

Wiltshire LDWA August Newsletter

Some words from the Chair:

We're getting back to normal!

Walks are appearing in our program and walkers are planning walks now that the extra Covid admin has been scrapped. Steve is aiming to get back to three walks per month, so please, let's help him. Keep an eye on the website for late walks entries.

We would also really like some new leaders to take a turn - don't be afraid to ask a committee member or regular leader for help if you're thinking of leading for the first time.

Walkers, do contact the leader if you want to consider taking a short cut as you build up to the long distances again.

There's a lot of enjoyment and exercise to be had, with the possibility of an occasional soaking and a blister - make the most of it while the sun shines!

And many thanks to the Committee for all the work they're doing for us.

Graham Instrell
Chair, Wilts

PDA 2022

As advised in the last newsletter we anticipate being able to hold a proper PDA on 24th April next year. As usual this is the day after the Bath Beat. Please make a note on this date in your diary.

AGM 2021

Another date to note in your diaries is 5th December. The AGM is scheduled for this date. We are looking into venues. If anyone knows of a suitable venue near the centre of our area with a meeting room that can hold up to 40 please let a committee member know.

Personnel Accident Insurance for Walk Leaders

The LDWA has taken out a personal accident insurance for walk leaders and sweepers (back marker). Details of the cover are available in the toolkit on the LDWA website.

Walks Programme

As our chairman mentioned the walks programme is looking a little bit better than it did at the time of the last newsletter in May but we could still do with more walks. As has been previously advised there is no longer a need to do a risk assessment or pre book for walks. There is still a need to take a walks register for insurance purposes. This makes things easier than it has been.

It is largely the same small group of people who come forward to lead walks. It would be nice to see a few new names among the walk leaders. It really isn't that daunting a task. There will be plenty of people willing to help if you are leading a walk for the first time. There is also guidance

on walk leading on the website. Some of you new members may be familiar with areas where we don't normally walk.

Thanks to those who have volunteered to lead walks

Treasurer

As mentioned in the previous newsletter Phil Heneghan has been co-opted as treasurer. Phil has now been approved as an authorised signatory for our Barclays account and can now take over from Richard Hotchkiss as treasurer. Phil would like to express his thanks to Richard for the assistance Richard provided in picking up the technical aspects of Barclays Bank's workings. It may take some time for Phil to become fully familiar with the workings of the Barclay's system so if you are waiting for money be patient.

Many thanks to Richard for the hard work he has put into preparing the groups accounts and as a token of the group's appreciation the committee sent Richard and Chris his wife a gift of flowers. Richard and Chris wish to thank the group for the flowers.

Avebury to Stonehenge with 120 Marathon Man

Group Walk - 26ml. 08:30 Avebury. (GR SU099696). Linear Walk from Avebury to Stonehenge. Walking with and supporting Graham Wilson on day 54 over Salisbury Plain in his charity fundraising quest to walk 120 marathons in 120 days. See www.120marathonman.org for details. You can also sponsor him through Just Giving via his website. To join in, please register with Graham Instrell on ginstrell@hotmail.co.uk to organise a lift share return, subject to Covid rules of course. Start details available near the date for those who register.

Contact: Graham Instrell
Email: ginstrell@hotmail.co.uk

2022 Trans-Penine 100

Lesley Bellis a former chair of Wilts will be running a check point on next years Trans Penine 100. This will be check point 3 at Bird's Edge. This location can be found just off the A635/A629. The check point will be available from 12 noon Friday 3rd June and will be open to entrants from 2pm to 9:20pm. There maybe bunks available for staff at the Crowden check point 5. The check point will serve cold drinks and food. This may change to hot drinks depending on the weather. Leslie currently has 10 in the team (6 Wiltshire, 2 Bristol and West, 1 Cornwall and Devon, 1 Heart of England) and would like 6 more.

The event organiser Vermoyden would also like some volunteers for Registration at the HQ but appreciate it will be an early start.

There will also be a marshall's walk but details are to be confirmed.

Anyone wishing to volunteer should contact Lesley at lesley.bellis@outlook.com

Anytime PDA

The anytime PDA ran from 1st May to 31st July. The participants could attempt the traditional 26 mile route of the PDA on any day between those dates. The event was unsupported with no manned check points meaning the participants had to carry their own food and water. There were 31 entrants and 18 entered their times on the leader board. The 18 are listed below together with their times.

Participant - First Name	Participant - Last Name	Result - Time	Result - Date completed
Mark	Kuspisz	06:45	20/07/2021
Judith	Chubb-Whittle	06:49	15/05/2021

Ivan	Batchelor	06:49	15/05/2021
Neil	Bromley	06:50	24/04/2021
Maurice	Herbert	07:28	31/07/2021
Guy	Evans	07:45	06/06/2021
Andrew	Clabon	08:02	09/05/2021
Sam	Mitchell	08:12	30/05/2021
Andrew	Harwood	08:25	28/05/2021
Keith	Vallis	08:31	24/04/2021
Brian	Humphreys	08:41	28/05/2021
Frank	Hunt	09:02	29/07/2021
Andrew	Boulden	09:03	31/07/2021
Carrie	Pitt	09:54	22/05/2021
Bryn	Kirby	09:59	16/05/2021
Paula	Murphy	12:09	02/07/2021
Steven	Murphy	12:09	02/07/2021
Jim	Creber	12:34	14/07/2021

Congratulation to all those who completed and our sympathies to the several participants who we know attempted the course on those very hot days in July and understandably and probably wisely did not complete.

Thanks also to those involved in setting up the event especially to Dave Purdy who was the main organiser who spent a considerable amount of time setting the event up.

Pewsey Anytime 100

John walker arranged an anytime 100 centred on his house in Pewsey. John's report on this 100 follows.

There were 4 of us who started the Virtual 100 from my house in Pewsey - Lucy Robins, Jenny Mills, Andy Todd and myself. The aim was to complete five 20-mile loops.

The five loops went off in different directions from Pewsey and included parts of the Marlborough Downs and the Salisbury Plain.

Each loop started and finished in my kitchen. Jo (John Walker's wife) was in charge of this kitchen 'check point'.

The weather was ideal for a 100 - dry, not too hot and with a gentle breeze. Conditions underfoot were as good as it gets with hardly any mud.

How did it go? Well we got off to a good start but Jenny dropped out on Loop 2 with an ankle problem. Jo picked her up and Jenny slept the night at our home. However, in the morning her ankle was fine so she rejoined us on Loop 4.

Lucy and Andy had foot problems that led to them retiring on Loop 4 after just over 70 miles. Jenny and I carried on to the end. We got back home after 46 hours and 2 minutes.

The results of the LDWA Virtual 100's show that there were a total of 432 starters. Of these, 198 completed the 100 miles. This is a 46% success rate which is significantly lower than for usual 100's.

Thanks to John for setting up this event and to Jo for the catering and support.

Thames Path Anytime 100

Dave Purdy also completed an anytime 100. Dave's description of his hundred follows.
Details of my anywhere 100 are;

Location: Thames Path - Loops. Longest loop about 40 miles overnight
Start Time and Date: 18:00, 29/5/221
Distance: 102 miles
Time Taken: 27 hours 28 minutes
Check Point: Home run by my wife

Weather: Dry and sunny during the day but cold and misty overnight. The mist was sufficiently thick at times it was difficult to work out where I was - I couldn't even see the Thames! In the night the moon was orange and looked stunning reflected in the Thames, when the mist cleared.

Ground Conditions: Much of the path was covered in long to very long grass making it difficult to run. The grass became very wet and cold overnight. Some of the fields were very rough in places making progress difficult in the night section.

Support: I was accompanied by members of Highworth Running Club on all but one loop - the last.