

# ***LDWA Kent***

## ***White Cliffs Challenge***

### ***24 August 2019***



Entrants on this year's White Cliffs Challenge had to endure sweltering temperatures which soared to a good 30 degrees.

They were the hottest conditions ever for the event since Kent LDWA first put it on in 2005; it meant the main challenge for the organisers was not so much to ensure entrants completed the 32 and 18-mile routes, but to ensure they all kept hydrated.

This was achieved by ensuring the four checkpoints – all outdoors – had plenty of water, using the group's entire supply of large water containers in the process, and by providing two water stops on the route. One of these was at the top of a very steep climb from The Warren at Folkestone up to Capel-le-Ferne – even steeper than the one nearby used on last year's Cinque Ports 100 – and was manned single-handedly by Dale Moorhouse.

Sussex LDWA member Jane Macefield helped at the other drinks stop, at Ringwould. Jane had entered the 32-mile event, but a puncture meant she and husband Dave got to the start late, so she kindly agreed to help while Dave (a runner) did the 18-mile route.

On a couple of occasions, when it looked like the water in some containers was running out, checkpoint personnel either made a quick drive to the HQ at St Margaret's to refill them, or someone from HQ made a quick drive to the checkpoint with more supplies.

There might have been water problems at checkpoint 2, at Folkestone, when one of the large containers shattered. By chance the CP personnel were able to refill from the garden tap of someone living nearby.

With marshals having to spend several hours in the sun, it was important to protect them from the heat. At checkpoint 1 and 3, at Dover's Western Heights – the same location, as entrants passed there going out to Folkestone and on their way back to St Margaret's – Jim Briggs thoughtfully brought along a gazebo and big umbrella to help keep the marshals cool.

There were 112 starters on the event, 83 on the long route and 29 on the shorter one. The scorching temperatures meant there was a higher than average number of 17 retirements, all 32-milers. This was two more than on last year's WCC, where the longer route was 53 miles.

Even without the heatwave, the long route would have been demanding enough, as it involved more than 6,000 feet of ascent. The route followed the White Cliffs from St Margaret's to Dover and then to Folkestone, where it turned back via The Warren and that steep climb to Capel to go to the Western Heights. From there it went through Dover to follow the North Downs Way to Maydensole Farm, near the village of Sutton, and then followed paths to the viewpoint of The Nelson Seat (where it is believed Lord Nelson used to sit with Lady Hamilton), near Walmer, taking woodland tracks before going to Oldstairs Bay to pick up the White Cliffs, which it followed back to St Margaret's.

The shorter route turned off at Dover, joining the longer one as it picked up the North Downs Way.

There were six on-the-day entries and 19 no-shows. The event was part of this year's White Cliffs Walking Festival. **The date of next year's WCC has provisionally been set for 29 August 2020.**

**Graham Smith**

Many thanks to all the marshals who helped on the event. They were:

**HQ** – Don Arthurs, Vic Clapson, Helen Franklin, Ros Humphreys, Peter Jull, Dale Moorhouse, Eve Richards, Graham Smith, David Thornton; **Kitchen** – Brenda Drew, Joy Davies, Mary Shillito, Audrey West.

**Checkpoints 1 and 3 (Western Heights, Dover)** – Jim Briggs, Brian Buttifant, David Sheldrake, David Thornton.

**Checkpoint 2 (East Cliff, Folkestone)** – Michael Headley, Mike Pursey, Steve Russell.

**Checkpoint 4 (Maydensole Farm)** – Vic Clapson, Neil Higham.

**Drinks stop 1 (Capel)** – Dale Moorhouse.

**Drinks stop 2 (Ringwoud)** – Jane Macefield, Andrew Melling, Mike Pursey.

### **18 Miles (29)**

Simon Graydon, 02:57  
Jim Brodie, 02:57  
Thomas Grimes, 02:58  
Andrew Noble, 03:04  
Greg Franklin, 03:28  
Eloise Smith, 03:34  
Ken Jones, 04:17  
David Giles, 05:12  
Kate Tiernan, 05:12  
Robert Beck, 05:23  
Dennis Jacobs, 05:43  
Bill Young, 05:57  
Ravi Cautick, 06:00  
Tony Hobbs, 06:04  
Hilary Adams, 06:23  
Ed Barnes, 06:31  
Jane Williams, 06:36  
Neil Williams, 06:37  
Nikki Old, 06:43  
Amy Old, 06:43  
Akita Veldman, 06:43  
Patrick Stone, 06:57  
Christine Cavanagh, 06:59  
Cathy Coppinger, 06:59  
Charlotte Brown, 07:23  
Tara Little, 07:24  
Pawan Nandrajog, 07:24  
Robert Sissons, 07:43  
Laurie Smith, 07:43

### **32 Miles (66)**

Robert Haldane, 05:43  
Geoff Williamson, 05:46  
Keir Williams, 06:25  
Odette Collard-Woolmer, 06:31  
James Smith, 06:51  
Robert Cameron-Wood, 07:01  
Amy Lomax, 07:11  
Jon Drake, 07:24  
Paul Carr, 07:24  
Andrew Moore, 07:50  
Kate Westcott, 07:51  
James Bennett, 07:57  
Malcolm Dyke, 08:05  
Mark Farrar, 08:06  
Bryan Darney, 08:11  
Rachael Messenger, 08:20  
Andrew Boulden, 08:21  
Marta Kunicka, 08:33  
Jorge Clavijo, 08:49  
Lyndon Gurr, 08:57  
Patricia Coleman, 09:03  
Neil Coleman, 09:03  
Anthony Gardner, 09:04  
Nina Lambrou, 09:04  
David Gibbs, 09:18  
Marshall Elliott, 09:24  
Lisa Hewitt, 09:28  
Mui Imm Tan, 09:28  
David Graham, 09:41  
Tim Kerr, 09:48  
Thomas Kerr, 09:51  
Simon Riley, 09:53  
Nigel Kent, 09:54

Gemma Colling, 10:05  
Daimon Walker, 10:05  
Louie Stone, 10:12  
Susan Taylor, 10:16  
Alexandre Taylor, 10:16  
Daniel Taylor, 10:16  
Peter Wilson, 10:17  
Greg Foster, 10:18  
Jeremy Keeler, 10:18  
David Moles, 10:18  
Helen Abbott, 10:19  
Catherine Waters, 10:26  
Peter O'Donnell, 10:29  
Sarah Jane Kennedy, 10:36  
Stephen Kennedy, 10:36  
Phil Lancaster, 10:40  
Amanda Barker, 10:42  
Sandra Flynn, 10:43  
Ian Flynn, 10:43  
Stuart Goodsell, 10:48  
Nicola Heaton, 10:48  
Daniella Turbin, 10:54  
Terence Outridge, 11:03  
Han Cork, 11:06  
Luke Hansell, 11:06  
Nick Loe-Startup, 11:06  
Martin Pullen, 11:07  
Ryan Smith, 11:07  
Ann Tingey, 11:07  
Jessica Wright, 11:07  
Adrian Maydom, 11:19  
Alison Maydom, 11:19  
Sue Gooch, 11:20  
**Retired (17)**