

LONG DISTANCE WALKERS ASSOCIATION — Kent Group

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

NEWSLETTER

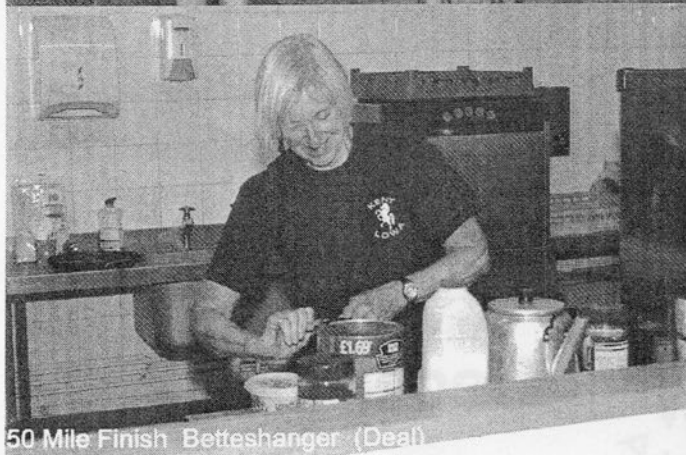
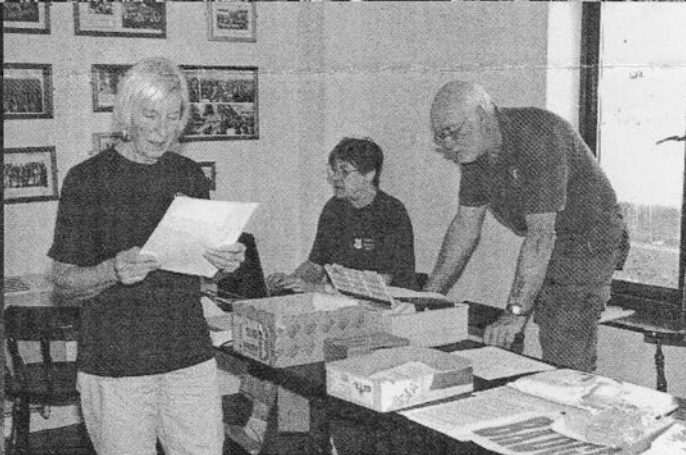


Number 74



December 2007

www.ldwa.org.uk/kent



50 Mile Finish Betteshanger (Deal)

LDWA KENT GROUP SOCIAL WALKS

DECEMBER 2007 to APRIL 2008

Sat Dec 8 CHRISTMAS CRUISE AROUND CALAIS

c.14mls. Calais to Escalles and return. Meet by SeaFrance desk, Dover Eastern Docks at 7.30am for 8.15am sailing. Ring SeaFrance reservations 08705 711711 for foot passenger day return. Don't forget your passport!

Ldr: Graham Smith. Tel: [REDACTED]

Tue Jan 1 NEW YEAR IN SUSSEX AGAIN

c.22mls. Rye to Hastings & return. Meet 9am Rye Station GR 919205. Pub stop. Ldr: Mike Pursey.

Tel: [REDACTED]

Fri Jan 4 TROSLEY NIGHT WALK

c.18mls. Meet 9.30pm for 10.30pm start at The George pub, Trottiscliffe. GR 641599 (Expl. 148). Ldr:

Ivan Waghorn. Tel: [REDACTED]

Sun Jan 20 SAXON SHORE WAY Part 1

c.19mls. Gravesend to Strood. Meet 8.30am at Strood Station. (GR 741694) to arrange cars before driving to start of walk. Pub stop. Ldr: Graham Smith. Tel: [REDACTED]

Sun Feb 3 SAXON SHORE WAY Part 2

c.18mls. Strood to Kingsferry. Meet 8.30am at Swale Station, nr. Kingsferry Bridge, (GR 913693) to arrange cars before driving to start of walk. Pub stop. Ldr: Graham Smith. Tel: [REDACTED]

Sun Feb 24 SEVENOAKS CIRCULAR MARSHALS WALK

Contact Brian Buttifant for details on [REDACTED]

Sun Mar 9 SEVENOAKS OUTCROPS WALK

c.10mls. Start 10am from One Tree Hill c.p. Map: Landranger 188, GR 559532. Finish about 4.00pm.

No pub stop, bring packed lunch. Short in length, plenty of incident. Ldr: Martyn Berry. Tel: [REDACTED]

Sun March 9 ANYWHERE BUT ELHAM ENCORE UNE FOIS

c20 mls. Meet Elham Village Square (GR 177438) at 8.30 am. Pub stop, food available. This is based on the walk led by Neal and Jan O'Rourke prior to the Millennium Hundred. For further details please contact Neal on [REDACTED].

Sun Mar 16 SEVENOAKS CIRCULAR MAIN EVENT

See Events Diary in Strider.

Fri Mar 21 (Good Friday) ANOTHER SOUTH DOWNS WAY LOOP

c26mls (or 20 alternative). Meet at Eastbourne, western end of seafront (B2103) by South Downs Way marker post (GR 600972). Pub stop (or two!). Ldr: Graham Smith. Tel: [REDACTED]

Sun Mar 23 SAXON SHORE WAY Part 3

c20mls. Kingsferry to Faversham. Meet 8.30am at Faversham Station (GR 016609) to arrange cars to drive to start of walk. Pub stop. Ldr: Graham Smith. Tel: [REDACTED]

Sun Apr 13 SAXON SHORE WAY Part 4

c14mls. Faversham to Herne Bay. Meet 9am at Herne Bay pier (GR 173684) to arrange cars to drive to start of walk. Pub stop. Ldr: Graham Smith. Tel: [REDACTED]

PUB meetings are 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 **8.30pm**. All welcome.

COMMITTEE MEMBERS

Chairman – Brian Buttifant, [REDACTED]

Secretary – Bill Gillibrand, [REDACTED]

Treasurer – Neil Higham – [REDACTED]

Members

Bryan Clarke –
Joy Davies – tel
Gordon Harker –
Mike Pursey – t
Graham Smith –

Footpath problems: Shirley Higgins – tel
Newsletter editor: Graham Smith – tel and e-mail as above.

PHOTOS in this newsletter were taken by Eric Rolfe from this year's White Cliffs Challenge.

ANNUAL GENERAL MEETING

OUR AGM will be on Sunday January 27, at Bearsted WI Hall.

The meeting will be preceded by an eight-mile walk led by former Kent Group member Bernard Carine, starting at 10am. A free meal will be provided before the meeting.

FROM THE EDITOR

THIS is the third Kent Group newsletter I have compiled after taking over from Laurie Lowe a year ago, and I would like to thank everyone who has helped me in producing them.

When I took over, I said it was **your** newsletter and there wouldn't be one without **your** contributions. Well, there have certainly been lots of contributions, as this issue in particular proves. We've got the pieces about group walks from Neal O'Rourke, Eric Rolfe and Alan Sutton; the latest in Ernie Bishop's series on Striders and Kent Group Newsletters; the brain-teasers from Ivan Waghorn; and secretary Bill Gillibrand's own Comedy Corner. Then there are the pictures sent in by Eric Rolfe (who does so much for the Kent Group it's quite amazing he doesn't live in the county!) which he took on this year's White Cliffs Challenge.

All these articles have been gratefully received, so please keep them coming.

Many thanks to Bryan Clarke, who prints the newsletter and gives us a product of such good quality, and many thanks also to Shirley Higgins, another of our unsung heroes, who gets it sent out to members. We've had another good year in Kent Group – three successful challenge events (again), lots of very enjoyable social walks and an exceptionally tough 100 in Wales completed by six of our members and a few others (me included) getting beyond the 50-mile mark. We're a very active group and we've got a lot to be proud of.

On a personal note, I haven't had the best of walking years, because in July I had a minor operation to sort out an arthritic joint on my big right toe. This meant I was out of action for a while, and I felt so frustrated at not being able to take part in challenge walks and social walks with the rest of you. In fact, until that enforced rest I didn't realise just how much my life outside of family and work revolves around walking (sad, isn't it?) The most difficult thing I had to come to terms with, after I had dispensed with my crutches and was beginning to walk properly again, was helplessly watching other people overtake me when I was walking in the street.

My foot is more or less back to normal now, although I'm really not sure about entering next year's Hundred. I'm going to try at least one 50-miler before even considering the Hundred, so we'll see. On the social side, I've picked the Saxon Shore Way as the next long distance path to be done in sections (see Social Walks Programme above). We had some lovely days doing the High Weald Landscape Trail this year, so I hope to see some of you on the SSW.

Anyway, thanks again to all of you who have contributed to the newsletter this year. Believe me, you have made my job as newsletter editor a real labour of love.

Wishing all Kent Group members a very happy Christmas, and lots of great walking in 2008.

Graham Smith

NEWS OF KENT CHALLENGE WALKS

SEVENOAKS CIRCULAR

THE event is on Sunday March 16, with the marshals' walk on Sunday February 24 (details in LDWA Kent Group Social Walks – above).

Once again, the event will be from Vine Pavilion in Sevenoaks. There are new 15, 20 and 30-mile routes next year, which have now all been checked. Entry forms have been printed and are now being distributed.

Marshals will, of course, be needed. Anyone interested is asked to contact Brian Buttifant on the above telephone number.

Brian will be leading a walk following the 15-mile route on Friday December 28. This will start from Igtham Mote National Trust car park (GR 585535 - follow the brown signs) at 9am, with lunch at Wetherspoons in Sevenoaks. Further details from Brian.

WALK WITH THE SMUGGLERS

NEXT year's High Weald challenge walk will be on Sunday July 13, and will be from Goudhurst. It will again be two distances: 26 and 14 miles. The marshals' walk will be on June 29.

Next year will be the last time Neal and Jan O'Rourke will be organising the High Weald challenge walk, so thanks are due to them both for doing such an excellent job with our summer event over the last five years.

Neil Higham has offered to run the event from 2009.

WHITE CLIFFS CHALLENGE

BECAUSE we are working with Surrey and Sussex groups over the KSS Triple Challenge (see below) there will not be a 50-mile White Cliffs Challenge next year.

There will, however, be a 29-mile WCC, which will either be from Betteshanger Sports Centre in Deal or St Margaret's Village Hall, between Deal and Dover. If we decide to base the event at St Margaret's, this will require some alterations to the route – more details will be in the next newsletter. We have just had confirmation that the date will be Sunday September 28.

This year's White Cliffs Challenge, on September 15/16 was generally agreed to have been the best yet. A total of 80 people entered, 63 on the 50-mile route and 17 on the 29-miler. The weather was superb, enabling many finishers to post very respectable times.

Particular thanks are due to Gordon Harker for once again being the main organiser and providing such fine fare at the checkpoints (he also managed to walk the 50-mile route this year); to Mike Pursey, for arranging checkpoint personnel; and to Eric Rolfe, for taking over at the finish and arranging the certificates.

There have been many kind comments from people who took part, including these two letters, parts of which are reproduced here.

'It was a very nice route. Highlights were the coast path views, overlooking Dover Harbour, the esplanade and watching swimmers, Elham Valley and the sun around the village itself. Please pass on my thanks to all your team who manned the checkpoints, especially those during the night. I checkpointed on the 100 back in 2000 so it was worth it to return and do a mini version. At least the weather had improved.'

Richard Jasper, Gloucester.

'Please pass on my thanks to Kent Group for the splendid White Cliffs 50. My heartfelt apologies and gratitude for the sympathetic treatment I got at CP5 and 6, where I was keeping good folks from their beds. Nobody tried to confiscate my checkcard or suggest that I had become a lost cause! I hope that you have enough support to repeat in 2008 and for many years more.'

Francis Thomason, Hammersmith.

KSS (KENT, SURREY, SUSSEX) TRIPLE CHALLENGE

AS mentioned in the last newsletter, our committee has decided to work with our neighbouring Surrey and Sussex groups on the KSS Triple Challenge of 50-mile walks – comprising the Surrey Tops, our own

White Cliffs Challenge and the Sussex Stride, which will make a welcome return after being discontinued last year.

The Surrey Tops event will be held on Saturday/Sunday March 29/30, and will be from Witley Village Hall, also base for the Punchbowl Marathon. The idea of the Triple Challenge is that the three groups offer to help on each other's events and also promote them to their own members. To this end, we have informed Surrey Group that we are happy to run a checkpoint on the Surrey Tops. Anyone wishing to help should contact Graham Smith on the above telephone number.

The marshals' walk for the Surrey Tops will be on Saturday/Sunday March 1/2. Surrey Group inform us that refreshments at CPs on the marshals' walk will be minimal, so we have been warned!

This means that the 50-mile White Cliffs Challenge will not be held next year, as mentioned above, and the Sussex Stride – a delightful walk which many Kent members have enjoyed, some of us several times – returns in 2009. Keith Warman has kindly offered to design the KSS badge and certificate.

YOREDALE 100

WE have offered to run a checkpoint at the West Yorkshire 100. This will be at Kettlewell (67.8 miles). It will be open from midnight-8pm on Sunday May 25, so three shifts will be needed. Anyone interested in helping on the checkpoint is asked to contact Brian Buttifant on the above telephone number.

OUR NEW FRENCH CHALLENGE

AS mentioned in the last newsletter, for various reasons we have decided to discontinue the Boulogne-Calais walk we have been doing for the past seven years. But there will be a new French summer walk in the Nord Pas de Calais region. This will involve taking cars on the ferry to Calais, then driving a couple of miles (or more accurately, a few kilometres!) to the Auchan hypermarket at Coquelles, where they can be left in the car park. The route of the walk, which should be approx. 20-22 miles, will go to Escalles, out to the spectacular viewpoint of the 530-foot Mont de Couple, over to Wissant on the coast and then on to Cap Blanc Nez – another fine viewpoint – and back to Auchan, where there may be time to do a bit of shopping. Date will be Saturday July 5. More details in the next newsletter.

YOUR COMMITTEE NEEDS YOU

KENT Group must be one of the most active and hard-working groups in the LDWA, but there wouldn't be a Kent Group without our committee – and our committee needs new members. Committee work involves giving up a handful of evenings during the year for meetings, as well as taking an active role in organising our events. We get a lot of good feedback from LDWA members about Kent Group events, so the work can be very rewarding. If anyone is interested in joining Kent Group committee, please contact Brian Buttifant on the above telephone number.

ROYAL STROLL 2

By Neal O'Rourke

OUR merry band set off from Harrietsham all a chatter as usual. We were a bit tight for time, having to cover 11 ½ miles before lunch. We were soon effectively parallel with the North Downs Way for a short while and then leaving it steeply uphill. On to Hucking, between fences, passing an array of different livestock.

We continued on, passing Cold Blow Camping Barn (name very apt) to reach the hamlet of Friningham (which means Fern Dwellers!) to shortly arrive at our appointed drinks point at White Horse Wood.

After which we met Pauline Barnett and her family at the sight of trees planted in the memory of the late Peter Barnett, who was a former Kent Group chairman etc. We said our goodbyes and continued on to the 11th Century Thurnham Castle for a quick peek, which was tenanted by Odo, brother of William I.

We rejoined the North Downs Way once again for a few ups and downs, passing through Broad Street to soon to reach the pub at Eythorne Street for lunch. After which we crossed a busy road into the grounds of Leeds Castle. We circumnavigated the site to leave it on the south side, to continue through

Broomfield and across more fields and coppice to arrive at a drinks point, where we each sat on our own log in the sunshine with a lovely view to the west. Away again to pick up the Greensand Way for a short while and then wend our way back to the finish.

Footnote: On the day I was asked where the name of the walk came from. I had always thought that Leeds Castle had some royal connection. Upon investigation I found that Edward I (Longshanks) was the first royal owner and it was resided in by his Queen. For some time subsequent Queens also lived there and it became known as 'The Lady's Castle'.

MY FIRST FIFTY

By Alan Sutton

IT was about this time last year I first heard about the LDWA. My son came home with some information about the 50-mile challenge starting at Betteshanger. We had been discussing what I should do for my future sporting ambitions. For nearly 30 years I had been running long distance, marathons etc and triathlons, but with an unexpected heart operation, my training had to stop. Although my recovery was very speedy, it was very doubtful I would ever get back to my previous levels. Also persistent muscle niggles in my buttock were delaying any serious training. The long distance walking might be what I needed!

I made contact with officials at the Welfare Ground in Deal on the morning of the White Cliffs 50, and told them that next year I would be available for marshalling duties if necessary. My wife and I were already doing ramblers' walks where possible, and it was soon after this initial meeting that we decided to go on the Calais walk with Graham. However, the ferries were having problems near the date and Pat decided not to come. Perhaps it was just as well, because the pace was quite fierce and I soon realised that you don't 'take prisoners', for I had to make an effort to catch up after a brief comfort stop.

The whole experience was something completely different, and Graham soon persuaded me to go to Eastbourne in January for the Seven Sisters. This was a different prospect, with a gale blowing into our faces and having to struggle up all those hills (someone can't count them as there's more than seven). I wasn't sure I had made the right decision, but with the encouragement of Graham, Mike and Henry the goal was attained. Some weeks later we did the whole thing again, adding Firle Beacon, making 26 miles altogether.

Soon after this Graham had me doing the inaugural Four Pits Walk of about 35 miles. This was when I encountered my first blister problems! A deep one on the back of my heel was uncomfortable, but not serious enough to stop me now. 'Hooked' is too strong a word, but a glimmer of what I am looking for in the way of a challenge!

Next the marshals' 29 miles, which should be easier. I know much of the route, having used many of these paths for long training runs. A big step up would be the 50, and I decide to give it a go. The night before the event, doubts emerge and anxiety sets in – what would happen if I had to pull out? After a restless night I decided to simply walk to Capel and then come home, so I packed my rucksack appropriately. I picked up Graham at 7.30am and he explained about the back-up that Gordon would provide, and positive hopes emerge!

On reaching Shepherdswell and meeting the other seven walkers and joggers, we started soon after 8am. When I reached Walmer, I realised there was a possibility of my completing the whole thing, so I was virtually passing my front door. I called in to pick up torches, vital medication and waterproofs, but unfortunately left behind the route instructions!

I got to Langdon, where Gordon was waiting with sustenance, and then on to Capel le Ferne, where to my amazement I was offered a crispy baked potato (and all without lifting a finger). Here I popped a blister on my little toe to relieve the pressure. I was now in the capable hands of Mike Pursey. We reached Tolsford Hill where we had a brief stop. I was feeling other blisters forming on the balls of both feet – not too surprised. It was now getting darker and beginning to drizzle as we reached Elham. This time I was offered macaroni cheese (what more could one ask for?), and told everyone there I thought we were quite mad!

Joy then joined Mike and me and it was raining harder. It wasn't long before we hit a ploughed field – what bliss, I don't think! We stumbled, scrambled and fought our way through barley fields and I learned Gortex shoes are no good when the rain runs down your legs to fill your shoes. Would this make my feet get worse?

Bishopsbourne – still raining, but harder. Joy said "Enough's enough." I did not blame her, but at least she has done these distances before many times. Although I could feel another blister forming on my heel, it was no time for me to quit, as this might have been my best chance of doing this distance, so we plodded on.

I often led the way, but with Mike's guidance from behind. All I could picture now, in my fuddled state, was the haven of my little van waiting for me by that Scout hut! When we arrived at Shepherdswell Mike persuaded me to follow the course and not go along the road, which would have been more straightforward, if a little longer. We went through the last gates, over the last stile, crossed the last field but could not find the exit! Frustrated, cold, wet and exhausted, I stomped off back down this last field, over the stile and through the gate. Perhaps this was cheating, but I couldn't think straight any more. Not waiting for Mike, who followed behind, I marched back along the road and up the last hill to my van. Throwing my rucksack onto the passenger seat, I got in, started up and drove home with some shame, not thinking about Mike or saying goodnight. I have since phoned him and apologised for my irrational behaviour, because without him I would not have reached this glorious target of 50 miles. I am not sure if I ever want to do another, but a few weeks or months on – maybe.

You may be assured I will never do a Hundred, so my sincere admiration to all of you who have succeeded or just attempted this distance. Thank you to all the walkers who have helped me to achieve something I was doubtful about, and one last mention for Gordon, who has a very special talent.

WHITE CLIFFS 29 (social walk)

By Eric Rolfe

AN early start from North London down the M2 to Walmer. Very different to my end of term student day journeys to/from Canterbury on a little Honda C90 motorbike.

Others had much shorter journeys. Alan lives a few hundred yards from the start while fellow Londoner Marita had stayed with friends over night.

The group gathered in the station car park. Obviously there would be no rush to leave, leader Joy still had to change from her sandals.

Suddenly we all left, following the sandals, and that was the way it would be for the next 10 hours.

A heavy hint of rain as we reached the sea. Shortly afterwards, at St Margaret's, rain coats off and the day became sun, sun, sun.

A few yards from our stop at the National Trust at Dover we went along a slippery, rather airy path along the cliff face, some of us remembered our vertigo.

Drinks at NT, Marita bought a nice set of 'Kent note cards' (Kent in a box). Then down to the docks.

The party split on the seafront. A small group followed the seafront to Shakespeare Cliff, most took the climb along the Western Heights . Eventually we could see the small group a few minutes ahead as they ascended Shakespeare Cliff.

We re-grouped at the Capel Le Ferne café. A final ice cream before we continued in the hot sunny afternoon,

We crossed the A20 at Satmar lane, and promptly proved the difficult to find footpath was very difficult to find. On to the tiny village of West Hougham where we managed to lose Gordon, until he responded to a mobile phone call.

Re-grouped, we continued to Whinless Down, some to walk through shady Long Wood, the remainder following the field edge.

Down into Dover, stopping at the ice cream shop (it was a hot afternoon), and then the long climb out of Dover. At the top of the hill some lads in a 4x4 towing a trailer overtook us. They came to an abrupt halt when they discovered that their GPS system was very optimistic about this track being a main route out

of Dover. We helped turn their trailer around.

It was along this next section Alan got badly tangled in some loose barbed wire, plenty of blood to show for it (Memo, do Kent social walks always go this way? I must ask Mike Pursey).

A scary group crossing of a barbed wire fence, followed by a slightly less scary crossing of the A2.

A brief break at Maydensele, and then off on our last stage.

On leaving Ripple the locals scented the finish, leaving the two DFLs (Down From Londons) trailing behind.

STRIDERS AND GROUP NEWSLETTERS

By Ernie Bishop

NEWSLETTER No. 15 was published in August 1976, and I was able to read my first copy. Celia and I had a walking holiday in Greece in the previous September and someone mentioned the Cleveland 100, which interested me. In the following winter I read a note about it in a caravan magazine, so I wrote to the LDWA. I was keen to enter but was informed that I would need to achieve 50 miles to be accepted for the 100.

On the following Friday evening, Celia drove me to Cuckmere Haven on the coast in the dusk. I then walked over the Seven Sisters to Beachy Head and followed a circular walk to Jevington, Wilmington and then north towards home. During the walk the police pulled me up and questioned what I was doing at 2 o'clock in the morning. I think they thought that I was weak in the head. At a further point I also had the friendship of an owl in a tree while I was sitting below having a sandwich as daylight was just beginning. Having reached my calculated distance of 50 miles, I contacted Celia; she picked me up to save me having to hobble home. My entry was accepted although I was not a member at that stage. However, before commenting on the Cleveland 100, the 'Establishment' (as it was described in the Newsletter) was well known, although not to me at that time. The 'Establishment', as elected in 1976, were Keith Chesterton (Chairman), Alan Blatchford (Secretary), Chris Barton (Treasurer), Chris Steer (Editor), Peter Rickards (Publicity), John Feist (Membership Secretary), and (Committee), Geoffrey Wood, Haydn Morris, Alan Hoare, Tony Cresswell, Geraldine Burgess. Alan Hoare resigned soon after and was replaced by Ann Sayer.

Two of the 'Establishment' were Kent Group members: Chris Barton from Otford, who moved to Aberdeen within a year, and Peter Rickards, who was the stalwart of the Kent Group. Quite apart from expanding and encouraging the group, he was the founder of the Sevenoaks Circular. It started in 1975 with great enthusiasm from Peter and expanded until it was one of the major events in this part of the country.

There were two parts of an article, written and illustrated in Newsletters 15 and 16, by Keith Pennyfather. It contained 13 pages, two maps covering South of the Great Glen and the North West, covering 10 routes. If anyone is considering tackling these remote hills, even if only a few of the routes, make sure that sufficient waterproof clothing and a small tent, food and first aid equipment are available.

A report for a past event, the Copeland Challenge, made by Tony Cresswell, was thereafter known as the Copeland Massacre. No gear was necessary by starters, in spite of the low clouds and gale force winds. By the time Scarth Gap was reached it was raining heavily and the next checkpoint was 3,000ft up on Great Gable. On the next ascent rain turned to hail, then sleet/ freezing rain. A lot of the participants diverted to Wasdale Head, where havoc reigned. Rescue teams were out everywhere but the whole event crumbled. Not even a hard case finished. I believe that it was never held again.

Two weeks later the 15th Fellsman took place. An overall ascent of 11,000ft over a distance of 55 miles. During that distance there was plenty of rain and a number of peat bogs (Blea Moor, Redshaw Moss, Fleet Moss, Middle Tongue etc.) Alan Heaton won in 14 hours 59 minutes. He won a total of nine over the years, four in successive years.

In a further two weeks, on May 29, the Cleveland 100 arrived. We went north on the Friday and initially nothing seemed to go well. On the way up we had a puncture. I had the problem of changing a wheel on a fairly narrow section of the A1. Once we got going the traffic was thicker and slower, then we crawled on

the A64 to a campsite beyond Malton. On arrival it was getting dark and the only site was on a field next to the campsite. We found next morning that it was a grazing site for sheep. I also realised we were late to wake, it was still raining, and we needed to eat and get to the start in Scarborough. In fact when we got there we had a little in hand, but that only meant we had a little longer to stand in the rain.

Soon after the start I realised that my jacket and trousers were not suitable for walking in those conditions and the boots could have been better. At checkpoint 5 (Saltburn), the route turned inland and I grouped up with Tom Beattie. (a schoolmaster). The rain stopped, but left the ground in a wet and muddy state. From thereon we were going inland, mainly on the moor.

Not far from the Captain Cook monument, in the dark, we saw two walkers coming towards us. They were Alan Blatchford and Chris Steer. After some consultation the group was made into four and we continued on our route. We had a long trek over the moor and in due course Alan pushed on and Tom Beattie stopped for some sleep at CP 9. At CP 11 we picked up Eric Clarke and John Timmis and we stayed as a group until the last checkpoint. Chris was having leg trouble, but his wife Margaret had their car near at hand and she and I helped him to it for a rest. The remaining three of us then did the final three miles to the finish, although we had to sit on a seat to work out the final 200 yards. Alan Blatchford was 15th, our threesome was 19th and Chris did well to finish 31st. 83 finished, 118 retired. (From that point on I was an LDWA member).

More to come.

JILL'S ON TOP OF THE WORLD

This article about our own Jill Green appeared in the Apse Heath Bugle, a local newspaper on the Isle of Wight, where she lives. It was sent in by Keith Warman who said about Jill after reading it: "Phew!" A few other Kent Group members may well be saying "Phew!" after reading of Jill's achievements.

A 65-YEAR-OLD woman has been around the world four times – not by cruise ship or long haul flights but by foot.

Long distance walker Jill Green has put in the leg work to rack up the miles over years of taking part in ultra-distance treks around the world

A former European champion at endurance walking, her feats include walking 200 miles non-stop in America and taking part in the 210-mile Paris to Colmar race in France three times.

She has done 63 100-mile, 120km and 100km non-stop walks, (of which four were more than 200 miles non-stop). She has also done 106 races/events of 100km or more. She has lost count of the number of walks she has walked around the Isle of Wight.

Jill's latest achievement saw her become the first woman aged over 65 to walk 100 miles in under 24 hours, under race walking rules.

She walked into the history books after finishing the Centurion Race at Battersea Park in London, with around 15 minutes to spare

An elated Jill said: "I'm absolutely thrilled. I did the first 50 miles in under 11 hours, which would have given me a good time, but during the night I had to stop and put dry clothes on, and I also got cramp."

Jill, of Alverstone Road, Apse Heath, was the second British woman to finish and the fifth woman overall. She was supported throughout the epic walk by her husband, Dave, and good friends Marie and Graham Doke.

She was one of 58 walkers to line up for the race, which has been held annually since 1911.

A trophy, which has never been awarded in the history of the event, capped her amazing achievement.

"There's no real secret. When I turned 60 I decided I would try to stay fit and keep training because I really wanted to be the first woman over 65 to finish the Centurion. This is what kept me motivated through the walk and everyone was very encouraging," she said.

"I think this might be my last race. It does take up so much of your time training in all weathers. At my age, if you stop for a while you quickly lose fitness."

While most people would give themselves and their feet a well-earned break after such a feat of

endurance, Jill went on a walking holiday in Yorkshire. "It was a lot more gentle and relaxing," she said.

ANYONE FANCY FRANCE?

By Liz Keeler

LAST year my daughter and I had a fantastic walking holiday in the Vanoise National Park. The weather, flowers and scenery were superb. We stayed in a hotel run by John and Margaret Leach, and the food and companionship were very good.

John will lead walks and advise on routes, or you can do your thing like Jane and I did when we went. It was so good I have persuaded a few members to come with me in June. But the hotel is available for anybody to make use of for the whole of June. It costs £130 a week, all meals included. Last year it cost £110 return on Eurostar. Ring me or John for more details – [REDACTED]

COUNTRYSIDE IS ON THE RIGHT PATH

This article appeared in a recent edition of Kent on Sunday, and was sent in by Brian Buttifant.

A FOUR-YEAR survey of the countryside will mean better access for walkers. The study, the first of its kind in the UK, was carried out by KCC.

It took in every part of the county's 4200 miles of public rights of way. We will soon be able to see the results on the KCC Explore Kent website. A team of surveyors used hand held GPS technology to collect the data which identified the exact location and position of all footpaths as well as details such as stiles and gates.

Cllr. Keith Ferrin said: "We are the first county in England to conduct such an extensive survey and it is an amazing achievement. The information we have gathered is an extremely valuable asset which will help us manage the county's rights of way."

NATIONAL TRAILS – NATIONAL PARKS

By Ivan Waghorn

THE South Downs Way, is it a National Park and/or National Trail? This question arises for discussion from time to time.

How many of the National Trails or Parks can you name? I'll bet you don't get past eight or nine of each. The full lists are at the end of this newsletter.

No prizes. I will test you next time we are walking together.

I once met a couple who had walked most of the National Trails TWICE. From the start of a trail they walked five or six miles, then walked back to their camper van. Having moved it forward they repeated the same the next day. It actually took them seven years just to complete the South West Coastal Path!

NEW CHALLENGE

By Ivan Waghorn

THE Peak & Northern Footpaths Society – SIGNPOST CHALLENGE.

Visit all 243 of our signs, bridges, plaques etc to win a five-year membership or a bottle of Moët.

The challenge started on April 28 2007 and finishes on March 31 2008. The challenge is open to members and non-members alike. All completers will receive a certificate. A full list of our signposts can be found at www.peakandnorthern.org.uk together with the rules for the challenge.

The winner will be announced at the AGM 2008.

THE PNFS is a registered charity run by volunteers, with the aim of footpath preservation. As the oldest footpath society in the UK, it has been in existence for more than 100 years.

The first FP sign, No. 1, was 'planted' in 1905 at Hayfield, Derbyshire, and is still there in reasonable condition. Each sign 'planted' thereafter has been numbered, the last being No. 243. A further 10 are in production.

COMEDY CORNER

The Ties Have It

By Bill Gillibrand

A LOST walker, desperate for water, was plodding through the Sahara desert when he saw something far

off in the distance. Hoping to find water, he hurried towards the object, only to find a little old man at a small stand selling ties.

The walker asked: "Do you have water?"

The man replied: "I have no water. Would you like to buy a tie? They are only £25."

The walker shouted: "Idiot! I do not need an overpriced tie. I need water! I should kill you, but I must find water first."

"OK" said the old man. "It does not matter that you do not want to buy a tie and that you do not like me. I will show you that I am bigger than that. If you continue over that hill to the east for about two miles, you will find a lovely restaurant. It has all the ice cold water you need."

Muttering, the walker staggered away over the hill.

Several hours later he staggered back: "Your blasted brother won't let me in without a tie."

USA NEWS REPORT – American beer runners' flour trail for trouble, Pair arrested after making a powdery path through IKEA parking lot

By Ivan Waghorn

NEW Haven, Conn – Two people who sprinkled flour in a parking lot to mark a trail for their offbeat running club inadvertently caused a bioterrorism scare and now face a felony charge.

The sprinkled powder forced hundreds to evacuate an IKEA furniture store on Thursday.

New Haven ophthalmologist Daniel Salchow, 36, and his sister Dorothee, 31, who is visiting from Hamburg, Germany, were both charged with first-degree breach of peace, a felony.

The siblings set off the scare while organising a run for a local chapter of the Hash House Harriers, a worldwide group that bills itself as a 'drinking club with a running problem.'

'Hares' are given the task of marking a trail to direct runners, throwing some dead ends and forks as challenges. On Thursday, the Salchows decided to route runners through the massive IKEA parking lot. Police fielded a call just before 5pm that someone was sprinkling powder on the ground. The store was evacuated and remained closed the rest of the night. The incident prompted a massive response from police in New Haven and surrounding towns.

Daniel Salchow biked back to IKEA when he heard there was a problem and told officers the powder was harmless flour, which he said he and his sister have sprinkled everywhere from New York to California without incident.

"Not in my wildest dreams did I ever anticipate anything like that," he said.

Spokeswoman Jessica Mayorga said the city plans to seek restitution from the Salchows, who are due in court. "You see powder connected by arrows and chalk, you never know," she said. "It could be a terrorist, it could be something more serious. We're thankful it wasn't, but there were a lot of resources that went into figuring that out."

NATIONAL TRAILS

MILES

Cleveland Way	109
Cotswold Way	100
Glyndwrs Way	135
Hadrian's Wall Path	84
North Downs Way	153
Offa's Dyke Path	177
Peddar's Way/Norfolk Coast Path	93
Pembrokeshire Coast Path	186
South Downs Way	100
South West Coast Path	630
Thames Path	184
The Ridgeway	87
Yorkshire Wolds Way	79

NATIONAL PARKS

14 plus 1 proposed

Brecon Beacons
Norfolk Broads
Cairngorms
Dartmoor
Exmoor
Lake District
Loch Lomond
New Forest
North York Moors
Northumberland
Peak District
Pembrokeshire Coast
Snowdonia
South Downs (proposed)
Yorkshire Dales

MARTHROWN OF MABIE

Do you like peaceful places with plenty of outdoor activities? Check out this website:
www.marthrowm.com

WHITE CLIFFS MARSHALS' WALK (more pictures by Eric Rolfe)

