



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

# **BEDS, BUCKS & NORTHANTS GROUP**

## **NEWSLETTER**

### **SUMMER 2015**



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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:

Helen Blucher-Altona	Bancroft Park, Milton Keynes
Nichola Hele	Amphill, Beds
John Mole	Farthingstone, Northants
Susan Mullett	Bletchley, Milton Keynes
David & Merlyn Webb	Bromham, Beds
Riitta Wood	Bancroft Park, Milton Keynes

### **NOTICE OF ANNUAL GENERAL MEETING**

**LONG DISTANCE WALKERS ASSOCIATION  
BEDS, BUCKS & NORTHANTS GROUP  
ANNUAL GENERAL MEETING  
SUNDAY 29TH NOVEMBER 2015 AT 2 PM**

**BROUGHTON VILLAGE HALL,  
BROUGHTON, NORTHANTS NN14 1ND**

The AGM is being held at Broughton Village Hall, Northants on Sunday 29th November at 2pm. There will be a 9 mile morning walk, led by Alan Leadbetter, followed by a meal at the nearby Red Lion P.H. The lunch menu will be circulated by email/in the Autumn Newsletter. As in 2014, the AGM meal will be subsidised with a £10 refund for all members who attend the meeting. Gill Bunker will be taking bookings nearer the time.

Contact details for all committee members are shown on the last page of the Newsletter.

## **CHAIRMAN'S CHATTER**

Well for some of us the last few months have been emotional, others were glad to see the back of it ..... However I shall say no more about Steven Gerrard's long farewell to Anfield ..... What's been happening in BBN world and the run up to the LDWA Red Rose 100?

We had the Chiltern Kanter in March this year with a re-run of the event in 2013. It was not as biting cold as then and numbers were substantially up with the highest number of entrants (206) since I've been organising the event. The only blot was a short shower for about 20 minutes or so and after that the sun shone on the righteous.

As mentioned elsewhere in the newsletter our ex-chairman Adrian Moody set a new record for the longest ever completion of an event. I believe he's stopped now!

The checkpoint marshals on the various venues provided a warm welcome to all of the entrants and from the compliments received once again showed what a good reputation we have as a group throughout the LDWA. Thanks to all of you who helped.

A week later several from BBN went to the national AGM at Sutton Scotney to have a weekend of walking and socialising and to elect a new Chairman. The AGMs along with the annual LDWA 100 have always been good value for the weekend and it is worthwhile I think just attending one during your membership of the Association. To paraphrase Mandy Rice-Davis "Well I would say that wouldn't I"?

We've had a packed programme of social walks ably organised by Dee Brockway and Gordon Shaughnessy. Two have been out of our normal geographical area with a walk to celebrate 50 years of the Pennine Way in Derbyshire in April and a joint walk with Anytime Anywhere the weekend after the 100.

Please can social walk organisers help Dee out by providing full details of the walk they're leading. Saying "Same venue and distance as last time" doesn't really help! In addition, please help by emailing Dee numbers on each walk.

Every June newsletter it is just not possible to avoid mentioning the LDWA 100 which by 'eck lads and lasses this year was in Lancashire. We had checkpoint 2 which was at Fenisclyffe Church Hall. The weather was absolutely glorious and the hall was one of the best I have ever been in for any event. The stage is a proper

theatrical stage sloping upwards with a vast storage area underneath for chairs and tables.

There were 18 of us with 3 friends from Norfolk and Suffolk. Being the second checkpoint in and the first major feeding station at times it was rather hectic. All of the drinks, food and checking in teams worked well and the Even Management System worked a treat.

There were problems with food quantities but these were resolved and the important thing was that none of the walkers noticed.

My thanks to all the CP marshals for giving up their time and congratulations to those BBN members who finished their first 100. 1 down 9 to go!

What do we have to look forward to over the summer? There are a variety of social walks including a trip abroad to Denmark at the end of June and a linear walk from Bolebec Castle to Bolbeck Park on August 2nd. The cost of the minibus for this will be paid out of group funds, but please let me know by the 19th July if you are coming.

There is also a group weekend away in Litton Cheney in Dorset organised by our resident Dorset members John Chesham and Jan Williams. The weekend will include some of next year's 100 route but for those of us not interested in 100s (and there are many) it will be a pleasant social weekend away with lots of beautiful scenery. Isn't that why we join?

I mentioned before our Social Walks Secretary Dee Brockway. At the last committee meeting Dee said she wants to stand down this year. Lynn Yorston also said she wants to come off the committee and Merrian will be stepping down as Secretary. So there really is a changing of the guard.

This is your group and we are always after new faces with fresh ideas to keep the group going. The Secretary's role is an important part of the committee but Merrian has quite rightly delegated a lot of it out to those people willing to help. Lynn has done a fantastic job over many years in sourcing new equipment for the group and new merchandise. Dee has cajoled and encouraged people who would not have thought they would be capable to lead walks. They will all be greatly missed.

We meet three times a year plus the AGM so the job can be as all consuming (or not!) as you wish to make it. If anyone is interested then please contact one of the committee.

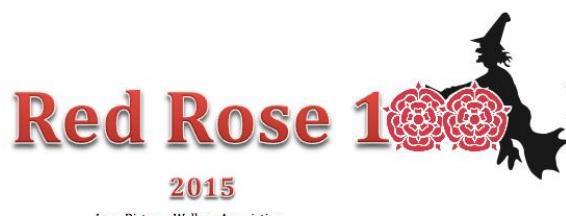
That's all I've got to say for now so, as I said in my last column, please remember that when you're out with BBN friends on a national trail, social walk or Challenge Event that you might walk on but YNWA....



Good Walking!

**Norman Corrin**

ooooooOOOOOooooo



### **Newsflash from the Marshals' Hundred**

First person home in a time of 28:57 was Dave Findel-Hawkins.  
He was more excited about the Dons being promoted than finishing!

## RED ROSE HUNDRED

	Previous 100s Completed	Start Time	Finish Time	Overall Time	
Anne Addison	0	10:00	Sat 20:38	Rtd	CP3 29.1 miles
Rachel Armstrong	0	10:00	Mon 06:26	44:26	
Graham Bayes	3	10:00	Mon 06:07	44:07	
Dee Brockway	5	10:00	Mon 04:55	42:55	
Luis Broz	11	10:00	Mon 05:09	43:09	
Jim Catchpole	4	10:00	Mon 05:09	43:09	
David Chesher	1	14:00	Sun 08:51	Rtd	CP9 64.3 miles
John Chesher	5	14:00	Sun 19:49	29:49	
Gerry Garland	1	10:00	Mon 06:50	44:50	
Andrew Gilbertson	7	10:00	Sun 06:34	Rtd	CP8 58.2 miles
Jill Green	22	10:00	Mon 05:09	43:09	
Peter Hamson	18	10:00	Sun 03:10	Rtd	CP8 58.2 miles
Tony Hill	7	10:00	Sun 19:12	33:12	
Hus Hussey	0	14:00	Sat 18:13	Rtd	CP3 29.1 miles
Vikki Kemp	1	10:00	Mon 06:07	44:07	
Mary Knight	1	10:00	Sun 21:33	35:33	
Brian Layton	15	10:00	Sun 21:18	35:18	
Alan Leadbetter	0	10:00	Mon 04:39	42:39	
Sue Leonard	3	10:00	Sun 04:53	Rtd	CP6 46.0 miles
Kim Reed	3	10:00	Sun 19:12	33:12	
Gary Upstone	1	10:00	Sun 12:30	26:30	
Renee Vroom	2	10:00	Mon 08:52	46:52	
Jan Williams	3	10:00	Mon 00:15	38:15	
<b>Marshals' Hundred</b>					
David Findel-Hawkins	18	10:00	Sun 14:57	28:57	

*And congratulations to our good walking friend John Esslemont from neighbouring Thames Valley who completed his 10th Hundred in a time of 46.51.*

## MERRIAN'S MISCELLANY

Steve Clark has a Flickr site and regularly adds photos from BBN walks. If you hover the mouse over a photo, the name of the walk is displayed. The address is [www.flickr.com/photos/131244540@N07](http://www.flickr.com/photos/131244540@N07)

There are lots of photos and videos from the Red Rose 100. People can also look at results, overall and individual, including elapsed times and leg times. Links to these are under Latest News on Red Rose 100 website.

Paul Sutherland withdrew from Red Rose 100 because he hadn't recovered enough after completing the Brathay 10 in 10 (10 marathons in 10 days) from 8th to 17th May (see copy newspaper report on next page).

I've also had an email from Kim Johnston, who failed on his first attempt at the Valleys 100 last year and was determined to finish this year. He wrote this about Rachel Armstrong (Paul Sutherland's partner), completing her first 100, while helping Kim to complete his first .....

*"Rachel was wonderful - put up with me and my feet and leg problems, just kept waiting for me mile after mile, deserves a special mention - what a great first time achievement".*

With that determined and gritty stock, I expect we'll see Sinead on the 100 sometime in the future!

At the moment we have one generic email address, [bbn@ldwa.org.uk](mailto:bbn@ldwa.org.uk), which currently redirects to my email address. I'd like to consider having generic email addresses for other roles, for example [bbn.events@ldwa.org.uk](mailto:bbn.events@ldwa.org.uk), [bbn.treasurer@ldwa.org.uk](mailto:bbn.treasurer@ldwa.org.uk). Or [bbn.membership@ldwa.org.uk](mailto:bbn.membership@ldwa.org.uk). This should make it easier when different people take on the roles, or when they're away. I don't know how to do this, but I'm sure someone in BBN can help me. If you can help, please get in touch, via [bbn@ldwa.org.uk](mailto:bbn@ldwa.org.uk).

**Merrian Lancaster**

### **Wendover Gap Anytime Challenge**

The 26 and 15 miles routes of the Wendover Gap are now available as an Anytime Challenge. The routes can be printed off from the BBN website, where there is also information on how to claim a certificate and badge.

# 10 out of 10 for effort in pals' toughest run

**Two Milton Keynes runners have excelled themselves in the toughest multi-day marathon event in the UK.**

Paul Sutherland and David 'Foxy' Bailey came fourth and fifth out of 17 runners in the Brathay 10 Marathons in 10 days challenge, held in the Lake District.

Paul, of MK Redway Runners from Loughton completed in just over 39 hours, while David, of MK Lakeside Runners from Ashlands, was not far behind in just over 40 hours. For several days they ran together to get over the hills as the sheer volume of mileage and toughness of the course took its toll – real MK teamwork and friendship.

The event was organised



Foxy Bailey, left, and Paul Sutherland finish together

in aid of the Brathay Trust, an outward bound centre in the Lakes which helps disadvantaged children from all over the UK.

David has now become the runner who has completed the event the most number of times with over 60 Windermere marathons to his name – Paul has run 13 so far.

The whole event was professionally recorded in a series of daily programme and is available on You Tube at Brathay 10 in 10 and shows the whole journey of this remarkable event and the MK runners.

Its so tough that during the event they were visited by a member of Team GB marathon squad to watch a days racing.

If anybody want to sponsor either runner visit [www.justgiving.com/paul-sutherland10in10](http://www.justgiving.com/paul-sutherland10in10) or [www.justgiving.com/david-bailey10in10](http://www.justgiving.com/david-bailey10in10)

*Milton Keynes Citizen  
28th May 2015*

## GROUP WALKS

Following on from last year's special summer walks and events, including our Greensand Ridge in a Day (which is to be held biannually, reappearing in 2016) and the North Beds Heritage Trail we can now look forward to another sizzling summer.

We have, of course, our brand new Challenge walk 'From Here to There and Back' in July, and a linear 'Ridgeway Extension' walk in September. A group weekend in Dorset is also scheduled for September and, as the weather gets cooler, in addition to the usual AGM walk with meal and Santa's annual sortie, Gill is leading a 'London Monopoly' Walk in October, where we hope to walk to every location on the Monopoly Board.

**THANKS TO ALL ORGANISERS AND WALK LEADERS WHO GIVE UP THEIR TIME AND ENERGY FOR THE BENEFIT OF OUR GROUP MEMBERS.**

The programme for September to December 2015 is now complete. Thanks to Gordon for co-ordinating the Thursday programme.

I am now starting on the programme for January to April 2016, Please contact me as soon as possible to book a date to lead a walk, with the usual final details required by 10th September please.

**Dee Brockway**

### **WALK LEADERS**

**Please remember to email the number of walkers out on your walk to Dee together with a note of any non-LDWA members.**

### **Sat-Sun Sep 12-13 2015 Group Weekend: Litton Cheney, Dorset**

Two places have become available on the Litton Cheney weekend (Friday and Saturday night accommodation at the youth hostel). Total cost £25 per person. Because of the number of beds in each of the various rooms, the spare places have to be for either two men or two women. Please let Gill Bunker know if you would like to book one or both places [gillbunker@googlemail.com](mailto:gillbunker@googlemail.com).

You are of course welcome to make your own accommodation arrangements and join us for one or both days' walking.

## To buy one of the new BBN Tech T-Shirts .....

In the last Newsletter Norman set out his “Noddy guide” explaining how members can order one of the new Tech T-shirts directly from the manufacturers, PECO. The T-shirts are purchased directly from PECO, and not via BBN.

There are pictures of the new tops on the BBN website:

<http://www.ldwa.org.uk/BedsBucksAndNorthants/W/1783/merchandise.html>

Gill Howe has now successfully ordered one of the Tech T-shirts – following this guide – so we thought it would be a good idea to reprint the instructions for other members who want to order one.

*Last year we ordered a small quantity of Tech T-Shirts (wicking) in burgundy with the BBN logo on and also with the SSS badge on. We did order long sleeve Tech shirts with BBN/SSS logos but these are not available in burgundy*

*These were on display at the Shillington Shuffle and are produced by the company that manufactures the LDWA merchandise.*

*Group members can order the items themselves and instructions on how to do view and how to order are shown below. They can be ordered with the BBN logo only, SSS logo only or combination of both.*

*The website is [www.peco.ltd.uk](http://www.peco.ltd.uk)*

### To view the T-shirts

1. Click on Catalogue
2. Click on Main Catalogue
3. Scroll down the screen (within the catalogue not the windows screen)
4. At the bottom in the field headed “search by product code or keyword” put in JC001
5. Click on search
6. This will display the T-Shirt headed JC001/Cool T
7. Click on the picture
8. Scroll down the screen (within the catalogue not the windows screen)
9. The T shirt is displayed in burgundy

*To view the long sleeve shirts repeat steps 1-4 but enter the respective codes*

1. GD121 for Men
2. GD171 for Women

*To order the T-shirts*

*The website is [www.peco.ltd.uk](http://www.peco.ltd.uk)*

*Unfortunately Peco cannot do customisation via their website so the merchandise will have to be ordered like this.*

*Click on Contact Us*

*Enter contact details*

*In the comments field quote the following*

*Garment reference: JC001, GD121, GD171*

*Garment colour: Burgundy (for T-shirt), Red, Navy etc. (for Long Sleeve shirt)*

*Garment size*

*For the BBN logo quote SD3475 – Circe*

*For the SSS logo quote: SD3476 - Triangle*

*Quote which breast to be worn on*

*Once Peco have received the email from the member they will invoice and reply with the amount to pay. There will be an option to pay via PayPal online, or by card over the phone.*

*Now the important bit.....how much!*

*Price for the garments (before embroidery) is;*

*JC001 – £3.38 + VAT*

*GD121 – £6.15 + VAT*

*GD171 – £6.15 + VAT*

*The prices for each logo is*

*BBN Logo SD3475 - £2.50*

*SSS Logo SD3476 - £2.50*

*There will also be a carriage charge of £3.50 + VAT per shipped order.*

*So a burgundy T-shirt with 1 badge will cost in total £11.26 and a burgundy T-shirt with 2 logos will cost in total £14.26....*

**Norman Corrin**

## **BBN MERCHANDISE**

The half price sale of older stock at Chiltern Kanter was  
a great success.

Remaining items in the sale are:

1 large rugby shirt  
1 large polo  
1 X large sweat shirt  
1 medium T shirt,  
3 large T shirts  
4 baseball caps.

Please contact Lynn Yorston to purchase or for further details.

T: 01494 868371  
E: [lynn.yorston@btinternet.com](mailto:lynn.yorston@btinternet.com)

## **Comedy Corner**

### **Bad foods - with thanks to Dave Williams**

A Doctor was addressing a large audience in Tampa, Florida.

"The material we put into our stomachs is enough to have killed most of us sitting here, years ago.

Red meat is awful. Soft drinks corrode your stomach lining.

Chinese food is loaded with MSG.

High fat diets can be disastrous, and none of us realizes the long-term harm caused by the germs in our drinking water.

But there is one thing that is the most dangerous of all - and we all have, or will, eat it.

Can anyone here tell me what food it is that causes the most grief and suffering for years after eating it?"

After several seconds of quiet, a 75-year-old man in the front row raised his hand, and softly said,  
"Wedding Cake"

## CHILTERN KANTER MARCH 8th 2015

This year's Chiltern Kanter for me anyway started off in a fairly dramatic fashion. With sorting the food the day before and driving round to all of the Tesco's in Milton Keynes to get last minute bits I was quite tired. I went to bed about 10ish having set my alarm for 0430 the following morning to allow enough time to pack the car.

When the sunlight was streaming through my window and I looked at my alarm clock and it said 0545....!!!!!!!



Somehow I did manage to pack the food in the car and get to Pitstone Memorial Hall for 0640, to be followed by Phil Hasting who remarked when he saw me attempting to get in "Typical Scouser breaking and entering". The abuse and lack of respect I have to put up with .....

The route was the same as 2013 with only the short route going over Ivinghoe Beacon. All routes went to the Dunstable Tree Cathedral before the long and medium routes went their separate ways to eventually return to Pitstone.

In contrast to 2013 we received higher pre-entries with 200, and had 36 entries on the day. With 30 non-starters this was the highest number of entrants that we've had since I started doing the event.

With all of the food unpacked and the various marshals in their positions things seemed to be going well. At 0800 the walkers set off on the long and medium route, followed by the short distance walkers at 0830 (including Mike Hyland, his son and his son's friend). These were followed by the runners at 0915, everyone was gone and all of a sudden it was a very empty hall.....

This gave time for Pat, Dennis and Gill to start prepping the food and for the remaining marshals to start writing the certificates. For some reason I wasn't allowed to do this .....

The weather throughout the day was fine apart from a short 20 minutes spell of rain at about 1 pm.

I drove round to all of the checkpoints just to sample all of the food quality and to see if there were any problems. There weren't, although some food was more popular than others.

Just a word of thanks to Gill Bunker who due to repair work being done at the Tree Cathedral by the National Trust stood there for some 2 hours pointing the walkers/runners the correct way.

Nigel joined by the car parking crew coped more than adequately with all 3 routes converging on Little Gaddesden Scout Hut. His checkpoint had the only two retirements on the event when unfortunately due to tripping over a tree route one of the walkers hit her head on the ground and retired accompanied by her friend.

All of the routes passed the BBN Founders' Memorial bench in Ivinghoe and the long route went past Bridge 4 on the Arm of the Wendover Canal where the group had paid for a plaque displaying both national and group logos. Both of these are examples of how the group has invested its hard earned money from over 30 years of effort by its members.

From about 1300 onward the runners/walkers started to arrive at a steady rate to receive their certificates and badges (optional extra!) and their meal choice of quiche, quiche or more quiche.....

By this time the event was in full flow and all entrants seemed to be returning quite happy with the route although Dave and Merrian did notice how many of the entrants just seemed to go round in a group and only one person was filling in the route sheet.

It was later on in the afternoon when I found out that our ex-chairman Adrian Moody set a new record time for the Chiltern Kanter of 2 years, 5 days, 6hrs and 17 mins. He had printed out the grid reference sheet for the event in 2013... I think Adrian's record will remain unbeaten .....forever!

I was required to make a few more trips to the Tesco store in Tring to pick up more quiche and apologised to Lynn for not checking the Tring Scout Hut facilities properly. No tea pot!

All entrants got through the checkpoints in their allotted time and eventually the last two walkers, BBN's very own Clare Francis and Therese Jamin, turned up just

after 1800 with Clare having completed her first ever 26 mile walk. It turned out to be longer than that as they'd taken a wrong turning on the Grand Union Canal and covered more like 30 miles. So not bad for a first attempt Clur!

Many thanks must go to Mike Hyland who processed all of the entries and this time was able to celebrate his mother's birthday the weekend before as the two occasions did not clash this time!

From the feedback that I've had (examples attached at the end) all enjoyed themselves and appreciated the friendly welcome at all of the checkpoints and at the finish.

As always these events could not be run without the people who do the various jobs which I've mentioned previously. I'm very grateful to you all who responded to my email request for help when there was a shortage of helpers. You helped me (and the group) out a lot. My thanks to you and I've listed what they did below

**Entries & Route Designer:** Mike Hyland

**Start/Finish Booking in:** Dave Findel-Hawkins, Merrian Lancaster, Nigel Schofield, Gordon Shaughnessy.

**Car Parking** at Safran Power Systems: Phil Hastings, John Davies, Alan Leadbetter

**Traffic Islands:** Graham Missing, Mary Knight

**Checkpoint 1 at Whipsnade Village Hall:** Gill & Ian Bunker, Jackie & John Burnett, Rachel & Victoria Martin, Beryl & Mike Bowley, Phil Hastings

**Checkpoint 2 at Little Gaddesden Scout Hut:** Nigel Schofield, Alan Leadbetter, John Davies, Mary Knight.

**Checkpoint 3 at Tring Scout Hut:** Dave & Lynn Yorston, Gordon Shaughnessy, Graham Missing

**Kitchen at Pitstone:** Pat Sage, Dennis Knight, Gill Howe.

**Certificate Design:** Christine Pendlebury

Thank you for all of your efforts for making it all round a special event and once more enhancing the good reputation of our group. If I've missed anyone off who helped then my sincere apologies.

## **Lost and Found:**

A mug was left behind. Please contact me if you know who might be the owner.

## **Statistics (times and actual results are published on the BBN website)**

Route	Pre-entered	Non-Starters	Retired	Entries on Day	Total
Long	123	21	-	15	117
Medium	64	8	2	11	65
Short	13	1	-	10	22
Total	200	30	2	36	204

## **Compliments from the walkers**

*I would like to thank the LDWA for setting up such a great "orienteering" challenge. The Chiltern Kanter was great fun, and as usual the volunteers at checkpoints and at the finish were very friendly and helpful. Thank you to everyone for organising it!*

*Regards, Annelies  
Annelies Gerber*

*Excellent day on Saturday - most enjoyable.  
Thanks to all at BBN.*

*Peter Little*

*Please can you pass my thanks to all concerned for this year's Kanter. Fab day out as always when BBN are the hosts and the beautiful weather you laid on was just the cherry on the cake.*

*Carolyn Heilan and Bonnie the Dog.*

*Fantastic walk/run. Really enjoyed it, the marshalling, food was really first class.*

*Please pass on my sincere appreciation to everyone involved  
Kind regards, Paul  
Paul McKay*

*Here's to the next one in 2017!*

**Norman Corrin**

*I know the following do not exactly extol the virtues of our beloved sport,  
but they are, of course, meant in jest and may just raise a smile.*

*Happy walking.*

*Dee x*

Walking can add minutes to your life.  
This enables you ... at 85 years old  
To spend an additional 5 months in a nursing  
Home at £4,000 per month.

My grandpa started walking five miles a day when he was 60.  
Now he's 97 years old - And we don't know where he is.

I like long walks.  
Especially when they are taken by people who annoy me.

The only reason I would take up walking  
Is so that I could hear heavy breathing again.

I have to walk early in the morning,  
Before my brain figures out what I'm doing.....

Every time I hear the dirty word 'walking',  
I wash my mouth out with chocolate.

The advantage of walking every day  
Is so when you die, they'll say,  
Well, they look good don't they.'

If you are going to try cross-country walking  
Start with a small country.

I know I got a lot of walking  
The last few years,.....  
Just getting over the hill.

However far we walk  
We all get heavier as we get older,  
Because there's a lot more information in our heads.  
That's my story and I'm sticking to it.

## The Grand Union Canal

One of the threads which links our three counties is the Grand Union Canal.

Quite few BBN folk have walked the entire length of the Grand Union from London to Birmingham. The rest of us have walked up it, down it, over it and under it many times. We've seen it in all weathers and every time of year.

It has featured on countless group walks and on some of our challenge walks – the Wendover Gap, the Chiltern Kanter, the Gongoozler, the Holy Hobble ..... and we were certainly very pleased to reach it at the end of last year's Greensand Ridge in a Day Walk! A couple of years ago it marked the end of our 4 days on the Milton Keynes Boundary Walk.

We've walked the various Arms in our region – Aylesbury, Buckingham, Wendover, Northampton. We've been to see the water restored to the Arm near Buckingham. We've seen volunteers working on the restoration of the Wendover Arm and have contributed to a new bridge there.

We've enjoyed walking beside the reservoirs built to meet the canal's demand for water. We've seen them almost empty in drought years and full in wetter times.

We've looked for dates on locks, bridges, lock-keepers' cottages and information about angling clubs to answer Chiltern Kanter questions.

We've crossed the canal via swing bridges, lock gates and winding bridges. We've walked through cattle creeps under the canal, and over the Iron Trunk aqueduct, where the canal crosses the River Ouse. We've crossed, what was in the 1990's, the newest aqueduct in England.

We've had breaks at the flight of locks at Foxton and soaked up the canal heritage there.

We've enjoyed meals and had our AGM at several canal side pubs. We've appreciated a breather and a well-earned drink at many more.

We've walked over the Stoke Bruerne-Blisworth tunnel and sailed back through it. To celebrate BBN's 30th anniversary we had a super cruise from Pitstone on a gloriously sunny day, enjoying fish and chips delivered to the boat.

The Monument at Ashridge, erected to commemorate the Duke of Bridgewater, "the Father of Inland Waterways", has featured on the Chiltern Kanter certificate and for many years there was a checkpoint nearby.

Some of us have walked on it – the day I led my first walk for BBN the canal was frozen (long ago when you didn't have to pay to park at railway stations and obviously before Health and Safety).

I always have a feeling of relief when reaching the canal – especially when receiving or leading – I know where I am, there are no cows or horses, no floods, or overgrown fields and elusive stiles - just some nice relaxing walking to regain the equilibrium.

### **Gill Bunker**





*Alan's Canal Walk, June 2013, Berkamsted*



*MK Boundary Walk: Cosgrove: October 2013*



*Restoration work on the Wendover Arm*



*Alan's Canal Walk, June 2013*



Another Canal Roundabout August 2014



## **Beat the Boot to Mayfair (The Monopoly Walk)**

I read Paul Kitson's account of his Monopoly Walk in a recent Essex Herts Newsletter and thought what a brilliant idea, I fancy doing that. Paul has kindly let me have a copy of his route and I am leading it as a group walk on Sunday 18th October.

I will be starting from Euston Station at 9am, then going to St Pancras for 9.30am - but if anyone wants to join elsewhere please let me know.

Below is a copy of Paul's report – I hope it whets your appetite too .....

### **Gill Bunker**

*There was a conversation about the pros and cons of walking in London. I casually suggested to Bob and Dave that we should walk around the monopoly board. "That's a good idea," came the response. A few minutes later, Rosemary was asking when I would like to lead the monopoly walk. "I'd much rather lead a walk in the country," I replied. "You can do that as well" said Rosemary, quick as a flash. So, that's how it started.*

*I did some research, and found a few people had posted the story of their visits to all the sites on the Board (but I found none that had walked the board in a complete circuit in a single day!) and one such had pinned all the sites on a map. Once I saw this, it really was quite easy to plan the route, visiting every site/street only once, avoiding busy thoroughfares as much as possible. The only puzzle was how to do the "GO" square, especially knowing that everyone would want to collect their £200 salary.*

*On the day, we met at Liverpool Street station. I counted 34 walkers at the start, but the first time we stopped and I counted again, somehow we had 36! One chap called me from Liverpool asking if he could take part. To be honest, I was dreading such a large number, especially keeping everyone together as we weave our way through Soho and Mayfair. I pinned a white sun hat (one of the giveaways from the Tour de France) to my walking stick so that everyone could see where to go. It was a white hat! (and not my underpants, Linda!)*

*This was the Sunday before Remembrance Sunday and the crowds at The Tower were enormous, but I think everybody managed to see the poppies, a magnificent and inspiring sight. Soon after this, it started raining quite heavily and continued until after our lunch stop. That was the only disappointing thing about the day, really.*

*When I walked out the route, it soon became apparent that we would be seeing sights of London that I for one had forgotten about or didn't know about. The route took us through several markets – Spittalfield, Borough, Covent Garden, Smithfield. On the Southbank, there was Southwark Cathedral, The Globe Theatre, The Golden Hind, The Clink (our jail) and a loo stop inside the Tate Modern (our Electric Company).*

*Amongst literary references, we passed several places mentioned by Dickens, Pepys Street in the City and Dr Johnson's House behind Fleet Street. I particularly liked the Mount Street Gardens, hidden away in Mayfair where young mums/nannies sit with their charges speaking in Russian.*

*The loos at Marylebone Station also deserve a mention since they are decorated with references to the Monopoly Board. I did not plan this because I did not know. Around Euston is the British Library, various trades' union offices, Drummond Street where the curries are better than Brick Lane and the newly refurbished St Pancras is really quite impressive.*

*Despite the rain, we made good progress, no one got lost and a good walk was had by all.*

**Paul Kitson**

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### **“Battle of Waterloo 200” March – 7th June 2015**

For those of you who know me, you may recall that I have an interest in doing foreign walks with a military theme, so it was very pleasing to find that a walk was being put on to commemorate the 200th anniversary of the Battle of Waterloo. The club involved, Les Marcheurs du Hain already have a walk in September called The Emperor’s March, which I have done 4 times, so I was pretty sure the new walk would be a good one, especially as the maximum distance on offer was only 20km, but it would enable the walkers to visit every site on the battlefield. A quick look at Booking.com found us a room at the Ibis in Waterloo at a reduced price, so it looked like were on. So, on June 6th we set off to Waterloo (it is on the southern edge of Brussels) and a weekend that promised a lot.

Arriving mid-afternoon on Saturday left us with time to have a look around and be a tourist. It was 2008 when I was at Waterloo last and the first shock was that the pub I wanted to use had been demolished to make way for a brand new tourist

area ! All around the main section of battlefield they were getting ready for the main celebrations in two weeks' time, massive grandstands and lots of new car parks being constructed plus a brand new visitors centre. However, the one thing that they still haven't got right is acknowledging that the Allies i.e. us, won and that Napoleon lost ... big time. Trying to find a suitable souvenir proved impossible, so we retired to the hotel via a trip to locate the start point for Sunday.

Sunday was a glorious day, dry, sunny and clear blue skies and a decent 22C. So different from 200 years before, when there had been a massive thunderstorm during the night and the ground was sodden. I had decided to wear some of my Union flag gear, so it was obvious where we were from. This immediately prompted some comments from the organisers, most of whom didn't really believe that a couple had come over from England for the walk, but were very pleased to see that we had. They were even more pleased when I said I had done The Emperor's March. The club had really put the boat out for the walk. The Club President told us that it had been 3 years in the planning ... dare I suggest a LDWA 100 in Belgium to him ?

Before setting off, we met up with our good friend Ian Newbitt (for those of you that know the runner Mike Newbitt, Ian is his brother and lived near Antwerp) and Paul Sandt, who runs the IVV Permanent Trails in Luxembourg. Good to see them both. Having booked in (€1,50) we were given a map of the routes, showing all of the dispositions of the troops and points of interest along with an English guide to what we would see. This is extremely unusual for walks in Europe and very welcome.

So, off we went with a short wander through the town of Braine L`Alleud (pronounced brain la loo), which is twinned with my home town, Basingstoke, before heading out on the battlefield. A visit to the chateau of Hougoumont, scene of hand to hand fighting all day long in the battle, was followed by a traverse across the western side of the battlefield. On the day of the battle, this was full of tall rye and had the Allies along the ridge to our left and the French infantry and cavalry charging towards them passing from our right to left. Reaching the Brussels to Charleroi road at La Belle Alliance farm (possibly where Wellington & Blucher met after the battle), it was on to the French side of the battle and their attempts to stop the Prussians at and around the small village of Plancenoit. This has a very picturesque church and open area in front of it. It was difficult to imagine this being full of dead and dying soldiers, with hand to hand fighting taking place and the struggle going from house to house.

A stop at the first control point in Plancenoit (coffee and toilets) and more "Anglaise" being heard from the locals. Then a loop through the Prussian lines and some lovely field and path walking (yes, not all walking events in Belgium are

on road) and we arrived at a farm that was the place where Marshal Ney spent the night before the battle. Carol had decided to try and tame a cow on the way and I've never before seen a cow come across a field and present its nose for a stroke. This then led to a quick visit to Napoleon's headquarters before some more fields and back to Plancenoit and a second visit to the control point, where we met up with Ian and some of the Belgian / German walking association (made up of ex-military from various countries). Normally they all walk in uniform but today was a mufti day.

Now it was head for home via the eastern edge of Wellington's lines. Following a long sunken lane we joined the 10km route at Papelotte before heading towards the grandstands that began at the convent of Fischermont. I had discovered some time ago that one of the nuns who was here (though not at the time of the battle) was the "singing nun" who, for those of you with long memories, did the song Dominique that topped the charts. Beyond Fischermont we encountered the main area for the celebrations. The lane that formed the eastern ridge of the battle was almost lost amongst the preparations for the recreations of the battle that are due to take place over two days. To our right were enormous marquees and Carol wondered if they were for the VIP's or perhaps to stable the vast number of horses that are needed for recreation.

We head towards the Lions mound (Butte de Lion) before diverting towards the farm of La Haie Sainte. This was defended by the King's German Legion and proved to be a major obstacle for Napoleon, as it is adjacent to the main road he would have wanted to use. Eventually, at the end of the battle, the French captured it but, by then, it was too late. A final control point and then off past the Lion's mound and away towards the finish, passing through the rear of the ridge that was where Wellington kept his troops out of most of artillery range. For those who have seen the film Waterloo, when the French cavalry charge past the British squares, it was here on the reverse slope that this took place.

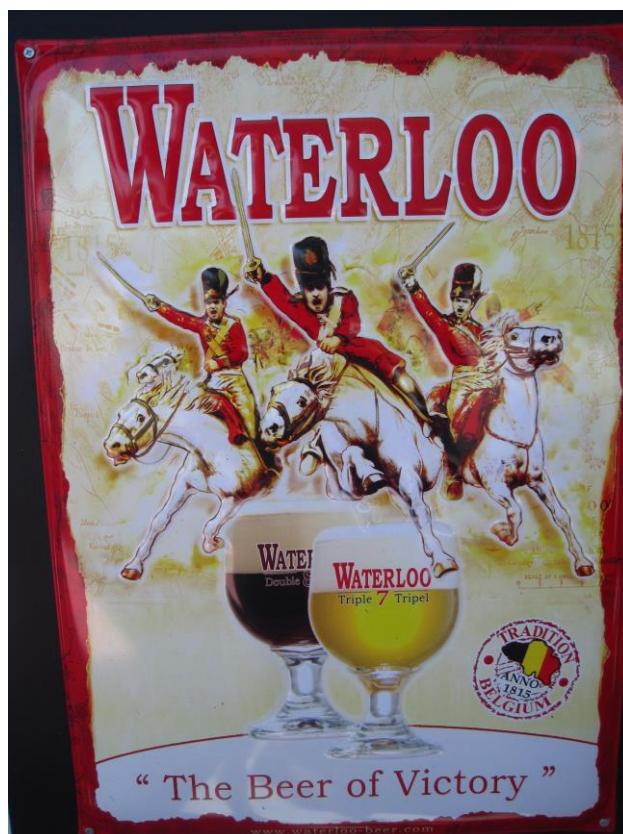
A quick trip through streets and we were back at the start at the end of a glorious and very interesting day. Having known that there were two English on the walk, we had a few more of the club organisers come and talk to us and they were all saying how pleased they were to see us. On the way home, Carol said that this was one of the best five walks she had ever done. High praise indeed. Now it's time to think about booking for the 40th Emperor's March in September 2016.

**Adrian Moody**

*There are more of Adrian's photos on the BBN website under "Other".*



*One of the sunken lanes*



**LONG DISTANCE WALKERS ASSOCIATION  
BEDS, BUCKS & NORTHANTS GROUP**

**PROGRAMME : AUGUST – DECEMBER 2015**

**Sun Aug 2 2015                  From a Castle to a Park (Linear Walk)**

18ml. Start 08.15 From (cars parked) at The Ship Ashore p.h. in Willen, Milton Keynes. Maps: LR 152 Exp 192 (GR SP871413). Minibus leaves Willen at 8.30 to take walkers to start at Bolebec Castle, Whitchurch. **Please reserve your place with Norman by 19th July.** **C:** Norman Corrin **T:** 01908 608667

**M:** 07980 378656 on day.

**Thu Aug 6 2015                  To Watford Gap**

15ml. Start 09.30 From West Haddon Church, NN6 7AN. Map: LR 140 (GR SP629718). **C:** Peter Bearne & Anne Addison **T:** 01780 480286 (Peter) or 01780 740414 (Anne).

**Sun Aug 16 2015                  A Haddon Hack**

19ml. Start 09.00 From East Haddon, footpath close to Red Lion p.h. (not in c.p.). Map: Exp 223 (GR SP670682). Picnic lunch at Little Brington; p.h. nearby. **C:** Andrew Gilbertson **T:** 01327 871451 **M:** 07922 068591 on day only.

**Thu Aug 20 2015                  From Coachway to Fairway**

15ml. Start 09.30 From Milton Keynes Coachway “Park & Ride” site M1 J14 (free c.p.). Map: Exp 192 (GR SP892405). Linear walk to Woburn Sands for return by bus. Lunch at Bow Brickhill near p.h. **C:** Mike Bowley **T:** 01908 616589

**M:** 07933 066784 on day.

**Sun Aug 23 2015                  Litlington Loops – Summer Version!**

19 or 12ml. Start 09.00 From Heath Café (formerly Heath Sports Centre), off Baldock Road, Royston. Free c.p., café and toilets. Map: LR 154 (GR TL348405). Picnic lunch in Litlington, pub nearby. For shorter 12ml option pls contact leader in advance. **C:** Phil Hastings **T:** 01763 853744 before 9pm

**M:** 07716 992847 on day ONLY.

**Wed Sep 2 2015                  GBG 1**

15ml. Start 09.30 From 2 Brewers p.h. Thornborough. NOTE WEDNESDAY WALK. Map: LR 165 (GR SP745336). 1st of series of walks featuring pubs in the Good Beer Guide. 9ml loop a.m. back to 2 Brewers for lunch then 6ml loop p.m. **C:** David Findel-Hawkins **T:** 01908 216476.

**Sun Sep 6 2015                  The Ridgeway Extension**

16ml. Start 09.15 From Toddington Village Green. Map: Exp 193 (GR TL009288). A linear walk from Ivinghoe Beacon to Toddington. **Transport provided from Toddington to the start £5. Pls contact leader to book.** This walk is part of the Bedfordshire Walking Festival. **C:** Roy Carter **T:** 01234 301182.

**Sat-Sun Sep 12-13 2015 Group Weekend: Litton Cheney, Dorset**

Two places available. See page 9. **C:** John Chesher.

**Thu Sep 17 2015            SE5A – Is that a postcode?**

15ml. Start 09.30 From Cople Sports & Social Club c.p. Grange Lane, Cople (entrance signposted). Maps: LR 153 Exp 208 (GR TL101484). Pub Stop.

**C:** Adrian Moody **T:** 01933 314134.

**Sun Sep 20 2015            Ambling the Ouse to Olney**

20ml. Start 09.00 From free c.p. Queen's Ave, Newport Pagnell (rear of Boots Chemist). Long stay c.p. is at far end of short stay c.p. Maps: LR 152 Exp 207 (GR SP875440). **C:** Gill Bunker **T:** 01908 321308 **M:** 07790 976090 on day only.

**Sun Sep 27 2015            Up and Down the Brickhills**

15ml. Start 09.00 From Bow Brickhill Station. Map: Exp 192 (GR SP896349).

**C:** Sylvie Eames **T:** 07788 287701.

**Thu Oct 1 2015            Riseley with Stile**

15ml. Start 09.30 From High Street Riseley (Nr Fox & Hounds). Map: Exp 225 (GR TL039626). Break at Tilbrook nr p.h. **C:** Eric Cartwright **T:** 01234 315181 **M:** 07761 589281 on day only.

**Sun Oct 11 2015            Bedford Back Waters**

20ml. Start 09.00 From Priory Country Park free c.p. off Barkers Lane, Bedford. Map: Exp 208 (GR TL073494). Figure of 8 walk. Morning exploring the park and beyond, break at the Danish Camp riverside café. Back to start (pub nearby) for lunch. Afternoon venturing S via Cardington/Cotton End returning to Bedford on the John Bunyan Trail. **C:** Dee Brockway **T:** 01582 881809 **M:** 07742 433951 on day only.

**Thu Oct 15 2015            Wave to the Prime Minister**

15ml. Start 09.30 From Lodge Hill c.p. near Wendover, Bucks. Map: LR 165 (GR SP851062). Walk goes past Chequers. **C:** Chris Rhead **T:** 07980 304361.

**Sun Oct 18 2015            Beat the Boot to Mayfair (Monopoly Walk)**

18ml. Start 09.00 From Euston BR Station. Meet under Announcement Board. Map: LR 177 (GR TQ296826). Join walk at 9.30 at The Lovers Meeting Place statue at St Pancras Int, but pls let leader know you are coming. Thanks to Paul Kitson E&H for his route. **C:** Gill Bunker **T:** 01908 321308 **M:** 07790 976090 on day only.

**Sun Oct 25 2015            Sundon Saunter Marshals' Walk**

**C:** Merrian Lancaster **T:** 01908 642803 **M:** 07933 735338.

**Thu Oct 29 2015            Brook & River Ramble**

16ml. Start 09.30 From west side of main road in Fotheringhay. Map: LR 142 (GR TL056933). **C:** Anne Addison **T:** 01780 740414 **M:** 07447 616061 on day only.

**Sun Nov 8 2015            Some Chalfonts and a Harefield**

18ml. Start 09.00 From c.p. in Northmoor Hill Woods in Tilehouse Lane which runs parallel to the A412, near Denham Garden Village. Maps: LR 176 Exp 172 (GR TQ035892). **C:** John Davies **T:** 01442 874875.

**Thu Nov 12 2015                    The Puzzled Monkey Walk**

15ml. Start 09.30 From car parking area on minor rd just east of Bow Brickhill Church. Map: Exp 192 (GR SP913344). Break at Heath & Reach Church nr to p.h. **C:** Mike Bowley **T:** 01908 616589 **M:** 07933 066784 on day.

**Sun Nov 15 2015                    Sundon Saunter**

27, 18 or 12ml. in 10.5hr. From Barton-le-Clay Village Hall postcode MK45 4JY (GR TL083306). The walk follows mainly field paths, tracks, woods & some roads through undulating countryside with good views from the hills traversed. Start: Walkers from 08.00; Runners/Joggers/Fast Walkers from 09.00 (cp times will be adhered to, with NO exceptions). All must be finished by 18.30, Hall closes 19.00. All must bring own mug (none on route), compass & route description WHICH MUST BE DOWNLOADED & PRINTED from web site beforehand. We recommend map Explorer 192 & 193 or Landranger 165 & 166 (only Exp193 or LR166 for 12 mile route), a torch if you expect to finish after dark & waterproofs. Please wear appropriate clothing & footwear for this time of year. This walk is part of a new BB&N triple challenge over three consecutive years. Entry: In advance LDWA £5.00, Non LDWA £8.00 & Under 18s free (there will be a limit of 300 entrants. No EOD) incl hot & cold drinks throughout, biscuits at start, snacks at all Cps and a light meal at finish. Cert for all finishers. Entries close 3rd November 2015 or when full. Chqs payable to LDWA BBN Group. SEF accepted, SAE not required if email address is given or entry form downloadable from event website. **C:** Mike Hyland., 55, Broadlands Avenue, Chesham, Bucks. HP5 1AL **T:** 01494 774154. **E:** mike.hyland@ntlworld.com **W:** ldwa.org.uk/bedsbucksandnorthants

**Sun Nov 22 2015                    Royston Panoramas**

17ml. Start 09.00 From Heath Café (formerly Heath Sports Centre), off Baldock Road, Royston. Free c.p. café and toilets. Map: LR 154 (GR TL348405). Picnic lunch near p.h. Joint walk with Essex & Herts. **C:** Phil Hastings **T:** 01763 853744 before 9pm pls **M:** 07716 992847 on day ONLY.

**Thu Nov 26 2015                    Another Safari Walk**

15ml. Start 09.30 From free c.p. opp church in Woburn. Map: LR 165 (GR SP950332). **C:** Roger & Margaret Skerman **T:** 01525 405540.

**Sun Nov 29 2015                    Walk + AGM**

9ml. Start 09.00 From Broughton Village Hall, Northants (NN14 1ND). Maps: LR 152 Exp 224 (GR SP838758). Morning walk followed by lunch at The Red Lion, Broughton. Please pre-book your meal with Gill Bunker (T: 01908 321308. Menu choices in Autumn Newsletter. The AGM starts at 14.00. **C:** Alan Leadbetter **T:** 01933 440826 **M:** 07775 887493 (on day).

**Thu Dec 10 2015                    Hanslope Hike**

15ml. Start 09.30 From Hanslope. Meet by village sign in centre at rd junct by Watts Arms p.h. Map: Exp 207 (GR SP803471). Figure of 8 walk. **C:** Gill Bunker **T:** 01908 321308 **M:** 07790 976090 on day only.

**Sun Dec 13 2015                    Santa's New Suit Stony Stratford Saunter**

13ml. Start 09.00 From Ostlers Lane c.p., Stony Stratford. Maps: LR 152 Exp 207 (GR SP788409). Join Santa in his new suit for singing at churches en route, mince pies and drinks halfway and optional post walk p.h. visit. Please bring a wrapped Secret Santa gift value £1. **C:** Santa's 'not so little' helper Norman Corrin **T:** 01908 608667 **M:** 07980 378656.

**Thu Dec 17 2015                    Xmas at Wetherspoons**

12ml. Start 09.30 From c.p. near War Memorial N of Berkhamsted Castle, at N end of New Road. Maps: LR 165,166 Exp 181,182 (GR TL005093). Shorter walk to include extended lunch at Wetherspoons. **C:** John Davies **T:** 01442 874875 **M:** 07949 796470.

**Thu Dec 31 2015                    End of Year Stroll**

15ml. Start 09.30 From Redbourne Common c.p. nr cricket pavilion. Maps: LR 166 Exp 182 (GR TL103119). **C:** Gordon Shaughnessy **T:** 01582 518791 **M:** 07518 364036.

**Sun March 13 2016    National AGM, Buxton****Sun Mar 20 2016                    Pick and Mix**

Loops of 12, 8, 6 or 5ml. in 10hr (choose how many loops you do). From Gt Missenden CofE Combined School, Link Road entrance near HP16 9AE (GR SP896014). A combination of loops of your own chosen total distance over undulating hills, mainly on fps and bdws. Start: from 08.00. All to finish by 18.00. All MUST bring own mug, & compass. We recommend maps Exp 181 & 172 or Landranger 165, waterproofs & a torch. Please wear appropriate clothing for the weather at this time of year. Sorry, due to HQ on school premises we cannot allow dogs. Limit 250. Closing date 11th March. NO ENTRIES OTD. LDWA £6, Non LDWA £8 (under 18s free with adults) incl snacks & drinks at HQ between loops. A cold drinks station at about 7 miles on 12ml loop only until 13:00. All other loops have NO support. There will be a light meal when you have finished. Badge for sale. Chqs payable to LDWA BBN Group. SEF accepted with SAE. Online entry at: <https://www.sientries.co.uk/>. **C:** Mike Hyland, 55 Broadlands Avenue, Chesham, HP5 1AL **T:** 01494 774154. **E:** mike.hyland@ntlworld.com **W:** ldwa.org.uk/bedsbucksandnorthants

## BEDS BUCKS & NORTHANTS GROUP: COMMITTEE 2015

<b>Chairman:</b>	<b>Norman Corrin</b> <i>T:</i> 01908 608667 <i>E:</i> norman.corrin@btinternet.com
<b>Secretary/Website:/</b>	<b>Merrian Lancaster</b> <i>T:</i> 01908 642803 <i>M:</i> 07933 735338 9 Hollinwell Close, Bletchley, MK3 7TW <i>E:</i> merrian22@gmail.com / bbn@ldwa.org.uk
<b>Treasurer:</b>	<b>Ian Sage</b> <i>T:</i> 01582 661256 <i>E:</i> iansage49@gmail.com
<b>Social Walks:</b>	<b>Dee Brockway</b> <i>T:</i> 01582 881809 <i>E:</i> dmrbrockway@ntlworld.com
<b>Membership:</b>	<b>David Findel-Hawkins</b> <i>T:</i> 01908 216476 <i>E:</i> davefh@gmail.com
<b>Merchandise/Equipment:</b>	<b>Lynn Yorston</b> <i>T:</i> 01494 868371 <i>E:</i> lynn.yorston@btinternet.com
<b>Newsletter:</b>	<b>Gill Bunker</b> <i>T:</i> 01908 321308 <i>E:</i> gillbunker@googlemail.com 1 Abbey Way, Bradville, Milton Keynes. MK13 7AN
<b>Local Group Rep:</b>	<b>Alan Leadbetter</b> <i>T:</i> 01933 440826 <i>E:</i> alanleadbetter@sky.com
<b>Member:</b>	<b>Mary Knight</b> <i>E:</i> maryjknight@hotmail.co.uk
<b>Non-Committee</b>	
<b>Thursday Walks:</b>	<b>Gordon Shaughnessy</b> <i>T:</i> 01582 518791 <i>E:</i> gordon_shaughnessy@hotmail.com

***Thank you to everyone who has contributed to this Newsletter  
Please let me have items for the Autumn Newsletter  
by 30th September 2015  
Gill Bunker***