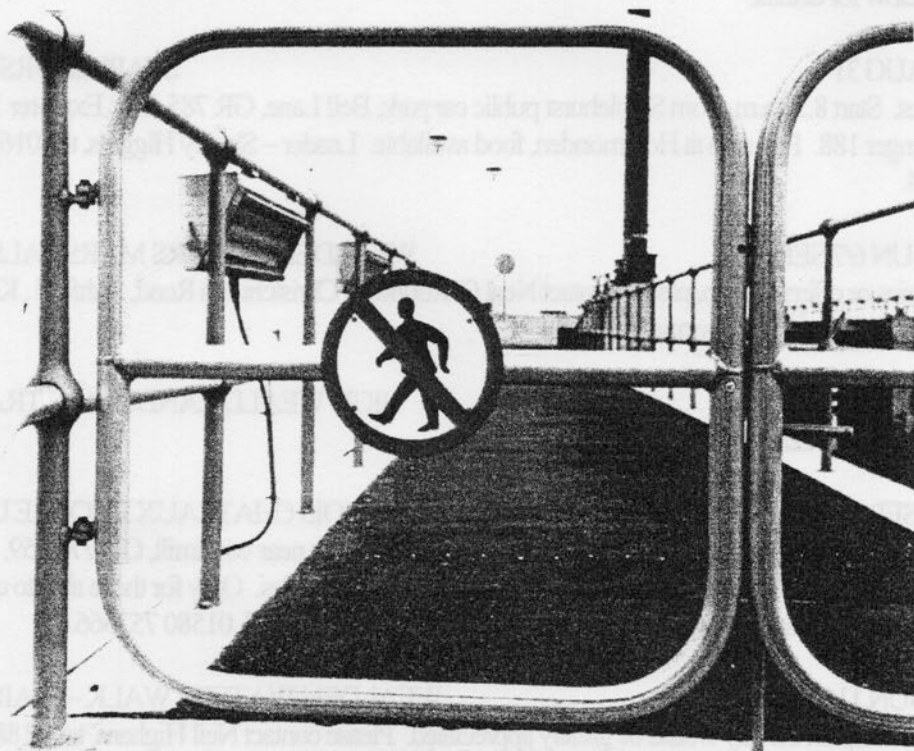


LONG DISTANCE WALKERS ASSOCIATION — KENT GROUP

aims: to further the interests of those who enjoy long distance walking

NEWSLETTER



Number 61

AUGUST 2003

KENT GROUP WALKS PROGRAMME – August 2003 to December 2003

SUN AUG 03

PAUL'S BIRTHDAY BASH

Walks for family and friends around Pluckley. Choose your own distance from 4 to 20 miles (route description provided). Please bring map and compass. Each of Landranger 189, Explorer 137 and Pathfinder 1230 covers all routes. Start from 8.30 a.m. to noon from 1, Yew Tree Cottages, Pluckley, GR 926 453. Bring food and drink if you intend to do longer walk. Refreshments will be available for all at the finish from 3.30 p.m.

SUN AUG 10

THREE PITS WALK

c. 18 miles. Visiting the former Kent pits of Betteshanger, Snowdown and Tilmanstone. Start from Northbourne Church, near Deal (GR 334 523) at 9 a.m. Pub stop at Nonington, food available. Leader – Graham Smith, tel. [REDACTED].

SUN AUG 17

HIGH WEALD LANDSCAPE TRAIL, part 5

*See below for details.

SUN AUG 31

STAPLEHURST STRUT

18 miles. Start 8.30 a.m. from Staplehurst public car park, Bell Lane, GR 785 431. Explorer 136 or Landranger 188. Pub stop at Horsmonden, food available. Leader – Shirley Higgins, tel. [REDACTED].

SAT/SUN 6/7 SEP

WEALDEN WATERS MARSHALS' WALK

For entries or offers of help, please contact Neal O'Rourke, [REDACTED] by mid-August.

SUN SEP 14

HIGH WEALD LANDSCAPE TRAIL, part 6

* See below for details.

SUN SEP 28

LES TROIS CHATEAUX ENCORE UNE FOIS

34 miles. Meet for prompt start 7.30 a.m. at Cranbrook car park near windmill, GR 776 359. Unsupported walk linking Scotney, Bodiam and Sissinghurst castles. Only for those able to complete the distance. Pub stop, food available. Leader – Maurice Faircloth, tel. [REDACTED].

SAT/SUN 11/12 ~~SEP~~ OCT

WEALDEN WATERS WALK – MAIN EVENT

Offers to help on the day would be greatly appreciated. Please contact Neil Higham, tel. [REDACTED].

SUN NOV 23

SHEPHERDSWELL WANDER

c. 20 miles. Meet Shepherdsweil village green, GR 263 477, Landranger 179, Explorer 138 (near church) for 8.30 a.m. start. Pub stop, food available. Leader – Andrew Keeler, tel. [REDACTED].

SUN DEC 07

FAMILY WALK AND LUNCH

A short walk, suitable for all the family, followed by a Christmas lunch at The Chequers, Crouch. Full details and booking form are enclosed with this newsletter.

*High Weald Landscape Trail – Each section is approximately 15 miles. You will need to bring food and drink on each day, as pubs/tea rooms are not conveniently placed. Contact Paul on [REDACTED] or Keith on [REDACTED] during the week before each section for details of start place, time and to make transport arrangements.

DATES FOR NEXT YEAR'S DIARY:-

25th January – Kent Group AGM to be held at Chart Sutton – full details in the December newsletter.

29th February – Sevenoaks Circular Marshals' Walk. Note that this is 1 week earlier than usual.

PUB MEETINGS continue to be held on the first Monday of each month (except if that coincides with a Bank Holiday, when they are postponed to the second Monday) at the Rose & Crown, Wrotham. Meetings commence at 8 p.m. All welcome.

COMMITTEE

Chairman..... *Paul Hatcher
Secretary..... Bill Gillibrand
Treasurer..... Neil Higham

Trevor Blake
Duncan Brice
Bryan Clarke
Tom Sinclair

email:

Keith Warman

email:

*Paul Hatcher has been co-opted onto the National Committee.

Social Walks Programme..... Neal O'Rourke
Newsletter Editor..... Laurie Lowe

email:

Footpath Problems..... Shirley Higgins

We all get frustrated and annoyed when we find obstructed paths, broken stiles and a lack of way marks on our walks, but only a few people take the trouble to report these problems. So if you encounter any difficulties on Public Rights of Way, please do something about it! I have details of the methods of reporting problems in Kent and East Sussex. If you need information or advice please contact me on

Shirley.

COMMITTEE MEETING – 6th June, notes from the minutes

Bill Gillibrand was appointed by the Committee to take over from Tom Sinclair as Group Secretary. Paul and Keith thanked Tom for his services.

A hall at Chart Sutton is to be booked for the 2004 AGM, which will be held on 25th January. Keith Warman has offered to lead the morning walk. Paul and Mary have offered to deal with the catering.

It was reported that after 25 events The Surrey Summits is to end. This means that The Southern Triple Challenge will become defunct. There is the possibility of another Surrey event starting at some time in the future.

Sevenoaks Circular – Trevor reported that the first 24 miles of the new route have been checked and all was in hand.

Christmas lunch – Trevor has booked The Chequers for 7th December at a cost of £14.00 per head.
DETAILS AND A BOOKING FORM ARE INCLUDED WITH THIS NEWSLETTER

The next Committee Meeting will be on Friday 8th August.

REPORTS OF PAST EVENTS

THE SEVENOAKS CIRCULAR WALK

16th March 2003

This was just Penny and myself from Twinning. Our French walkers could not get a train back to Paris at a reasonable price. All right on the way out, but that had left them stranded here; they were a bit late in arranging transport.

We managed to arrive early for once, and got signed in and to the starting point with time to spare. We had a talk with David Coates and his daughter, they were going to walk fast and use it as a training workout for the London Marathon. The 30 mile walkers had left at 08.00 hours, our walk which was the 20 mile route left at 10.00 hours, and bang on time we were away. Off across Knole Park we went, starting very well and we decided to go as fast as we could, but even then David was way in front. He can average 4 mph steady, while we, I guess, go at 3.5 mph.

The day started warm and got better, the breeze had dropped and walking was a pleasure. We were nearer the front than the back for a change; first checkpoint was way before midday. Even a short stop will cost 10 minutes, so the breaks will lose us at least 30-40 minutes, but they are needed. We were soon down to tops, no sweaters or jackets, we both had water and a few sweets for later.

The route was the same as last year with an alteration at the end, leaving the park from a different exit. The ground was mainly hard, last year's bogs still a bit wet but you could walk on the surface, and boots stayed clean. The first checkpoint is in a field and is only drink and biscuits; the Ide Hill stop is drink and cold rice and buns, short stop again, still going well. You keep the same walkers in front and behind you for a lot of the way, once you have settled down. So on to the next check point at Sevenoaks Weald Scout Hut, this stop has toilets and very good cheese sandwiches, so dinner here at nearly 15 miles, and only 5 to go. Both of us feeling good, weather still warm/hot, we both catch up on events that have occurred since we last walked. With a bit of luck we may have an early finish.

Off on the last quarter and this one has the gully in it, this is usually wet and very steep but we had been told that some work had been done on it. So it now had better drainage and a bit more of a base to it. There should be a blood pressure station at the top, it is that sort of climb. We went up quite fast not exactly like gazelles, but not trudging either. Over the top and we were soon in Knole Park, back through the car park and School and on to the finish point at the Raleys Youth Club, the steps are always bad, "sadistic really".

We clocked in at 16.22 hours for both of us, pleased with our time 6.22 hours for 20 miles was quite good for us, reduce the stops and it gets better. Legs all right for both of us, my heels a bit sore. Penny has to miss the 50 Km French walk as she is with some friends in another part of France.

Brian Cope

THE WYE FOREST 50**3rd - 4th May 2003**

This was a new event based at Lydney, Gloucestershire, in and around the Forest of Dean and the Wye Valley. Paul Hatcher and I decided to enter, and found ourselves amidst warm sunshine with 175 other entrants. We realised beforehand that the route was not 50 but, in fact, 56 miles long and we hoped the distances in the route description would not be 12% short!

From Lydney, the route went northwards through the heart of the Forest of Dean, via Parkend to Edge End, then a southerly tack was taken to Coleford and Newland. Several stiff climbs and drops took us to St. Briavels. Soon we were striding alongside the surging River Wye to a self-clip point at Brockweir. Having crossed the river, we headed northwards again in woods high above the river to Lower Redbrook where, in failing daylight, we joined Offa's Dyke path to The Kymin tower overlooking Monmouth. Tricky woodland sections followed along the Wysis Way, then the River Wye again via Symond's Yat East to near Welsh Bicknor.

A beautifully clear and still night saw us turning southwards to English Bicknor, then eastwards back into the Forest of Dean along the Wysis Way. Concentration and careful navigation was necessary as we crossed the Forest via Speech House Hotel and Mallard Pike Lake to Viney Hill. The route then followed field paths back to Lydney.

This was a superb walk with an accurate route description and excellent support from Bristol & West Group. It forms one third of the new South-Western Triple Challenge (the other events being the Wellington Boot and a new event from Weymouth next year run by Dorset Group). Each walk will be held every three years and to meet the Triple Challenge each one must be done in succession.

Highly recommended and watch Strider for the next Wye Forest 50 in May 2006!

Keith Warman

WHITE ROSE HUNDRED

report by Tom Sinclair

A very appreciative letter has been received from John Sparshatt, Event Organiser, and has been passed on, with a covering note from Paul and Mary, who organised the Kent Group checkpoint at the finish, to all those who helped namely:- Ann Beeching, Martyn Berry, Trevor and Marianna Blake, Nick Dockree, Shirlie Gill, Eileen and Mark Kelly, Kevin and Jackie Puttock, Ron Roweth, Ivan and Ann Waghorn, David and Christine Wood (brother and sister-in-law of Ann Beeching and regulars on Kent Group checkpoints on Hundreds) not to mention Linda Michell, (whose frequent help on Kent Group checkpoints has made her an honorary member), Ken Falconer and daughter Jennifer for help in putting out the tables and chairs (and, in Jennifer's case, supplying artistic notices) and, last but not least, Mike Attewell, who sent along a very useful microwave oven to act, with the LDWA National Chairman, on his behalf.

Congratulations to all Kent Group members who completed the event and to those who only achieved part of the distance because, although they may feel disappointed, it was still a good effort and there were valid reasons for each of them not going further. The official results have reached us by e-mail so here are the relevant details:-

Name	Time	100's completed
Zoe Thornburgh	26.50	11
Andrew Boulden	29.17	11
Jill Green	34.03	15
Martin Fox	34.49	11
Fiona Nutburn	35.20	3
Don Newman	39.04	21 (Will he go for 25 completions?)
Jim Oddy	46.13	7
Keith Warman	46.13	14
Mike Pursey	46.51	1 (His first completion at the 3 rd attempt)
Avril Stapleton	Retired at 51 miles	6
Mervyn Nutburn	Retired at 75.2 miles	5

As previously reported Paul Hatcher completed the Marshals' Walk in August 2002, his 10th Hundred and was duly presented with his badge, as were Andrew Boulden, Zoe Thornburgh and, I believe, Martin Fox, before the start.

Exmoor Hundred 2004

Paul's letter to checkpointers encouraged them to volunteer for the Kent Group checkpoint at Monksilver, 79 miles, where, I am reliably informed, there is a good pub and a modern-looking village hall. Now is the time to be thinking about whether you want to enter the event, in which case you should enter the Wealden Waters to get a qualifying event if you haven't got one already (this year's 100 counts), or help on the checkpoint in which case you should give your name to Paul.

THE WHITE ROSE HUNDRED DIARY – 24th-26th May.

Keith Warman

The day before . . . Bumped into Chris and Shirley Hume in Ripon. They advised us that the organisers had moved the start half a mile into the route in order to avoid congestion! Kit all checked, halfway and end bags all packed. A good night's sleep and awoke bright and early.

The venue (City School, Ripon) . . . Amidst the frenzied atmosphere at Ripon City School, spotted Les Maple parading around wearing a tasty sandwich board advising us where the start was. Met Jimmy Oddy and planned to walk together wherever possible. Witnessed Paul Hatcher being presented with badge and certificate from the Marshals' Hundred and also with his "10 Hundreds" badge.

The start . . . Organiser John Sparshatt introduced the Mayor and the Ripon Hornblower. The Mayor wished us well. The Hornblower, well, he tried to get a sound out of his horn and then the field was off! Jimmy and I decided to wait for ten minutes to avoid the rush, so we did last minute kit checks (actually, made sure our laces were double-tied) and relaxed. Saw a young man called Adam, who has cerebral palsy, on board a sort of porters' trolley with a single central wheel. He had entered the event and was to be pushed around by Royal Marines in shifts. We were seen off by Paul and Mary Hatcher, Trevor Blake, Tom Sinclair, Les Maple and Shirly Gill. Our adventure had begun!

3 miles . . . Caught up by Kathy Whitehurst from Cardiff and gave her a few tips where the route description needed amplification.

4 miles . . . Started to rain, quite heavily. Cagged up.

5 miles . . . Checkpoint 1 at Markington. A slightly damp Ken Falconer plied us with equally damp squash and biscuits.

9 miles . . . Through picturesque Ripley and alongside the castle. Everywhere very green and verdant. Stopped raining so de-cagged.

11 miles ... Second checkpoint at Hampsthwaite. As we approached the village, we could see billowing clouds of acrid smoke and much noise ahead. Just down from the checkpoint, a fire engine was attempting to extinguish a car which had caught fire. Locals were watching and Hundred supporters were frantically rushing to the scene hoping it wasn't their car. No food left so marshals quickly bought packets of crisps in village shop for us.

12 miles ... A dangerous road section for nearly a mile then away through fields, paddocks and secret tracks to descend to the River Nidd (in whose delightful company we would be for the next 16 miles). Kathy pushed on ahead.

14 miles ... The sun came out as we strolled through woods, alongside the river and on the embankment of a disused railway line.

16 miles ... Reached Dacre Banks and checkpoint 3. A nice relaxing atmosphere in the village hall. We were surprised that we had not caught anyone up yet but, evidently, the field had sped off at the start, taking advantage of the relatively easy terrain for the first 20 miles.

18 miles ... The first real climb, not too bad really. Passed a large radio mast and along the top of contorted crags.

21 miles ... People in front! A rather steep drop into Pateley Bridge and checkpoint 4. Met by Shirlie on the way in. Jimmy strapped up a troublesome ankle.

23 miles ... A lovely gentle climb up the Nidd valley through Wath and past Gouthwaite Reservoir. The evening sun and still air made this a pleasant section.

27 miles ... The first self-clipper point and then across rich pastures and up the road to checkpoint 5 at Lofthouse. Rested for quite a while and, suitably refreshed, set off at about 8:15pm. From here, there were five successive moorland crossings to reach the breakfast stop at Hawes, still 28 miles away.

28 miles ... A sharp ascent to the churchyard at Middlesmoor left us panting a bit.

29 miles ... From the hilltop village of Middlesmoor, we climbed up an enclosed lane following the dropping sun. Much bleating ahead as we caught up with a young man driving his sheep and lambs onto the fells. His Jack Russell of a sheepdog was a bit wanting, so Jimmy and I assisted. Three men and his dog!

31 miles ... With the barren expanse of Scar House Reservoir ahead, we dropped to the bunkhouse by the dam and checkpoint 6. On the descent, we passed a striding Ken Falconer, doing about 4.138 mph uphill "taking the evening air". Met at the checkpoint by Shirlie, Paul and Mary and we changed into our Bogtrotters for the next moorland crossing. In fading light, we torched up and set off at 10:00pm, aiming to meet Paul at about 1:00am in Coverdale.

33 miles ... Self clip point 2 (on isolated moorland) was manned by a young couple in a tent, happily listening to the Eurovision Song Contest, baying for the UK entry to get "nil points" - which I believe it did. Started catching up a few folk here. Moorland very wet but navigation worked well, thanks to my reconnoitring during the preceding week.

38 miles ... Checkpoint 7 at Carlton and Paul retraced his steps for 1 mile back to West Scafton to walk us in. Out of Bogtrotters and back into Hi-Tec Impalas, as we say. Bill Grace arrived having taken a tumble, his face covered in peat with two eyes peering through!

41 miles ... A relatively straightforward moorland section over to Waldendale, but with a vicious, stony descent.

44 miles ... Into Thoraby in Bishopdale and checkpoint 8 in the village hall. Met several walkers here and we were well refreshed by willing marshals. We left at 4:15am in first light with birds already into verse 37 of the dawn chorus.

47 miles ... A long, lonely moorland section up the Stake Road and down into Raydale. On the top, caught up Adam and the Marines, the latter doing emergency surgery on the trolley (the wheel was off!).

50 miles ... Halfway James! Paul had said "watch for the left turn by a water tank". His memory from the Marshals' Hundred (in August the previous year) amazed us - there at the junction was the rusting tank.

51 miles ... Checkpoint 9 at Stalling Busk on a clear, still morning. Everything working well for us. Left at about 7:30am.

53 miles . . . The final moorland involved the steepest climb of the route, 8 grassy fields up to the Roman road on Whether Fell. Downhill to Hawes now!

54 miles . . . A group of five suddenly appeared from our left, goodness knows where they'd been. Overtook them and strode down to meet Shirlie at Gayle and along the street to...

55 miles . . . Breakfast and baggage stop at Hawes Primary School. After feeding and changing clothes I put on my trusty Merrell trainers for the last 45 miles. Jimmy in good spirits and looking forward to 20 miles down Wensleydale. We set off at 10:25am.

57 miles . . . Caught up Adam and Marines again and watched in wonderment at how they lifted him and trolley straight over squeeze and ladder stiles - it's a bit like getting the cannon across the ravine at the Royal Tournament. Wonderful scenery, rather warm sunshine but the Merrells were getting somewhat uncomfortable.

61 miles . . . Coasted into Askrigg and checkpoint 11, and I was mightily relieved that Shirlie was there as I was able to change back into my Hi Tec trainers. Ah, that's much better! Jimmy and I both had a short nap. Mike Pursey was there - he seemed to be going well. Said goodbye to Shirlie as we didn't expect to see her until the finish.

63 miles . . . A stiff climb through a wood and then a long, level section to Castle Bolton.

69 miles . . . Suddenly, a heavy shower descended just as we arrived at checkpoint 12 at Redmire Village Hall. We both badly needed to sleep and were immediately ushered into the adjoining billiard room and offered sleeping bags and pillows to lie on. Bliss! We slept through a violent thunderstorm and were woken 30 minutes later, feeling great. Thank you, Staffordshire Group. Stopped raining as we set off at about 5:00pm.

71 miles . . . Easy going on the level section through Bolton Park, Wensley and along the River Ure.

75 miles . . . Just before arriving at checkpoint 12, Middleham Primary School, we passed a young girl playing with her scooter. "Are you still walking?" she enquired. "Yes we are" replied a proud Jimmy. She straight away quizzed us again "Why?" We were both lost for words and floundered for a meaningful answer, which I'm afraid we didn't really give. Grown men and women climb Everest "because it's there" so I suppose we were doing the Hundred "because it was on". The sweepers (Percy Wellor & Co.) were on the prowl here and, although there were only about 10 behind us, I knew we had plenty of time in hand. We left at 7:30pm hoping to gain the stiff moorland ridge above Wensleydale and get over and down into Colsterdale before nightfall. Mike Pursey arrived in good spirits as we left.

79 miles . . . Arrived at the lane in Colsterdale for a mid-section rest and drink. As we left, we had a long stretch down the lane and torched up and donned night gear where we turned off across fields by the ford at Gollingth Foot.

81 miles . . . Crossed a goit, which we discovered was a man-made water channel educational excursions, these Hundreds!

83 miles . . . On the approach to Leighton Grange Farm and checkpoint 14, we crossed three fields which were not public rights of way, but permission was granted for the event. In the second field, a torch shone towards us. "C'mon lads, nearly there." It was Percy Wellor, one of the sweepers! He explained that someone was reported mislaid from the route around here and he was transported on to try to find him/her. The checkpoint was in a barn and although the night was warm and still, we soon got cold so our stop was shorter than usual.

84 miles . . . Fields, woods, isolated farms, and the quiet of night as we stealthily made our way towards Ripon. The miles were disappearing at an alarming rate by now!

85 miles . . . Who put that hill in leading to Ilton? A winding lane at 1 in 4 around hairpin bends and it didn't seem to end. Ripon seemed a bit further away. Soon back across moorland and counting the shooting butts.

87 miles . . . We joined a section along an isolated lane for nearly 2 miles. Both had trouble staying awake. Halfway along, I announced that I must sleep and lay down on a stony byway just off the lane. Jimmy said he would sleep too. I awoke about 30 minutes later shivering but, as there was no sign of my companion, I assumed he had woken and gone on. Then I heard snoring from the hedgerow behind me and my torchlight picked out Jimmy safely ensconced in his flower bower, with bushes and bracken carefully wrapped around him!

Angels must have put him there. Somewhat cruelly (sorry, Jimmy) I woke him up and said I was going on. He then eased himself from his warm nest and off we staggered, refreshed.

90 miles ... A tricky bit of navigation with many fields and compass bearings, then we met a marshal who had come to meet us from the next checkpoint.

91 miles ... Checkpoint 15, in two cosy garages at the rear of The Drovers' Inn at Belford. An oasis run by Norfolk & Suffolk Group. We both had more sleep here and stayed longer than planned. We left at 3:45am in first light and our spirits were lifted as we had less than 10 miles to go. Soon, we crossed heather moorland with the haunting cry of the curlew for company.

94 miles ... Undulating terrain, including down a set of uneven and very slippery steps to cross the dam of a lake. The climb out, through pine trees, was a real struggle - no steps this side!

95 miles ... The route description said "the source of the wetland is a perpetual spring and we have been unable to improve this part of the route for you." Hmmm. Rumours abounded at the start that the spring had been partially drained but, as the path was enclosed, keeping dry feet was virtually impossible.

96 miles ... I could smell the teapot at the next checkpoint across the fields and, in lovely sunshine, we were delighted to meet Shirlie, who walked us in to checkpoint 16, Sawley Village Hall at 6:05am. The Irregulars Local Group was on duty here and being the final checkpoint, their hours of opening were the longest. As it was so warm, I changed into shorts for the final stage, and we set off at 6:40am.

97 miles ... In bright sunshine, we strolled through a peaceful, wooded valley, safe in the knowledge that, barring an accident, success was not far away.

98 miles ... Entered the vast parkland grounds of Fountains Abbey and went past a beautiful church. From the church, a straight drive (lined both sides with mature trees) led us towards Ripon. In the shimmering distance, we recognised the outline of the cathedral.

99 miles ... We left the Abbey grounds, sauntered along enclosed paths through Studley Royal village (passing four hobbling walkers) and back into Ripon. Jimmy had the bit between his teeth by now, so the 30mph speed restriction sign was quite necessary.

100 miles ... Just outside the school, our private welcoming party, in the form of Trevor and Shirlie, congratulated us and walked across the playing field with us to the finish desk. It was 8:13am and nothing much had changed in the 46 hours and 13 minutes since we were last there. Jimmy's feet were rather poorly, but he hadn't complained once; I was very lucky to discover just 2 small painless blisters. We thanked each other and said our farewells.

I am sure that Jimmy would join me in sincerely thanking the organisers, West Yorkshire Group (ably led by John Sparshatt) for all their efforts in The White Rose Hundred, not forgetting, of course, all the other Local Groups, friends and helpers who gave their time for us. Many Kent Group members and friends surrendered their weekend to travel to Ripon and man the first 10-hour shift in the kitchen at the finish - thank you one and all.

Next year's Hundred will be over the May Spring Bank Holiday weekend - the Exmoor Hundred starting and finishing in Minehead. Now, where's that map

Keith Warman

To the Organiser and Checkpoint Helpers of the High Weald Walk.

It is always a pleasure for me to visit Kent and its surrounding area and to meet up with the Kent Group Members who always make me feel so much at home. On this occasion, it was to walk the High Weald Walk.

Until the heat finally got to me and I decided to retire at 16.5 miles, I was thoroughly enjoying the route and the walk. The checkpoint helpers kept up their high tradition of

welcome and support at the three checkpoints I visited as did those at the start and finish. Although I did not complete the walk and earn a full certificate - the half certificate I received for my efforts was most gratefully received - especially to me as to achieve 16.5 miles was a success for me. Thanks to you all for helping to make it a most enjoyable day.

Is it little wonder that I keep coming back?

Regards and best wishes,

Les Maple.

Thames Valley Group plus others.

The following piece of advice is taken from "The Art of Travel" written in 1872 by Francis Galton:-

BLISTERED FEET – To prevent the feet from blistering, it is a good plan to soap the inside of the stocking before setting out, making a thick lather all over it. A raw egg broken into a boot, before putting it on, greatly softens the leather: of course, the boots should be well greased when hard walking is anticipated. After some hours on the road, when the feet are beginning to be chafed, take off the shoes, and change the stockings; putting what was the right stocking on the left foot, and the left stocking on the right foot. Or, if one foot only hurts, take off the boot and turn the stocking inside out. These were the plans adopted by Captain Barclay. (*Who in 1809 walked 1000 miles in 1000 hours for a wager.* – Editor)

When a blister is formed, "rub the feet, on going to bed, with spirits mixed with tallow dropped from a candle into the palm of the hand; on the following morning no blister will exist. The spirits seem to possess the healing power, the tallow serving only to keep the skin soft and pliant. This is Captain Cochrane's advice, and the remedy was used by him in his pedestrian tour." (Murray's "Handbook of Switzerland") The recipe is an excellent one; pedestrians and teachers of gymnastics all endorse it.

TRIG POINT GOES ON NIGHT WALK!

On a walking holiday in the Purbeck Hills, Dorset, in April of this year, my wife Ann and I took an evening stroll up to the Trig Point 008813 on Nine Barrow Down. On leaving the path for 150 yards, we went over to touch the T.P. (as you do) and then returned to the path and back down to Swanage.

The following day took us up the same path *en route* to Corfe Castle. We were surprised to see the T.P. had moved over night and was now on the footpath. The O.S. plate had been removed. As new fencing was going up, it would suggest that the landowner was responsible. Is it now legal and will we be seeing T.P.'s all over the country being moved? The negative aspect is that the T.P. will be wrongly positioned according to the O.S. map.

The positive side is that it made a convenient seat with the base projecting about two feet out of the ground.

Ivan Waghorn.

CRAB AND WINKLE WAY

This newly established route between Canterbury and Whitstable was officially opened in early May. The route follows the tracks of what was reputedly the first regular steam passenger service, which conveyed 19th century day-trippers from city to the coast and back. The line shut down 50 years ago and the official opening of the Way marked this anniversary. The route is described as a mixture of open countryside and dark forest, with ancient bridges, embankments and even an eerie tunnel. The seven-mile route is being promoted as a cycle link between Canterbury and the coast but is also open to walkers. Perhaps it could be incorporated into a longer circular walk for the group programme.

MOBILE PHONES

Avril Stapleton has passed on a memo which she received from John Mountain. I print it here in full:-

Last Monday, walking with a friend, Anita Stamp, we were mystified when a compass bearing did not bring us to our expected destination. Later, on the walk, I suspected another bearing and re-checked and it was well out. The next day Anita conducted experiments and found that her mobile phone was distorting the compass readings. I then conducted further experiments and found that a close mobile phone could distort by 20 degrees but when held at arm's length the reading was about right.

HOWEVER, with the phone held behind my back, as it might be in a rucksack, the distortion was several degrees. I mention this because I have not seen the problem written about and I know that many walkers will have their mobiles on the Woldsman.

John Mountain.

EDITOR'S NOTE: - John does not say whether his phone was switched on or off during his experiments, so I decided to do my own checks. My ancient Motorola mobile phone is huge compared with the up-to-date phones as used by my grandchildren – so I do not know how my results relate to modern all-singing-all-dancing mobiles.

I found that with the phone switched off, it had no effect on a Silva compass when held at more than 2-3 inches from the compass. When placed at a distance of about 2 inches it caused a deflection of about 5 degrees.

With the phone on, the results were very much the same except that the deflection at close range was larger (10-15 degrees) It did not have any effect, either on or off, when held behind my back. Therefore, I am confident that my phone carried in my rucksack will not result in compass errors.

CONGRATULATIONS to **Duncan Brice** and **Ann Mills** who were married in May, and to **Phil** and **Sarah Betts** who were married earlier this year.

PUZZLE CORNER

submitted by Bill Gillibrand

Here are four questions. Answer them instantly. You can't take your time. Remember, answer them immediately. No pencil or paper!

First Question: You are participating in a challenge walk. You overtake the second person. What position are you in? Come on – answer quickly!

Answer: If you answered that you are first, then you are wrong! If you overtake the second person and you take his place, you are second!

Try harder with the second question and don't take as much time as you did with the first.

Second Question: In an another event, you are having a bad day, if you overtake the last person then you are....?

Answer: If you answered that you are second to last, then you are wrong again. How can you overtake the LAST person?

Third Question: Very tricky maths! Note that this must be done in your head. Do not use pencil and paper or a calculator. Try this.....

Take 1000 and add 40 to it.

Now add another 1000.

Now add 30.

Add another 1000.

Now add 20.

Now add another 1000.

Now add 10.

What is the total?

Answer: Did you get 5000? The correct answer is 4100. Don't believe it? Check it with a calculator. How are you doing? Perhaps you can get the last question right?

Fourth Question: Mary's father has five daughters: Nana, Nene, Nini, Nono. What is the name of the fifth daughter? NO NO! Of course not. The fifth daughter's name is Mary. Read the question again!

NEW WORLD RECORD SET BY KENT GROUP MEMBER

The member concerned, who wishes to remain anonymous, was the first person to request a 2003 Gatliff Marathon entry form. Dick Ockenden, the Gatliff organiser, said, "A request in May must be an all time record" and also remarked that it reminded him to "give some thought to the route for this year. Don't panic, it's not actually true".

Members who usually support the Gatliff Marathon may like to put the date in their diaries. This year the event will be on Sunday 30th November at the usual starting place of Edenbridge Football Club.

VOICEMAIL

This voicemail system could be for YOU!!

If you are compulsive, press 1 repeatedly.

If you are co-dependent, get someone else to press 2.

If you are multipersonality, press 3, 4, 5 then 6.

Paranoid? We know who you are, stay on line while we trace the call.

Schizo? Keep quiet and wait for the little voice.

Depressive? Well you could be by now. Does anyone want to talk to you?

WALKERS!

Three Kent Group Members were walking together when they came to a river that they needed to cross. The river was a raging torrent and they could not see how they could cross it safely.

The first man prayed to God asking for the "strength" to get him across and his arms and legs became big and strong and he plunged in and after a couple of scary moments got to the other side.

The second man thought that was a good idea and he prayed for "strength and the tools" and a little boat appeared so he too finally managed to reach the other bank.

The third man saw how it had worked for the other two and prayed for "strength, tools and the intelligence" to get to the far bank. Immediately he turned into a woman. She looked at the map, went along the bank for a short distance, and then walked across the bridge!

Submitted by Bryan Clarke but I suspect that it came from Pat!

ORDNANCE SURVEY MAPS

New Explorer maps to be introduced from the end of next year will include the following changes:-

Paths will be black dots instead of dashes, which will make it easier to see where they coincide with the green rights of way marks.

New access areas will be indicated by pale yellow tint with a pale orange border.

Civil parish, community and other administrative boundaries will be in magenta to avoid confusion with other features;

Churches with a tower or spire that are no longer used for worship will be marked on the map for the first time as navigational aids.

National Park boundaries will no longer be marked on Explorer maps but they will appear on the covers.

An OS spokesperson said they had gathered opinions from walkers and most were interested in knowing they are on the right path; these changes will provide a good level of information for that purpose.

Bryan Clarke

Jacky Sheldrake

It was with great sadness that we heard that Jacky Sheldrake had lost her long battle against illness on June 18th.

Over the years, she helped on many events, the last being over the weekend of the Kent Millennium Hundred.

Although not a long distance walker, prior to her illness, Jacky walked with Dave and their family over many of the mountains in the U.K.

We extend our sympathy to Dave, and his sons and daughter.

Ivan Waghorn.

NEW MEMBERS – The Kent Group welcomes the following new members:-

Peter Edwards, Sittingbourne.

Sylvia Forster, Canterbury.

Janet Phyll, Tunbridge Wells.

Michael Sullivan, Tunbridge Wells.

The North Downs Way Is 25 Years Old!

The NDW celebrates its 25th anniversary in September and celebrations will coincide with the re-opening of the Wye Crown on the Downs above the village of Wye. KCC rangers have installed an improved track so that less able bodied users can access this part of the NDW for the celebrations.

Cover Picture – This sign was seen (a number of years ago) at the exit from the Isle of Wight ferry at Portsmouth. Does it mean that LDWA members are forbidden entry to that island? If so, then how do Jill and Dave Green manage their frequent comings and goings?

LATE NEWS – Peter Saw of the London Group has asked me to remind Kent members that the date of the "Founders Challenge" is 19th October 2003. An entry form is enclosed with this newsletter.

