



From the Chairman

Ralph Warman



A warm welcome to all new and existing members.

Welcome to number three of the West Yorkshire Wandering newsletter, your quarterly insight into what is going on with your group. If you have any reports, interesting stories etc please send them to westyorks.secretary@ldwa.org.uk for inclusion in the newsletter.

This issue is full of interesting reports from members of the WYLDWA, I hope you enjoy reading them and inspires you to get involved and make the most out of your subscription.

Many thanks to those who have contributed reports and photos included in this Newsletter.

The WYLDWA AGM takes on a different look this year, moving it to a Saturday [1st Oct 2022] with a walk in the morning followed by the AGM and then food and refreshments at the Brown Cow Bingley, it is hoped that as many of you will attend and have your say in which direction the group moves forward. So please save the date.

We have a packed third edition, please enjoy.

Trans-Pennine 100

Well, we might as well start with the big one. Congratulations to those who took part in the walk over the Jubilee Day Bank Holiday, and all the checkpoint marshals who give their time to support this tremendous event.

See later the recollections from a walker and checkpoint volunteer, which gives you an understanding what an event this is all about.

Social Walks

From the beginning of 2022 up to the end of July 2022 the West Yorkshire Group have held 23 social walks with 387 walkers taking part, covering 3644 miles. A big thanks to all our walks leaders, without these guys we wouldn't be able to enjoy our local area.

Up and coming Social Walks

- 6th Aug 22, Wardle We Wander, 08:30 start, 25 miles **NOTE Start Location Change**
- 13th Aug 22, Skipton to Saltaire, 08:30 start, 20 miles
- 20th Aug 22, Threshfield Moor, 08:30 start, 24 miles
- 26th to 28th Aug 22, Weekend Away, Fylingdale
- 1st Sep 22, Double Stones. 08:00 start 28 miles
- 8th Sep 22 Blue Oyster. 08:00 start 30 miles
- 15th Sep 22, Cabbage Hill. 08:00 start 25 miles
- 17th Sep 22, Hollingworth Lake 08:30 22 miles
- 22nd Sep 22, Bramhope. 08:00 25 miles

- 24th Sep 22, Round Hill Circular. 08:30 22 miles
- 29th Sep 22, Keighley. 08:00 25 miles
- 1st Oct 22, West Yorkshire AGM. 09:00 12 miles
- 6th Oct 22, Golden Acre. 08:00 23 miles
- 8th Oct 22, Borderlands. 08:00 24 miles
- 13th Oct Aldwalton Moor. 08:00 21 miles
- 20th Oct 22, Ilkley. 08:00 23 miles
- 22nd Oct 22, A wander from Northowram. 08:30 24 miles
- 27th Oct 22, Otley Chevin. 08:00 24 miles
- 3rd Nov 22, Kirkstall Abbey. 08:00 20 miles
- 10th Nov 22 Six Days Only 08:00 20 miles
- 12th Nov 22, Roundhay 50 Loop One. 08:00 28 miles
- 17th Nov 22, Blue Lagoon. 08:00 23 miles
- 24th Nov 22, Tong Village. 08:00 22 miles
- 26th Nov 22, Roundhay 50 Loop Two. 08:00 22 miles
- 1st Dec 22, Marly. 08:00 20 miles
- 3rd Dec 22, Christmas Walk. 09:00 12 miles
- 8th Dec 22, Christmas Tree Festival. 08:00 17 miles
- 10th Dec 22, Plenty of Ups and Downs. 08:30 18 miles
- 15th Dec 22, Haworth. 08:00 19 miles
- 17th Dec 22, Don't Forget Your Passports. 08:30 18 miles
- 31st Dec 22, Tim's Hootenanny Walk. 09:00 12 miles

Please check the website for final information and details the night before the walk.

As you can see, we have a very busy social walks calendar. If you haven't been on a social walk before or for a long time, I am sure you will enjoy the scenery, company and give you a sense of achievement, so why don't you give it a go? If you need further information or assurances that you will fit in, please don't hesitate to get in touch with Ralph Warman or Chris Burrell.

With fuel cost increasing, it might be an idea to car share. If you know anybody from your area who are going the same way [and you don't mind car sharing] why don't you give them a ring.

History Walks

Kevin Hudson has kindly led three history walks in the last few months, Ann Lister Walk around Shibden Park and Halifax, Lancastrian School Days and The Railway Children. Please see Kevin's report and a couple of photos from the Ann Lister Walk below. Kevin certainly knows the local area and its history and if the three walks just gone are anything to go by, his Thursday social walks starting 1st September going through to December will be something special.

Anne Lister, (Gentleman Jack) - Thursday 9th June 2022. By Kevin Hudson

A new venture for the Thursday group, in two respects, the first walk not to start in Idle village and a specifically designated history walk. It was also much shorter than the usual walks coming in at just nine miles. With series two of Gentleman Jack having just finished on the BBC there was much interest in the walk and eleven walkers, including three from the Calderdale group assembled at Coffee Culture in Shibden Park eagerly anticipating the walk-in front of them. Coffees drunk, we headed off into the morning sunshine and quickly reached Shibden Hall, Anne Lister's home and after a quick tour of the outside we headed for Cunnery Wood, which housed Anne's kitchen garden. Heading on up the hill, we passed the impressive ventilation shaft for Walker Pit.

The track down to Wakefield Gate into Halifax was out of action due to the installation of new gas pipes, so we took a diversion and headed over Beacon Hill, which affords impressive views of the town of Halifax. Continuing on the diversion we dropped down Southowram Bank to The Piece Hall, stopping on-route to take a photograph of the group by the mural of Suranne Jones, as Anne Lister. The Piece Hall, is impressive in its own right but also has a statue of Anne Lister, sculpted by Dianne Lawrenson. Leaving the Piece Hall by the North Gate, we had an early lunch stop before visiting Halifax Minster, where we were greeted by our guide, David Glover, who took us on an interesting

and informative tour of the minster linked to Anne Lister and Ann Walker, the highlight being Anne Lister's tombstone.

Anne Lister was a successful female entrepreneur, landowner, traveller and diarist who lived at Shibden until her death in 1840. 'I love and only love the fairer sex and thus beloved of them in turn my heart revolts from other love than theirs.' - Anne Lister, January 1821. More detail of her life would be recanted at the end of the walk when the group would undertake a tour of Shibden Hall.

We continued on our voyage of discovery by climbing back up to Beacon Hill Road, where we headed through Claremont towards High Sunderland Farm and the site of High Sunderland Hall. On reaching Howcans Wood we descended to Ousel Hall, on the market for £650K and Lee House, recently sold for £1.25m. As we exited the path onto Lee Lane and the entrance of Ousel Hall, Trevor took a tumble. I would like to say he landed like linen on a freshly made bed but unfortunately, he landed like the proverbial sack of potatoes!!! The more impressive Scout Hall in Scout Wood was undergoing a complete renovation. Dropping down over Shibden Brook, we were soon on Simm Carr Lane and were able to make good time in reaching Shibden Mill, (built in 1649).

'I am not made like any other I have seen. I dare believe myself to be different from any others who exist.' - Anne Lister, August 1823. And coincidentally exactly what Trevor said to me in the car as we drove to the start. - June 2022!!!

The final leg of the walk took us past Horley Green Spa and the Spa House. Before reaching Stump House Farm and our return to Shibden Park, where we followed Lister's Lane through the woods back to Shibden Hall. Although built in the early part of the 15th century, it did not come into the Lister family possession, (through marriage), until 1619 and was inherited by Anne Lister in 1836. It was gifted to the people of Halifax in 1923.

The group then took a tour of the hall, again being kept informed by the tour guide and seeing the rooms where filming had taken place for the TV series and the study where Anne wrote her diaries, which amounted to over five million words, by her death in 1840, some of which was written in code. Viewers of Gentleman Jack will know why code was used. The outside of the hall was a village in itself with a blacksmiths, Coopers, Wheelwrights and Apothecary amongst other buildings but the pub seemed to garner most interest for some reason!!! This completed an interesting and thought-provoking history walk.



Please note there are numerous photos and reports on the website [Click Here](#) for access.

Celebrating 50 years of the LDWA

West Yorkshire LDWA 50th Anniversary Celebrations.

Nidderdale Way 23rd / 24th April 2022 [Joint Walk with North Yorkshire LDWA]

Loop 1: Saturday 23 April 2022, 30 walkers, led by West Yorkshire:

The southern anticlockwise loop of the Nidderdale Way via Beverley, Dacre Banks, Darley, Birstwith, Hampsthwaite, Ripley, Shaw Mills and Brimham. Start and finish at Pateley Bridge. Loop 2: Sunday 24 April 2022, 25 walkers, led by North Yorkshire:

The northern anticlockwise loop of the Nidderdale Way via Wath, Bouthwaite, Lofhouse, Middlesmoor, Stean, Ramsgill, and Heathfield. The alternative route was taken around Gouthwaite Reservoir to avoid the long road-walking section. Start and finish at Pateley Bridge. A terrific joint initiative with our good neighbours North Yorkshire, a great turnout and an opportunity to catch up with old friends. A tough weekend for those who walked both days but thoroughly enjoyed by all.



Treasure Hunt in the Park 22 May 2022

25 members and guests arrived in Shibden Park, full of anticipation in what was in store for them. With most of the members walking 29 Miles the day before, the 4-mile route was a popular choice. With route description and question sheets handed out, there was a mass exodus from the start. It wasn't long before the treasure hunters were back in the park and the answer sheets were being checked and pop and gold coins [chocolate coins] were being consumed. The event was well received with those who turned up having a great time.



The Big Walk 18th June 2022

24 walkers arrived at Bingley Station ready to take on the LDWA 50th Anniversary Big Walk. Based on the Welcome Way, taking in Baildon, Guiseley, Otley, Ilkley and back to Bingley. The group clocked up 50k [31 miles x 24 = 744 miles on the day], adding to 10,000 miles clocked up by groups in the LDWA over the weekend. Pizza and chips were served at the Brown Cow at the finish, finished off by 50th Anniversary cup-cakes and liquid refreshment. Another brilliant event, put on by the WYLDWA



Ulfkil Stride Challenge 2022 2nd July 2022

Set in the Upper Wharfedale village of Buckden, the resurrected challenge event was put on as a one-off event to celebrate the anniversary. Entries were slow at arriving, which I would put down to the recent surge in fuel cost and possibly being just too far out for many to travel. 89 did enter with 16 no shows, which considering the no shows of other events is not

too bad. The entries were treated to tea and toast at the start, 4 well stocked check points and warm food on their return. The feedback was brilliant, so the question has to be asked do we put the event on next year? Many thanks to all that helped.

WYLDWA Challenge Events

One Foot in the Gargrave

10th Sep 22 entries open at SiEntries [Click Here](#)

Roundhay 50

18th and 19th Feb 23 entries open soon on SiEntries

NEC NEWS

Some of the key action points from the recent **LDWA Group Officer Meeting**:

- Within the next 4 to 6 weeks all members of the LDWA will be contacted to take part in an on-line survey to find out what they use Strider for. The aim of the exercise is to allow the Editor to make informed decisions about the future content of the magazine and ensure it continues to be relevant to members. In cases where members don't have email addresses, they will be contacted in writing. An early draft of an on-line magazine has recently been launched and there are plans to develop this further.
- An independent panel of 5 LDWA members was formed towards the end of last year to look into the structure, roles and ways of working of the National Executive Committee with the aim of identifying ways in which it could operate more effectively.
- A big thanks went out to all the local groups who were / are involved in running events celebrating the 50th Anniversary. To date, across the local groups, we have run 36 events, predominantly walks, the majority of which were held over the weekend of the Big Walk. 30 groups were involved in the weekend and, collectively, our members will have walked over 10,000 miles that weekend.
- It was acknowledged that the publication/ availability of the cookery book has been delayed & members were thanked for their patience. The cookery book is in its final draft and contains recipes from the majority of local groups – along with other food related features.
- The significant contribution of our past and current volunteers was acknowledged – along with their role in ensuring the ongoing success of the LDWA over the past 50 years. In the past, the LDWA has been fortunate in that a steady flow of volunteers has been available to take on roles. Recently, two things have changed simultaneously, which has altered this position. Firstly, there appears to be less interest in the volunteer opportunities from amongst the members (in large part due to COVID19) and, secondly, the need for volunteer resource has increased (mainly due to the business plan & the need to modernise the Association). In particular, there is a requirement for a lot more volunteers in the Communications area as we try to increase our social media presence (important for raising the profile of the LDWA and engaging potential new members). This situation is cause for concern, it's an area which urgently needs to be addressed & the help of the Local Group Officers is required. Please Click [Here](#) for further information.
- As well as the 2 national groups, 7 local groups are trialling the use of Meetup. Learning from the trial is being considered with a view to expanding it further and getting other, willing, local groups involved. Feedback so far indicates that advertising walks on Meetup hasn't resulted in lots more people joining LDWA walks but it has raised awareness of the Association and, as a result of this, we have had new people joining.
- In the wake of the pandemic, and recent legislation, Sara Dyer has developed good practice guidelines for Catering on Challenge Events – these can be found in the Challenge Events section of the Toolkit. As part of this, the LDWA will pay for up to 2 members of each local group to complete the on-line Level 1 Food Certificate which is being run by an organisation called

The Safer Food Group. The cost of the training should be claimed back from John Elrick. Details of how to enrol on the training can be found in the good practice guidelines.

- A request for further advice and guidance has been raised by 2 groups - particularly around dealing with safeguarding issues on social walks/ challenge events (the type of action that needs to be taken in various scenarios). Deirdre Flegg developed our policy in this area and has offered to put together a guidance session but would like to understand what other aspects of the policy groups/ members need help with. LGO's were asked to consult with members and let Karen Pickering have details by the end of August.

Members Reports.

Thanks to all who have sent reports and photos in. You are all a credit to the West Yorkshire Group.

Summer Spine June 2023. By Adrian Gosling

I had completed a couple of Spine Challenger events and decided to go for the big one in June this year.

The distance is 268 Miles with five main checkpoints and a few intermediate smaller ones in amongst.

We started at 8.00am Sunday heading for Hebden Hey Scout Centre and the weather was warm but not that hot on the first day.

This first leg is a toughie, with Jacobs Ladder and the climb up to Laddow Rocks and Black Hill thrown in, making the total ascent for this section about 8,000 feet.

While crossing Kinder, I got chatting to Will and we ended up walking together for the rest of the event.

I found out Will is a retired teacher who has taken over the family sheep farm near Hawes but finds time to fit in walking and running including the Fellsman this year.

There is a real sting in the tail as you have to drop right into the valley at Eastwood only then to climb out to Colden and CP1.

A couple of the roadside cafes stayed open and the bacon butties and drinks went down well.

We reached Hebden in the early hours of Monday and had a couple of hours sleep and some food.

Day 2 was on familiar turf, Bronte Country, the Aire Valley, Gargrave and Malham Cove with an intermediate CP at Malham Tarn Field Centre.

Highlight on this leg was an unofficial checkpoint run by some of the Keighley and Craven AC runners where we were fed and watered royally with the highlight being salted new potatoes with olive oil.

There was a long course diversion on the road near Gargrave but you don't want time penalties so it's best to stick to the approved route.

Now the heat was on and it did not cool down that much even at night.

There was a chance for a bit of rest in the bird hide at the Field Centre and this was where the midges first attacked so not much sleep.

Day 3 was heading for next main CP at Hardraw and this was hard stretch with Fountains Fell, Pen Y Gent and Cam High Road in the way.

Nice and cool in the early hours and over Fountains Fell but it soon warmed up and on Pen Y Gent we were back under the grill.

Will had some back problems and for a while I cracked on while the medics checked him out.

I was dreaming of a brew and a bacon buttie in Horton but nothing was open so it was a drink of water from the tap on the outside of the gents and a cereal bar – so much for the glamour of the Spine.

Cam High Road never seemed to end and it just got hotter but some expert treatment from the Medics meant Will caught me up.

Eventually we dropped into Hawes and worked across to a field near Hardraw and a tented village for CP2.

By now, you get into the routine, food, drop bag, wash n brush up, sleep, then walk.

In terms of overall distance, Hardraw is about 108 miles and 19,000 feet of ascent.

Tuesday evening and over Great Shunner Fell -ground bone dry and even a nice spot for a quick midge free snooze.

Next intermediate stop was the Tan Hill Inn - not open as it was early morning but as soon as the mist burned off it was hot even at 6.00 in the morning.

Even the usual swamp of Stainmore was dry and this was a tough day in the heat.

Highlight for me was bumping into Alan Hinkes who was doing some filming and interviews on the event.

Even got a photo with the big fella.

Bowes Moor was red hot and the route over to Middleton in Teesdale felt very hard.

Middleton CP was an outdoor centre with decent sleeping arrangements.

Probably spent a couple of hours here and was able to get out ahead of cut off.

The next section is a tough one and has some scrambling alongside Cauldron Spout, High Cup Nick and then the beast of Cross Fell, dropping down the Corpse Road and into Alston.

Part of this section around High Cup Nick is also interesting as it's a dead zone for the tracking devices and there are strict instructions not to stop and sleep in case control think you are lost or injured.

We arrived in Dufton in the early hours and slept on the ground near the loos for a while - fine start to my Birthday.

Next objective was to get over Cross Fell and it was hot.

I have never seen the top of Cross Fell - it's always been dark, misty, raining and generally grim, not this time as it was full-on Sun and heat.

I was drinking from streams by now and Will reckoned I was like his Labradors for getting into the water.

Greg's Hut for a snooze and then down the Corpse Road which seemed never ending, eventually reaching CP4 at Alston Youth Hostel.

Same old routine, food, drop bag, wash n brush up, sleep, then walk.

We headed out about 21.45 and this time it was raining and a bit cooler but now the challenge was a 40 Mile leg in 19 hours and this is where it all unravelled as we got gradually slower and by mid-morning on the Friday, we decided to call it a draw at Greenhead at the start of Hadrians Wall.

I reckon with various diversions that we covered 200 Miles so a PB mileage for me on an event.

The Safety team drove us up to Bellingham and there was a chance for showers and food.

I got a lift with Will back to the Dales and after a chippy tea in Hawes it was train from Garsdale to Bingley and home.

The biggest problem is that the wear and tear build up over the days and you don't get any quicker just when you need a burst of speed to meet the cut off in Bellingham and have enough time in hand for a stop there before the Cheviots.

Kit wise, I am going to invest in a midge net hat - Will had one and it allowed for some decent rest as it kept them away.

Feet were not bad despite the heat and hard ground with only a bit of damage to the little toes on both hooves.

I felt tired the week after and was having afternoon naps most days.

The Spine Events are something else, you are out for a long time and the checkpoints very spaced out so food is important and you do get fed up of cereal bars and peperami.

I did have a thought about not coming back but that did not last long and I was soon working how to turn 200 miles into a finish.

As I write this, I have the entry open for next year so bring it on.

There is a young fella called Richard who is in the West York's LDWA and he finished both Winter and Summer Full spine events so well done on the 2022 Double.

Montane Spine Sprint summer 2022 By Zoe Matsell

Montane Spine Races are a set of races held twice a year in January and June. Each distance is challenging in its own ways with limited checkpoints, the need to be self-sufficient for food, water and shelter and very challenging time-limitations. There are 3 summer races: the Spine Sprint (Edale to Hebden Bridge) which is 46 miles in 18 hours, the Spine Challenger at 108 miles (Edale to Hawes) in 60 hours and the Full Spine which is 268 miles (Edale to Kirk Yetholm) in 6 and a half days. All races follow the Pennine Way.

I've been a walker for many years, an LDWA member for over 25 years and have dot watched the Montane Spine race, winter and summer, for the last 5 years. My interest in participating was piqued when Jasmin Paris put in a blistering performance on the full spine in January 2019, completing the race in 83 hrs, 12 mins and 23 secs, beating all previous records by over 12 hours. She was also a new mum and the first woman to win the race overall.

It was because of Jasmin that I 'promised' myself that I would get a finishers medal before my 50th birthday and found myself entering (after a couple of glasses of wine) during July 2021 to compete in the "fun run" edition of the series, the Spine Sprint in June 2022.

My prep in earnest didn't really start until March 2022 when I joined the brilliant WYLDWA on a social walk from Marsden station. Having only participated in challenge walks previously, joining a social walk where I knew nobody was terrifying but everyone was so kind and I was made to feel very welcome. My training was much easier with this support.

On the morning of the event, we (my husband was my driver) arrived at Edale for kit check. Despite having tried my kit at home, having a full pack of water and food together with all the minimum kit items, I buckled under the weight of my 12 kg pack. Fortunately, it was a cooler day and despite my initial terror and fear of failing, together with my cumbersome pack, we were set off at 12 noon.

As predicted, I was at the back. I'm not a fell runner but knew that I could walk the distance in the 18-hour limit if I maintained a decent pace. The first obstacle was Jacobs Ladder, a hard slog up but the views from the top were amazing. Onwards to Kinder Downfall, which was bone dry and across moorland and heath to Torside reservoir. The section had taken me just under 5.5 hours, slower than I'd hoped but the terrain was really challenging.

The next section took me up to the top of Laddow Rocks and on towards Soldiers Lump. By the time I reached Harrop Dale it was dark. This was my first time walking with a head torch and despite there only being 4 hours of real darkness, I managed to take a fairly hard fall on the track down towards Nicky's Cafe, busting my nose. Determined (and having been given a pep talk by my husband) I brushed myself off, knowing that I had only 12 miles to do and I'd recce'd the route so knew what to expect.

For me, the biggest challenge was having to be fully self-sufficient and the impact that had on the weight of my pack. There are no checkpoints along the route although water was offered at the welfare checks at Torside Reservoir and Harrop Dale. You are expected to carry your own food and water.

I finished at 4.49am after 16hrs and 49mins walking. I was shellshocked but elated and absolutely exhausted. Beside the mental challenge, the physical challenge and a busted nose, I'd certainly do it again.



TP100- A walker's recollection of the event By Hayden Vincent

This year was my first time entering a 100. After roughly a year walking with West Yorkshire I finally decided to give it a go. The months leading up to the event were filled with nerves but I listened to people with vast experience and took note of every bit of advice that I could remember. The day finally came and upon arriving in classic LDWA fashion the organisation by the army of volunteers was amazing. After checking in and picking up my tracker it was now time to try and relax and wait for the start. I said hello to all the friends I had made over the last 12 months and had a good chin wag.

Before I knew it the time had come to assemble at the start. Advice and pep talk by the marshal was given and then we were off. I had made no plans with whom to walk with during this event but had linked up with some of the lovely West Yorkshire group that I had spent hundreds of hours walking with over the previous months. The weather was as good as could be and we headed off to chew up the first few miles of track. The event started dead flat and was a good way to get the blood flowing. The first 10-12 miles flew by as we chatted and enjoyed the good weather. Before long however we would be on the hills. Black hill was the first big climb which I think we all felt followed by a large jam on Laddow Rocks. A few checkpoints later came hayfield which was the start of the night section. This section nearly broke me. It was a very windy night, a very rough path and felt like it was going ever so slightly uphill forever. I remember being at the checkpoint next to mam tor just wanting to go to sleep and praying I had the energy to stand. Even feeling like this we continued. Somehow, we

kept going, checkpoint after checkpoint we passed. Now was when I really started to get my big ups and downs both mentally and physically. For a large portion I was sure I could not continue but we just kept going. Then came Wortley rugby club checkpoint where I came closest to retiring. After a few choice words from one of the checkpoint volunteers I decided to continue. Mile after mile we continued and after having to split up as the second night fell the finish was in sight. By this point I will be honest, I was broken. My mind was not working at all and my body was screaming for me to stop but somehow, we finished.

I honestly think this is the biggest challenge I have and may ever do. It is a huge effort both mentally and physically. I am forever grateful for finding the West Yorkshire Group and becoming friends with so many of them. All of the encouragement and kindness shown over the last year has been nothing but extraordinary from people who were not so long-ago complete strangers.

I would also like to say a big thanks to everyone involved in the organisation of the TP100.

TSP100-Holmbridge checkpoint By Sue Manley

'An early start but an earlier than expected finish as walkers whizzed through Holmbridge checkpoint at 25miles.

The hall was decorated with flags ready for the Platinum Jubilee giving a festive feel and we had lots of interest in our event from visitors to the 'Scarecrow walk' being held at the church next door.

Food arrived by the truckload-amazing how many steak pies, cheese pasties and Bakewell tarts almost 500 walkers/runners can consume.

Entrants initially arrived at a manageable pace but we saw the majority through between 4-7pm making it quite manic during that period. Volunteers from Lakeland and West Yorkshire groups welcomed the entrants and served a hot meal before the start of the next section. Great fun! What a challenge it was having hot food ready, crockery washed and drinks available. We survived though.

As the last entrants left Holmbridge we had 'the big clean up' before closing down the checkpoint 10 hours after we'd arrived.

Thanks are due to all volunteers at all checkpoints. Without them the annual '100 challenge' wouldn't go ahead.



Ulfkil Stride Challenge 2022, an event Sweepers recollection of the day. By Hayden Vincent

This July West Yorkshire organised the Ulfkil stride event headed by Chris Burrell. I was the sweeper on this tough route which for me was the first time doing so on an event. The week before we walked

this lovely route with some of the other Marshalls but my goodness it is a hard walk. It is in the Yorkshire dales though so this is to be expected.

The day of the event came and after arriving early I was on carpark duty. Chris had managed to arrange a truly huge field to make sure everyone could park. Knowing Chris, this did not surprise me, I expected he would make sure everything was as perfect as could be and he did not disappoint. After saying hello to everyone they each went off to fulfil their individual duties of the day.

Soon enough everyone was all parked up. After everyone was fed and watered it was the walkers to go first and the runners soon after followed by myself and a chap from Raynet carrying communication equipment. The day started off very very wet with driving rain and wind. I was dreading that it could be like this for the whole day but thank goodness at the first checkpoint the weather had calmed down a bit. We got what supplies we needed and said goodbye to our friends on the checkpoint. We now had a massive slog to the next checkpoint up what seemed like an endless climb. It was worth it however as we were greeted at checkpoint two by an amazing spread of food and drink twinned with decorations all over the vehicles. We needed this boost as the weather on the way to Pen-Y-Ghent could not make its mind up. We were greeted by our friends at the base of the peak before heading up the long tourist path to the trig point. Now the weather had made its mind up and to our delight it was improving. Another checkpoint was upon us and it did not disappoint. Another amazing spread put on by the group and more balloons and decorations. The next section was thankfully a bit flatter and eventually headed down but we were heading down only to go back up. At the bottom of the valley was the final checkpoint. After this to get back you have to tackle what I feel is the hardest climb of the day. It is a moorland climb and has multiple false summits. We had linked up with the last two walkers for the climb and we all helped each other to get it done. Once at the top you can see the finish as you head back down towards the visitors' centre. Before long we were back and greeted by all the amazing people who had given up the day to run this event. I am always in awe at the time and effort that is put into these events and I hope the Ulfkil is on again in 2023.

Ulfkil Stride Challenge Walk by Zoe Matsell

Saturday 2nd July 2022

A fabulous Challenge walk starting at Buckden in the Yorkshire Dales, taking in Cray, Yockenthwaite, Foxup, Pen-Y- Ghent and Litton. This challenge walk was resurrected by WYLDWA in celebration of the LDWA's 50th anniversary.

Having amassed for the 8am start in the main carpark at Buckden, we set off. Uphill from the start under a sky that didn't know what to do with itself (yet).

Reaching the Buckden to Aysharth road and dropping towards Cray with a turn back onto a track at the White Lion pub, the heavens opened to release rain of biblical proportions. Fortunately, we had the shelter of trees for a while but it was still hammering down as we reached CP1 (a medal for that team with only a couple of umbrellas and Roger's bobble hat to ward off the elements!). From there we climbed up onto Horse Head, west towards Pen-Y-Ghent.

The rain had abated by CP2nd but returned with venom as we progressed across Foxup Moor towards CP3.

The climb up Pen-Y-Ghent was really challenging - it was wet, foggy and windy and those steps are a thigh killer (especially less than two weeks after the Spine Race!!).

However, the weather gods were kind and by the time I reached CP4 the sun was out and it stayed with me for the rest of the afternoon. After a lovely hot cuppa (thanks Ralph) and a sarnie, I set off again towards Litton and the final climb of the day.

I knew the climb out of Litton towards Buckden was going to be a tough one and it didn't disappoint. It was relentless but, hands on thighs, I made it to the top of Old Cote Moor and then onwards, down into Buckden.

On reaching the finish I was 'rung in' by toll of the bell, greeted by smiling faces and applause and offered some hot food.

It's been a long time since I last completed the Ulfkil Stride and I'd forgotten just how much of a challenge it is, but with the fantastic support of everyone involved from WYLDWA it's certainly one I'd do again.

The Settle Saunter Sunday 12th June 2022. By Ian Hofmann

The Settle Saunter is a challenge event run by the Rotary Club Settle, with the option of three distances, 23 miles, half marathon & 10k.

The plan at registration was that entrants would be set off at 1-minute intervals in pairs or singles, the first 20 minutes allocated to walkers and the rest for runners, but that fell apart quickly and everyone set off as soon as they were ready after registration.

The weather forecast was for near perfect weather, dry not too warm and a nice breeze.

Leaving the start at Victoria Hall we headed out of town on the main road to cross the River Ribble, turning right soon after on to The Mains and on to the footpath at the end. After approximately 4 miles of grass and limestone paths across open fields we dropped down towards Feizor and checkpoint 1.

Leaving Feizor on the Pennine Bridleway towards Austwick, approx. 1.5 miles, on a flat easy walking section. As we approached the village a single church bell was ringing, to welcome the walkers and runners, or maybe because it was Sunday and time for church?? We left Austwick on a track heading for Clapham, in approx 2 miles with lots of wall style and gates before reaching checkpoint 2 in the main car park.

From the car park we walked through the village to the church and turned right and then immediately left to reach the Pennine Bridleway again, this time in the opposite direction back towards the outskirts of Austwick, this is where the runners started to pass the early starters. Turning left away from the village and following the sign for the Pennine Bridleway to Feizor. Turning off the Bridleway, and then the first climb of the day into Oxenber wood and then Wharf wood, before reaching the wide track back down into Feizor, and the first sound of the cow bells being rung by those out to support those taking part. The second visit to Feizor was checkpoint 3 and approx half way.

From the checkpoint we headed uphill on The Dales Highway, across moorland towards Little Stainforth, dropping downhill to the sound of more cow bells, and passing through the village to carry on to and pass through Stainforth to reach The Pennine Bridleway once again and what felt like a longish steep climb. Leaving the Bridleway near Upper Winskill crossing fields and moorland paths before passing below Victoria cave and Brent Scar in the Langcliffe and Attermire Scars nature reserve, dropping downhill to a ladder style and then uphill once more to head for checkpoint 4 at the junction of Stockdale Lane and High hill lane.

Now the last push back to Settle, once again on the Pennine Bridleway, along an undulating track for a little over one and a half miles and then taking a path to the right towards Cleatop Park nature reserve and checkpoint 5.

Leaving the nature reserve and following the wall across fields to the farm track, turning left and crossing the busy road to reach Runley Mill. Crossing the River Ribble by way of the road bridge we then follow the river bank on a flat grassy path, and then a tarmac path to cross back over the river by the Ribble Way Settle Bridge, and following signs for the market place to take us back to the finish at the Victoria Hall.

This year was the third time I've walked the 23-mile route. It is a well-run and organised event with the route way marked with coloured tape. It is enough of a challenge without being too difficult, with some stunning scenery and views, but more popular with runners than walkers.

My only complaint would be the fact there was no food provided at the start/finish, or at any checkpoints, and only jugs of water for drinks at checkpoints. Last year, covid restrictions was given as the reason, not sure they could use that as a genuine excuse this year.

Despite this, a very enjoyable day with plenty of laughs on the way round.

The Ulfkil Stride Challenge, Saturday 2nd July. By Ian Hofmann

Arriving early in the village of Buckden, it was clear people had been busy for some time. Lots of marshals out to give directions to car parking and to the registration in the village institute.

Having done a recce about ten days previously I knew what was coming, and even before registration, as I walked up to the village institute, my brain was already thinking about, "that last climb".

Registration was really well organised and completed in seconds, and then on to the breakfast area for those who need to fuel up before the start.

After a welcome and information update from Chris the walkers set off prompt at 08.00am, the runners to follow on 30 minutes later.

We started from the car park with an uphill track, uphill would be a regular theme of the day, to the bucket drop at Cray Bridge, then a sharp left down to Cray and the track to Yockenthwaite and checkpoint 2. Before reaching the check point the rain started, making the limestone and grass paths a little, a couple of people losing their footing. There was plenty of marshals at check point 2 on hand to get us through quickly and to top up with drinks before the climb over Horse Head pass towards Halton Gill. Reaching the top of the climb coincided with probably the worst of the weather, the rain combining with stronger winds, it felt like an hour but lasted only minutes before the sun came out on the descent into Halton Gill, which is where I lost my footing and went down, but no one saw me so that was a bonus!

From Halton Gill to Foxup and checkpoint 3 was short but welcome flat section where we stocked up on drinks and food. On leaving the check point we headed, guess what, uphill again to contour round Plover Hill and headed towards Hull Pot and checkpoint 4 at the track junction. This section was a combination of shorter uphill's and flat sections with quite a bit of standing water to splash through. We left the check point heading uphill again, surprise I know, to reach the summit of Pen-y-Ghent and the highest point of the walk and a careful decent off the top on the wet limestone scramble to head for the track towards Dale Head and checkpoint 5, hot and cold drinks and food available here. Leaving the check point, something was wrong?? Oh, it was flat! Heading along the tarmac road to eventually pick up the track signed posted to Litton, and to checkpoint 6 at New Bridge at Litton. On approaching the check point we could see across the valley and see the first part of the track that was,..." that last climb", oh joy.

Leaving the check point and walking through Litton, smiling politely at the people sat outside the Queens Arms with their long cold drinks, we turned left on to the track for the final climb up Birks Fell and the sting in the tail of this walk. As always, some found it little or no problem, some of us struggled a little, but we all got there in the end.

Now just the last decent in to the valley and back to Buckden, and the finish at the village institute where hot and cold food and drinks were waiting for those who wanted them.

A good idea to have the finish next to a pub by the way.

An excellent day out, well organised and marshalled.

Many thanks to everyone who gave up their time to organise and run the event., to everyone manning the checkpoints and start/finish with lots of smiles and banter.

Mini Biographies Number Three: Tim Rollett – Treasurer

Meet the member: Tim Rollett

Now in my 14th year as a member of the LDWA, I first became aware of the organisation when a work colleague lent me a copy of the Long-Distance Walkers Handbook which contained details of over 600 long distance walks. Despite joining the LDWA in 2007/08 (as member 26128), it was a couple of years before my first club walk in autumn 2010 when I turned up on a walk led by North Yorkshire LDWA and we whizzed round the 17 miles in time for a mid-afternoon finish. I've been walking regularly with the LDWA ever since and in 2012 I joined West Yorkshire's committee, first as a general member, and then a couple of years later as Treasurer.

My first long distance walks were over a decade earlier when I took part in challenge walks organised by the Scouts such as the Rombalds Stride (23 miles), the Border 7s (37 miles) and the Six Dales Challenge Hike (42 miles from Settle to Pickhill in 12 hours). I also resurrected the former 'Vicinalis District' Scout Challenge Hike, leading it as a social walk for West Yorkshire LDWA.

In one of the first editions of Strider magazine I received, I read the report on 2008's Yoredale 100 (organized by West Yorkshire LDWA), and immediately decided that I'd like to take part in such an event. Once I started walking regularly with the LDWA I began building up to my first hundred – 2012's 'The Games' which took place around London. I was determined to finish the event despite the wet conditions and sore, blistered feet; and to complete the full distance in just over 42 hours was a major achievement. In following decade I've completed four more hundred's including this year's Trans Pennine event.

In the 12 years I've been walking with West Yorkshire LDWA, I've made a lot of good friends, visited some great places I would never have otherwise been to and worn out more pairs of boots and trail shoes that I can recall!

Personal highlights:

- Finishing five LDWA hundreds: The Games (2012), Camel-Teign (2013), North York Moors (2017), Cinque Ports (2018) and the Trans-Pennine (2022)
- Walking the GR20 through the mountains of Corsica
- Completing long distance trails including The Pennine Way, Coast to Coast, Cleveland Way, The Dales Way and the West Highland Way
- Being part of the winning team on the Scout Six Dales challenge hike a record 11 times
- The National Three Peaks in under 24 hours
- Nearly 40 completions of the Yorkshire 3 Peaks

And to finish: -

A Yorkshireman walks in to a vet and says "Ay up, can tha tek a look at our cat? It's not bin it's sen lately." 'Sure.' says the vet. 'First things first, Is it a Tom?' "Nah" he replies "I've got it 'ere wi me"

Thanks for supporting the West Yorkshire Long Distance Walker Association.

Keep Safe and Happy Walking

Chris Burrell

West Yorkshire LDWA Secretary

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