



**LONG DISTANCE WALKERS ASSOCIATION  
AIM: TO FURTHER THE INTERESTS OF THOSE  
WHO ENJOY LONG DISTANCE WALKING**

## **BEDS, BUCKS & NORTHANTS GROUP**

# **NEWSLETTER**

**FEBRUARY 2014**



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HAVE A GREAT DAY OUT, WALK WITH BBN  
[www.ldwa.org.uk/bedsbucksandnorthants](http://www.ldwa.org.uk/bedsbucksandnorthants)

## **New Members**

A very warm welcome to our new members (and welcome back to those who have re-joined!)

Colin Burnett, Milton Keynes	Vikki Kemp, Wellingborough
Kate Curnock, Kettering	Linda Marsh, Milton Keynes
Yvette De Massimi, Corby	Steve Mossey, Easton on the Hill
Caroline & Mick Entwistle, St Neots	Howard Reynolds, Towcester
Cliff Garnham, Southall	Amanda Shaw, St Ives
Tim Glenn, Nottingham	See-Mooi Ng, Luton
Margaret Hansen, Luton	John Simons, Northampton
Hus Hussey, Bicester	Sarah Thorne, Eaton Bray
Jane Hutchinson, Wellingborough	
Paul Sunderland, Rachael Armstrong & Sinead Armstrong-Sunderland, Milton Keynes	

### **BBN Subscription Reminder**

Your £1 subscription for 2014 was due on 1st January  
and must be paid by 31st March 2014.  
There is a membership renewal form on the BBN website.

## **Deepdale Hostel Weekend Friday 14th/Sunday 16th March 2014**

There are still places available on the weekend.

We are planning a linear walk north from the hostel on the Saturday along the coast path to Hunstanton, using the bus for one way of the journey, and a second walk in Norfolk on the Sunday.

The cost will be £25 per person for the two nights' accommodation.

Please let me know if you would like to join us. I will need a £10 deposit, payable via cheque made payable to LDWA BBN.

My address is: 7 Kingsfield Piece, Whittlebury, Northants NN12 8TR.

**Chris Bent**  
**Tel: 07837 367575**  
**chris.bent@btopenworld.com**

## Chairman's Chatter

Well it's the start of a new year and a new walking season. I hope you all had several great days out whether with BBN or in the real world.

First of all I would like to thank my predecessor Nigel Schofield for his 7 years as BBN Chairman and Gofer extraordinaire. I hope the picture presented to him by Santa is adorning a wall somewhere.

I'm pleased to see that he's not completely stood down and having an early retirement but is organising the BBN Greensand Ridge in a Day as a 40 mile social walk. Further details are included in this Newsletter. Please support this event either by taking part or marshalling. For those of us who happily walk 20 miles but have harboured thoughts of walking longer distances this would be the ideal occasion.

One of Nigel's exhortations to group members was "Ask not what BBN can do for you but what you can do for BBN". I was very pleased that Alan Leadbetter joined the committee and he attended our first meeting of 2014 on Thursday 30th January at Chateau Bunker. Welcome on board Alan, and I hope you enjoy your time with us.

What do we have to look forward to this year? Lots!!! A busy social walks programme including the aforementioned Greensand Ridge and BBN's checkpoint on the Valleys 100, further details of which appear in this Newsletter.

The first event coming up, though, is the third running of the Pick and Mix Challenge Event organised by Dave & Lynn Yorston and Mike & Sandra Hyland on Sunday 30th March. This unique combination of loops has proved very successful on the last two occasions. Dave and Lynn have said that they could do with a few more helpers and if anyone is interested please contact Lynn. They've stated that anyone who does offer to help will still be able to do a few loops of the walk if they so wish. Lynn's details are at the back of this Newsletter.

Speaking of Newsletters.....sometimes it is difficult finding enough articles to fill the Newsletter. It is the usual suspects that contribute and to freshen up the Newsletter I would ask anyone who thinks they might have something that is of interest to them and which they'd like to share then please don't be afraid to pick up your quill. This can be something such as a footpath sign and what path that refers to, or a walk you've done on holiday or even some sustaining recipes for walkers.

It doesn't have to be a literary masterpiece like wot the great playwright Ernie Wise wrote, just a few words. It will also ease the pressure on my left ear drum as Gill sometimes does let off steam (in the nicest possible sense) so if you want to have a good cause to support this year then let it be Norman's Ear!

On a slightly more serious note, I'd like to remind people when out on a social walk to make sure they can see the person in front of them and behind them so that no-one goes astray. I know all social walks do tend to string out but when coming to a T-junction or crossing a road at an angle to the next footpath it is not always apparent to the slower walkers (ok me!) which way the group has gone. So please keep an eye out for your fellow walkers.

This non-stop rain we've been having has reminded me of the Cheapskate Concert Walk led by Dave & Lynn and Mike & Sandra in June 2007. We completed a walk of 10 or 12 miles on the Saturday afternoon and after that, from what I can remember, six of us sat on a hillside outside West Wycombe watching a classical concert in teeming rain. A recurring phrase throughout the Newsletter article was "And just when they thought it couldn't get any wetter....." Enough said!

That's all I've got to say for now so I'd just like to say please remember that you may be out with BBN friends on a national trail, recceing or leading a social walk or on Challenge Events that you might walk on

But.....

**You'll never walk alone!**



**Good Walking!**

**Norman Corrin**

## Merrian's Miscellany

### Latest news:

I send news updates to everyone on our email distribution list. If you don't have an email address, see if there's another BBN member who'll keep you up to date. Everything important will be included in newsletters, so you won't miss out, but last minute changes, like additional walks, will only go to those on the email list. Please let me know if you're not on the list and want to be added, or if you're on the list and want to be removed. I've put the details of the news updates under Latest News on the website, so you can catch up if you've missed anything. Our email distribution list is maintained separately from the LDWA mailing list.

### LDWA membership preferences

Please check your membership preferences by going to "View / Edit Your Details", under Membership on the LDWA website. Here you can Change your password, Update your membership details, Update your local group memberships and Update your email preferences. Please note that BBN aren't currently referring to these email preferences because we've found some mismatches between what members have told us and what is on the LDWA database.

**Non-published walks, recces, etc:** When receiving a walk for the group, the leader should email details to any committee member and this will give them third party liability cover under the LDWA insurance policy.

**Twitter:** The LDWA now has a Twitter account [@LDWA1](#) and, for those interested in the Valleys 100, there's [#valleys100](#). I'm pretty sure you don't need an account to read the tweets. It would be great if someone could write an article for the newsletter about Twitter.....please.

**Herts Stroller: Saturday 16th/Sunday 17th August 2014:** Essex Herts have asked us if we are able to help with checkpointing on the Herts Stroller. Offers of help to Georgie Hogg please, contact via Peter Hogg at [peter.hogg@btinternet.com](mailto:peter.hogg@btinternet.com)

Merrian Lancaster  
E: [merrian22@gmail.com](mailto:merrian22@gmail.com)

Morrisons latest marketing wheeze fails to impress the locals in Brigstock!



Photos: Mike Bowley

## Group Walks

After BBN offered such a wonderful variety of top quality social walks to celebrate its 30th anniversary in 2013, I worried slightly that anything to follow would prove an anti-climax.....NOT SO! The programme for April to August is complete, and as customary contains the usual two Thursday walks each month and at least three (yes 3!) weekend social walks. In addition, on 20th July, thanks largely to Nigel's organisational skills in providing transport, food and leaders, we will give our members the opportunity to walk the 40 mile linear Greensand Ridge Trail in one day as a social led walk. A chance to walk another way-marked trail in our region, the 70 mile North Beds Heritage trail, will be offered over two weekends at the end of August/start of September. Roy Carter is kindly organising transport and leadership to allow us to walk the trail in 4 one-day linear sections.

Thanks to Gordon for co-ordinating the Thursday programme and to Gill and Merrian for proof-reading and, I am sure, correcting my inevitable mistakes, and for inputting the information onto the web, from which the information will be extracted for inclusion in Strider and in our Newsletter.

As always, I am now starting on the programme for the final four months of 2014. Please contact me asap to book a date to lead a walk, with the usual final details required by 10th May please. Any help required will be gladly given.

One final thought. Both our longer trail walks this summer are in Bedfordshire. Perhaps one of our members would be familiar with and care to organise a similar venture walking a trail in Bucks or Northants? Just a thought, but so often in this club, simple thoughts become exciting adventures!

**Dee Brockway**

**Group Walk: Sunday 23rd February 2014  
Towersey and a Disused Railway Path Walk  
Change to Parking Arrangements**

Therese has found a good place for parking in Towersey rather than near the church, so please meet at:  
**Towersey Playing Fields and Social Club, Thame Road.  
Grid Ref SP 732052**

## **LDWA Valleys 100**

This year's LDWA 100 is organised by the South Wales Group and is over the May Bank Holiday weekend of 24th to 26th May. The event website is <http://www.ldwa.org.uk/2014Hundred>

Our group's checkpoint is Number 4. It's a marquee at Brynffynon Hotel at Llanwonno at 33.20 miles and opens from 1820 Saturday evening to Sunday morning.

We have 9 helpers so far who are as follows:

Dave Findel-Hawkins, Merrian Lancaster, Norman Corrin, Gary Upstone, Dave Yorston, Lynn Yorston, Mike Hyland, Sandra Hyland, Alan Leadbetter.

Nine helpers is a good number but to make the running of our checkpoint easier a few more bodies will be required. For those of us who fancy a weekend in Wales or are new to the LDWA and have never been to a 100 before and are curious about it, this would be an ideal opportunity.

But please be careful, one of our former group members Maria Tymrakiewicz marshalled on the Chiltern Landmarks 100, and in 2007 and 2008 went on to complete the Cant Canolbarth and Yoredale 100s respectively!

Electricity and lighting for the marquee will be provided and there is a possibility that we might be able to sleep in the marquee afterwards. Failing that a room will be put aside at the start/finish for marshals to sleep. I'm also sure that the Champions League Final will be on in the pub!

After that (the checkpoint not the football!) you can follow friends around the course and support them at checkpoints. A friendly face can cheer you up no end!

Please contact me if you're interested.

**Norman Corrin**

## THE GREENSAND RIDGE IN A DAY

Greetings fellow walkers. Having stepped down as BBN Chairman after seven years it was only right that I should take on a specific task, rather than just gofering!

Therefore, do you fancy a steady paced **social walk** on Sunday 20 July 2014 (the weekend after the World Cup Final) which will entail walking the 40 miles of the Greensand Ridge in a westerly direction from Gamlingay to Leighton Buzzard? The walk will be led by BBN members in three sections viz. Gamlingay to Northill, Northill to Woburn and Woburn to Leighton Buzzard.

Departure by hired coach from Leighton Buzzard at 0600 prompt, with an anticipated start from Gamlingay at 0700. Breakfast will be provided at Northill, lunch at Ampthill and tea at Woburn. ETA at Leighton Buzzard – hopefully no later than 22.00, the last stretch is easy walking along the Grand Union Canal tow path.

To cover the costs of the coach, food and incidentals there will be a registration fee of £20 per walker.

The maximum number of walkers will be 49 (including walk leaders) as this is the capacity of the coach. Priority will be given to BBN members who can register by using the form included with this newsletter or downloading the form from the BBN website. All registrations (one walker per form please) will be taken on an 'as received' basis with payment please. Payment is by cheque only and payable to: "LDWA – BBN Group" with completed form – thanks. The closing date for BBN entries will be Friday 23 May 2014 (before non-BBN applicants are considered).

Applications from non-BBN Members, by downloading the registration form from our website, will be accepted after 1 March on an 'as received' basis with payment but not considered until Saturday 24 May 2014.

More details are to be found on the registration form.

If you need any additional information please call me at home on a weekday evening before 21.00.

### **Marshals Needed!**

Of course I would be very grateful for offers of help at the three 'feeding stations' I need someone to be in charge of the tea stop in Woburn – on the green sward next to St Mary's Church. Norman Corrin has very kindly agreed to be Chief Marshal at Northill and I will look after the lunch stop at Ampthill.

All offers of help in any form would be most welcome.

**Nigel Schofield**  
**01462 442338**

### **SENIOR AILMENTS**

A group of seniors were sitting around in the coffee shop talking about all their ailments.

"My arms have got so weak I can hardly lift this cup of coffee," said one.

"Yes, I know," said another. "My cataracts are so bad; I can't even see my coffee."

"I couldn't even mark an "X" at election time because my hands are so crippled," volunteered a third.

"What? Speak up! What? I can't hear you," said an elderly lady!

"I can't turn my head because of the arthritis in my neck," said an elderly gent. Others agreed.

"My blood pressure pills make me so dizzy!" exclaimed another.

"I forget where I am, and where I'm going," said another.

"I guess that's the price we pay for getting old," winced an old man as he slowly shook his head.

The others nodded in agreement.

"Well, count your blessings," said a woman cheerfully. "Thank God we can still drive."

**Brian Harwood**

## North Bedfordshire Heritage Trail

A chance to walk this 70 mile circular trail over 4 days on 2 consecutive weekends. All walks will be linear with the necessary transport provided.

The scenic route allows us to discover more of North Bedfordshire and its wonderful heritage - the trail takes in no less than twenty three villages and two country parks (and passes around thirty public houses!).

The trail officially starts and finishes in St Paul's Square in Bedford. Explorer 208, Landranger 153 GR TL049496, and to give you some idea of the route:

Bedford-Biddenham-Bromham-Stagsden-Turvey-Carlton-Harrold-Odell-Sharnbrook-Riseley-Hatch End-Keysoe-Colmworth-Wilden-Roxton-Tempsford-Everton-Potton-Sandy-Northill-Cople-Ickwell-Old Warden-Willington.

We will be using Bedford Priory Park and Roxton as our starting points.

- Part 1 Saturday 30th August: Meet at Roxton Village Hall  
Walk from Sharnbrook to Roxton (Ldr: Christine Bramley)
- Part 2 Sunday 31st August: Meet at Roxton Village Hall  
Walk from Sandy to Roxton
- Part 3 Saturday 6th September: Meet in Priory Park, Bedford  
Walk from Sharnbrook to Bedford
- Part 4 Sunday 7th September: Meet in Priory Park, Bedford  
Walk from Sandy to Bedford

The second weekend forms part of the Bedfordshire Walking Festival.

The literature at the Let's Go website describes the NBHT but only sketches the route. For more detail of the footpath, log onto LDWA where you will find gpx & mmo downloads of the route.

Further details will follow in the June Newsletter/via Merrian's Updates.

**Roy Carter**  
**T: 01234 301182.**  
**e: roycarter367@hotmail.com**

## **Les 4 Jours de Chantonay 29th to 1st June 2014**

For the last three years a small group of us have been to Castlebar in Ireland and enjoyed the craic as only the Irish provide. But there are only so many pints of Guinness or Smethwicks you can drink in a lifetime, so time for a change.

There was a large contingent of French walkers last year from the International Marching League Event in Chantonay in France and afterwards we thought it would be nice to go there. So that's where this year's excursion will be going.

Chantonay is in the Pays de la Loire region in western France. People who've been there before say it is an awkward place to get to by transport so it will be either by planes or trains or automobiles!

This event is shortly after the LDWA Valleys 100 so anyone who fancies a long holiday could start off in one country with an unintelligible language and end up in another with the same scenario! (No offence Sylvie, Clare, Therese.....)

The distances available each day are 42, 28, 21, 12 or 8 km and I've been told the routes are very pleasant.

I've checked and there is no accommodation in the town but there are 4 or 6 person bungalows on this mobile home site.

[www.villagevacanceschantonay.com](http://www.villagevacanceschantonay.com)

For a 4 person bungalow it is 305 euros per week. This has 2 rooms, 1 with twin beds and the living room with a double bed.

For a 6 person bungalow it is 408 euros per week. This has 3 rooms, 2 bedrooms with twin beds and again the living room with a double bed.

Transport to and from the start of the walks is available.

If anyone is interested in going to this event then let me know.

**Norman Corrin**

## The Shot Heard Round the World

This is a phrase used to indicate several historical incidents such as the opening of the American Revolutionary War in 1775, the assassination of President Kennedy in 1963, but the context I've used it in for this article refers to the assassination of Archduke Franz Ferdinand of Austria in 1914 which started World War 1. This year is the centenary of the outbreak.

I thought it might be interesting to take part in an event abroad to mark the occasion and our BBN European Correspondent and previous Chairman Adrian Moody sent me details of an event which is being held in Belgium over the weekend of 15th and 16th August 2014. This is called *Door Vlaamse Velden* or in English *Through Flanders Fields*.

There are several distances available to whet all of our group members' appetite, the main one of which is 100Km in 24 hours. For those interested in doing 100 Km walks on the continent they are entirely different to LDWA 100 Km events.

The other distances available are 50, 28, 12 or 7 km. These shorter distances will allow those of us who want to have a leisurely weekend to do some sightseeing or for friends and family to window shop.....

The hike passes through the woodland area between Torhout and Diksmuide and some of the relics of the Great War.

I've been sent details of a guesthouse in Torhout [www.groenhove.be](http://www.groenhove.be). However details are in Dutch only. The price of the accommodation is 20 Euros for bed and breakfast but we have to bring our own sleeping bags. The accommodation holds 28 people and each room holds between 6-8 people. However we would not be able to get into the accommodation until Friday morning and have to leave on Sunday morning.

If this is not suitable then I can find accommodation in Bruges.

If anyone is interested in taking part in this commemorative event then please let me know.

**Norman Corrin**

## **i-Spy Pendolinos and Super Voyagers**

You have Merrian to blame for this article as she made the mistake of showing interest when walking near the West Coast Mainline at Stoke Hammond in December.

Virgin Trains were successful in the privatisation process of gaining the franchise to run the West Coast Mainline trains out of London Euston. They introduced Italian designed tilting Pendolino (Class 390) trains from 2001-2004 capable of a top speed of 140 mph, but limited to 125 to suit the constraints of the route. They are technically an electric multiple unit, that is without a locomotive at the front. They ran originally as 9 car formations but due to pressure of increased passenger demand 35 of the 53 sets have been increased to 11 cars. Routes served from London are to Liverpool, Manchester, Glasgow and Birmingham/Wolverhampton. They are all named – watch out for ‘Penny the Pendolino’!

But do not confuse the Pendolinos with the Super Voyagers (Class 221). These are also tilting and capable of 125 mph, and were built by Bombardier from 2002. There are 21 sets of these and all run as either 5 cars or are coupled together as 10 cars. They are used on the London-Holyhead route, as from Chester there is no electric supply to the train. They also serve Glasgow or Edinburgh via Birmingham New Street. Externally they are much the same shape as Pendolinos but have a rather blunter front end.

Next time – London Midland????

**Mike Bowley**

Pendolino at Lichfield



Super Voyager at Penrith



## **SHOWING THE WAY**

**A few thoughts on leading walks by Ken Falconer**  
*(Taken from the Library on the LDWA website)*

The LDWA and its local groups depend on members volunteering to lead group walks. One of the strengths of the Association is that many members are willing to lead, though of course new leaders are always welcome.

From time to time we are asked for advice on leading, so here are a few pointers which will be no more than a reminder to experienced leaders, but may be helpful to those new to leading or those considering doing so. Leading should not be a daunting prospect, but rather should provide the satisfaction of giving a group of walkers an enjoyable and safe day out.

### **Well beforehand**

- Decide an outline route, approximate mileage, date and start time, and a suitable start/finish location with adequate parking.
- Give brief essential details of the walk to your group secretary in time for inclusion in Strider and on group web pages.
- Work out a detailed route on 1:50,000 or 1:25,000 maps with possible alternatives. This should be on rights of way, permissive paths or access land unless you get specific permission to cross private land.
- Unless you are very familiar with the route, recce the route, and if necessary seek alternatives that circumvent difficulties or improve the walk.
- Remember that paths that can be walked by an individual may not be suitable for a group, for example, very strenuous terrain, overgrown paths, paths passing close to houses, through some farmyards or livestock areas, across derelict stiles or fences, etc.
- It may be possible to improve a route, perhaps with a little work with secateurs or by reporting a stile that needs replacing to the council.
- Have in mind alternatives or escape routes that could be useful under certain circumstances.
- Think where you might take breaks in fine weather (viewpoints) and poor weather (shelter).
- To add interest, perhaps find out a little about historic buildings, wildlife locations, distant features etc, to tell your group.
- Do a basic 'risk assessment' (in your head or on paper) noting any potential hazards, with their level of risk and any measures to control them. E.g.: Parking (safe and adequate parking places); busy road crossings (regrouping, best place to cross); road or lane sections (single file on right or outside of bends); bad weather (alternative or escape routes); dogs (allowed? on leads?); livestock (best line across fields);

stream crossings (best crossing place, helping unsure walkers); difficult terrain (best line, slow pace); accidents (procedure for summoning help, basic first aid).

- Be prepared to answer queries from prospective walkers who may contact you; be realistic about the standard of the walk, particularly to newcomers.

### **The day beforehand**

- Check the weather forecast and consider any consequent changes to the route.
- Ensure that your own equipment is more than adequate, remembering that you may have to cope with an emergency. In particular, carry a bivvy bag, mobile phone, spare clothing (if it's cold there are often those who want to borrow gloves or a hat), etc.

### **At the start**

- Arrive at least 15 minutes before the start time to welcome walkers, particularly newcomers, and advise on parking as necessary.
- Check discretely that everyone is adequately equipped. Some leaders ask newcomers and non-group members to sign a list.
- If there are more than about five walkers appoint a backmarker.
- Spend a couple of minutes telling the group about the walk – many walkers like to follow their progress on their maps – and mention arrangements for breaks and lunch.
- Count the group.

### **During the walk**

- There are many styles of leadership – it's not necessary to be at the front all the time, though you should be when the route is difficult or not obvious and should ensure no-one gets too far ahead.
- Be particularly alert at hazards such as road crossings, rough sections, livestock areas, etc.
- Judging the right pace can be difficult: a reasonable rate of progress is needed but walkers should not feel unduly pushed.
- Keep in touch visually with the backmarker and if necessary slow down or wait so the party does not get too spread out.
- Consider waiting a little at stiles or gates to avoid the group becoming too spaced.
- In mist ensure that the group keeps close together.
- Count the group from time to time to check no-one is missing.
- Make sure that you are aware of any walkers who decide to leave the walk for any reason.

- At all costs avoid part of the group getting detached from the rest and perhaps going off the wrong way – attempting to get everyone back together can be time-consuming and frustrating for everyone.
- Be prepared to shorten or modify the route if the state of the weather or the party make this wise.
- Indicate how long each break will be and give a two-minute warning before restarting.
- Try to talk to everyone, especially newcomers, during the course of the day.
- It's a nice gesture (though certainly not obligatory) for the leader to hand round a bag of sweets or even cakes during a break.
- Do your best to ensure that everyone enjoys the walk.

### **At the end of the walk**

- Thank walkers for coming and remind them of the next walk.
- Encourage newcomers to join the LDWA and come again, perhaps noting their contact details so that they can be informed of future walks.
- If there have been any incidents such as injury or damage to property, ensure that an incident form is completed and returned to the LDWA Treasurer. Note that the LDWA has an insurance policy which covers third party liability. The policy is on the LDWA website and any queries should be made to the Treasurer.

### **Possible problems**

#### **Emergencies:**

Very occasionally there is a serious medical emergency, such as a walker collapsing or breaking a limb, and you have to decide what action to take – this will depend on the circumstances. The top priority is to get help by dialing 999 or 112 from a mobile or by dispatching someone to the nearest phone box or house. Whilst a grid reference is essential, other information such as access details may be needed, and someone may need to be sent to the nearest public road to meet an ambulance. Unless one of the group is trained in first aid, there may be little else that can be done until help arrives except keeping the casualty warm and providing reassurance. Particularly in bad conditions, a leader may appoint a deputy to lead most of the group to the finish of the walk whilst just a few wait at the incident scene.

#### **First aid:**

All walkers are strongly encouraged to carry routinely personal first aid kits sufficient for minor problems. A leader may carry extra sterile dressings and bandages but current advice is that leaders should not give tablets, medication

or creams to others. Those who lead walks regularly should consider taking one of the first aid courses offered by local St John Ambulance or Red Cross groups.

**Bad conditions:**

If the weather deteriorates you should consider shortening the walk or diverting to a less exposed alternative.

**The slow walker:**

If a walker is lagging, encouragement from the leader can be effective; however if such a walker feels inadequate they may slow even more. Occasionally someone may fall behind so much early on that it is obvious that he/she will not complete the route in a reasonable time. This needs to be pointed out to the person sooner rather than later, and options such as cut backs, bus options, etc, considered. If it is felt that an inexperienced walker cannot be left alone a member of the group may need to be found to accompany them.

**The fast walker:**

Sometimes a walker will persistently dash off far ahead (not always in the right direction) and be difficult to keep track of. Tactfully point out that, on a group walk, walkers are expected to stay with the group. Anyone not accepting this should be told to continue independently and under their own responsibility for route finding. On the other hand, if there is a section where walkers' paces are obviously going to vary, for example on a steep ascent, there is no harm in telling faster walkers to go ahead and wait at an obvious landmark, such as at the top of the hill.

**The Country Code:**

Any disregard for the Country Code can bring the LDWA into disrepute. Most walkers are aware of their responsibilities, but occasionally a walker may drop litter, etc, and you should point out politely but firmly that this is not acceptable. Ensure (in conjunction with the backmarker) that gates are left in their original state and that any dogs are properly under control; in particular dogs must be on leads anywhere near livestock however well-behaved the owner claims them to be. Should a group be challenged by a landowner or other countryside user be polite, calm and cooperative but without conceding access rights, etc.

**Getting lost:**

It shouldn't happen on a properly recced walk, but it does. Be adept enough with the map to relocate and get back onto the intended route, perhaps even without anyone noticing the error.

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## LONG DISTANCE WALKERS ASSOCIATION ACCIDENT/INCIDENT REPORTING PART 1 GUIDANCE

### ***Why should we report accidents or incidents?***

There are two main reasons. The first relates to insurance. The LDWA insurers require that we report details of all incidents of a serious nature to them as soon as possible after they happen. This enables them to respond to and investigate any claim. Secondly, **and most importantly**, if we are an organisation that cares about our members and our standing in the walking world we have a duty to treat any accident and incident seriously to ensure that where possible it is not repeated. Without proper information on accidents and incidents it is very difficult to do this.

### ***What should be reported?***

Any accident or incident or a near miss<sup>1</sup> that occurs during a walk/event can (and should) be reported if it is considered to be of concern. It is not confined to accident/incidents that occur that involve the emergency services or trips to the hospital but covers all incidents and accidents that occur during a walk or event that seem **serious at the time or could be in the future**.

Our insurers confirm that the following types of accidents or incidents **MUST** be reported<sup>2</sup>:

- ✓ a fatal accident,
- ✓ an injury involving either referral to or actual hospital treatment,
- ✓ any allegations of libel/slander,
- ✓ any allegations of Professional Negligence which could lead to an insurance claim,
- ✓ any investigation under any child protection legislation,
- ✓ any circumstance involving damage to third party property.

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<sup>1</sup> A **near miss** is an unplanned event that did not result in injury, illness, or damage – but had the potential to do so. Only a fortunate break in the chain of events prevented an injury, fatality or damage; in other words, a miss that was nonetheless very near. Other familiar terms for these events are: close call, or in the case of moving objects, near collision or a near hit. Reporting near misses is very useful since this can enable measures and procedures to be put in place to prevent recurrences.

<sup>2</sup> Extracted from the Certificate of Insurance, available on line in the LDWA web site library.

**PLUS** the insurers define an injury as:

- ✓ any head injury that requires medical treatment (Doctor or Hospital),
- ✓ any fracture other than to fingers, thumbs or toes,
- ✓ any amputation, dislocation of the shoulder, hip, knees or spine,
- ✓ loss of sight (whether temporary or permanent),
- ✓ any injury resulting from electrical shock or burn, leading to unconsciousness or requiring resuscitation or admittance to hospital for more than 24 hours,
- ✓ loss of consciousness caused by asphyxia or by exposure to a harmful substance or biological agent.

The insurers also remind us that that in NO circumstance should liability be admitted or agreement made to pay for damages as this prejudices the position of the insurers.

***How should it be reported?***

The accident does not have to be reported in any particular way but to ensure that no key details are omitted we suggest you use the attached form. On completion it needs to be sent to the LDWA Treasurer who will then submit it to the insurers and copy to others within the organization who may need to take further action (e.g. Local Groups Secretary, 100s Co-ordinator, Secretary of the Local Group).

***Who should fill out the form?***

It is usually best if the person who has been involved in dealing with the accident or incident completes the form. In the case of a Social Walk this would normally be the Walk Leader. In the case of a Challenge Event or similar it would be appropriate for the Organiser of the Event to complete it in discussion with people who witnessed the event or incident. The main aim is that it should be as comprehensive as possible.

*A copy of the Reporting Form is not reproduced here as is it 4 pages long -  
but it can be viewed on the LDWA website in the Library  
(Accident/Incident Reporting - Part 2).*

## Comedy Corner (with many thanks to Phil Hastings)

*We had a power outage last week and my PC, TV and games console shut down immediately, so I had to talk to my family for a few hours. They seem like nice people.*

I saw a chicken and an egg at the beginning of the City to Surf fun run yesterday. Thought to myself, "This will be interesting..."

*To burp or not to burp that's indigestion*

My author friend committed suicide yesterday. I think it was because he was suffering from "writer's block", but I'm not sure. He didn't leave a note.

*I went out with a woman who's a dentist last night. She had a great time and would like to see me again in about six months.*

Want to find out who's been avoiding tax? Just go to Google, and .... It's them.

*I've just seen an advert in my local newspaper. ACCOUNTANT NEEDED! £35,000 - £40,000. So I phoned them up and said, "The answer is ..... £5,000."*

On a scale of 1-10 how stupid would you say you are?  
B.

*My father was never proud of me. One day he asked me, "How old are you?" I said, "I'm five." He said, "When I was your age, I was six."*

My psychiatrist said I have an inferiority complex. I bet everyone else's is so much better than mine.

*"Dark this one side is." "Shut up Yoda and just eat your toast!"*

It was my first day in my job at the library today so to make a good impression I arranged all the books by size.

*Ireland's worst air disaster occurred early this morning when a small two-seater Cessna plane crashed into Dublin's largest cemetery. Irish search and rescue workers have recovered 1,826 bodies so far and expect that number to climb as digging continues into the night.*

**Norman Corrin**

## A Tough Trek in Tenerife

Pearl and I decided on a week's holiday in Tenerife in January. It would be a week out of the winter and also to celebrate a special birthday for me (21? I wish!).

We had a great week but the weather wasn't great. A bit warmer than at home but some wind and rain most days, including what was probably the tail end of a hurricane on our last night. We woke to find the sunbeds blown all over the place, branches of trees snapped off and the fencing all around the tennis courts blown down.

We are not really ones for sitting round the pool which is just as well as it wasn't warm enough. In fact the water in the so-called heated pool was freezing!

We did some good trips though. On my birthday we went on a stargazing night up in the mountains which was amazing. Coincidentally we met a woman on the trip who was celebrating her birthday as well. We also had a boat trip to go dolphin watching and we did see quite a few. We also did a trip to a banana plantation and one to the small island of La Gormera which was a very quiet peaceful place – the opposite to Tenerife. The guide we had was very camp – a bit like Larry Grayson – but he was good fun and very knowledgeable about the island.

On our last full day we decided to do a walk we'd seen advertised in one of the ticket agencies. A bus would pick us up and take us to the village of Masca up in the hills. From there we would do a 5 mile walk down the gorge which would end at a beach where we would spend some time before a boat came to pick us up. The leaflet described all the wonderful trees and beautiful scenery we would see and said that the walk would take about 3½ hours. It sounded like a nice little stroll, probably similar to the walk I did down the Samaria Gorge in Crete a few years ago. How wrong I was!

In all there were over 50 of us doing the trek. We were split into three groups each with a leader. We were told the first ten minutes was relatively easy but if anyone was struggling then they should go back to the bus as the rest of the walk was a lot harder. In fact it wasn't that easy as it had been raining and the path was quite slippery and uneven. I could see that Pearl wasn't enjoying it and she would make the sensible decision to go back. The bus would then take her to the port where the boat would take her to the beach where we finished the walk.

We set off down the gorge. In our group was a chap from Norfolk who was also in the LDWA. The scenery was quite spectacular but the gorge was very narrow and we had to recross the same stream about twenty times, often on slippery rocks. We also had to clamber down small waterfalls and scramble over rocks, often with a sheer drop on one side. Sometimes the water was almost up to our knees. We had a brief stop for lunch about halfway down but you really had to concentrate on what you were doing as one slip and you could do yourself some serious damage.

The gorge seemed to go on forever and with three groups the going got really slow especially when we got to the real tricky bits. Finally I caught a glimpse of the sea. It was a great sight but it would take us about another half hour before we got down to the beach. There I met Pearl who was bored to tears waiting for us.

In fact, six people had gone back at the start and one had told her that three people had died recently on the walk from falls. It must be the hardest short walk I have ever done. It took us over five hours. The scenery was nice with some great rock formations but I was glad to get on the boat and relax with a cold beer!

**Steve Smith**

ooooooooOOOOOOoooooooo

### **A CHRISTMAS PRAYER**

It was Christmas Day and everyone was seated around the table as the food was being served. When little Billy received his plate, he started eating right away.

"Billy, wait until we say our prayer," his mother reminded him.

"I don't have to," the little boy replied.

"Of course you do," his mother insisted. "We always say a prayer before eating at our house."

"That's at our house," Billy explained, "but this is Grandma's house and she knows how to cook."

**Brian Harwood**

## The Cardington Sheds – “The Hangars”

A few miles south east of Bedford, the two Cardington Sheds are a familiar landmark and dominate the skyline for miles around – on the 18 mile Tinker from Elstow walk a couple of weeks ago we made a complete circuit of them.

Their story begins in 1916 during the First World War. Britain had been attacked by Zeppelin Raiders, with further threats from new Super Zeppelins. The decision was taken that this country should develop its own airships and the contract to construct the first airship was awarded to the Shorts Brothers Engineering Company.

Our hero is a young man of 29 - Claude Lipscomb. Claude had served his apprenticeship at Woolwich Arsenal and joined Shorts (then in London) at the outbreak of the War. Shorts moved to Bedford - there was already a Royal Flying Corps aerodrome at Putnoe (then farmland) forming part of the UK defence network against the Zeppelins.

Farmland at Cardington was chosen and the airship project began. The shed was the biggest to be built in Britain at that time (now known as Hangar 1, it is the northern hangar, on the left in the photo). Enormous windbreaks (now gone) were set up at both ends of the shed – these were as long as the shed itself and protected the airships when they were being manoeuvred in and out of the sheds from either end. Shorts also built a housing estate for their workers, opposite the site, which they named Shortstown.



The first airship built was the R31. It was commissioned just 5 days before the Armistice on 11th November 1918 – it had been exactly two years and two months from the time that Claude set up office in Bedford.

Cardington was to become one of the world's leading airship facilities. It closed for a few years in 1921 with the coming of the Depression, but was reopened in 1924. It was now the home of the Imperial Airship Service - which was to construct, amongst other airships, the doomed R101.

R101 was one of a pair of British rigid airships completed in 1929 as part of a Government programme to develop civil airships which would serve long-distance routes within the British Empire. R101 was the world's largest flying craft at 731ft (223m) in length - this was not surpassed until the *Hindenburg* seven years later. The second airship, R100, was constructed in Yorkshire, and then flown to Cardington for further tests and development. The No. 2 shed (the southern shed, on the right), came from RNAS Pulham in Norfolk and was re-erected at Cardington in 1928 to house R100.

R101 departed from Cardington on the evening of 4th October 1930 on its maiden voyage - the intended destination being Karachi. Sadly it crashed the following day near Beauvais, France. 48 of the 54 people on board were killed. Their bodies were returned to England - where they lay in state at the Palace of Westminster. After a memorial service at St Paul's Cathedral on 11th October, the bodies were taken to Cardington for burial in the cemetery of St Mary's Church.



Even today, opinion about R101 varies - from the best airship ever designed to an appallingly bad piece of engineering. The entire airship programme was controversial as large sums of public money were involved. R101 was designed and built by an Air Ministry team and was effectively in competition with the government-funded but privately designed and built R100. There was an extremely poor relationship between the two projects. It was said afterward that although the design had some innovative features, and the workmanship was superb, the airship had basic flaws, only some of which were due to shortcomings in the design.

After R101 came down all work on airships was immediately halted. R100 never came out of its hangar again and was later dismantled and sold for scrap.

Cardington became a storage station, but the threat of war loomed again and the site was back in business as RAF Cardington, building barrage balloons and training operators. From 1943 until 1967, Shed 1 was used by the Royal Aircraft Establishment to operate balloons on behalf of the Met Office carrying instruments to measure conditions in the atmosphere.

In the 1950s, during the years of National Service, RAF Cardington was a reception unit - thousands of conscripts were issued with their kit here. The Parachute Regiment were also stationed here - trainees made their first drops from balloons in the hangars.

Airship development returned, and the Goodyear Airship was a familiar sight over Bedford in the 1970 as Airship Industries tried to revive the fortunes of the airship industry in Shed 1.

In 1971 Shed 2 became the Fire Research Station where gas explosion experiments and research on fire investigation was undertaken. Because of this continued use, Shed 2 was looked after and repainted, in comparison with the Shed 1 which, less used, gradually fell into disrepair.

Cardington's life was ever changing - during the 1960s much of the film *Those Magnificent Men in Their Flying Machines* was shot in the vicinity of Cardington and some scenes for *Chitty Chitty Bang Bang* were filmed at the Sheds in 1968. Also In 1971 the Sheds appeared in the First World War film *Zeppelin*. In more recent times Shed 2 has been used as a studio by Warner Bros for film and television productions - scenes from *Batman Begins*, *The Dark Knight*, *Inception* and *The Dark Knight Rises* were filmed here. It has also enjoyed another life as a sound stage and has been used by the likes of Paul McCartney, U2, Rod Stewart, Take That and AC/DC.

Much restoration work has recently been undertaken on Shed 1, which is now owned by Fosbern Manufacturing - and is currently leased to Hybrid Air Vehicles for airship manufacture and testing. Planning applications by Fosbern to build a further 592 homes near the Sheds have just been approved. They claimed the development is essential to fund the restoration of Shed 1. Shed 2 is owned by the Met Office and English Heritage.

The amazing thing - new houses or no new houses - is that after all these years it's all still there - without the windbreaks of course. The whole site is as it was planned and constructed nearly 100 years ago - with the addition of the impressive second shed from Pulham.

**Gill Bunker**

## **WALKS PROGRAMME APRIL TO AUGUST 2014**

Note: Booking necessary for Chiltern Brewery Walk on Saturday 14th June

**Sunday April 6                      Joining the Church Ends**  
18ml. Start 09.00 From c.p. opposite Dunstable Police Station. Maps: Exp 181,182,192,193 (GR TL017217). Lunch at Dunstable Downs Chilterns Gateway Centre. As walk is almost a figure of eight it will be possible to leave or join the walk at lunchtime. Registered assistance dogs only. **C:** Ian Sage  
**T:** 01582 661256 **M:** 07815 833295 on day.

**Thursday April 10                  Linking the Aylesbury and Wendover Arms**  
15ml. Start 09.30 From Startop's c.p. Marsworth (parking fee £3). Possible free parking in Marsworth village. Map: Exp 181 (GR SP919141).  
**C:** Brian Graves **T:** 01908 631013 **M:** 07563 728633 on day.

**Sunday April 13                    Ashridge and the Golden Valley**  
19ml. Start 09.00 From New Road, just N of Berkhamsted. Pls park facing uphill (north), on E side of the castle. Maps: LR 165 Exp 181 (GR SP996082).  
**C:** John Davies **T:** 01442 874875 **M:** 07949 796470 on day.

**Thursday April 24                  An Amble in the Ouse Valley**  
15ml. Start 09.30 From Bromham Mill c.p. Map: LR 153 (GR TL010507).  
**C:** Derek Jacobs **T:** 01234 767759.

**Sunday April 27                    Gateways in the Chilterns**  
19ml. Start 09.00 From Wendover Library c.p. Maps: LR 165 Exp 181 (GR SP868077). A chance to visit the two gates donated by BBN in the Chiltern Hills. **C:** Norman Corrin **T:** 01908 608667 **M:** 07980 378656 on day.

**Sunday May 4                        Up the Telegraph & Around the Deacon**  
19ml. Start 09.00 From Bushmead shopping area, Luton (outside The Bird & Bush p.h.). Map: Exp 193 (GR TL093245). Lunch stop has nearby p.h.  
**C:** Peter Richards **T:** 01582 728915.

**Thursday May 8                    Top Totternhoe**  
15ml. Start 09.30 From c.p. in Totternhoe. From main rd take lane signed Totternhoe Knolls, NE to reach c.p. (GR SP986218). **C:** Brian Harwood  
**T:** 01234 267654 **M:** 07944 197085 on day only.

**Sunday May 11                    Bletchley, Caldecote and the Brickhills**  
15ml. Start 09.00 From old A5 road SE of Little Brickhill (old road parallel to

new A5). Pls park nr Lodge at FP into Duncombe Wood. Map: LR 152 (GR SP917316). **C:** Sylvie Eames **T:** 07788 287701.

**Thursday May 15            The Royal Summerhouse Shuffle**

15ml. Start 09.30 From Rowney Warren, Sandy Lane c.p. Maps: LR 153 Exp 208 (GR TL125404). **C:** Colin Scargill **T:** 01234 740361 **M:** 07916 488458 on day.

**Thursday May 29            Watts for Lunch**

15ml. Start 09.30 From Stony Stratford Nature Reserve c.p. (unsigned off Queen Eleanor St). Maps: LR 152 Exp 192 (GR SP791409). **C:** Gill Bunker **T:** 01908 321308 **M:** 07790 976090 on day only.

**SATURDAY May 31        Welland Way**

19ml. Start 09.00 From Wood Lane, King's Cliffe. Map: Exp 234 (GR TL000973). Packed lunch required. **C:** Alan Leadbetter **T:** 01933 440826 after 6pm please. **M:** 07775 887493 on day only.

**Sunday June 8            Mosquitos, Moats, Musket Balls and a Miracle**

18ml. Start 09.00 From Buckingham Industrial Park, jnct of Osier Way & Top Angel. Pls park considerately on the street. Map: Exp 192 (GR SP696324). **C:** Michael Mooney **T:** 07704 310167.

**Thursday June 12        Three Woods and a Toot**

15ml. Start 09.30 From Westcroft District Centre (Morrison's store) c.p. West Milton Keynes, by jnct of V2 (Tattenhoe Lane) & H7 (Chaffron Way). Park at S end opp Howe Park Wood. Maps: LR 152 Exp 192 (GR SP830346). **C:** Jim Morrison **T:** 01908 665300.

**SATURDAY June 14        Chiltern Brewery Walk**

15ml. Start 10.00 From Woollerton Crescent, E of B4009, NE of Wendover. Maps: LR 165 Exp 181 (GR SP875081). Limited numbers and a deposit of £5 needed towards the full cost of the Brewery visit (£11.50). Pls contact the leader before coming to see if places are still available. We will finish later than normal because of the timing of the tour. A small amount of food will be supplied with the various beers, but we will still need to carry some food for lunch. **C:** John Davies **T:** 01442 874875 **M:** 07949 796470 on day.

**Sunday June 22        Stoke Hammond to Leighton Buzzard Stockgrove Park**

15ml. Start 09.00. From Bragenham Lane (opp Dolphin p.h.) nr sports ground. Map: Exp 192 (GR SP886294). **C:** Sylvie Eames **T:** 07788 287701.

**Thursday June 26                      Baldock Bimble Mk III**

15ml. Start 09.30 From village green & pond in centre of Weston (nr Baldock). Pls park considerately in Maiden Street which runs alongside. Maps: LR 166 Exp 193 (GR TL259301). Lunch Stop close to p.h. **C:** Phil Hastings **T:** 01763 853744 before 9pm please **M:** 07716 992847 on day only.

**Sunday July 6                              Midsummer Saunter**

18ml. Start 09.00 From St Albans, in front of Verulamium Museum. Charge for c.p. Map: LR 166 (GR TL136073). Circular. Jnt walk with Essex & Herts. **C:** Allana & Bill Clare **T:** 01727 844915 **M:** 07707 024220 on day only.

**Thursday July 10                      Grafton Way Part 1 (The North)**

15ml. Start 09.30 From Paulerspury High Street. Park on road between Barley Mow p.h. & Village Hall. Map: Exp 207 (GR SP718455). **C:** Graham Missing **T:** 07402 390738.

**Sunday July 13                              The Ultimate Barton Bash**

21ml. Start 09.00 From Old Road, Barton-le-Clay. Pls park considerately nr entrance to Recreation Ground. Map: Exp 193 (GR TL083305). Lunch stop will be near p.h. **C:** Dee Brockway **T:** 01582 881809 **M:** 07742 433951 on day.

**Sunday July 20                              The Greensand Ridge in a Day**

40ml. Gamlingay to Leighton Buzzard, a linear SOCIAL walk. Registration form in February BBN newsletter. £20 to cover coach transport, breakfast, lunch & tea. BBN members will lead the walk. Full details on BBN website from 1st March. **C:** Nigel Schofield **T:** 01462 442338 before 9pm.

**Thursday July 24                              Gallows & Barrows**

15ml. Start 9.30 From Barton Village Hall c.p. (£1 per car, not compulsory). Map: LR 166 (GR TL082306). **C:** Roger & Margaret Skerman **T:** 01525 405540.

**Sunday July 27                              Mill-Wonder**

16ml. Start 09.00 From Bromham Mill c.p. Map: Exp 208 (GR TL011507). **C:** Christine Bramley **T:** 01234 822557.

**Sunday August 3                              Barley Bash**

19ml. Start 09.00 From Heath Sports Centre off Baldock Road, Royston. Free c.p. café & toilets. Map: LR 154 (GR TL348405). Lunch stop near p.h. Joint walk with Essex & Herts. **C:** Phil Hastings **T:** 01763 853744 before 9pm please **M:** 07716 992847 on day only.

**Thursday August 7      Another Canal Roundabout**

15ml. Start 09.30 From Stonepit c.p. off Wolverton Road, Milton Keynes. Map: Exp 207 (GR SP844422). **C:** Brian Graves **T:** 01908 631013  
**M:** 07563 728633.

**Sunday August 10      Beds and Hearts**

20ml. Start 09.00 Off Gaddesden Row (road) in parking area alongside Gaddesden Row Primary School. Maps: LR 166 Exp 182 (GR TL050130). Picnic lunch near p.h. **C:** Gabriel Newfield **T:** 01727 832696  
**M:** 07868 507565 on day only.

**Thursday August 21      Enigmatic Milton Keynes**

15ml. Start 09.30 By BUS from Milton Keynes Coachway 'Park and Ride' off A509 at M1 J14 (free c.p.). Map: Exp 192 (GR SP892405). Linear Walk from Milton Keynes Central Rlwy Stn into south Milton Keynes. Break at canal lock at Fenny Stratford adjacent to p.h. **C:** Mike Bowley **T:** 01908 616589  
**M:** 07933 066784 on day.

**Sunday August 24      The Langford Loop**

20ml. Start 09.00 From Rowney Warren, Sandy Lane c.p. Maps: LR 153 Exp 208 (GR TL125404). **C:** Colin Scargill **T:** 01234 740361 **M:** 07916 488458 on day.

**Saturday August 30/Sunday August 31 &  
Saturday September 6/Sunday September 7      North Beds Heritage Trail**

A chance to walk this 70 mile scenic trail over 4 days on 2 consecutive weekends. All walks will be linear with the necessary transport provided. For further details please see the February BBN newsletter.

**C:** Roy Carter **T:** 01234 301182.

**Saturday August 30      North Beds Heritage Trail Part 1**

Meet at Roxton Village Hall. Walk from Sharnbrook to Roxton  
Leader: Christine Bramley.

**Sunday August 31      North Beds Heritage Trail Part 2**

Meet at Roxton Village Hall. Walk from Sandy to Roxton.

**Saturday September 6      North Beds Heritage Trail Part 3**

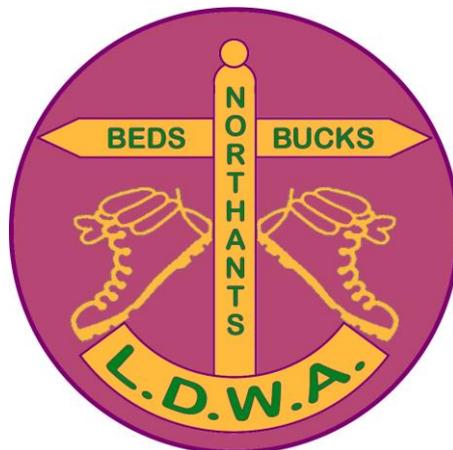
Meet in Priory Park, Bedford. Walk from Sharnbrook to Bedford.

**Sunday September 7      North Beds Heritage Trail Part 4**

Meet in Priory Park, Bedford. Walk from Sandy to Bedford.

**BEDS BUCKS & NORTHANTS GROUP:  
COMMITTEE 2014**

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*Thank you to everyone who has contributed to this Newsletter  
Please let me have items for the next Newsletter by 14th June.*