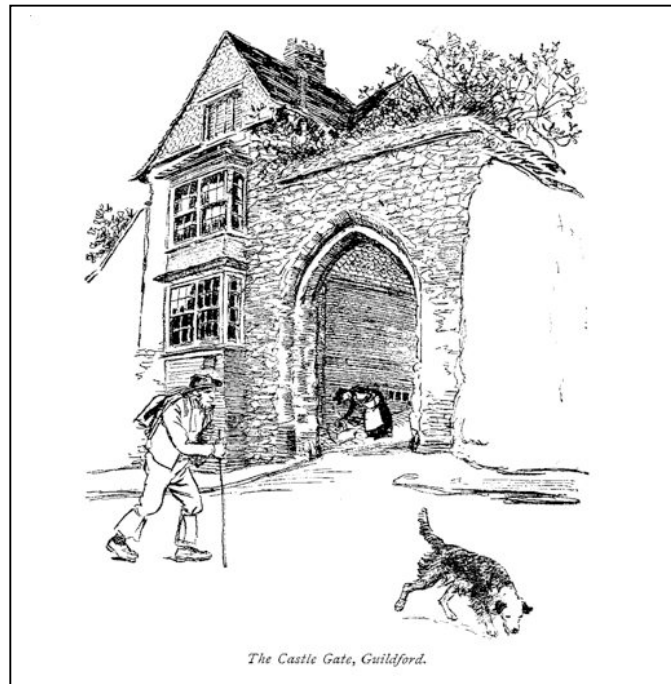




Surrey Group

NEWSLETTER

Spring 2011



Items for Newsletter

The Newsletter is published three times a year, February, June and October. Reports of past events, letters, and other items should be sent to the Editor one month before the publication date of the next Newsletter. Preferably they should be sent by email or typed, but manuscript will be accepted.

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Visit the group website at www.ldwasurrey.co.uk to see more pictures of events, links to other groups and organisations, an archive of past events and lots of useful information

Editorial

This edition contains an unusual article: guidance on how to treat the various problems that walkers and runners encounter from time to time with their feet. It is clearly based on experience and although written from a runner's point of view it nevertheless contains some useful general advice.

The forthcoming programme of walks contains the second part of the Serpent Trail, the first part being walked in October last and also the second part of the Tillingbourne Watershed. The first part was walked in May 2010. The latter is a walk that was devised of by one of our founders, Alan Blatchford, in 1980 but remained un-walked until now. Also included is one of our staple walks around Windsor Great Park, and one of Tony Youngs' illustrated walks, The Ditchling Diversion.

Welcome to new members

The following members have joined the Surrey Group since our last Newsletter. Please welcome them on our walks

Debbie Aitken	Cobham	30570
Wendy Mansfield	Godalming	30188
Liz Bushby	Twickenham	30525
Marven Bowles	Long Ditton	30320
Liz Cooke	Godalming	30420
Matt Dunn and family	Guildford	30498
Anna Gilmore	Walton on Thames	30221
Roger Green	Ewhurst	30364
Tony Hopkins	Brentford	30087
Chris Perry	West End	30443
Christine Roe	Merton Park	30378
William Rooney	Guildford	30193

REMINDER

Another year has gone by. Those people who like to receive their Newsletters by post need to pay again for 2011. A copy of the appropriate form is enclosed in their postal copy of this Newsletter.

The form is also available via the membership section of the Surrey LDWA website.

Another Afternoon Around Ashtead Saturday 23rd October 2010

For the writer, this bi-annual walk is one of the most enjoyable of the Surrey Group socials. It is not too challenging for the less able members, is lead in a pretty area and made interesting by our Leader, has pleasant company and at the end, the inner self is well rewarded by our charming hostess's display of a truly scrumptious tea.

On my arrival I had the pleasure of a tour around their delightful well-designed garden with a wide range of interesting plants, created with care over the years. The sky was threatening as we left the house but fortunately this did not come to much as we enjoyed autumnal sunshine later in the afternoon enhancing the gardens and properties of the more expensive area, which we passed through around Headley. As we crossed Ashtead Common, our leader introduced us to the King Oak an ancient tree with character, then later explained where the Earthworks were while we imagined the Roman Villa and saw the tile works site. Apparently it is not unusual to find Roman tiles on the common. On to Ashtead Park, Langley Bottom, past Headley Court with its high stone walled garden, where, if one could get a glimpse of it, we would see it was well manicured. A fine home in which and quite rightly for our brave soldiers to rehabilitate.

It was nice to welcome Eileen to our Group for her first walk with the Surrey Group. We do hope you come again Eileen as you added interest and enjoyment to us all. It was good to see Mervyn at the tea party, who is recovering from a recent fall. We wish him well.

Thanks to Pat and Dave for giving us all so much pleasure, the whole afternoon was much appreciated by all.

Gillian Bull



The Haslemere Hobble Saturday 30th October 2010

What a stunning autumn day this has turned out to be. Eight walkers, including four new members and two dogs. Timba and Kye, an alsation, set out from Black Down Car Park in good spirits. The autumn colours were magnificent and as we walked through woodland, down leafy lanes and across grassy meadows we had plenty opportunities to admire them. Our walk took us through Ebernoe and south to Limbo and Pheasant Copse, which borders Petworth Park. Then we headed north to Lurgashall for a welcome lunch stop. After lunch it was a gradual climb back to Black Down.

Many thanks to Elton for a super walk.

Molly Groundsell



Haslemere Round Saturday 27th November 2010

A total of 14 hardy souls turned up for the start at Haslemere station on a very crisp but overcast morning and two new faces joined us trying out the LDWA – welcome to Lynne McKenzie and Paul Mills. There were also two members of the Thames Valley Group limbering up for the following day's Gatcliffe! The prophets of doom spent a lot of time during the walk telling them how dreadful it would be with rain and mud up to their knees, etc. In fact, it turned out to be bright sunshine and hard as iron under foot. I gather though that it does have an awful reputation. Well, I had some bad news and some good news of my own. Neither of the pubs possible for our lunchtime entertainment had proved to be suitable three weeks previously. One, The Ramsnest, had become a posh restaurant owned by Chris Evans and the other, The Crown at Chiddingfold, a wee bit down the road, had had a face lift and was also very smart – and pricy. Time spent with the map again and some pretty energetic reces in my spare time of bits that I didn't know pulled a new route and pub into the shape of a circle and obligations met.

A smart turn to the right out of the station yard and right again after passing under the railway bridge took us heading for the countryside past some very posh houses. A bit of zigzagging down paths and lanes and we picked up the Greensand Way which we used to take us to High Pitfield and the brand new underpass of the A3 dual carriage way extension for the Hindhead tunnel. This brought us to the outskirts of Grayshott and Crossways road where we picked up Stoney Bottom and the paths to Waggoner's Wells and its Hammer Ponds. A coffee stop near a house called Summerden found us musing on the merits of Tennyson's poetry. He had at some point stopped at the little spring here and wrenched a poor plant from between the stones and then written some doggerel on the poor thing's demise. So he was a vandal as well then!

Onward then to Ludshott Common where the route around it was clearly marked on the map but not so easy to read on the ground. This was, of course, the only bit that I had not recce'd! My grateful thanks to the assistant navigators who came forward and for the grid reference from the satnav. Back on much more familiar ground, we passed Ludshott Manor, through Bramshott and Conford Place to the Deers Hut at Griggs Green where we arrived only half an hour late for lunch.

In the afternoon, a shortened route through Liphook to pick up the Sussex Border Path saw us well on our way via Linchmere to Camelsdale dropping down through gloomy woods in a fading light to the pavements of Haslemere. The satnav read 16.2 miles while my wheelie thing said 18.2. You pays your money and you takes your pick. Many thanks to the walkers for their company and conversation. Jenny took the obligatory pic. on the bridge'

Chris Hayward

Surrey Inns Kanter Saturday 1st January 2011.

Considering the relative mildness of the weather, the gods were kind to us on this first morning of the NEW YEAR, especially when, only three weeks previously we had been battling with ice and snowdrifts galore.

We, that is Molly, Elizabeth and yours truly were reassured and inspired to see so many old friends and familiar faces arriving for the ritual few hours of gentle eurhythmic around the fields and lanes of wildest Surrey.

We hope that you were able to see something through the fog on the top of Kettlebury and the Devil's Jumps and that you didn't get lost in the woods or too perplexed by the clues.

We apologise for our oversight of the stark fact that there was only one pub actually open on this year's route.....and that was The Barley Mow, at the very end!

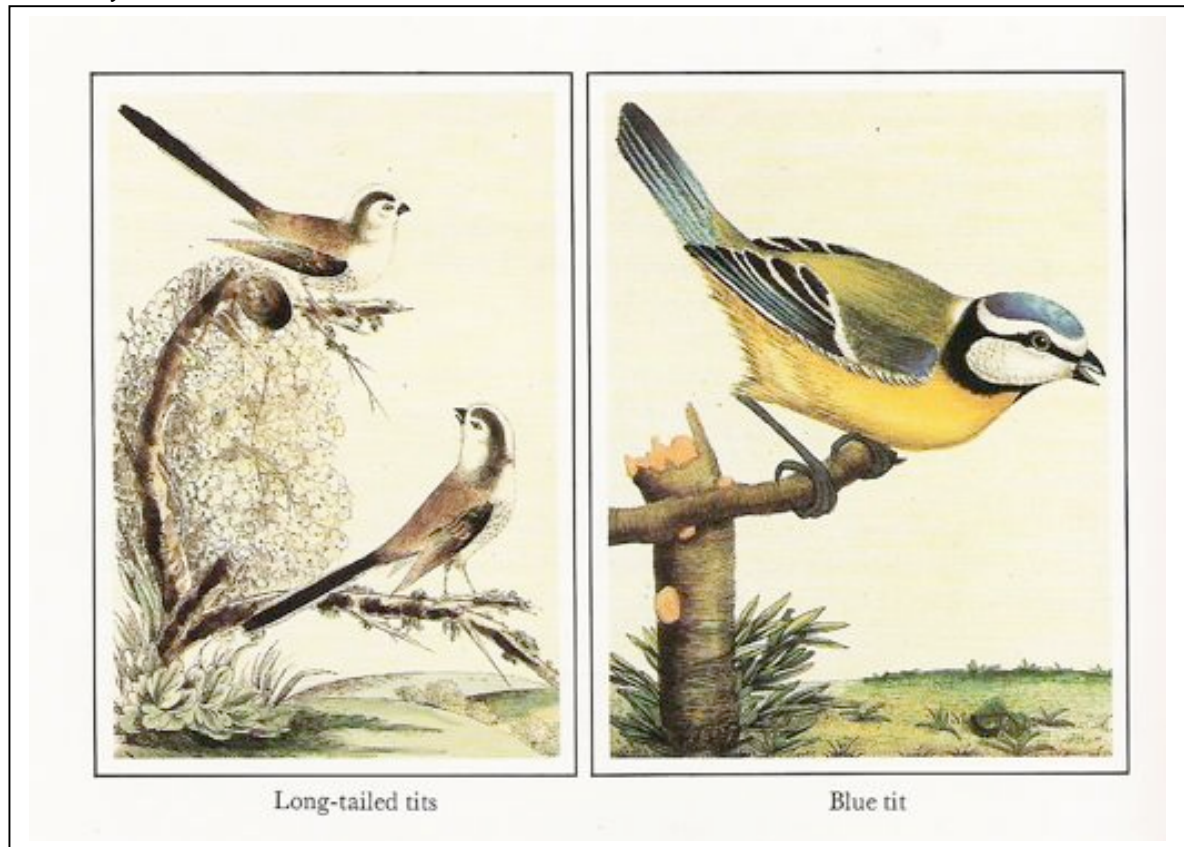
We promise to improve matters next year when we shall be returning to St. Catharine's Hall in Guildford where we know that there is a wealth of potential for those of us who have a hankering for a glass or two of decent ale on the way around!

Also, we were very pleased to welcome a new member of the LDWA, Gary Vallance, who also happened to be the first back to the Hall, and who completed the long route in a very respectful 2 hrs .41mins. He tells us that he will be back for more soon!

Although the 'Inns Kanter ' may only be a relatively minor event in our Challenge Walk Programme it still proves to be a very popular occasion for many who like to start off their NEW YEAR with a good stomp around the fields.

Next year there will be a new route to find! and finally.....Many thanks are due to Glenys and Sarah for providing such a spectacularly super-fast and efficient tea- room at the end.

John Lay



Reigate to gateway to the South

Saturday 15th Jan 2011

Now I know what I need to work on. Thighs! Legs! Hills!

Thanks to my first walk with the Surrey Group of the LDWA, I know that if I am to walk from Land's end to John o'Groats, starting this May, I need to begin RIGHT NOW with intensive walk training. John Stovell could not have had me in mind at all when he planned the group's 16.5-mile walk from Reigate, Fort Colley hill in mid- January but it couldn't have been a better route for me. Down-up down-up-down-up, and as steep as they come in Surrey. Betchworth Station, Box Hill, Brockham, Betchworth, Reigate Heath. Huff, puff, phew! Only a few months ago I had never heard of the Long Distance Walkers Association. My walking world for 64 and a half years was shuffling through leaves and snow to school; a few hikes around Yorkshire Hills with my girlfriend; a city man's idea of backpacking and camping (complete with Sauvignon Blanc and Pinot Noir) along the Appalachian Way; and a 'rite of passage' hike over half of Offa's Dike with my son. OK, with my other son I did the whole of the North Downs Way, but that was over a number of weekends and at all times staying in hotels. My favoured choice of exercise was the faster – but much shorter- rugby and running variety, not the stamina-sapping eight-hour walking one.

So now I am the Baby Boomer planning to celebrate his first pension with a 1300 mile walk from Land's end to John o'Groats. With his dog and sleeping in a tent. My wife, who has put up with me for more than 42 years, says I'm mad. But I'm doing it partly to help raise funds for Hounds for Heroes, a new charity to train assistance dogs for seriously injured soldiers and emergency personnel, and now that I've told everyone, got sponsors and created a website (<http://www.henryandpetesverylongwalk.com>)

I guess I'd better get on and do it.

Bit by bit I've been reading the experiences of people who have done it, focussing on those who've done it with a dog. There aren't many, it seems, but mostly I've been concerned about what I really need in terms of physical preparation and kit. How quickly would my soft city feet disintegrate into bleeding blisters? What socks, boots, rain gear – and particularly maps should I have? How far should I plan to walk? How would Henry get on?

Only long distance walkers know that surely? And so Henry and I set off with 15 other friendly Surrey LDWA members from Reigate Hill on a chilly, very windy January morning. The first thing I noticed were the boots. They were barely in the majority! There were trainers, wellies, whatever. And the second thing I noticed was that the wearers were not far from my own age. Aha! Experience. "Wear whatever works for you," said one lady. "I've tried every sort of footwear and, frankly, I prefer trainers". I did notice that on the steep slope down towards the Stepping Stones at Box Hill she did not slip in the mud, did not twist an ankle and got there quicker than I did.

It was also useful to know that Henry the Springer had a disconcerting tendency to pull me DOWN the hills, while I had to pull him UP them – the opposite intended! Some of his looking backwards was because he's a softy dog who doesn't like leaving people behind, and behind on ascents was one of our number who showed what a tough lot the Surrey LDWA really are – a 72 year old still recovering from a new knee!

As for feet, everybody seemed not to worry. Their feet were already toughened. Mine would have to have a thorough soaking in surgical spirit and lot more constant pounding.

I did see one of these new-fangled digital map-readers in operation. But I'm not sure about them. The lady who had it was pleased with it, but preferred to use it in conjunction with an OS map. I worry about running out of batteries and the £600 cost of buying 50 new OS maps. All in all a good day, though I'd rather it had ended with a cup of tea in a twilight café than a blustery dark night in a half-empty car park. Oh, and John. Yes, I was stiff the next day. Very stiff, and I've never seen Henry sleep for so long!

My thanks to all of my fellow Surrey LDWA members, and particularly to John who planned and led the walk. I hope to see you again.

Peter Almond

FEET

When autumn comes around, one thing I am usually quite thankful for is to be able to revert to closed shoes and not have to worry about my unsightly feet. Ironically, in the winter my feet and more especially my toenails recover and are usually in good shape. Then when it is time to dig out the sandals again, I seem to be afflicted with another big toenail infection, with the result being that I have to sport toes with no nails or nails in various stages of regrowth for the entire summer months. Let's face it; running and pretty feet are not compatible. For women this is more of a problem when tempted by those tempting strappy sandals, the effect is quite obliterated by the ugly toenails. Over the years, I have learned some tips on how to doctor my own feet and cover up unsightly nails.

Toenails

Toenails really are the ugliest bit of a runner's anatomy; they become thick and horny, yellow or black. However, they play a very important role in protecting our toes and without them you are sure to know about it. The first rule with toenails is to keep them as short as possible, but without cutting them too low so that they hurt. You also need to cut them round and not square across if you are prone to ingrown toenails, which then causes infection. If your nails are too long you can either get a progressively black toenail, or worse still as infection will set in underneath the nail. In both scenarios you will lose the toenail. An infection is evident when the toe becomes swollen, red and very tender and typically throbs. The first thing you have to do is to get rid of the infection and sometimes the blister fluid that has built up under the nail. The most effective way to do this is to bathe your feet in a very warm water solution doused with domestic bleach or Betadine. You then need to take a thick needle, which you have disinfected and insert it gently under the nail where the infection appears to be most concentrated. When you have released the pressure in the correct spot a lot of watery liquid, blood and some pus comes out from under the nail. Continue to soak the foot in the antiseptic solution after you have performed this little operation. You might repeat the process 2-3 times a day for a few days. Once the infection has gone the nail will be loosened and you may slowly begin cutting it away from the skin.

This process may seem like pure torture, but at this stage the pain will have disappeared. Your exposed toe with no nail might be a little tender for a day or two, but quickly some hardened skin forms a protection over the nail-bed area. Some runners prefer to hang onto their nail as a protection for as long as possible. I have found that if you keep your old nail then the new one has difficulty in growing, and often the nail growth is stunted and regrows funny ridges because the nail is hampering growth. The result is that you are left without a new nail for even longer and the growth of a new big toenail can be anything from three to six months. What I have found is a good tip for covering up, is at first to stick a plaster over the toe when it is still very raw looking. Then with dark nail varnish colours you can paint a tromp-l'oeil effect to cover up, which can be very effective. If you are experiencing recurrent black toenails or infections, be sure to inspect the toebox of your shoes and make sure that the surface covering your toenails is of supple material and ample enough not to cause any compression. I have had the misfortune of a favourite model of shoe being updated with an added hard plastic flashy band to be the culprit of toenail miseries. If you have recently bought your shoes, instead of throwing them away you can cut away the offending bit or make a slit in the toebox to relieve pressure on the toenails.

Rough skin and calluses

Running also hardens the skin of your feet and you might find you have lots of rough skin and ridges forming around the toes and on the sides of your feet. There are many different kinds of kits available in pharmacies from pumice stones to sophisticated foot graters. What I have found to be the most effective is first to bathe the foot in very hot water for ten minutes and with a blunt throwaway razor to gently razor away the skin build-up. If you develop a callus in a particular spot, it may be due to friction caused by your shoes and you may have to consider a different model.

Athlete's foot

Athlete's foot is a fungus infection of the skin that most often occurs in between the toes; typically cracks occur in between the toes, sometimes accompanied with a white scale.

The main symptoms include dry and itchy lesions. To treat athlete's foot, you should ask your local pharmacist for an anti-fungal powder or cream treatment. As with warts, this fungus thrives on warm moist conditions and sweaty feet and can be picked up from walking barefoot in public places.

Warts

A tiny little wart on your foot if not seen to can mushroom within a very short space of time and become very large and painful. Warts are extremely contagious and can be picked up from public swimming pools, public changing rooms, etc. They thrive in moist places. Unfortunately, most remedies that can be purchased over the counter do not work, so if you suspect that you have a wart consult a podiatrist without delay, as it can hamper or stop you from running.

Odour

To prevent bad odour, you should wear clean socks for each run. The most effective foot deodorant is ordinary, old-fashioned talc, baby-talc or other. It is not a good thing to wash your shoes often, but every now and again place your shoes, with one mini dose of washing powder (cube or sachet) in each shoe in a machine gentle cold-water wash. Don't dry them over a source of heat, but let them dry naturally.

Blisters

Blisters are a runner's worst enemy; in a race they can stop you dead in your tracks. If you are prone to blisters it is desirable to do whatever is necessary to prevent them from occurring. Double sock layers can be very effective to prevent friction, but make sure your shoes are large enough to accommodate this. Try rubbing a very thin film of Vaseline on your feet before putting on your socks. If you are going to tackle a run in the desert or sandy terrain, where blisters are unavoidable, then special pre-blister prevention steps may be necessary. Three weeks before departure you should start treating your feet daily by placing them in a canine paw hardening dip, which is available from pharmacies. These dips cause your feet to turn a yellowy orange tint, but the benefits of the prevention outweigh the unsightly technicolour aspect. To alleviate blister pain quickly whilst running you should pierce the blister and then place a blister plaster pad (Compeed type plaster) on the blister. Be warned though that these types of plasters actually merge with your skin and can then not be pulled off. Some runners swear by them, however, I prefer just piercing the blister and then putting plenty of eosine on the blister to allow it to dry out as quickly as possible. Keep blisters out of closed shoes and let them air as much as possible so that they dry out quickly and heal quickly. Note that all eosine, Betadine canine dip products will stain your socks and floors, so make sure you have an old pair of sandals handy.

Foot massage and baths

Nothing is more relaxing than a foot massage. If you can't find a volunteer to massage your tired feet there are several self-alternatives. There are many different foot massage gadgets available that work wonders. You can get a simple wooden rod with ridges, or a ball with protrusions that work as you roll these objects back and forth under your foot. There are also several kinds of shoe insoles and sandals that massage your feet and relax them whilst you walk which are good to put on after long runs. An alternative to massage is to treat your feet to a foot spa bath. If you don't have an authentic version, you can fabricate one by just using a basin with warm water and a foot product. There is a large choice of such products in pharmacies and natural products stores and from Body Shop outlets. Effervescent products will give a massage effect. Walking on sand in the sea also has a beneficial soothing effect on your feet.

Winter Tanner's Ranmore check point

9th January 2011



Punchbowl Marathon 13 February 2011



Some useful hints and phrases

Culled from 'The Mountaineer's Weekend Book' Showell Styles

To Clean a Thermos Flask

Crush an eggshell into small pieces; place in the flask with a half-tumbler of vinegar; shake vigorously; add warm water; shake *con brio*; allow to stand for one hour; shake *mango cum impeto, strepituque*; rinse well with warm water; it is now clean.
Quad erat faciendum

A Sovereign Preventive

Now I have a remedy which I borrowed of a Scots professor. He taught me to pour whisky into my socks instead of down my throat, making the foot, shoe, and sock yielding and pliable. I give this as a sovereign preventive for sore feet.
A.N. Cooper (The Walking Parson), 1847

Shakespeare

Now for our mountain sport; up to yon hill!

Your legs are young; I'll tread these flats.

Henry IV, Part I

Night's candles are burnt out, and jocund day

Walks tiptoe on the misty mountain tops

Romeo and Juliet

Oliver Cromwell

No man goes further than he who knows not where he is going

Wilson Hey FRCS

Rhythm of muscles is the result of a mental state. The conscious mind must be kept away from the muscles.

Muscles suffer most harm in running downhill

To Make a Paper Cup

Take a square piece of paper. Fold it, once, into a triangle, With the longest side at the bottom, fold the right-hand corner across so that the point reaches the left-hand side. Turn the paper over and fold the remaining corner similarly. Tuck the two little triangles at the top down into the slots. *C'est fait*