



LONG DISTANCE WALKERS ASSOCIATION

Kent Group

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

KENT WARMAN

NEWSLETTER

No. 1



FEBRUARY 1983

PROGRAMME

Saturday 26 February 1983

"Royal Military Canal Walk". 20 miles:
Meet 9.00am, Hythe Min Railway station: led by Phil.

Sunday 20 March 1983

"Sevenoaks Circular Event". Help and assistance needed.
Please ring Brian.

Saturday 2 April 1983

"Not the North Downs Way", social walk from Hollingbourne
Station: Meet 9.00am: 20 miles led by John Skinner.
Sheet 188, GR 833551

Saturday 23 April 1983

"Downland Churches". Meet 8.00am at Sompting Church.
A challenging social walk. Sheet 198, GR 162056
Led by Ernie Bishop

Saturday 14 May 1983

"Shoreham" - 25 miles.
Meet 9.00am Shoreham B.R. Station: Pub stop lunch.
Led by Bryan Clarke and Charlie Heather.

Sunday 19 June 1983

Meet 9.00am Forest Row B.R. Station: 22 Miles.
Led by Keith Warman and Harry Bishop.

Saturday 27 August 1983

"Wealden Waters Way": Marshal's Walk.
Details later.

Saturday and Sunday 15/16 October 1983

"Wealden Waters Way". Official Walk. 100km/62½ miles.
Plenty of help will be needed for this event.

THE PRAYER OF A TIRED WALKER

IF YOU PICK 'EM UP, O LORD, I'LL PUT 'EM DOWN.

EVENING WALKS - short, sharp walks for the longer evenings, usually finishing at a convenient pub.

Tuesday 10 May 1983

Our first evening social walk. From West Malling Station. Meet 7.00pm.
Leader Martin Bartlett.

Thursday 9 June 1983

Meet at 7.30pm Swanley Station (south side)
Leader Laurie Lowe.

Tuesday 26 July 1983

Meet at 7.30pm at Hilddenborough Station.
Leader Mike Smith.

EVENTS

Week-end 24/25 June 1983

"Ewhurst" - 100 mile Race Walk : 100 miles in 24 hours.
Qualify for Brotherhood of Centurions. Details from Phil Hastings.

Week-end 28/30 May 1983

"Snowdon 100" - L.D.W.A. event of the year.
Mini-bus is being organised by Ernie Bishop. Plans to travel up on the
Friday and return on Monday.

DON'T FORGET the EVENING SOCIALS - First Tuesday in the month at the Crown Point Inn - on the A25 near Ightham. GR 576 577.

Programme enquiries to John Skinner

Brian Buttifant

COMPETITION

Announcing a great new competition to find the Kent Group Member of the month. Do you know any member who has distinguished him or herself in the art of walking, running, drinking, singing or any other activity.

All you have to do is send in his or her name and the reason for your nomination. Your name too of course, otherwise it won't be accepted. The grand final to be held over to the annual hot lunch ramble in December to find the Kent member of the year.

Send details to me: Phil Hastings,

KENT COUNTY AMATEUR ATHLETIC ASSOCIATION

Open coaching course for male and female walkers.

Sunday 16 January 1983 (10.30am to 3.30pm) Crofton Leisure Centre, Brockley, London S.E.4

Basic Techniques: Training Schedules: Film: Track with Video: Video replay.

Under 18: Kent Athletes 40p others 75p

Over 18: Kent Athletes 80p other £1.50p.

Applications by 10 January to: Mr R Parkins

(after 7.00pm)

SINT-OEDENRODE : HOLLAND - 14/15 May 1983

An invitation to participate in a number of race walking events of varying lengths:-

100 English Miles Continental Centurion. Those who can walk this distance within 24 hours will qualify for Continental Centurion status.

100km of Sint-Oedenrode:

Kennedy - Walk of Sint Oedenrode.

For more details send S.A.E. to Phil Hastings. It may be of some interest to know that John Westcott of the Surrey Group is organising a mini-bus to Holland next year. He has extended an invitation to interested members who would like to walk or assist the walkers to join them.

Write to: John Westcott,

John feels that they have to pass through Kent to get to Dover so they could easily pick up and return members.

MIDNIGHT MYSTERY TOUR

FRIDAY 14th JANUARY 1983

9 Kent Group members including one lady assembled at the "Tickled Trout" Inn at Wye. This group of friends gathered to share the dubious delights of a winter mid-night hike.

John Skinner our esteemed leader led us off up onto the North Downs Way. It had rained heavily the day before and soon the underfoot conditions became very wet and muddy.

At first, we tried to walk around the water and mud but after a while we were past caring. By 3.00am all the magic was gone but our spirits were lifted when we met up with Peter Rickard, Laurie Lowe and Eileen near Folkstone.

Hot soup, tea, coffee and hot sausage rolls were produced out of the back of their cars. This was a real treat, most gratefully accepted and eagerly devoured.

At Hythe we wound our way onto the Royal Military Canal. Here we clogged our footsteps along miles of mud and water. This was just too much! There is going to be a rapid change of ideas when I lead another Kent group outing later in February along this canal.

After a hurried review of the route and the lateness of the hour, a change of route was made. A quick dash back to Wye via many minor country lanes was the order of the day.

The mid-night hike had been a very interesting experience.

Many thanks to John.

6 PHASES OF A L.D.W.A. EVENT

- i. ENTHUSIASM
- ii. DISILLUSIONMENT
- iii. PANIC
- iv. SEARCH FOR THE GUILTY
- v. PUNISHMENT OF THE INNOCENT
- vi. PRAISE AND HONOURS FOR THE NON-PARTICIPANTS

KENT GROUP A.G.M. 28 January 1983

At the recent AGM, held at Kemsing village hall, the following were elected to form the committee for the coming year :-

Brian Buttifant, Phil Hastings, Martin Bartlett, Ernie Bishop,
John Skinner, Andrew Melling, Pete Barnett, Peter Rickards,
Laurie Lowe (chairman)

It was agreed that a list of members and their addresses be produced and sent to all paid-up group members.

if

1983 GROUP SUBSCRIPTIONS - a reminder from the treasurer that/your subs have not yet been paid, your continued support is humbly awaited. £1 is all that is required to establish your membership of the local group. Cheques, P.O.'s, Green Shield stamps, etc to :-

Brian Buttifant

SEVENOAKS CIRCULAR WALK-OUT Sunday 13 February

Our numbers on this occasion were swelled by the welcome presence of a large proportion of the L.D.W.A. committee who had held a committee meeting at Ernie Bishop's the day before. These brave souls agreed to join us and sample the delights of Kent mud before setting off on their long journeys to the various corners of the country.

In the event the traditional Sevenoaks mud was hidden by a generous layer of fresh snow. Phil Hastings led us off in a blizzard to try out his new route. Local members had the novel experience of walking in Kent in near 'white-out' conditions, but as the morning progressed the snow showers became less frequent and the sun shone on us as we worked our way back along the N.D.W. towards Otford. A minor diversion to Alan Ball's kitchen brought us a welcome hot drink or two (or three !) At Otford we parted company with the committee members who were now eager to start their long journeys home before the weather got worse. The remaining local walkers continued as far as Chipstead, where Phil's route description ended. Since we were all wet and cold by now we decided that "discretion was the better part etc" and hoofed it back to Sevenoaks by road.

The new route should prove to be an interesting variation on the previous circular routes. Our thanks to Phil for his painstaking and time-consuming research on the new route and for his leading us on the day. L.L.

SEVEN SISTERS MARATHON - 19 February 1983

This event has grown from one attracting several hundred entries in its first year, to this its third year, which saw an entry of over 1600 !

From what I saw, the Sussex group's organisation seemed to cope very well with these vast numbers. The checkpoints were the best I have experienced in such an event, with plenty of drinks and food. A nice touch at the start was the presence of a brass band which saw us off to the tune 'Sussex by the Sea'. Weather was near perfect for fast walking, a clear sky overhead and hard-frozen ground beneath our feet. We had a good turn-out from the Kent group with at least 20 members and 1 dog taking part. All finished.

L.L.

EQUIPMENT, IDEAS & INFORMATION

I draw your attention to a number of very useful items of equipment and clothing which may be of some interest to members:

LONDON RUNNER
71 George St
London W1

Telephone: 01-486-3580

SPORTSMATE WRISTBANDS

£1.95

These are 2" wide illuminating wrist bands, with a zip purse. Would show up well on night hikes.

PEDOMETERS

£12.95

For those people who really like to know just how far they have walked.

STAMINADE

£1.95

ILLUMINATED VESTS (Ron Hill)

Approx: £6.00

Useful for those who are out training in the darker winter evenings. Reflective surfaces shows up well both back and front.

BERGHAUS
34 Dean St
Newcastle-Upon-Tyne

Telephone: 0632-323561

BOOTS

Berghaus are making a "Bionic" boot and shoe which looks very attractive. They are made under the name of "Scarpa" trademark. Anyone with experience of their performance we would be pleased to have your comments and opinions.

ODE TO WALKERS

We the Willing,
Led by the Unknowing,
Are doing the impossible,
For the Ungrateful,
We have done so much,
for so long, with so little,
we are now qualified
to do anything, with nothing.

ANNON