



LONG DISTANCE WALKERS ASSOCIATION

Kent Group

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

NEWSLETTER

No. 5



September 1984

COMMITTEE MEMBERS

Laurie Lowe - Chairman.
Brian Buttifant - Secretary.
Ernie Bishop - Treasurer.

Martin Bartlett	Andrew Melling
Peter Barnett	Margaret Moore
Bryan Clarke	Keith Warman
Phil Hastings	

Regular social meetings are held on the first Tuesday of each month. These are currently held at the 'Bricklayer's Arms', Chipstead. 7.30 pm. 'til closing time!

Committee Meeting - 15th May 1984.

Among the subjects discussed, there were several on which the committee would welcome the views of group members.

John Skinner (ex-committee, and not present at the meeting) had put forward three ideas for varying the range of activities that the group undertakes:-

1) He suggests that in 1985 we run a challenge event of say 25/30 miles, based on grid references only. Instead of providing entrants with a full route description, as happens with the Sevenoaks Circular and Andreadsweald events, the checkpoints would be located by grid reference only and walkers would be required to make their way between these points (in the correct order!) by any route that they choose. The Surrey Inns Kanter is run on these lines. As a minimum, entrants would need to be able to use map and compass efficiently and it was suggested that initially the event be open to LDWA members only.

2) John's second suggestion was that we should try to encourage less ambitious walkers, e.g. members' families, by staging a few social walks or events of 10 to 15 miles. However, the committee were unanimous in the view that this is not what the LDWA is for. There were already ample opportunities for shorter walks with other organisations such as the R.A.

3) A 'Treasure Hunt' walk. It was not clear exactly what John had in mind, but the general feeling was that this might prove to be too "cerebral" and not popular.

Evening Meetings - The original intention had been to move the venue of these meetings around within the area roughly bounded by Sevenoaks, Maidstone and Tunbridge Wells. The present location

is the third since these meetings were started. Ideally we would like a comfortable, private room, free of charge and with a bar!! It seems unlikely that such a haven can be found. A new venue was not easily identified and the present location at the "Bricklayer's Arms" is probably the best so far, but it is sometimes rather overcrowded. The committee will review the situation, but in the meantime, any suggestions will be welcomed for consideration.

The comment of members on any or all of the above topics is earnestly requested - don't be shy - let us hear from you.

FUTURE PROGRAMME DETAILS

30th September - Wye Walkabout - approx 20 miles from Wye station.
Start at 9 am.

21st October - Andreadsweald Circuit. Our bi-annual 25 mile event from Forest Row. Entry forms from Ernie Bishop, Lodgefield Cottage, High Street Flimwell, East Sussex. An interesting route on paths and tracks of the Ashdown Forest.

1st November - An evening of slides presented by Tony Youngs of the Surrey group. 'Kelsey Arms', Tunbridge Wells (on A26, just north of the town)

10th November - Meopham Circular - 20 miles from Camer Park, GR 649 669. Meet at car park. 9 am. start. Nearest station is Sole Street (½ mile)

25th November - Annual family walk with lunch. Meet at "The Spinning Wheel" at top of Westerham Hill at 10.30 am. for a short walk before lunch at 1 pm. All bookings for lunch to Brian Buttifant by 18th November.

14th December - Pre-Christmas drinks and sandwiches at the "Bull", Otford. 8 pm. onwards.

18th January - Night hike - 'The Wouldham Waddle'. A must for night walking enthusiasts. To be led by either John Skinner or Gordon Beattie (or both!) A route following the east bank of the Medway northwards to pick up the Saxon Shore Way and then east along the Thames Estuary, returning south over the North Downs. Final details of time and meeting place from John on [REDACTED].

25th January - Group AGM. St Edith Hall, Kemsing. 7.30 for 8.

ERNIE BISHOP - LDWA membership sec., Kent group treasurer and organiser of the forthcoming Andreadsweald event, has recently moved. His new address is:-
Lodgefield Cottage, High Street, Flimwell, E.Sussex.

MEDICAL CHECK-UP

I have made it a policy to have a medical check-up from time to time. That is a check on heart, lungs, blood pressure, pulse rate, urine sample and all working parts. I go over to the Continent to walk in some very long road races and it is part of the rules that each competitor is given a compulsory medical check before starting. It is my habit to have a check-up in England beforehand so as not to find myself in an embarrassing position of having something go wrong on the day and being politely asked to withdraw.

These medical checks also have a reassuring feeling to know that all is well. So many people reach an age when they boast that they have never seen a doctor for years. A very good race walking friend of mine recently had a heart pace-maker inserted as a result of complaining that he was feeling a bit down!

Having had my medical, I informed my office colleague that all was well. "Oh! Bloody hell Phil, does this mean that you will live?" "I'm afraid so Sunshine!!"

REPORTS ON PAST EVENTS

EASTER IN THE ISLE OF MAN

Each Easter, The Manx Mountain Marathon Association organises two events which may be of interest to LDWA members.

The first, on Easter Saturday is the 26½ mile Castle to Castle walk, starting at Peel Castle and following the coast around the south of the island to finish at Castle Rushen, Castletown. This is a very scenic route and includes coastal paths, moorland, promenade and the climb up Cronk-ny-Arrey-Laa(1433') Drinks are provided at checkpoints, and at the finish inside Castle Rushen.

The Manx Mountain Marathon on Easter Monday is a fell race with classes for elite and standard runners and a non-competitive (?) class for walkers. This is a 30 mile event, with 9000' of ascent and twelve summit checkpoints to be visited. The course record is 4 hrs 2 mins. Starting at Ramsey in the north, competitors find their own way between summits, the highest being Snaefell at 2036', to finish at Port Erin in the south. Last year the northern summits were knee-deep in snow, but this year conditions were ideal, with clear visibility and firm underfoot. Most of the walkers were locals or from the north, but Graham Peddie last year, and Chris and Shirley Hume this year (plus me) maintained a South of England presence.

A reception is held in the evening after the event, at which a video of the marathon is shown, a meal is served, and trophies and certificates are presented by a member of the Manx Parliament (The House of Keys)

Although not on easy journey, I am sure that you would enjoy these two walks should you decide to visit the Isle of Man at Easter.

Ivan Verrell

THE RIDGEWAY 40 - 5th May

This annual event has been organised by the Reading YHA group for over 20 years. The route follows 40 miles of the Ridgeway Long Distance Path from Overton Hill to Streatly on the Thames.

Early morning coaches take entrants from the finishing point to the start, or rather nearly didn't! The coach I was on seemed to have trouble coping with even the slightest incline. I met Ted Laundon and Ivan Verrell on the coach, and walked with Ivan.

The day started a little overcast but the sun became quite warm during the afternoon. We resisted the temptation to visit the only refreshment point en-route, the "Shepherd's Rest" pub at 15 miles. Anyone familiar with this hostelry may remember that the landlord hates walkers (ie 'No boots inside' and £1 deposit on glasses)

This path is very popular, not only with walkers. Cars and motorcycles are allowed on parts of the Way as it is classed as a 'green road'. The route stays mainly at high level but is very rutted in places, making the going a little awkward. We both decided that, with no route description to occupy our minds, it was a somewhat boring outing. Nevertheless, it enables you to "get the mileage in" when perhaps it is most needed.

Keith Warman

THE OXON WALKS - 7th May

Three circular routes, 10, 20 and 40 miles, were offered by the Thames Valley Group from Henley Rugby Club on a fine, clear day. Approximately 160 walkers and joggers set off on one of these routes plying around and across the Chilterns to the north of the Thames amidst delightful scenery.

I cannot understand why this event attracts so few entrants, perhaps the traditional Bank Holiday billing has an effect. I suppose the less crowded it is, the more enjoyable it should be.

Several Kentish faces were to be seen on the day and I would recommend this annual event to those who have not tried it, for its interesting route, ever-changing views and excellent organisation.

Keith Warman

WORDS OF WISDOM

Remember the old camping saying - "Any old fool can be uncomfortable."

Phil Hastings.

Ivan Verrell

"The Mallerstang Marathon" - 12th May.

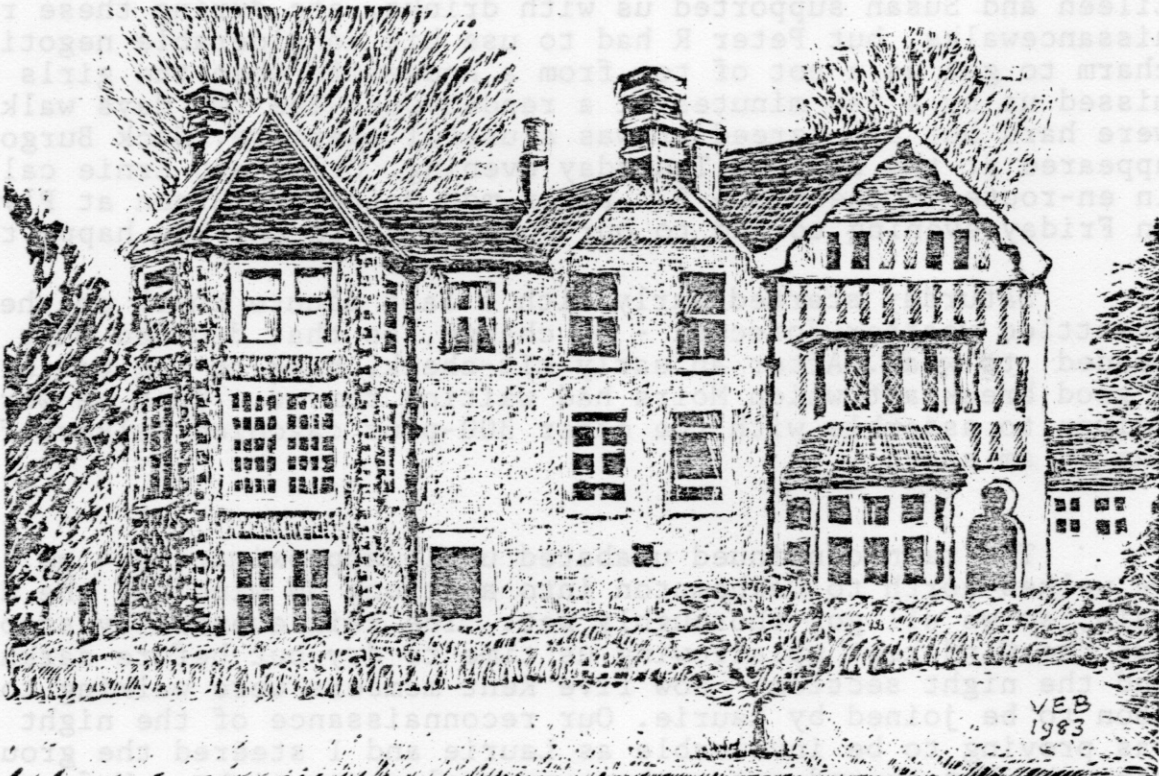
This North Yorkshire event formed part of my pre-100 preparations, which were carried out in the company of and under the watchful eye of 'trainer' Brian Haigh of the Surrey group.

The schedule was :-

Thursday -The Dales Traverse.
Friday -The Yorkshire Three Peaks.
Saturday -The Mallerstang Marathon.

We had both done the "Mallerstang" the previous year and considered that the 26 miles would be a doddle. How wrong we were! This year the route was reversed and all the flat bits eliminated! The result was a route of 26 miles of hard climbing and descending, largely over rough terrain devoid of tracks. The only flat bits that I can remember were the few yards or so where we crossed several minor roads, plus a river which had to be forded! The final checkpoint was on Tailbridge Hill, a climb which literally had me crawling up on my hands and knees. I finally staggered back to Kirkby Stephen in a time of 10 hrs 15 mins.! For comparison, the same distance took me 6 hrs 8 mins in the Seven Sisters Marathon.

By contrast it was the "100" that turned out to be
a doddle! Laurie Lowe



Kemsing Youth Hostel, viewed from the south

An illustration from "A Selection of Walks In and Around Kemsing"
(of which more later)

The DARTMOOR HUNDRED - 22nd - 28th May 1984

On Tuesday the 22nd May, Kent members started arriving in the Tavistock area along with other LDWA members, to take part in the annual 100 mile event held over the Bank Holiday weekend. Some were camping and others were going bed and breakfast. There were 15 group members entered for the 100, the most we have ever had in this annual event.

Peter Rickards had already set up camp at the Harford Bridge site the week before, and reports that we received via Moira (at home) indicated that he was enjoying some good weather and was preparing to receive other campers. Unfortunately, when Laurie and Eileen (along with Surrey member Chris Coates) and Keith and I arrived, the weather had changed for the worse. We all travelled down in pouring rain and the mist was low on the moors. Keith had booked B & B in the house where Susan and Ivan Verrell were staying. I must confess in a weak moment that I thought he had done the sensible thing! But trust Peter to have done some good negotiating, for he had hired a cabin to accomodate, well as many as appeared! Also on the site under canvas was backpacker John Thomsen from Portsmouth. John had joined us last year on our preparations for the Snowdon 100.

After a night's rest in the dry, we prepared to walk two sections in the next two days, including the night section. Pete Barnett joined us for the second day. 25 and 18 miles were considered enough, with a rest day (Friday) before the actual event. Eileen and Susan supported us with drinks, etc, during these reconnaissance walks, but Peter R had to use his considerable negotiating charm to get us a pot of tea from a housewife when the girls had missed us by a few minutes at a rendezvous. The two days walking were hard but all agreed it was a useful exercise. Jack Burgoyne appeared at the site on Thursday evening. Celia and Ernie called in en-route to their B & B. Peter met Moira and Simon at Plymouth on Friday evening to add to our bulging cabin and the happy throng.

Saturday started early with a last minute check on the wet unsettled weather forecast - no change, so that decided what we needed to wear. After an early kit-check, back to the cabin for a good breakfast which Moira had waiting for us. Then we were driven to assemble with the other 300-plus cagouled walkers for the 10 am start.

The rain continued unabated until approximately 4 pm. as we walked north to Oakhampton into a strong NW wind and the driving rain, so we all got thoroughly wet. The rain eventually stopped but the wind kept up allowing us time to dry out before darkness and the night section. Now five Kent members were walking together soon to be joined by Laurie. Our reconnaissance of the night section was proving to be invaluable as Laurie and I steered the group through what turned out to be a very pleasant night. Unfortunately just after Hamel Down Gordon dropped out having felt generally fatigued for some while. Ernie, who had been well ahead of us all day, also dropped out during the night section. The 'social' grouping was a success and we arrived at the breakfast point - Liverton, at about 5.20 am. Food and dry clothes revitalised us for the last 40 miles. The morning was now very bright as we made tracks back onto the moors. It was pleasantly warm as we made our way towards the River Avon at Huntingdon Cross. We found Peter R at Chalk Farm checkpoint, curled up on a straw bale and sleeping soundly, but he was soon to wake and came on after us. Ron's feet were now

feeling sore and he was dropping back, but Phil, Pete and I were still feeling good and thoroughly enjoying ourselves. Apart from the odd heavy shower, Sunday was dry but the wind still persisted especially on Penn Beacon. Phil and I remembered the very pleasant walk by the River Plym from Cadover Bridge from the 1979 Dartmoor 100 and confidence of route at this stage certainly helped.

Crossing the A386 at Yelverton a big wave went up as Celia and Ernie's car went by - five minutes later Ernie appeared on Robough Down offering such delights as shandy and trifle. What a Sunday treat! It was nice to drink something other than tea, coffee or squash! Now we were literally on the last few miles, although according to our statistician Phil, our ATA was behind our ETA so reducing our MPH by point something of a shoe's length, or something like that! Pete and I were happy to finish before dark (at 9.35 pm.) and our feet were in pretty good shape. After pleasantries at the finish at Crelake Barracks, it was back to the cabin for a few hours sleep.

The next morning, after a shower and a quick stop at Crelake to check on finishing times, we started our long trip back to Kent. THANK YOU Susan, Eileen, Moira, Simon, Celia and Ernie for your support - it all added to an enjoyable walking week.

Here's to Yorkshire '85!!

BRIAN BUTTIFANT

An Additional Note from Laurie, "A new cure for Verrucas".

Chris Coates of the Surrey group was allowed to join us for the week on the strength of the fact that his mother-in-law is Eileen's cousin!! He was most impressed by the great atmosphere among the Kent group and described us all as "a great bunch of Nutters". He also thought that our preparations for the event were very professional.

He had an interesting walk - after only 10 miles he was complaining of a blistered toe. Close examination at checkpoint 2 revealed that the trouble was not a blister but a verruca! Thus reassured he pushed on at high speed to finish in about 31 hrs. The verruca gave up and died!!

LDWA KENT MEMBERS - DARTMOOR 100

Andy Kean.....	29 hrs 28 min.
Ivan Verrell.....	32 hrs 48 min.
Laurie Lowe.....	33 hrs 49 min.
Richard Tombs.....	33 hrs 51 min.
Keith Warman.....	34 hrs 57 min.
Pete Barnett.....	35 hrs 31 min.
Brian Buttifant.....	35 hrs 31 min.
Phil Hastings.....	35 hrs 31 min.
Peter Rickards.....	36 hrs 41 min.
Ron Roweth.....	38 hrs 18 min.
Harry Bishop.....	39 hrs ? min.
Jack Burgoyne.....	46 hrs 11 min.
Gordon Beattie.....	Retired.
Ernie Bishop.....	Retired.
Don Scott.....	Retired.

Total starters = 320. Total finishers = 210.

THE HEVER HIKE - 10th June.

This group walk was led by local man Nick Woollett and it had a good turnout of members. Pleasant weather and an attractive route made a most enjoyable day out in the Kent countryside.

The whole area seemed to abound in herds of frisky cattle (bullocks?, heiffers?) Each time that we entered a field containing these animals, they started a mini-stampede in our direction and we all had to hide behind farmer Woollett who waved his arms about in a most experienced manner. At one point an over-energetic beast leapt over a stile and set off ahead of us along the next section of footpath. Thus although Nick's arm-waving impressed the 'Townies' amongst us, it had little effect on the cattle!

The day was pleasantly rounded off with tea and cakes in the village hall - all kindly arranged by Nick and his wife.

Laurie Lowe

25th TANNERS MARATHON - 1st July.

On Sunday the 1st of July at 9am., four of the Kent Group members and Brian Haigh of the Surrey Group set off together (along with some 750 other walkers and runners) on the 25th Tanners Marathon. A fast pace was set by Bryn (7-league boots) Rance and the others followed as best as they could. The day was dry, as was the ground underfoot and the sunshine was very hot.

After about 18 miles, I and my son Keith dropped back (the youth of today have no stamina !) and a few miles later Trevor Blake also lost sight of our leaders. Laurie Lowe eventually lost contact on the final steep climb and so Bryn Rance and Brian Haigh finished in front of us all in a time of 7hr 18 min. Laurie was timed in at 7hr 33 min, Trevor at 7hr 38 min, and Keith and I finished in 7-54.

Other Kent members seen at the event were Nigel Smetham, John Skinner, Jack Burgoyne, Harry Bishop and Mike Attewell.

Bryan Clarke

ROTTINGDEAN WINDMILL WALKS - 8th July

The second running of this IVV/LDWA Sussex walk was again blessed with good weather - in fact it proved to be too hot for many of the walkers. As with all walks run under the IVV rules, there was a choice of distances and each route was very well waymarked. The Kent group was well represented and three long-suffering wives (Susan, Pauline and Eileen) decided to do their own thing and tackled the 20 Km route.

I had the pleasure of walking the 42 Km route in the company of Peter Bishop (son of Ernie) who was over here on holiday from America. A chance remark of Peter's commenting on the superiority of British ales over American beers, together with the hot weather and concurrent risk of dehydration, set the pattern of things to come. Three of the checkpoints were conveniently set up near pubs, so we had 2 pints at the first and 1 pint at each of the other two!

Thus, with the two pints that I managed to force down at the finish. I had covered 26 miles on 6 pints - an average of 34.6 miles per gallon!!

These beer sampling activities were to have two consequences. First, we mysteriously failed to observe a waymark 100 yds after one of the pub stops and so wandered up a lane which was not part of the route. We eventually had to backtrack to the pub and start again! The second effect was that each time we stopped at a pub, Dave Cowley passed us and each time it became increasingly difficult to catch him again. When we did catch up with him, it was very difficult to pass him on the narrow tracks, since with so much ballast on board our acceleration was so poor!

This was a well organised event - as one has come to expect from the Sussex group. Personally I prefer walks which are not waymarked, but if you are going to waymark, then this is the way to do it. The coloured arrows were of stout plastic and very securely fixed in prominent positions. Certificates, badges and medals were available. The certificates and badges were very attractive - but the medals were hideous, they seemed to be made of lead and must have weighed all of 454 grams (that is 1 lb to non-metric, non-IVV members) I shall use mine as a paperweight!

Laurie Lowe

THE SHOREHAM SHUFFLE - 15th July.

Led by Bryan Clarke, fifteen members, including two ladies and two dogs, set out from Shoreham Station on a bright and cool Sunday morning.

Our circular route, mostly along footpaths, took us via Halstead, Knockholt, Chevening, Cudham, Pratts Bottom, Well Hill and Lullingstone Park. In spite of some members' concern about being late for lunch at the Tally Ho pub, our leader got us there at eight minutes past twelve. The day's first heavy shower happened during lunch and these continued throughout the afternoon. It made a change to encounter mud after months of dry conditions.

Twice our route crossed the M25 roadworks between Swanley and Sevenoaks. At the moment it is a terrible scar, it will be interesting to come back in five years to see how the motorway has blended into the surrounding countryside.

May I thank Bryan on behalf of us all for his hard work in arranging such a pleasant walk, keeping us all together right to the finish. To round off the day he presented us all with a certificate recording the fact that we had completed the Shoreham Shuffle of over 20 miles.

Note:- Peter Barnett is checking just how many miles over the 20 we did, because I lost my pedometer somewhere between Pratts Bottom and Shoreham.

N.B. - Bryan has checked and now estimates the distance to be 23 miles, not counting contours !

Dave Cowley

EVENING WALKS

We have had two evening walks during the longer summer evenings. Both were well supported and were enjoyed by those taking part.

The first, in May, was led by Peter Barnett from (and returning to) the "Bricklayers' Arms" at Chipstead.

The second, in June, centred on West Malling and was led by Martin Bartlett, from the "Five Pointed Star".

These walks and their associated arrangements for liquid refreshments at the finishes are proving very popular!

Standard Conditions of Contract

1. The work we want did is clearly showed on the attached plans and speserfactions. Our injunear whose had plenty of college, spent one hell of a lot of time when he drewed up these here plans and speserfactions. But nobody cannot think of every thing. Once your bid is in, that's it Brother: From then on, anything wanted by our injunear or any of his friends, or anybody else (excep the kontraktor) shall be considered as showed, speserfide, or emplide and shall be pervided by the kontraktor without no expence to nobody, but himself (meanin the kontraker).
2. If the work is did without no extry expense to the kontrakter then the work will be took down and did over again until the extry expence to the kontrakter is satisfactory to our injunear.
3. Our injunear's plans is right as drawed. If sumthin is drawed wrong, it shall be discovered by the kontrakter corected, and did right with no extry expence to us. It won't cut no ice with us or our injunear if you point out any mistakes our injunear has drawed. If you do, it will be one hell of a long time before you do any more work for us or him (meanin the injunear).
4. The kontraktor is not sposed to make fun of our injunear, his plans, or the kind of work where havin did. If he do, it's just too bad for him (meanin the kontrakter).
5. Any kontrakter walkin around the job with a smile on his face is subject to the revue of his bid.
6. If the kontrakter don't find all our injunear's mistakes before he bids this job, or if the kontrakter ain't got enuf sence to know that our injuneers goin to think up a bunch of new stuff thats going to have to be did before the job is completely did, then thats just too bad for him (meanin the kontrakter).
7. The kontrakter gotta use all good stuff on this job - none of this crap from Japan.

Submitted by Phil Hastings.

And more from the same source:-

Sign in Gents Loo - "We aim to please. You aim too, please!"

And in another loo - LOLQAQICI82QB4IP Think about it!

Jogger - "Yes running has really increased my body awareness - parts of me hurt that I never knew existed!"

A Selection of Walks In and Around Kemsing

Published by

KEMSING PARISH COUNCIL

March 1984

Compiled by Brian Buttifant and David Craker

LIST OF WALKS			
WALK NO.	ROUTE	TERRAIN	DISTANCE Miles
1	Otford-Shoreham-Upper Austin Lodge	Valley paths and downland	8½
2	Seal-Greatness-Otford	Valley paths throughout	5½
3	North Downs & Homesdale Valley	Downs and valley	5
4	Heaverham & Noahs Ark	Valley paths throughout	3½
5	Knatts Valley-Romney Street-Shoreham	Hilly	12
6	Heaverham-Oldbury Hill-Styants Bottom	Farmland orchard and woods (mainly on level)	6½
7	Otford-Shoreham-Row Dow	Valley and downland	8½
8	Otford-Chipstead-Whitley-Sevenoaks	Valley paths forest town	12½
9	Cotmans Ash	Short downland walk	2½
10	Godden Green-Seal Chart	Valley and woodland	6

This neatly produced 20 page booklet details ten walks in this attractive part of the North Downs. Each walk is described fully and is accompanied by a sketch map. Rural public houses are mentioned by name in the route descriptions!

The book is available, price 75p (plus 6"x9" SAE) from Brian Buttifant, [REDACTED] or from [REDACTED]

The Parish Clerk's Office, St. Edith Hall, Kemsing. Companion booklets published by Kemsing Parish Council are:-

"A Guide to Historic Buildings of Kemsing".

"A Guide to Kemsing Down Nature Reserve".

Both are available from the Parish Office.