation going by trying to keep up with some of the Rescue lads who thumped past us, out on an exercise. We crossed the Luibeg burn that comes from the southern slopes of Ben Macdui, then rounded the slopes of Carn a Mhaim where the dark pyramid of Devil's Point dominates the southward flowing river Dee, and the path swings

north to what is probably Britain's finest mountain pass, the Lairig Ghru.

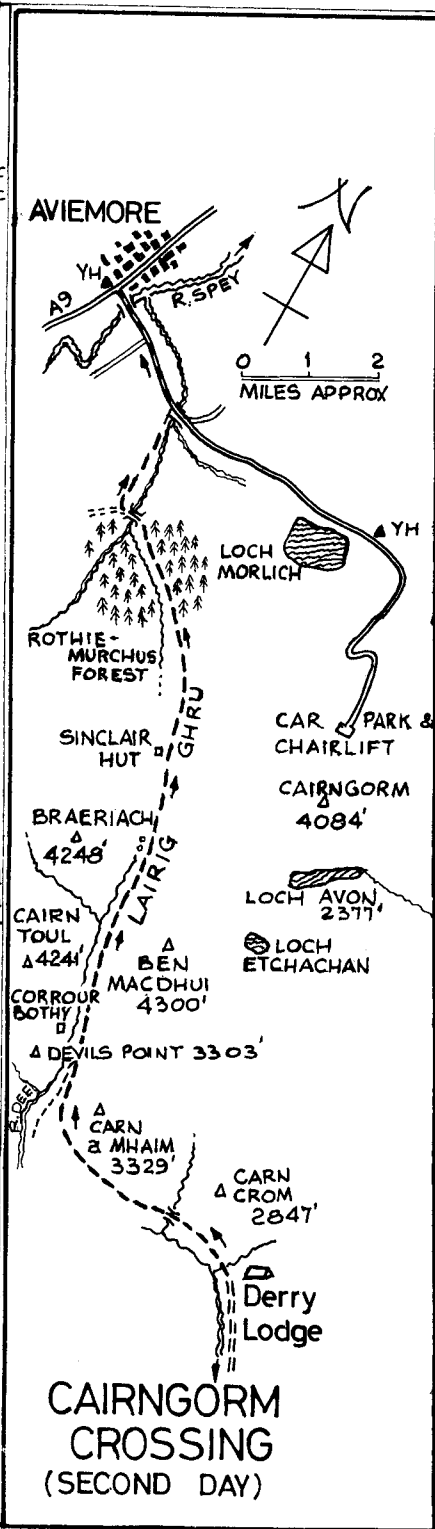
From a point just opposite the Corrou bothy we could appreciate the scale of the landscape. Devil's Point is a little higher than Scafell Pike, but beyond it Cairn Toul rises almost another thousand feet to a square-topped ridge. Ben Macdui to our right was unexciting from this viewpoint, but impressive by his sheer bulk.

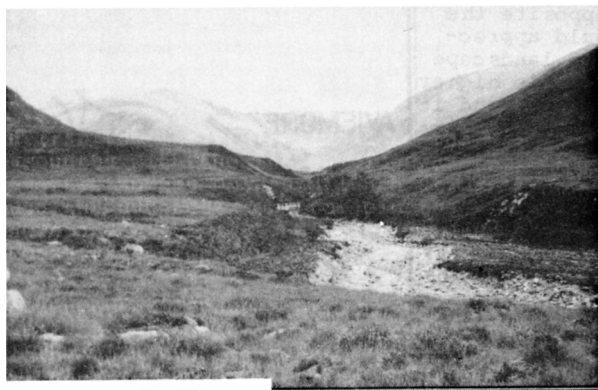
The Lairig Ghru path is well defined though the going is very rough. We gradually drew level with the huge corrie between Cairn Toul and Braeriach. There was surprisingly little snow up there, less than in mid-summer! By noon we had reached the Pools of Dee, three little lochans in the boulder field that crowns the pass, and one of the Dee's sources. A walk following the river up from Aberdeen would be quite something.

The pass narrows to a trough between the hillsides at its crest. From the highest point you can look down on the Spey valley and Aviemore beyond the pine forest that fringes the foothills. Rime frost on the boulders made for slow going until we lost height and reached easier ground. On the way down we walked right past seven ptarmigan, by now in white winter plumage.

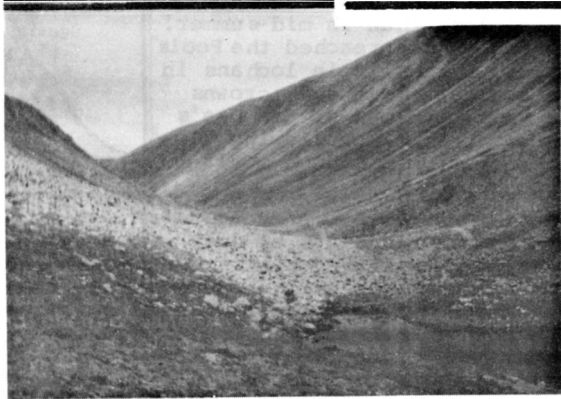
We called in at the Sinclair Memorial Hut. The visitors' book made interesting reading! From here onwards the path is well trodden, excessively so judging by the 'stepping stone' causeways across soft peaty stretches. Further down is the Rothiemurchus forest, a beautiful tract of Scots pines, a remnant of a landscape that used to cover much of the Highlands.

The total distance from Glen Clova to Aviemore is about 42 miles. Without doubt the Lairig Ghru is the highlight of the walk, though the lonely head of Glen Callater has its attractions. We had been very lucky with the weather, which can be notoriously bad at any





Left: Approach
to the Lairig
Ghru.



Below: Summit
of Lairig Ghru.

season up here, though on every visit up to now I've faced more risk of sunstroke than exposure! The area merits respect in planning long walks, but at the risk of offending Lake-land enthusiasts and Peak bogtrotters, the rewards are correspondingly greater than for routes south of the border!

The week after our walk there was a lively correspondence in 'The Scotsman' about the merits or otherwise of creating an 'official' long distance Grampian Way from Blair Atholl to Elgin through the Cairngorms, over the Lairig Ghru. Supporters of the scheme view it as improving access and an encouragement to hill walking generally. Opponents argue that the wild nature of the valleys would be lost to increased pressure of numbers. If walkers remain a small unobtrusive minority, other interests may dominate our shrinking areas of wild country, while a boom in popularity brings its own problems of erosion and overcrowding. Lots of food for thought on our future long walks!

The strip maps were drawn by Alan from information supplied by Jim.

MEMBERS DOWN UNDER. One of the few people to have completed two Downsman Hundreds plus the Peakland Hundred, Roger Maher is now resident in New Zealand where he has teamed up with another LDWA member, Max Smart. Soon after arriving, Roger was out exploring the tracks in the nearby hills, no doubt thinking how suitable it would be for a challenge walk. He has threatened to start a N.Z. branch of the LDWA and to return home to tackle the third Downsman in 1977.

A chalk walk to Devon

by TONY YOUNGS (LDWA 626)

A hundred million years ago the chalk was gathering at the bottom of a clear sea at the rate of one foot in thirty thousand years. Two thousand years ago this pure white limestone was providing our ancestors with a network of trackways through the forests of southern England. It still gives good walking.

For planning routes on the chalk ridges there are two invaluable aids: Bartholomew's half-inch maps (although no substitute for the 1:50,000 Ordnance Survey their contour colouring shows quickly and clearly where the ridge runs) and Ancient Trackways of Wessex, the book in which Timperley and Brill record their twenty years

of research from documents and in the field. Eking out the evidence with theory and imagination, they trace the Great Ridgeway from Streatley to the sea at Axmouth where two thousand years of landslips have brought the conjectured great harbour of iron age times to insignificance. I planned to walk from my home at Redhill by the Harrow (or North Downs) Way, the Lunway, the South Hampshire Ridgeway and the Ox Drove to Win Green, that great hill near Shaftesbury, and from there by the Ridgeway to the sea. There are few settlements on the chalk ridges so I had to equip myself for camping - with some misgivings, as I had not slept in a tent for thirty years.

I set out on a Monday early in May down familiar paths. I called at the Stepping Stones and found the landlord unperturbed by the invasion three weeks earlier by the muddy participants in the London Countryway 55. We exchanged reminiscences of the Far East where he had carried a 60lb pack with Force 136. That evening I set up my Karrimor Marathon and rediscovered the axiom that no camp site is perfect. The nylon flapped in the northeasterly like a dinghy going about, but I was soon asleep and woke at half past five to find the sun shining and a splendid view of the Weald from the door. Breakfast was easily prepared by adding water to one of my three ounce portions of muesli with Complian and making a pint of coffee.

One trouble with following ancient ridge routes is that they have sometimes become roads. Does one then pedantically stick to the ridge or pedantically stick to footpaths however circuitous? Into Farnham I stuck to the ridgeway even though it is the A31. Out of Farnham I followed a footpath along the ridge to Dippenhall, then a little-used road to Well (and The Chequers) a bridle way and by-road past Lasham aerodrome to join the Lunway, there a splendid track through woods and over ploughed downland to Totford in the Candover valley. At the Woolpack I



The author and equipment.

took on board not only a pint or two of draught Guinness but also (in plastic bottles) the three litres of water that were to provide my dinner, bath, very early morning tea, breakfast and morning ration of Accolade. I slept well and found the sun shining again when I woke.

After reaching the Lunway Inn (far too early) I climbed to the Wallers Ash tunnel over open country with the Inkpen ridgeway on the horizon to the North. After Worthy Down and lunch at the Rack and Manger, I turned south through West Wood to join the South Hampshire Ridgeway on downland with yews and a few junipers, near the monument on Farley Mount, a curious pyramid with this inscription:

"Underneath lies a horse, the property of Paulet St John Esq that in the month of September 1733 leaped into a chalk pit twenty five feet deep afoxhunting with his master on his back, and in October 1734 he won the Hunters Plate on Worthy Downs and was rode by his owner and entered in the name of 'Beware Chalk Pit' "

The wind was strong and cold and when I crossed the Test near Michelmersh the rain began. This gave me a chance to try out my Pakjac, a cape designed to go over the largest pack, with a zipped front and a hood. It seemed altogether better than a cagoule and overtrousers for a south country stroll. But when I first tried to put it on a wild gust caught it, inflated it and sent it, looking like a witch without a broomstick, sailing over a high hedge. That night I pitched the tent in mist and rain on a narrow headland in the lee of a hedge. It could have been worse. By now I had found how much meths I needed in the Trangia cooker to produce a dinner: instant mushroom soup, a Springlow savoury omelette, an orange, ryvita and cheese, and black coffee. By the time I was in my sleeping bag listening to the rain and sipping brandy I felt fairly cheerful.

One of the great advantages of a nylon tent is that after a good shake to remove most of the water it can be stuffed into its bag weighing little more than it does when dry. The morning was misty when I set out, but the rain had eased off. I steered by compass over pathless ploughland up Dean Hill, a high ridge leading to the Pepperbox, that fine viewpoint south of Salisbury: the city was invisible except for the cathedral spire which could just be discerned through the mist.

The route crosses the Salisbury Avon at Charlton where an eighteenth century mill and weathered wooden bridges over the manifold streams of the Avon could have delayed me for a week or two had I been in a mood for painting. The track leads on up past Clearbury Ring, amid long barrows and ancient fields, over Grim's Ditch to the Ox Drove. By this time a blister under the hard pad of skin on my right heel, the result of an incautious experiment with a pair of lightweight boots on the London Countryway 55 had recrudesced: operations with a needle and moleskin helped but did not cure.

I camped above Bowerchalke with views, when the mist cleared, to Penbury Knoll and Pentridge Hill. After a wet night I hobbled on along the Ox Drove to Win Green, that 900 foot bastion of the chalk, and joined the Ridgeway which soon makes south as a busy minor road. I plodded along through showers with views of downland combs to the right, each with its village far below. After a few miles, the unmetalled Smugglers Lane takes the Ridgeway

down to its crossing of the Stour below Hambledon and Hod Hills. So I came to Shillingstone, where I was made welcome at the Seymour Arms. After resting my heel for a day, prodding it with a needle and applying more moleskin, (and after a splendid Saturday evening when I drank Badger bitter brewed in Blandford and met the champion sheep shearer of Dorset and the owners of four traction engines) I set off up Shillingstone Hill with my blister miraculously cured. I walked on over Bulbarrow with long views over Blackmoor Vale. A stretch of the Ridgeway to the east of the Dorsetshire Gap had been ploughed, which caused me to write to the County Council, who acted promptly; I am assured the path is now restored. At the Gap itself, a narrow and remote pass through the chalk ridge, I entered my name in the visitor's book contained in a plastic pot by the signpost.

That night I camped on Batcombe Hill. Early next morning it was clear; Glastonbury Tor could be seen far to the North. But by nine I had my cape on. By now I had mastered it; it kept me dry and I suffered not at all from condensation. The chalk now became intermittent; erosion has exposed the oolite and even the lias before Broadwindsor. But the ridge remains, carrying the road over Pilsdon Pen and Lambert's Castle on greensand back to the chalk west of Lyme Regis. All that afternoon it rained, visibility was but a few yards. I pressed on hard - sad because I was missing some magnificent views, but enjoying the rhythm that a metalised surface makes it easy to maintain. And so, over Trinity Hill, through Charton and the grounds of Allhallows School I came to my destination, the bar of the Harbour Inn at Axmouth.

I shall camp again; my old bones did not find it as uncomfortable as I had feared. My pack frame was far easier to carry than my ancient Bergan used to be; the tent was light; a closed cell foam mat insulated me from the cold ground; despite the weather I stayed warm and dry; I felt free. And I enjoyed the early mornings. I shall find my own route again. It was good not to see an acorn and instead of having to greet an orange-anoraked procession moving in the opposite direction, to be greeted by and to converse with local people. I think I can do without a badge.

Crossword Results

ALAN HOARE (131)

First I must thank the seventeen of you who submitted entries for last edition's crossword, even though one of you was not a member. Five correct answers were received and the £2 gift voucher was awarded to John Bennison, (249). Other correct entries were from Diane Hudspith (1252), Neil Heaton (82), K.Hewitt (1455) and Ann Sayer (646) who sent me a list of six words with definitions, plus "RIG" about which she wrote "I don't know what it means anyway". Better luck next time Ann.

ACROSS 1.Cader Idris, 7.Toes, 9.North 10.Rowan, 11.Echo, 12.Roam 13.Descends, 14.Dirger, 17.Ant, 18.Nears, 20.Scenery, 22.Aches 24.Fellsman, 27.Walk, 29.Cairngorm, 31.Rig, 32.Coney, 33.Vale 34.Stiles, 35.Usk, 40.Stones, 41.Certificates, 42.Elm, 44.Marathon, 45.Box, 46.Hut.

DOWN 1.Cornodon, 2.Downsmen, 3.Range, 4.Rucksacks, 5.Snowdon, 6.Briar, 7.Three, 8.Summits, 15.Ghyll, 16.Ran, 19.Sock, 21.Elenith 22.Alp, 23.Event, 25.Moorland, 26.Numb, 27.Whistle, 28.Icy, 30.Nev, 32.Cheviot, 36.Snae, 37.Essex, 38.Islet, 39.Di, 41.CWM.

I hope to include another crossword in the next Newsletter.

THE GEN VINE

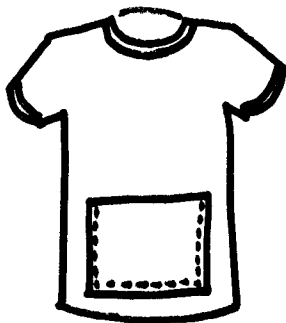
THE GENERAL
INFORMATION
GRAPE - VINE

5. RUBBER BANDS. To keep bits and pieces up together in ones pack (e.g. overtrousers, anorak etc.) I have, for some time, been using rubber bands cut from the cuffs of old household gloves. I find these bands last a lot longer than anything one can buy, but do make sure that it's the wife's old gloves before you start cutting!

ERIC TURNER (1064).

6. POCKETS. I would like to put forward the following 'dodge' for the "Gen Vine" - a piece of material sewn across the front of a Tee-shirt (left open at the top edge). It makes a handy pocket to carry your route directions, map etc., keeping your hands free. There's nothing worse than being unable to read the instructions owing to carrying them in sweaty hands

KEITH WALKER (1376)



7. SUGAR COATINGS. If you are a nuts and raisin person, here's a tip to end sticky fingers. Roll them in icing sugar or powdered glucose! Gives you more sugar too.

8. POLY BAGS. Although for most seasoned walkers it is as automatic as breathing, new backpackers may not appreciate how important it is to package items for the rucksack. One of the main precautions is to keep everything dry and this can be achieved even if the sack falls into a stream. Each item or group of items should be wrapped in an unperforated polythene bag, and the complete assembly placed in a large poly bag acting as a liner for the rucksack. Some walkers even wrap the items in their anorak and trouser pockets in waterproof bags.

9. HARD BOOTS. Much foot trouble is caused by footwear that has lost its suppleness (or never had any). If the footwear is manufactured from leather the upper parts can be softened (and made more waterproof) by applying oil (olive, cooking, etc.) to the inside. Stand the shoes or boots toes down at an angle of about 45° with the soles uppermost and pour about four large spoonsful of oil into each shoe. If the footwear is very dry the oil will soak in over night and may need a further application, but if not, use any excess for future use.

10. SOCK HOLES. How disconcerting it is, when miles from home and preparing for a long trek, to discover that your favourite walking socks have a hole (or thick darn) in one of the heels. Such a contingency could well lead to an early blister. If other socks are not available the offending one may be reversed so that the heel part is now at the top, providing that the now lumpy heel section of sock can be accommodated comfortably.

Have you any helpful dodges to pass on? If so, write to the Ed.

The Sperrin Highway

SELECTED "WAY OUT" WALK IN NORTHERN IRELAND by JOE GLOVER (419)

LONG DISTANCE HILL WALK ACROSS MAIN SPERRIN RANGE.

SITUATION: Mainly along border of counties Londonderry and Tyrone from 1,129', highest point on Feeny/Drapers-town road (Map Ref. H718998) to Butterlope, 600', on Donemana/Plumbridge road (Map Ref. H490955).

DISTANCE: As the crow flies 16 miles.
On the ground - fully 20 miles.

ASCENT: 4,735' approx. **DESCENT:** 5265' **TOTAL:** 10,000'

GOING UNDERFOOT: Mostly over grassy turf or firm exposed bog.

SCENERY: Excellent for distant views but lacking variety nearby.

The route commences at an old bog road which is followed for just over $\frac{1}{2}$ mile after which the route to the first summit, Craighagh Hill is simple if one keeps to the exposed bog on the right.

After a short sharp dip (about 80') the old corporation boundary stone is observed at the start of the boundary fence between the two counties. The route lies along the left, south or Tyrone side of the fence to the left of which stand the posts of the former fence.

At Spelgoagh the fence bears right and one should still keep to the left side to the summit of Oughtmore.

A considerable dip follows in which it is better to move away to the left of the fence until the ground rises again towards the summit of Mullaghaneany (2,170'). The small cairn here is about ten yards inside the fence.

After another dip in which one should avoid bearing too far right the summit of Meenard (marked by a small cairn) is attained 2,061' The fence will have terminated at Mullaghaneany.

Meenard top holds some of the most exposed ground but it is not irksome or difficult and as one walks toward the second or lower summit a very considerable stretch of exposed bog is observed. On attaining this one should bear well to the left so as to avoid the considerable groughs which lie beyond to the west. Keeping to the easiest line attainable aim for the low point where the bases of Meenard and two lower hills adjoin and hereabouts note the new fence erected. This may be followed to Sawel Pass or a shorter route accomplished by forsaking it on the right.

Sawel (2,240') is the highest point on the route and is easily attained in under an hour by keeping to the right, north or Derry side of the fence. Near the summit the fence turns off to the left but it is a simple descent to the S.W. to firm exposed bog and the straightforward ascent of Dart (2,040'). Here a fence leads in just over a mile to Dart Pass at 1,426'

Beyond this is perhaps the most trying part of the route as there is considerable broken bog in the line of the fence to the 1,616' point (where it turns left) and the sharp summit of Carna Killy. A steady tramp over dry but uneven ground will bring one to the last of five 2,000' tops, Mullaghaclogha (2,088')

Keep mainly to the left of the fence for Mullaghasturakeen and then follow it down into the last considerable dip before climbing Mullaghclogher, for which one should desert the fence and keep to the left to regain it at the highest point.

Mullaghclogher, a mountain with some character, presents no problem and from the prominent cairn beyond the last stretch should be tackled by keeping to the left of the fence and ditch running over Oughtnager to pick up an old road just before it joins a tarred road leading in under a mile to Butterlope.

First recorded route on Saturday, 20th April, 1974 in 7hrs 25m.

Eroding our paths

The subject of erosion of footpaths by those taking part in organised cross country walks and races has been raised in "Mountain Life" and in response Paul Sedgewick (LDWA 307) had a letter published in that magazine.

Paul cites the most recent Karrimor Mountain Marathon as an example of concentrated usage of certain sections of footpath as having a detrimental effect on the ecology of the area. In this event many hundreds of feet were channelled down one narrow path resulting in "a tumult of trundling boulders and avalanching red earth". Far from wishing to see such events (and those that the LDWA organises) be discontinued, he advocates establishing a "code of practice" which course planners would consider when designing routes for mass events.

While it cannot be denied that in certain areas paths do become eroded by both constant and concentrated use (e.g. Lyke Wake path) where the way passes over soft earth and loose rocks, is this any worse than the legacy left by the pack horse trains of the Middle Ages? Some of these sunken ways are preserved for all time and many are a delight to walk along. In some areas it may be desirable to arrest further wear if the erosion is adversely affecting the natural vegetation or undermining some ancient monument (e.g. Hadrian's Wall). Most walkers would no doubt like all paths to be paved with springy turf but the best footpaths exist where the soil is thin or poor and able only to support plants like heather, and in the lower areas bracken. Once the sparse vegetation has been scuffed up it may take a long time to regain a hold if ever.

In comparison the damage done by horses (and in some places by droves of cattle) is far greater, but even this is negligible in the overall picture. A far greater blight on our landscapes are the vast tracts devoted to mineral winnings in some cases now abandoned, the incessant encroachment by dwelling areas, the many dumps and spoil heaps, and the ever increasing new roads, which whilst making it easier for us to get to the walk-area, often cut into and divide such leisure areas.

Although it is easy to generalise when considering footpath erosion each problem should be taken on merit. In some cases erosion may even have a beneficial result as mentioned above. Very little can be done to prevent excessive wear of paths that are free to be walked along at any time but in the future the environmental effects of organised events that involve hundreds of people will have to be taken into account by organisers.

ALAN BLATCHFORD (2)

ONE MANS MEAT

ANOTHER PERSONS POISON.?

I am not a doctor or a dietician - I am a walker. I have only a layman's knowledge of how the human body works and what its needs are.

When the following was circulated amongst local members, some had convulsions on the floor, some made no comment and one said it was good, so if it does not create positive reactions it may amuse you.

What to eat when walking depends on the distance, how long you will be on your feet and how fast you are going, and the weather.

Here are some fresh ideas for you to juggle with.

The three important constituents are: Liquids, Carbohydrates and Sugars.

1. LIQUIDS, REFRESHING AND REPLENISHING. You must drink to replace salts and minerals lost by sweating and to prevent dehydration. This is absolutely vital in hot weather or in milder weather when you are climbing a lot or putting on the pressure. There are electrolytes for the purpose and the best known is "Accolade" (Boots 75p). Carry a full flask with spare powder to top up when water is available. Orange squash contains some potassium and is better than neat water. In fact, avoid water but accept it if there's nothing else. Drink and keep on drinking

2. LIQUIDS NOURISHING. There are times when you do not feel like eating and nourishment can be absorbed through "Complan" (Any Chemist, 60p). This is not easy to mix on the hoof so carry it in a flask - the equivalent of a full sized balanced meal can be carried in a pint flask; or better still, carry a flask full of the undiluted liquid if you are going far and dilute it with water when opportune. It can be flavoured with Bourne Vita, Ribena etc.

Not all people can absorb milk and it is not recommended in hot weather. Tomato juice is good but usually requires diluting and possibly sweetening to make it more palatable. V8 Vegetable Juice is also V.G. Black Currant juice and other fruit juices are also acceptable, such as Schloer (Apple Juice). Avoid alcohol and fizzy drinks.

3. CARBOHYDRATES. There are several cereal mixtures on the market called Muesli, like Alpen, Country Store, 8-till-1 etc. These are very palatable at any time of the day or night and make a quick, easy and nourishing meal. Carry it in a screw top flask or poly-container, add some diluted Complan from your drinks flask. It can be re-inforced with extra wheat germ (Bemax or Froment) or glucose to suit your own taste.

Nut Bars, sweet biscuits, dates, nuts and raisins are O.K. and convenient, especially if eaten whilst on the move.

Avoid stodge like white bread and cake, pastry, meat pies, sandwiches, Mars and chocolate.

4. SUGAR. Natural sugar, the kind you get from raw fruit and raw vegetables, not the sickly white stuff.

Make a fresh fruit salad from chopped apples, nuts, sliced grapes (seedless), bananas, satsumas, add fresh orange juice or Ribena

and glucose if you wish. Carry it in a flask and eat with a long spoon. You'll always feel like it. Crushed peaches or pears laced with glucose or honey, or crushed Dextrasol you will also find very acceptable, under any conditions.

In addition, you can carry in your pockets, sweet apples, young scrubbed carrots and tomatoes, plums, bananas, or anything in season. Dextrasol tablets will only be necessary when you are pushed, or in an emergency. You will need several screw top flasks and these are available in the pint size from most hardware stores. Don't forget a long plastic spoon.

You are on your way!

CHRIS STEER (1)

The Border Walkway

The route of a new 60-mile walk through the hills of the Southern Uplands from Moffat to Galashiels, officially opened in June last year, is described and illustrated in the November 1975 issue of The Scots Magazine.

The route, which is not signposted or waymarked (and is all the better for that) links together hill paths, forest tracks, ancient drove roads (including the famous Minchmoor) and other rights of way through the rolling hill country of the central Borders around Ettrick Forest and St Mary's Loch. Devised by members of the Scottish Borders Hillwalking Club, assisted by the Central Borders Council of Social Service, and with support from the former Selkirk County Council, the idea of the walk came about as a result of a survey of rights of way undertaken by naturalists, hill walkers and even a Scottish Country Dance Group who thought it would be a good way to keep fit!

Sheets 73, 78 and 79 of the 1/50 000 map (or 1" sheets 68 and 69) cover the route. A guide sheet is available, and the Borders Regional Council may be able to supply further details. but the following main points should be sufficient for identification: Moffat (NT 085053), Craigbeck Bridge (106043), Cor-nal Burn, Ettrick Head (172064), Scabcleuch (247145), Riskin-hope (236190), Bowerhope (257227), Blackhouse (281273), Tra-quair (331347), Minch Moor (360335), Three Brethren (433319), Yair Bridge (458327), Galashiels (492358)

KEITH PENNYFATHER (96)

BACK NUMBERS. The Secretary has a small stock of Newsletters (1 and 5-12), Downsman Hundred Reports (plus maps and route sheets), Icknield Eighty reports and maps, and copies of the Tanners Marathon report back to mid-sixties. These are available to collectors (?) Send 15p to cover postage etc. and further 5p per extra copy. Any surplus money to funds.

TIES. WE REGRET THAT THE ASSOCIATION TIES THAT WERE EXPECTED BY THE END OF 1975 HAVE STILL NOT ARRIVED FROM THE MANUFACTURERS BUT ARE NOW EXPECTED BY THE END OF MARCH. SO FAR OVER SIXTY HAVE BEEN ORDERED OUT OF THE BATCH OF 144. COST £1.75 INCLUDES POSTAGE. ALL ORDERS TO ALAN.

BOOKS OLD AND NEW

"TOM STEPHENSON" published by the Ramblers Association - 60p.

As most long distance walkers know, Tom Stephenson was the inspiration behind the establishing of the Pennine Way, which opened the door for other long walking routes to be set up.

As a tribute to Tom, now in his mid eighties but still active, the Ramblers Association, of which he was for many years the Secretary, has published an illustrated folder in the form of a biography. This traces his life from tough beginnings in a family of eleven, through his imprisonment as a conscientious objector and later as a journalist and town planning officer. In 1948 he became the R.A. Secretary and remained in office for 21 years.

The slim booklet in A4 size will not be a best seller but many members of the walking fraternity will want to purchase a copy to endorse the tribute so richly deserved.

"A PRACTICAL GUIDE TO WALKING THE RIDGEWAY PATH" by H.D. Westacott
published by Footpath Publications
Price 60p.

A useful guide to our newest long distance footpath, partly typewritten and partly handwritten, and the same size as this Newsletter. Slim enough to be pushed into most pockets. The description of the route is from west to east but can be used in reverse without much trouble. There are 19 pages of sketch maps (at 2½" to a mile) and route directions plus notes on accommodation and public transport. The route notes are very comprehensive (although I have not checked their accuracy) and even such minor features as stiles and gates are mentioned where they occur. The author calculates the total distance to be just over 89 miles and each mile point is shown. Both the relevant 1:50000, and "one inch" maps are quoted on each sketch map. One small criticism is that whilst some pages show a "vertical" map, others have to be read by turning the book through 90°. An indispensable guide to anyone tackling the Ridgeway Path (from near Marlborough, Wilts, to Ivinghoe Beacon, Bucks.) and useful to walkers attempting the next "Icknield Eighty".

All on a summer's day -
some Surrey
Group members
at the Tangley
Manor Check-
point on the
Guildford
Boundary Walk.



LETTERS to the editor

DYNAMO YES !

I disagree with Neville Tandy about Dynamo. Neither my friend nor I would go on a walk without it! I tried it as it was in my husband's shop - disbelievingly as always. But it worked! I've never been sick with it, and I've had less aches and pains with it.

MERLE MARSDEN, (243)

THE WRONG NAME ?

Those of us superior enough to be a "Centurion" (not myself, I hasten to add) may be interested in a new walk that was put up by a Mr Jonathan Ginesi. I discovered its route and details on show at the Pen-y-Gent Cafe, the hub of the popular Three Peaks Walk. Mr Ginesi has devised a fine walk which, in a nutshell, is circular, 100 miles long, climbs several well known peaks on its way to Sedburgh, Kirkby Stephen, Grinton, Kettlewell, and back to Horton-in-Ribblesdale. He has named it the "Centurion Walk" and although it is a fine challenging one, I think that you will agree that the name is too coincidental with the "real thing" and anyone completing the 5-day-Centurion Walk and wearing its badge has surely attained the "Centurion" title the wrong way. Mr Ginesi has obviously, and unfortunately, chosen the wrong name for his walk and perhaps better informed members could advise the Letters page of the facts, otherwise I think we should persuade Mr Ginesi to change that name.

TONY CRESSWELL (1062)

RETURN THANKS

May I through the Newsletter, thank S.Sgt. John Brooks for his appreciation of the help he received from myself and Eric Dilke (LDWA 1250). Not only physical, but mental stamina is required to complete a World record walk of 305 miles. I must pay tribute to John's application to the task, his courage and determination. But there is no doubt that his eventual success was due in large part to the support given to him by his wife, Audrey, throughout the 75 hours.

Eric and I enjoyed very much our association with the event and were happy to assist our fellow member in his worthy and successful quest.

DAVID A. REES (LDWA 919)

WHEN IS A WALKER NOT A WALKER ?

The answer to this question is when he is a runner.

I think that Stan Saunders is right, in the previous Newsletter, when he brings into the open the apparent conflict with-in the Association on the runners/walkers point.

Personally, I have always believed the Association's objects to be to encourage long traverses on foot rather than to be merely an extension of the Ramblers' Association which I would have thought suited Stan's letter.

The runner, as far as I know, has no association which organ-

ises long distance cross country events although there are a few fell and mountain races which are really the province of those that live in such areas. As a runner, one can either do short distance events, orienteering or cross country running, that may take about an hour, or longer events along the roads.

I am sure that a lot of my fellow runners will feel the same about running along marked routes on roads with their associated exhaust fumes. There can be no comparison with jogging over the hills, through woods on footpaths with the added challenge of trying to interpret a "Blatchford type" route description whilst navigating with a map.

We are mainly in the Association because we like a challenge, and having completed a long distance walk, will enter again to do it faster next time. This is how I got into jogging. On the first Downsman I walked all the way and so the next time I had to jog some of the way to see if I could be faster. I find jogging more economical of energy, especially when gravity assists down hill, than walking. However, I know a lot of walkers who could cover the distance quicker than I could when jogging. I well remember the late David Fitter holding us over the first 30 miles of the Peakland Hundred when we were jogging downhill and on some of the flat and he didn't run a step.

Therefore, I would like to see a proposal at the AGM to change the Association's name to LDWRA (Long Distance Walkers and Runners Association) or LDPA (Long Distance Pedestrians Association) or something similar.

It would probably require different control organisation or starting times on the longer events to cope with the range of finishing times but I would think this better than eliminating the fast men, the Rosens, Offleys, Dawes etc. or at the other end of the scale stamina men such as Wynne Evans and Jack Spackman from the events. I believe that the majority of the walkers like to see their finishing position even though each event is basically an individual challenge and it's our previous best that we are trying to beat not the other fellow.

ROGER COLE (564)

NON - PARTICIPATOR

Stanley Saunders ("Letters", November 1975 Newsletter) may not be interested in the "positions and times of the fastest finishers", nor in the running exploits of LDWA members, but I'm sure there are many other readers who are interested, and this obviously includes the editorial staff, so I hope you'll continue to publish these details. If Mr Saunders wishes to remain a non-competitive walker, then good luck to him, but he shouldn't try to spoil things for those of us who do wish to compete rather than merely participate.

BILL SMITH (LDWA 101)

TO RUN OR NOT TO RUN

Mr S.J. Saunders, in his letter 'Non-runners' (Newsletter 13) assumes that Marathons cater simply for runners. If he tries a few Marathons he will find that runners are a small minority. Most events, including competitive ones, require those taking part to wear and carry normal mountain equipment, the only exceptions being fell races, which get very little cover

in the Newsletter anyway. The competitive spirit is present in most events, even when there is no incentive offered, such as trophies or other prizes. Surely this urge to compete for its own sake is a healthy thing.

Mr Saunders advocates a maximum walking pace. If the participant carries all the specified equipment and obeys the rules governing the event, who says that he cannot run if he wishes. Is that the freedom of the hills?

I agree with the point about feeding stations and support parties. Mr Saunders will find that most event organisers are strict about this; has he tried the Fellsman? A competitive event I might add.

Surely the question is unimportant, people tend to do their own thing which is what matters. Happy walking Mr Saunders and if you should enter any Marathons you may be surprised at the camaraderie that exists between Marathon enthusiasts - fast and slow alike.

NEVILLE TANDY (LDWA 130)

HAVE A GO !

I quite agree with some of Stan Saunder's ideas re runners in walking events, especially that they should obey rigid rules regarding clothing and equipment, especially lights in a night event. (Some of the torches would not see them to bed!) But I would not discourage them from being competitive. Anything which will encourage the youth of Britain to "have a go" should be encouraged. Anything which would stop me challenging either the clock or another walker would take all the fun out of the event. I would say to any entry - pick your finishing position, whether it's first or fortieth, have a go and you'll have fun with your blisters.

BEN SMITH (LDWA 494)

TRAINING PLANNER

I would like to say that I believe that many "obviously fit and able runners" take part in walking challenge events to experience a really satisfying long run in enjoyable scenery, often as part of their long term training plans. When you are doing 100 miles a week on the roads it is very pleasant to meander through the lanes and fields especially with some definite aim in mind.

KEITH WALKER (LDWA 1376)

We have also received a long letter from A.Wakefield (1034) replying to Stanley's letter but regret that it is too long to include in this edition.

The following is the second part of Stanley Saunders' original letter. Being also controversial, it was decided to keep the two subjects separate.

NON NUMERATOR

One further complaint - why are members whose names are mentioned in the Newsletter always identified by a 3 digit number, like National Servicemen or convicts? Walkers are individuals and do not require to be numbered and docketed - or is this another manifestation of the runner's syndrome? (Take another look at that cover photograph, Newsletter 12.)

STANLEY J. SAUNDERS

MORE NEW MEMBERS

IS THERE A MEMBER LIVING NEAR YOU? IF SO - MAKE CONTACT.

LDWA 1143 BRIAN JOHN BICKLE
" 1144 CHARLES FREDERICK BARTON
" 1145 IRENE ELIZABETH BARTON
" 1146 ROBERT PERCIVAL WILLS PANTON

" 1147 JOHN ROBINSON
" 1148 ADRIAN DYMOND
" 1149 RAYMOND THOMAS STOREY
" 1150 GRAHAM DAVID PATTON
" 1151 DENNIS PALMER
" 1152 ANDREW PETER SNELL
" 1153 PHILIP GRAHAM SNELL
" 1154 RICHARD SUTCLIFFE FREEMAN
" 1155 DAVID MULLEN
" 1156 MARTIN BARBER
" 1157 ROBERT JAMES ENGLISH
" 1158 JOHN DIGBY
" 1159 JOAN ELIZABETH BASSETT
" 1160 STUART BELL
" 1161 AUDREY L. TIMMIS
" 1162 DAVID JOHN BAMBER
" 1163 PETER ANDREW ATKINSON,
" 1164 FRANK HODSON
" 1165 JOHN BARRY MAWBY
" 1166 BRIAN STANLEY PLUMMER
" 1167 ELFRED LEWIS
" 1168 PAUL KAROL KOPYCIOK
" 1169 JOHN NEIL
" 1170 BRIAN HAINSWORTH
" 1171 JOHN DAVID TOOTLE
" 1172 DR GEOFFREY INGRAM
" 1173 PAUL DOWNEY
" 1174 DAVID E. MASON
" 1175 M SMITH

" 1176 PETER JOHN DIXON
" 1177 FRANK BROUGHTON
" 1178 DAVID JOHN HICKS
" 1179 MISS MADELAINE CHARMAINE SMITH
" 1180 FREDERICK SIDNEY DOWELL
" 1181 REX POWER
" 1182 JAMES McARTHUR
" 1183 JOHN GODDARD
" 1184 JEAN HILL
" 1185 PETER VINCENT TROLLOPE

" 1186 SUSAN LIVERSIDGE
" 1187 ROGER HARVEY DIVER
" 1188 R. A. HABERGHAM
" 1189 WILLIAM ALBERT BUCKLEY
" 1190 ROSEMARY LINDA JAHNZ
" 1191 KEITH SMITH
" 1192 PETER JOHN HERON
" 1193 MAURICE JOHN BARKER
" 1194 FRANK WILLIAM REDFERN

LDWA 1195 MAURICE EDWARD WEST
 " 1196 PETER JAMES BURTWELL
 " 1197 MOIRA McDADE
 " 1198 MARTIN HILDITCH
 " 1199 G. PARSONS
 " 1200 MARC ALAN HOLMES
 " 1201 HUGH MACKENZIE GORE
 " 1202 BRIAN JAMES LYNCH
 " 1203 STEPHEN DAVID KEMP
 " 1204 MICHAEL BURTON
 " 1205 JACK RAYNER
 " 1206 PETER BENJAMIN COOPER
 " 1207 VICTOR GEORGE SANDERS
 " 1208 TERENCE LESLIE MARYON
 " 1209 IAN GRANVILLE OLIVER
 " 1210 ERNEST JAMES RETTER
 " 1211 DEAN JAMES GILLIBRAND
 " 1212 NEIL ARTHUR VANN
 " 1213 GEOFFREY MARSHALL WATSON
 " 1214 IAN H. OGDEN
 " 1215 CAROL DIANE RICHARDSON
 " 1216 MICHAEL DONALD CASEY
 " 1217 EAMON HANNAWAY
 " 1218 ROBERT CECIL SCHMUHL
 " 1219 WILLIAM RICHARD DAY
 " 1220 RICHARD NICHOLAS LUDLOW
 " 1221 MAURICE THOMPSON
 " 1222 MARGARET RUTH HORSFALL

 " 1223 CHRISTOPHER R. BLAND
 " 1224 PHILIP ROWLEY
 " 1225 BRIAN CORFIELD
 " 1226 DAVID CRASKE
 " 1227 ROBERT C. HUNT
 " 1228 G. W. BROOKES
 " 1229 WALTER JOHN HOBBS
 " 1230 JEFFREY FRANCIS BOOTH
 " 1231 ROBERT GRAHAM TURNER
 " 1232 CLAUDINE FABBIAI
 " 1233 VERNON HAWKES
 " 1234 JOHN A. VENABLES
 " 1235 CHRISTOPHER THOMAS ALLAN
 " 1236 GREGORY ERNEST JONES
 " 1237 FRANCOIS JOSEPH CAVIOGLIOLI

 " 1238 BARRY CHARLES CLARK
 " 1239 R. MICHAEL HOWIESON
 " 1240 GRAHAM MICHAEL POOLE
 " 1241 MAY RHODES
 " 1242 ALAN CHARLES SMITH
 " 1243 ERIC CLARKE
 " 1244 GEOFFREY STEVEN NICHOLLS
 " 1245 PETER LOCKYER
 " 1246 PAUL METCALFE
 " 1247 DAVID GRIFFITH
 " 1248 JOAN EILEEN CAVE
 " 1249 JAMES WILLIAM HARKER
 " 1250 ERIC DILKS
 " 1251 KENNETH PETER ROBINSON
 " 1252 DIANA JANE HUDSPITH
 " 1253 STANLEY BRADSHAW

LDWA 1254 J. R. JACKSON
 " 1255 MICHAEL BROWN
 " 1256 PAUL BEALES
 " 1257 OWEN JOHN HANINGTON
 " 1258 ANNE GREENWOOD
 " 1259 LESLEY SQUIBB
 " 1260 FRANCIS JOHN QUINN
 " 1261 MARTIN STANSFIELD
 " 1262 LESLIE GRIFFITHS
 " 1263 RALPH HENLEY
 " 1264 TOM BENSON
 " 1265 ANNE MACKENZIE
 " 1266 JOHN HENRY AUSTIN
 " 1267 HENRY MULHOLLAND
 " 1268 PETER HUGH McNALLY
 " 1269 KEITH JOHN ARNOLD

 " 1270 GRAHAME RICHARD MURRAY
 " 1271 JOHN PALMER
 " 1272 GAVIN JOHN REMNANT
 " 1273 GLENYS TEASDALE
 " 1274 DAVID BRIAN WILOMAN
 " 1275 ALLAN SCOTT FOSTER
 " 1276 IAN KEITH EGLEN
 " 1277 JOHN GAVIN POWER
 " 1278 GEORGE MARK EASTWOOD

 " 1279 WILLIAM GEORGE HAZLE
 " 1280 PHILIP BETTNEY
 " 1281 W. A. RUSSELL
 " 1282 JOHN BRIAN SCOTHERN
 " 1283 JOHN FRANCIS WAPSHOTT
 " 1284 CONRAD MALCOLM BARRY
 " 1285 PAULA MEADOWS
 " 1286 HENRY ARTHUR HUMPHREYS
 " 1287 GRAHAM BLACKBOURN
 " 1288 RAYMOND F. BAYLISS
 " 1289 JUDITH A. ROWLANDS
 " 1290 TIM CLARKSON
 " 1291 MICHAEL TERRY
 " 1292 JOHN ELLIOTT BROOKS
 " 1293 JAMES ARTHUR MILLS
 " 1294 ANDREW MICHAEL COATSWORTH
 " 1295 BEVERLEY POWELL (MR)
 " 1296 GORDON COLSTON BATLIS
 " 1297 FREDERICK DENNIS WEBSPER
 " 1298 D. WILLIAMS
 " 1299 TERRY POULTON
 " 1300 MICHAEL WILLIAM GREEN
 " 1301 JACK FRENCH
 " 1302 RAYMOND ERNEST WILLIAM KEMMISH
 " 1303 BRUCE NICHOLAS BROWN
 " 1304 RICHARD BARRY TAYLOR
 " 1305 DAVID JOHN DINGLEY
 " 1306 DEREK TOGWELL
 " 1307 ALAN LEONARD MONDAY
 " 1308 SUSAN COLES
 " 1309 MICHAEL WHITFORD
 " 1310 ALEXANDER JOHN HASTIE
 " 1311 STEFFAN PETER HUGHES
 " 1312 JOHN MILES HODSON

LDWA 1313 WILLIAM TREVOR ANTONY SHORROCK
 " 1314 NEVILLE LOCKWOOD
 " 1315 ANDREW JAMES DURRANT
 " 1316 COLIN A. SPARROW
 " 1317 RONALD ALFRED VOYCE
 " 1318 DAVID PAUL CROSS
 " 1319 ADELE IRENE BRIGNALL
 " 1320 DR TIMOTHY JAMES CARTER

 " 1321 ROSEMARY CATHERINE CARTER
 " 1322 TIMOTHY ALAN GODFREY PRIBUL
 " 1323 PETER BUTLER
 " 1324 PATRICK JOSEPH MARCHANT
 " 1325 JOHN ALAN BUCKLEY
 " 1326 WILLIAM E HULL
 " 1327 KATHRYN ANNE SIMMONS
 " 1328 THOMAS ANDERSON
 " 1329 RONALD THOMAS DAVIES
 " 1330 DAVID WHITEHEAD
 " 1331 NIGEL FRANK WITCOMB
 " 1332 GERALD HEDGES BOTT
 " 1333 ANN TUESLEY
 " 1334 LAWRENCE JOHN HALL
 " 1335 MARY BARBARA FENNER
 " 1336 D. N. SHEPPARD
 " 1337 ANNE DUNNE
 " 1338 IAN REGINALD HILLS
 " 1339 CAPT. LOUIS PATRICK LILLYWHITE

 " 1340 MARTIN GLYN EVANS
 " 1341 JOHN BRIAN GOLDRICK
 " 1342 JOHN ROBERT RICHARD STINT
 " 1343 STANLEY JONES
 " 1344 SELWYN WRIGHT
 " 1345 COLIN ANTHONY GIBBS
 " 1346 STUART NIGEL SIBSEY
 " 1347 FRANK JOHN PATRICK O'DONNELL
 " 1348 GRAHAM WILLIAM CLARK
 " 1349 STAN APPLETON,
 " 1350 GEORGE JOHN HARDING

 " 1351 ROBERT PHILLIP JENNER
 " 1352 STEVEN BENNETT
 " 1353 ERIC MARTIN ROLFE
 " 1354 PAUL CASTON
 " 1355 ROGER J. MILLER
 " 1356 R. A. LEVELL
 " 1357 RONALD REGINALD WARFORD
 " 1358 JOHN FRANK FORD
 " 1359 WILLIAM JOHN ILETT
 " 1360 RHYS DAVIES
 " 1361 DAVID MALCOLM ACOMB
 " 1362 PATSY LAVER
 " 1363 SALLY BOWLER
 " 1364 MICK JACKSON
 " 1365 HANS MICHAEL RENNIE
 " 1366 KEITH ROGER DAVIS
 " 1367 NIGEL CHARLES WILKINS
 " 1368 MARTYN JOHN GREAVES
 " 1369 LEON IAN IBBOTSON
 " 1370 MISS A. GARFIELD

Odds at the End

LIFTS TO AGM-CLEVELAND HUNDRED. ANYONE FROM THE SOUTH AND EAST WISHING TO AVAIL THEMSELVES OF A LIFT TO EITHER OR BOTH OF THESE EVENTS SHOULD CONTACT ALAN BLATCHFORD

BURROS* and BEARS. Californian member, Mary Sheldon, writes briefly of two walks undertaken last year: "the first was in the spring into Death Valley when 10 of us with our own burros walked into the Panamint Mountains.....and explored old abandoned gold mining towns, and the second in the early fall, above Yosemite National Park, in northern Sierra Mountains, walking between camp sites 15-20 miles apart daily, where our difficulty was bears! Death Valley was bitterly cold, our tents blown down by winds and covered by snow, whereas Yosemite in the fall was hot at times!" (*burro - kind of small donkey. Ed.) Mary's new address is:

and she will be pleased to answer any questions about Californian trekking from members in U.K.

She also says that she will be in Japan walking from April 16th to May 17th of this year, and should there be any LDWA members who plan to be in California during that time, they would be most welcome to use her home. She lives south of Los Angeles, a mile inland from the sea. Seems a shame to have an empty home and not have someone put it to good use.

WHITE ROSE WALK. GEOFFREY WHITE (RECORDER) WRITES THAT CHOP GATE VILLAGE HALL COMMITTEE ARE NO LONGER OFFERING ACCOMMODATION.

MATURE MALE seeks companion(s) for Pennine Way walk starting at Edale. Travel light using hostels, 10-13 days walking depending on weather. Dates May 22nd-June 5th or May 28th to June 12th, 1976. Don Cooper

LAKE DISTRICT HOLDS? MEMBER M. KENNEDY HAS A CARAVAN IN THE LAKE DISTRICT THAT HE CAN MAKE AVAILABLE FOR £12 PER WEEK.

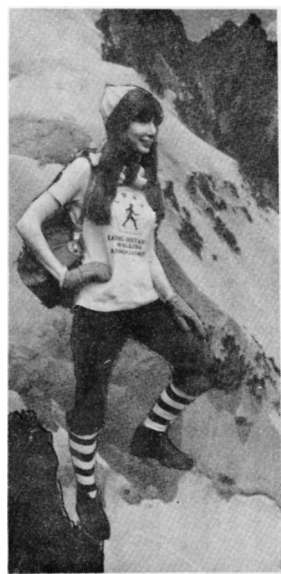
OFFA'S DYKE WALK. New member John Huggins (1574) is planning to take a small group along the Offa's Dyke Path in August, starting on the 6th and finishing on the 16th. The walk starts at the south end and averages about 17/18 miles per day. Youth hostels will be used where possible. Anyone interested should contact John

DOWNSMAN TROPHY FOR CHELSEA. WHEN THE "DOWNSMAN" ACCOUNT WAS FINALISED IT SHOWED A SURPLUS OF JUST OVER £40. SOME OF THIS WILL GO TO AWARDED A CHALLENGE SHIELD TO CHELSEA COLLEGE, EAST-BOURNE, WHO HAVE PROVIDED FINISHING FACILITIES. ON EACH OCCASION THE PHYSICAL TRAINING COLLEGE HAS HAD ONE GIRL COMPLETE THE HUNDRED MILES WALK. THE SHIELD WILL RECORD THE NAMES OF THESE GIRLS.

STILL GAME. Despite several weeks in hospital with leg trouble veteran member Jack Spackman is hoping to attempt the Cleveland Hundred. If he succeeds he will be one of the very select few that have completed all the LDWA hundreds.

BEWARE OF THE SILENT MAN AND THE DOG THAT DOES NOT BARK!

FOR WINTERS OR SUMMERS



our 'T'shirts
are
'STUNNERS'

CHOOSE: WHITE, BLUE,
ORANGE, GREEN,
YELLOW OR RED.
(THE SYMBOL IS BLACK)

STATE SIZE: SMALL, MEDIUM
OR LARGE.

SEND ONLY £1.25 (INC
POST AND PACKING)



TO: TONY CRESSWELL

HAVE YOU RENEWED YOUR SUBSCRIPTION YET? IF NOT, THIS IS THE LAST
NEWSLETTER YOU WILL RECEIVE. MEMBERSHIP SECRETARY'S ADDRESS IS:

HIM £1.

THE LONDON COUNTRYWAY GUIDE. This will shortly be available to mem-
bers for 20p (+ 7p postage), non-members 25p (+ 7p postage) Bulk
order rates on application. All orders and enquiries to Keith
Chesterton

We acknowledge with thanks the assistance given to us by four
members of the Kent Group in collating and despatching the N.Y.M.
Special.

NEWSLETTER FOURTEEN - PUBLISHED BY THE LONG DISTANCE WALKERS ASSOCIATION - MARCH 1976

This edition of the Newsletter was edited by Chris Steer

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