

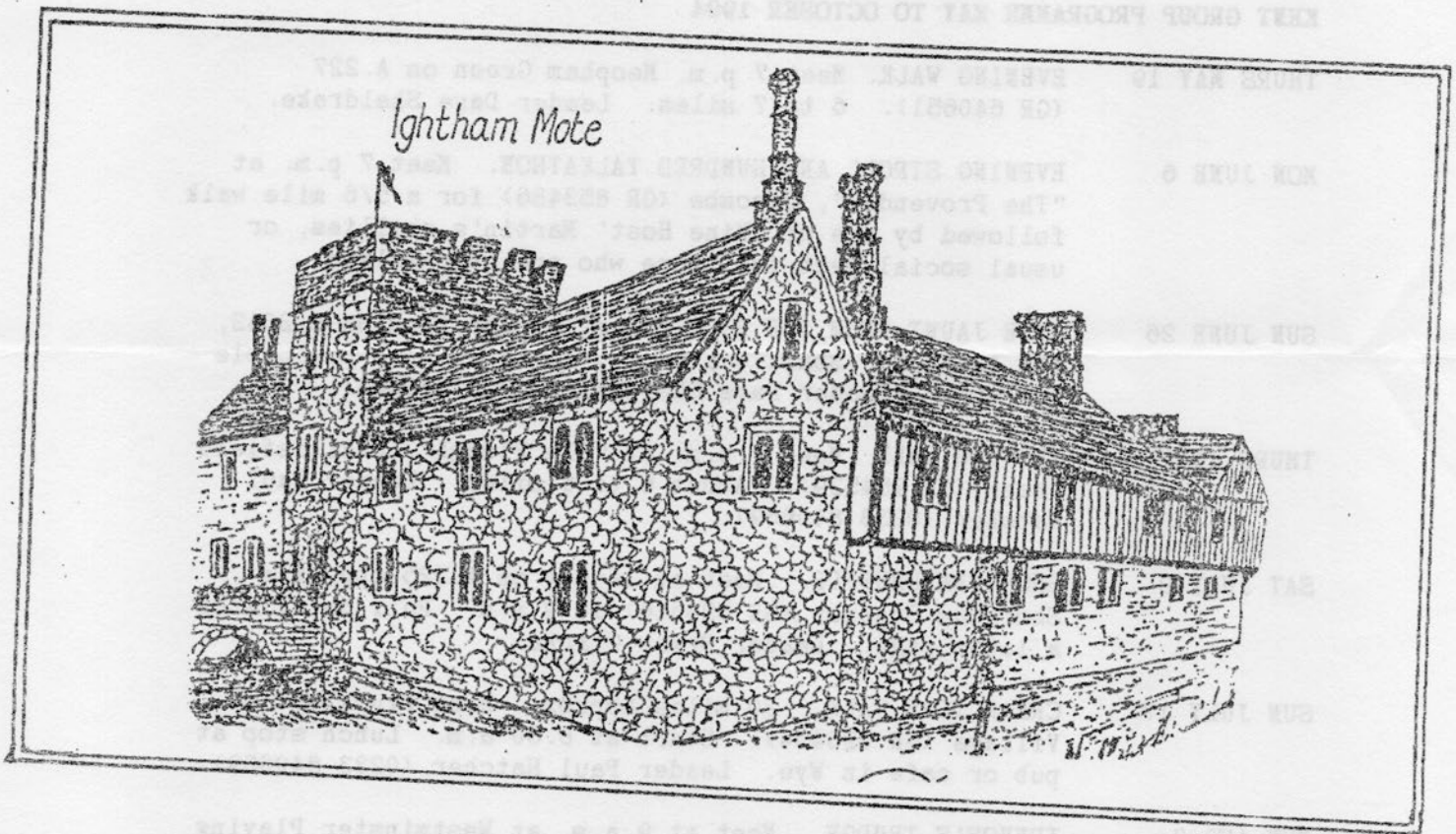


LONG DISTANCE WALKERS ASSOCIATION

Kent Group

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

NEWSLETTER



NUMBER 33

APRIL 1994

COMMITTEE

CHAIRMAN.....RON ROWETH [REDACTED]
TREASURER.....ALAN BALL [REDACTED]
SECRETARY.....DAVID SHELDRAKE [REDACTED]

MEMBERS

ANN BEECHING [REDACTED] ANDREW BOULDEN [REDACTED],
BRIAN BUTTIFANT [REDACTED] MAURICE FAIRCLOTH [REDACTED]
PAUL HATCHER [REDACTED], KEVIN PUTTOCK [REDACTED],
TOM SINCLAIR [REDACTED] (Newsletter Editor).

KENT GROUP PROGRAMME MAY TO OCTOBER 1994

- THURS MAY 19 EVENING WALK. Meet 7 p.m. Meopham Green on A.227
(GR 640651). 6 to 7 miles. Leader Dave Sheldrake.
- MON JUNE 6 EVENING STROLL AND HUNDRED TALKATHON. Meet 7 p.m. at
"The Provender", Ulcombe (GR 853486) for a 5/6 mile walk
followed by one of 'Mine Host' Martin's chillies, or
usual social meet for those who are over-walked.
- SUN JUNE 26 JUNE JAUNT FROM IDE HILL. Meet at Car Park on B.2042,
(GR 488517). Start 9 a.m. 20ish miles with possible
pub stop. Leader Dave Sheldrake [REDACTED]
- THURS JULY 7 EVENING WALK Meet 7 p.m. at "The Plough", Stallisfield
Green (GR 954529). About 6 to 8 miles. Leader Paul
Hatcher [REDACTED]
- SAT JULY 9 SHOREHAM SHUFFLE. Meet at lay-by on A.225 opposite
Shoreham Station (GR 526616) at 9 a.m. Full details on
a later page. Leader Bryan Clarke.
- SUN JULY 17 CREAM TEAS WALK. 20 miles approx. Meet Pluckley
Village (GR 926454). Start at 8.30 a.m. Lunch stop at
pub or cafe in Wye. Leader Paul Hatcher [REDACTED]
- SUN AUG 7 TREVOR'S TRUDGE. Meet at 9 a.m. at Westminster Playing
Fields, Horton Kirby, (GR 559685) O.S. 177. 20 miles
approx. Pub stop at Hodsoll Street. Food available.
Leader Trevor Blake [REDACTED]
- SUN AUG 14 TUNBRIDGE WELLS CIRCULAR. This year's Kent Group Summer
Event organised by Ernie Bishop. Offers of help and
enquiries to him on [REDACTED] Start 8 a.m. (Runners
10 a.m.) from Capel Community Centre (GR 651453) Five
Oak Green. 30 miles, bring own mug.
- SAT/SUN SEP 3/4 WEALDEN WATERS MARSHALS' WALK. Details on page 5.
SAT/SUN OCT 9/10 WEALDEN WATERS WALK. Read all about it on page 5.

Dear Fellow Kent Group Members,

As you may have noticed the group programme for the next few months is so full that there was not enough room on page 1 for the usual piece about our **MONTHLY MEETINGS**. As Dave Sheldrake told us in his December letter these are now held at "The Provender", Ulcombe, (GR853486) which is about 3 miles South of the A.20 near Leeds Castle. Meetings are held on the **first Monday of the month**, except if that coincides with a Bank Holiday when they are postponed to the second Monday.

The Annual Family Lunch was well attended with over half participating also in the pre-lunch walk. Thanks are again due to Trevor Blake for a splendid bit of organisation. Trevor retired from the Committee, by rotation, at the A.G.M. (more of that anon) and his role of Social Secretary has since been taken on by Andrew Boulden.

The night walk in early January attracted a small band of hardy souls who found the Wealdway blocked by a flooded Medway, slithered on ice in the road sections and had to move at a good pace to avoid hypothermia. Those who chose, as I did, to do the day-time walkout enjoyed much better weather and found a good pub stop at the 'Carpenters' Arms' which lies just off the A.26 South of Hadlow. A barbed wire obstacle was encountered towards the end of Ivan's night walk route and again, in the opposite direction, nearing the finish of the 'Five Pointed Star' walk in February by which time there were three more obstacles. Preliminary enquiries have produced the official response that the footpath was diverted in "about 1978" but I have walked it many times since then, it was used for the 1985 Sevenoaks Circular and it is still shown on the 1:25,000 Ordnance Survey Map. Watch this space for developments!

The next date in my LDWA diary was the Brecon Beacons weekend about which a report by Shirley Higgins appears later. After that came the A.G.M. on 28th January, which was attended by 38 members. Bryan Clarke also retired by rotation and the two new Committee members are Maurice Faircloth and Kevin Puttock. As well as the usual bill of fare at an A.G.M. we heard that no ballot had been necessary for the Dartmoor Hundred as the maximum number of entrants (530) had not been reached. Good luck to all Kent Group members who have entered either the Marshals' Walk or the main event. If anyone would like to help at our checkpoint at Throleigh on 28/29 May they should contact Ron Roweth [redacted] to offer their services.

It seems that the 50 mile overnight walk entry qualification has proved effective. It makes good sense to me not to attempt a '100' unless you have already proved to yourself that you can manage 50. The matter of '100' entry qualifications and selection criteria, including long and complex proposals from George Foot and the Surrey Group, was debated at the National A.G.M. in March. More of that later.

Tom Sinclair.

A RELAXING WEEKEND by SHIRLEY HIGGINS

The group weekends in the Brecon Beacons get better every year and I have put my name down for January 1995 already.

On Friday January 21st a small group of idle and retired folk (to use Peter's words) met at the Leigh Delaware service station on the M.4 for breakfast. We reassembled at the New Beechenhurst Car Park in the Forest of Dean. Having fortified ourselves with large mugs of tea we set out on a pleasant stroll along forest paths to Moseley Green, where we enjoyed ploughman's lunches and drinks at The Rising Sun. The atmosphere was convivial and we felt relaxed as we sauntered back to the cars. We were slightly disappointed to find that the tea room at the Information Centre had just closed but we managed to drive to our destination at Talybont without further refreshment. Fortunately some of the others had arrived at the Danywenallt Study Centre before us and a large pot of tea had been brewed.

We noticed several improvements to the accommodation this year. Each room has its own shower and wash basin and most have their own toilet. The first year the ladies' washroom was so cold that I made do with a very quick wash after the walks. Last year the washroom was warmer but had been taken over by the men who decided they needed extra showers. This year I made the most of my private facilities by having six showers during the weekend. There are now covered ways outside both buildings and a large porch by the dining room door, which is useful for depositing muddy boots and makes the room much warmer.

The weather showed a marked improvement too. 1992 was cold and in 1993 we were forced down from the hills by dangerously strong winds. Despite wind and rain during Saturday night (it even woke me; Ed.) we had mild weather for all our walks this year.

On Saturday there was a choice of three walks: I went on Ron's, which was a delightful walk through varied scenery. It started on forest tracks with lovely views of the reservoir. Cameras were in evidence as we tried to capture the beautiful reflections of trees and hills in the water. Later there was a steep climb followed by a ridge walk with a clear vista of the patchwork of fields and villages at the foot of the hills. Behind us the dramatic silhouette of Corn Dhu, Pen Y Fan, Cribyn and Fan Y Big was constantly changing. Having eaten our picnic lunch we descended to Pencelli where we were made welcome at the Royal Oak.

A Relaxing Weekend by Shirley Higgins continued. A local joker came into the pub and announced that he had seen several pairs of walking boots being sold at a boot fair nearby. Most of ours were still on our feet inside plastic bags so we weren't caught out. A stroll along the canal in afternoon sunshine took us to Talybont and up the familiar path to Danywenallt. This path, now part of the Taff Trail, has been widened since 1993 and the hedges have been cut back to allow pleasing views across the valley.

The day finished with an excellent roast dinner at the centre, washed down with plenty of wine. Some hardened drinkers departed to sample the beers at the various hostelries in the village, while the rest of us sat round the log-burning stove (stoked by Tom as usual) sipping more wine and putting the world to rights.

We all walked together on Sunday, except for a short distance when some of the "A team" showed off by climbing an extra hill. Much of the route was through a gentle, pastoral landscape and we marvelled at the variety of scenery to be found near the Centre. We stopped by the canal for our picnic, then the pace quickened as we headed towards the Travellers' Rest for refreshment. Nobody seemed at all worried as we mingled with the smartly-dressed Sunday lunch clientele in our muddy clothes.

For those of us who were able to stay for an extra night it was back to the Travellers' Rest in the evening for a meal that was of the usual high standard. We are treated like regular customers now.

Before I finish I must mention yet another improvement. A certain person, who has disturbed everyone on previous weekends by being bright and breezy about five o'clock in the morning, was still in bed at a quarter to eight on Monday! We left Danywenallt after a leisurely breakfast. By now we were so used to a slow pace of life that we met up again at Crickhowell for coffee and cakes and a browse round the outdoor shop.

Relaxation was the key word for the weekend. I found it very therapeutic and I'm looking forward to next year, when we plan to use the minibus from the Centre so that we can walk in the Black Mountains.

Thank you, Shirley. May I be permitted to make some editorial comments? I am glad that chivalry is back in evidence. They say cleanliness is next to godliness but SIX showers in a weekend smacks of 'holier than thou' - unless, of course you were making up for the lack in previous years. Thanks to Peter R. for stoking the stove during the night.

WEALDEN WATERS WALK AND MARSHALS' WALK

The Marshals Walk will take place over the weekend of Saturday/Sunday 3rd/4th September. As in the past all group members who want to take part are expected to help on the event on Saturday/Sunday 8th/9th October. The entry fee, to cover costs of food etc. at checkpoints, is only £4, less than half the price for the larger event when the nights will be longer and the weather even more uncertain. Contact Paul Hatcher on [REDACTED] to ask for an entry form. Some of you will find an entry form enclosed with this Newsletter: if so, this is because Paul thinks you are a likely candidate for the Marshals' Walk. Offers of help for both events to Paul also, please.

Wealden Waters Walk, 8th/9th October.

No entries from Kent Group members will be accepted until all marshalling duties for both events are covered. If enough volunteers come forward no-one will need to be available on both days for either event.

Yes, I know, some of us (Paul for one) may have only just got over the Sevenoaks Circular but advance planning is necessary so give Paul a 'phone call [REDACTED] NOW.

Ernie Bishop is one of a number of LDWA members, some of them in and many of them known to the Kent Group, who are Centurions. Information from the Centurions annual Newsletter forms the basis for the following article.

CENTURIONS by ERNIE BISHOP

Battersea 24 Hours 21st/22nd August 1993, incorporating the Race Walkers' Association Championships and Centurions 100 miles.

The winner of both the 24 hour event and the 100 miles was a Russian, Radianov. In second place (24 hours) and 3rd (100 miles) was Richard Brown. In 5th place over 24 hours was Kent Group member Gordon Beattie. 10th (24 hours) and 11th (100 miles) was Sandra Brown (First Lady) closely followed, in 13th place at 100 miles in 20 hours, 13 mins, 15 secs, by Lillian Millar, an LDWA member from Cumbria who is known to many of us. Jill Green, our Kent Group member from the Isle of Wight, also completed both the 24 hours and the 100 miles.

Special mention must be made of Gordon's achievement abroad in becoming only the second British walker to win the Rouen 24 hours with a personal best of 191 kilometres. This was an outstanding performance for which Gordon had to lead from the front for 20 hours.

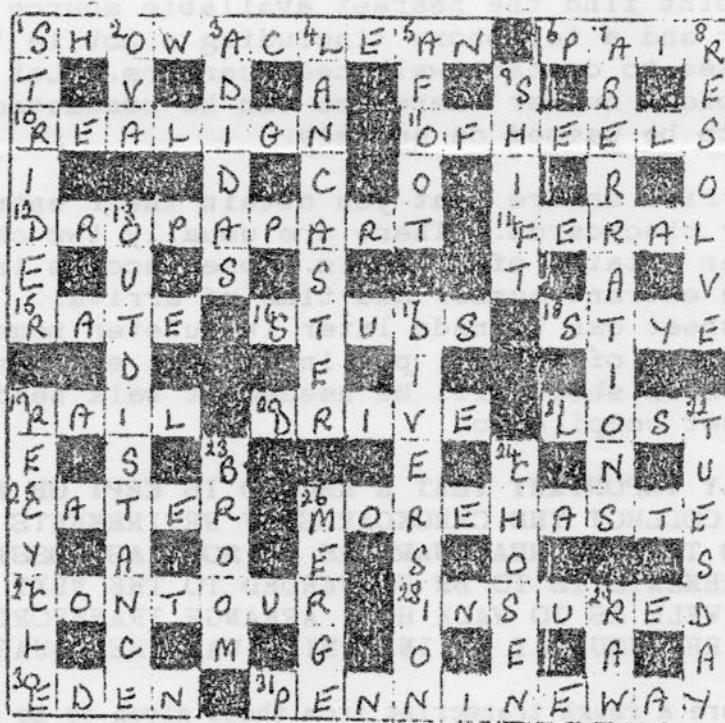
Congratulations to Jill for a magnificent walk in the world's longest race-walk for ladies, the Chalons-Colmar in France (207 miles).

Centurions by Ernie Bishop continued.

She finished 8th in 54 hours, 15 mins and had the distinction of being the oldest competitor in the history of the event to complete the course. It goes without saying that all the previous finishers must have been extremely young. In addition Jill was 3rd lady to finish the Roubaix 28 hours.

Finally, mention should be made of Richard Brown's achievement in breaking the British 100 mile record, which had stood for 33 years, with a time of 16 hours, 50 mins, 28 secs, during the Dutch 100 mile race at Oedenrode on 21st/22nd May, 1993. Richard and Sandra finished 1st and 3rd, respectively, in the Manchester to Blackpool 50 mile race-walk and are a unique husband and wife combination. Although not Kent Group members they are known to many of us and, I believe, cut their teeth with us as their first event of over 50 miles was our first 'Wealden Waters'.

CRYPTIC CROSSWORD SOLUTION



Eight solutions to the cryptic crossword were received, 5 of them were all correct. These were from Alan Ball, Laurie Lowe, Tom Sinclair, Joyce and Richard Toombs and Keith Warman. Alan's was first out of the woolly hat and he will receive an illuminated magnifier as a prize.

Shirley Higgins.

NOTES FOR THE CHECKPOINT ORGANISER

The most important purpose of a checkpoint is to ensure the safety and well-being of entrants. A checkpoint should keep a record of all entrants who arrive, and whether they retire or continue. Refreshments and encouragement are very welcome too.

At least three people are normally required to operate a quiet checkpoint successfully. One to keep a record of entrants, one to mark checkcards and one to look after the refreshments. More people are obviously needed at a busy checkpoint, especially for serving refreshments.

Make sure you have all items you require to operate the particular checkpoint you are manning: e.g. water containers, mixing containers, fruit squash, the checkpoint lists and clipper, food (if it is to be provided), and perhaps a few spare route descriptions.

At the checkpoint find the nearest available source of drinking water and a telephone (including a mobile 'phone) that can be used to contact walk headquarters. Let walk HQ know the telephone number where you can be contacted or a message left to be passed on quickly.

As entrants arrive ensure that you obtain their entry number and mark their checkcards. There are usually two check sheets to enter details of arrivals. one records in order of arrival the entrant number and time of arrival. Entries on the other sheet can be made later in quieter moments and will need the time of arrival put in against each entrant's number: this check sheet will be needed at walk headquarters for result sheet compilation.

IT IS EXTREMELY IMPORTANT THAT A RECORD IS KEPT OF ANY RETIREMENTS. COLLECT THE CHECKCARDS OF RETIREMENTS AND ENSURE THEY GO TO WALK HEADQUARTERS AS SOON AS POSSIBLE. A LIST OF RETIREMENTS IS TO BE FORWARDED TO THE NEXT CHECKPOINT AS WELL AS TO WALK HQ. ARRANGE TRANSPORT FOR THOSE WHO RETIRE (USUALLY BY INFORMING WALK HEADQUARTERS).

The above notes are a rough transcript from those given to me on the Friday before the Sevenoaks Circular. Like many I had seen them before but it seemed worthwhile repeating them so that everybody has an idea of what is involved in running a checkpoint and can make preparations. For example finding out where the nearest source of drinking water and the nearest 'phone are needs to be done well in advance as does finding the access to the checkpoint by car. The members of your team also need to know when to turn up and when they can expect to finish. Talking of the Sevenoaks Circular.....

THE TWENTIETH SEVENOAKS CIRCULAR

Along with the Winter Tanners and the Punchbowl the Sevenoaks is one of my favourite events. It is always well organised with a clear route description, good checkpoints and an attractive scenic route. This year was no exception and it was with pleasant anticipation I waited patiently in a large group by one of the gates into Knole Park for the start at 8 am. Alongside was Keith Chesterton, the newly recycled Chairman of the Surrey Group, in shorts. Some would think it was a little early for him to be showing his knees but the weather was kind, a warm sunny day more suited to May than March. A sharp contrast to the event of a few years ago when there was snow on the ground. On that occasion the walkers spreading out on the valley bottom were reminiscent of Napoleon's retreat from Moscow.

This year it was a different route to that used for the last few years as those who relied upon their memories soon found out. Partway across the park a left turn was required at the corner of Knole House but it was not until a good third of the entrants had streaked ahead that the remainder turned left as clearly indicated by the route description. For a while Keith and I were almost at the front but it was not to last. Before long Jill Green, Martin Fox and the pack of runners and fast walkers, realising there was nobody behind them, decided it would be a good idea to read their route descriptions and return to the correct route.

The climb over Wilmot Hill just before the first checkpoint at Igham Mote farm was not unpleasant but when I saw the reference to Gover Hill a little further down the page the thought crossed my mind that perhaps the organisers had decided to link together as many hills as possible in a Kentish equivalent of the Surrey Summits. My suspicions proved to be reasonably well founded for not only did we climb over Gover Hill, we also had an almost vertical climb, after crossing the motor way, to where Ron Roweth was happily checking numbers; happily because he had arrived by car now parked at the same level. Later, after the well stocked Checkpoint 4 in the Wrotham Scout Hut where Laurie and Eileen were making sure we were fed and watered, there was the climb up the well known Oldbury Hill. This, with its deep mud, must have slowed down a lot of entrants who, encouraged by the good conditions earlier in the event, were hoping for a fast time. Before long we were back in Knole Park and after shedding muddy trainers there was the usual warm welcome at the finish in the rugby club. My Sevenoaks was over for another year.

Many thanks to the Kent Group for a well organised event. And thanks too for the weather, can we have the same next year please?

BRIAN HAIGH

25.3.94

Thank you, Brian, for responding so readily to my request for an article and particularly for sending it promptly in a ready-to-print state. Tom.

Thanks are also due from me and 28 others who took part in the Marshals' Walk on 6th March to Trevor Blake, Jim Oddy, Ivan, Ann and Heather Verrall, Neil Higham (twice), Brenda Buttifant and Judy Rickwood for the excellent support and refreshments they provided at strategic points along the route. Whether the lavish fare on offer at the Verrall household was the best preparation for the steep climb above Trosley Church is another question but as Ivan pointed out I did have a choice! One walker had not anticipated such generosity at the feeding stations and thus required assistance in disposing of the 'Paddington Bear' style provisions he had by then been carrying for nearly 25 miles: the orchard after the railway crossing SW of Heaverham was a lovely spot for a pause in the mid-afternoon sunshine and Neil was still there with drinks on the far side of Oldbury Hill and to see us safely across the A.25.

The drawing on the cover is by Judy Rickwood and comes from the new certificate for the twenty mile route which she designed along with a new certificate for the thirty mile route. The twenty mile option seems to have been a worthwhile innovation in that 105, including a small number who changed from the 30 at checkpoint 2, entered. There was a little difficulty in checking numbers at the later checkpoints but that can perhaps be regarded as a 'teething trouble' which will 'hopefully' be resolved before next year. Put the dates in your diary now: 5th March Marshals' Walk, 19th March Sevenoaks Circular.

There were 291 entries before the day and 58 entries on the day but 47 did not start. 286 of the 302 starters finished leaving 16 retirements of whom 5 got lost in Knole Park (see Brian Haigh's comments), 3 retired at checkpoint 2, 1 at 3, 6 at 4 and 1 at 5. Those of you who are interested in detailed statistics, who finished when etc. will no doubt have supplied the necessary S.A.E. for the purpose. Brian B. has received a card from Norfolk & Suffolk and Anglian LDWA Groups saying "Thanks to all concerned for an excellent 1994 Sevenoaks Circular" and Peter R. has had a letter from Ian Vaddell, a former Kent Group member now living in the West Midlands. I am sure many others received thanks in person as I did from Gillian Bull who was positively effusive.

Kent Public Rights of Way Condition Survey

Some Kent Group members have received a letter from the KCC Public Rights of Way Manager, Mike Moroney, under this heading. It begins:- "In order to improve the management, maintenance and protection of Public Rights of Way in Kent and in order to be able to target resources as effectively as possible, a condition survey of the whole network is required. Given the size of Kent's network of paths, this will only be possible if we are able to use volunteers to help us carry out the bulk of the survey fieldwork." There is no point in boring you, gentle reader, with the rest of the letter but if you are interested you may contact Mike Moroney on [REDACTED] Tom S.

SHOREHAM SHUFFLE - SATURDAY 9th JULY 1994

Meet at the lay-by (GR 526616) on A225 opposite Shoreham BR Station around 9am. Leave after the arrival of the 9.07am southbound train. There is a northbound train at 8.44am. Lunch stop at Horton Kirby for about an hour, arriving at approximately 12.30pm. Picnickers can eat at Westminster Fields (GR 560684), where toilets are available. Bar meals at the Fighting Cocks PH (not for DIY meals) about 300 yards away. Those who wish to walk only the morning or afternoon part of the Shuffle can arrange to be picked up or dropped off at Horton Kirby. Route on OS map TQ 46/56 (Pathfinder 1192). Details correct at time of going to press!

Thanks to Bryan Clarke for another 'ready-to-print' contribution. Tom.

Entry Qualifications and Selection Criteria for Hundreds

I am reliably informed (by the Surrey Group Secretary who was there) that the long and complex motion from George Foot (seconded by Jill Green) which appeared on page 4 of the December 1993 issue of 'Strider' was not carried at the National A.G.M. on the Isle of Wight on the weekend of 12/13 March. A not quite so long motion from the Surrey Group was not put to the vote but was referred to the National Committee for consideration. A shorter but more radical motion, also from George Foot and Jill Green and recorded on the same page 4, was carried rather to the surprise of my informant. The motion read as follows:-

"That from now on, any cross-country (i.e. at least 75% off roads) 100 miles walk completed within 48 hours and witnessed by two other people should count towards the LDWA Ten Hundreds badge, with the qualification that only one per year should so count." The reasoning behind it was:- "Now that it is apparent that the official LDWA Hundreds are likely to be oversubscribed, it would seem a pity that those members not able to enter should be unable to add to their total of qualifying Hundreds in any given year".

I am not, myself, persuaded that such a provision is even necessary let alone desirable but that is only one person's opinion. If you have views you would like to be considered by the Kent Group Committee 'phone or write to a member (see page 1 for names and numbers and the enclosed up-to-date list for addresses).

No Rottingdean Windmill in '94

Sadly this well organised and popular event will not be held this year because building works at Longhill School will be taking up the area used for car-parking. We hope the walk will be back in July 1995.

A DIFFERENT KIND OF CHALLENGE

That was the heading on the anagrams I sent to Steve Clarke some of which later appeared in two issues of 'Strider' under the heading 'Hoick Thy Bulk Miles'. Bullock Smithy Hike was the answer to that one. Steve seems to have decided not to use the rest of the list but some of our Group might enjoy wrestling with them and other anagrams concocted more recently. Here they are:-

- | | |
|-----------------------------------|--------------------------|
| 1. ALL PURE SHANDY IBIS DRUNK | 2. FOR OL' BREVITY |
| 3. LEND CHAPEL? SCANDAL! DUDGEON! | 4. PROBED PLUCK |
| 5. WARN A MAID HOME SLAIN MUTTON | 6. WEAK WYLL KAKE |
| 7. LISP KENDAL GIN RAN | 8. GLOSS GRET DRUM |
| 9. TOM CARRIES LUCINDA | 10. WET LUSH VEXES ROSE |
| 11. SOON MARCHED ON FORTH AT WAR | 12. ANGER MOLLY STAMP |
| 13. THEY SHALL LOUNGE PLAIN SCENE | 14. HO SLUMBER BOB ROUSE |
| 15. WILLING TROT AND MILK WANED | 16. OTHER DR DAMN DOUR |
| 17. CHANGE LIGHTENS HELL AGAIN | 18. DELVE LANDED CHURN |
| 19. CHURLS HAD MANGLED ALE | 20. HID BALTIC RETICULES |
| 21. CHARTS DANIAN'S LOSS | 22. TIS SOUTHERN MAUD |

Solutions to the Editor, who will now have to think of something suitable to present to the winner, by **Monday 4th July at the latest**. As usual if there is more than one correct solution names will be put into and drawn from a woolly hat or some other appropriate receptacle.

Monday 4th July is also the deadline for contributions, gratefully received as always, for the next Newsletter.

KENT GROUP PROGRAMME SEPTEMBER TO DECEMBER 1994

Please let Dave Sheldrake have details, i.e. start time, meeting place with Grid Reference, approximate milage, whether food available at pub stop (if any) and name and 'phone number of leader by **Monday 9th May at the latest** so that he can send the programme to Strider in good time.

I am told that stocks of the Kent Group sweatshirt are running low: does anyone fell like designing a new one? - or is that not a good idea? Best wishes to all entrants to the Dartmoor Hundred - would any of them like to write an article about either the Marshals' Walk or the main event? I shall be looking out for two willing souls to write about the first and second shifts at the Kent Group checkpoint.

Tom Sinclair.
4th April 1994.

P.S. WE STILL NEED A QUARTERMASTER!!