



LONG DISTANCE

LDWA

WALKERS ASSOCIATION

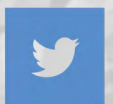
SOUTH WALES GROUP



“LEEKIE’S BLETHER”

JULY 2023

A NEWSLETTER FOR SOUTH WALES LDWA GROUP MEMBERS WRITTEN
BY SOUTH WALES LDWA GROUP MEMBERS.



THE COMMITTEE

Chair
Secretary
Treasurer
Walks Secretary
Challenge Walk Coordinator

Jason Winney
Simon Pickering
Enrique Santafe
Sara Down
Jamie Lewis

southwales.chair@ldwa.org.uk
southwales@ldwa.org.uk
southwales.treasurer@ldwa.org.uk
southwales.walksec@ldwa.org.uk
southwales.cwc@ldwa.org.uk

THE OTHER VOLUNTEERS

Facebook
Website
Twitter
Merchandise
Newsletter

Valmai Lewis
Gerry Jackson & Sara Down
David Morgan
Judith Fox
David Morgan

southwales.cwc@ldwa.org.uk
southwales.walksec@ldwa.org.uk
southwalesldwa@live.co.uk
southwales.treasurer@ldwa.org.uk
southwalesldwa@live.co.uk

In This Issue

"From The Committee" p3
"40th Anniversary Logo" p4
"Cymoedd Sir Fynwy" p5
"A Walking Welshman Part 2" p6
"The Travels of Leekie" p9
"40th Anniversary Merchandise" p10
"Interesting & Historic Buildings In The Black Mountains" p11

"Judith Fox Wins Award" p14
"Offa's Twisted Wye Kanter" p15
"Down Memory Lane" p17
"The Rhondda Rollercoaster" p18
"EBB 100 Photos" p20
"EndPoint Walk - Raising Money For British Heart Foundation" p23
"Leekie Meets" p24



The South Wales LDWA Group ALWAYS needs walk leaders.
No walk leaders = no walks = ????
Please contact Sara Down if you want to lead a walk for
this wonderfully supportive group at: southwales.walksec@ldwa.org.uk

From The Committee



Dear Members,

As we reflect on the recent achievements and memorable moments, we are delighted to share our appreciation for the exceptional work of our dedicated walk leaders and members. Their commitment and passion have made our walks a resounding success, fostering a vibrant and inclusive community within our club.

We would like to extend our heartfelt gratitude to everyone who volunteered at the Elephant Bear and Bull 100. The weekend was filled with pain, tiredness and not to forget the laughter and camaraderie too!! It was heart-warming to witness the gathering of South Wales LDWA Group; coming together to celebrate the achievements of those who participated in the 100.

Furthermore, we want to congratulate David Wheeler and Kathryn Gordon on their remarkable accomplishment of completing their first LDWA 100. We must also recognise the fabulous achievements of both Norma Lloyd and Cheryl Llewellyn who this year successfully completed their 10th LDWA 100. Their determination and spirit serve as an inspiration to all, showcasing their personal growth and fulfilment which can be found through our shared love for walking.

Looking ahead, we eagerly anticipate a summer brimming with captivating walks, allowing us to revel in the beauty of our surroundings and forge new friendships along the way. As the days unfold, we also eagerly anticipate the West Yorkshire LDWA Group exchange in Abergavenny this September. The weekend promises to be a highlight, bringing together like-minded individuals from different regions, united by their passion for exploration whilst celebrating our Group's 40th anniversary.

Lastly, we would like to express our sincere gratitude to every active member of our club. Your enthusiasm, support, and active involvement have been invaluable assets to our community. Your contributions, both big and small, have made our club a vibrant and welcoming place for all walking enthusiasts.

As we move forward together, let us continue to embrace the joys of walking, explore new horizons, and cherish the bonds we have formed.

Wishing you all a delightful journey ahead!

The Committee



South Wales LDWA has an active WhatsApp page. Why not get involved and keep up to date with local matters? Email southwales@ldwa.org.uk and join!

South Wales LDWA Group 40th Anniversary Logo

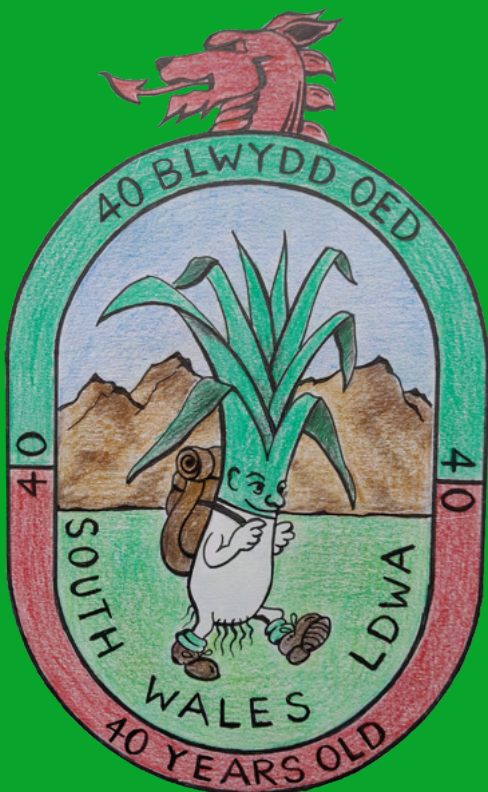
Congratulations Andy Thorpe!

With 2023 being the 40th anniversary for the South Wales LDWA Group, a number of activities are planned.

The South Wales LDWA Group committee invited members to submit logos in order that one might be chosen to commemorate this special celebration. Three logos were submitted and other members invited to vote for their favourite.

The winning logo was designed by Andy Thorpe and drawn by Tony Alcock.

Thank you also to Laura Turner and Andrew Clabon for submitting logos that ensured that the members had a great choice!



Special commemorative T-Shirts with our 40th anniversary logo can be ordered. A first run took place in June but if you didn't order in time for that run, don't fear as another run is going to be organised and T-Shirts ordered in late August.

The details of the T-Shirts and how you can order yours can be found on page 10 in this Blether.

Cymoedd Sir Fynwy

A New And Exciting South Wales LDWA Challenge Walk!

If you haven't already committed to helping on this new and exciting event, **PLEASE** put the 13th / 14th April 2024 into your diary **AND** contact David Morgan in order to ensure that you are a volunteer marshal as South Wales LDWA Group hosts a brand new 50-mile challenge event based on the town of Abergavenny.

Cymoedd Sir Fynwy (The Valleys of Monmouthshire) is an event that is based on the Covid cancelled Y 100 Sir Fynwy and our 2014 Valleys 100. Entrants will be taken on what was arguably the most scenic stretch of Y 100 Sir Fynwy via the Black Mountains prior to returning to Abergavenny. The entrants will then head south west and into the UNESCO World Heritage site above Blaenavon and follow several stretches of Valleys 100 prior to returning to Abergavenny after 51 miles.

All of our checkpoints will be inside village halls apart from one and the entrants will be set a challenging and mountainous route that will be a visual delight.

There **WILL** be a marshals' event on 22/23 June 2024 so no South Wales LDWA Group member will lose out and everyone will have the opportunity to walk the course and earn a certificate.

South Wales LDWA Group 40th Anniversary Celebration

In September 1983, South Wales LDWA Group held its first social walk and more details of this iconic moment in the history of our Group will be available to read in the special edition *Blether* that will be published in September. Fast forward 40 years and South Wales will not only celebrate our 40th anniversary with a meal in Abergavenny, but we will do so whilst hosting our friends from West Yorkshire LDWA.

We will enjoy a 20-mile joint walk on the Saturday, return to Abergavenny and then enjoy a buffet meal and celebrate our Group's many friendships and achievements. The cost for the evening meal will be approx. £15 pp and more details will be available in the coming weeks. Look out for an email that will invite you to book your place and enjoy a lovely evening with friends.

"A WALKING WELSHMAN PART 2 EMIN PASHA RELIEF EXPEDITION 1887-89"

By John Roberts



This is the expedition that wounded Stanley's reputation and made him such a controversial figure that he seems to be treated now as an embarrassment to Wales.

Publicly, it was to locate, or rescue, Pasha (or Eduoard Schnitzler) a Turkish (really German) doctor and naturalist who was regional governor in Sudan: a 'second Livingston' cause. It was backed by the Daily Telegraph and the New York Herald. Additionally, it was to establish British commerce and hopefully a 'Christian peace' in central Africa. And, after several meetings with HMS, Belgian King Leopold part-funded the expedition, to acquire territory and resources in central Africa for Belgium.

It was massive – over 800 men (700 ended the journey) a 28ft steel boat carried in 12 sections, 15 miles of cloth, 2 tons of beads, 1 ton of wire and nearly 300,000 rounds of ammunition for a range of weapons. Starting in February 1887 they followed the Congo, west to east, soon marching 200 miles upstream past the cataracts. There were divisions between the British leaders (ex-army officers and a 'gentleman') about physical punishment of the Africans: though they all employed it some were much more brutal than others.

Then because there was a shortage of boats (fewer than promised by Leopold) Stanley divided the expedition and went ahead with an advance party but limited stores. The inhabitants, because of their experience of slave traders, hid from them, refused to trade, or attacked them, suspecting they were slavers.



Stanley's people were close to death many times, from disease, drowning and starvation, from attacks by cannibals armed with poisoned arrows and spears, and traps: **"we were not long in finding that this apparent highway ... bristled with sharpened [and poisoned] skewers ... covered with green leaves."** They also fought slave gatherers and slave traders who feared disruption of their trade. They were often forced to forage for food; on one occasion, starving, 300 men were sent out to find food; they returned successful, just before Stanley himself was about to set out, taking his revolver and poison in case he failed. They spent four and a half months passing through the dense Ituru Forest before seeing a field.

Meanwhile the 'Rear Column' degenerated into appalling horrors: infighting among the Europeans, brutality, debauchery, neglect and fiendish cruelty to the Africans who suffered immensely - many died or deserted. When the groups were reunited - Stanley had crossed the forest again to find them - he was enraged and sickened - **"one of the most harrowing chapters of disastrous and fatal incidents that I ever heard attending the movements of an expedition in Africa"** - but later he played down these crimes publicly, knowing he would be condemned for leaving two madmen in command.

In April 1888 HMS encountered Emin Pasha, who had no wish to be 'rescued', so after months of argument, indecision and joint exploration Pasha was left, and over 1000 people in a column 3 miles long headed for the coast. There was more exploration, of the Ruwenzori Mountains, in an area with friendly inhabitants, before reaching Zanzibar in December 1889. Pasha had been found, a divided expedition had been reunited, Africa traversed again.

After paying off his followers HMS stayed 50 days in Cairo writing his account 'Through Darkest Africa'. In London his reception initially was positive - cheering crowds at Victoria Station followed by speeches, banquets, celebrations, including a stay with the Prince of Wales at Sandringham and meeting Queen Victoria at Windsor. Stanley had triumphed.

But soon there were controversies and scandals. He had downplayed the atrocities of the rear column, criticising only mildly the officers, who in their own accounts accused him of abandoning them without resources. At the same time, he regularly exaggerated his own harshness and how many Africans were killed in fights (claiming 14 on one occasion instead of the real one or two). His journalist's instincts led him to this, which paid off in sales. A report investigating Stanley's expeditions was prepared for a House of Commons committee, but never published.



His critics now portrayed him as an 'American', which made him easier to denigrate; but which possibly was preferable to having his humble Welsh origins explored; on a lecture tour of Australia he hid from his Rowlands cousins, fearful of exposure and embarrassment. He married in June 1890 in Westminster Abbey, the route lined by cheering crowds, to Dorothy Tennant (family from Cadoxton; father built the Neath & Tennant Canal).

The post of Chief Administrator of British East Africa was offered more than once, but declined, due to Dorothy's reluctance and his desperation to become a father. He was persuaded reluctantly to stand for Parliament and became MP for North Lambeth in 1892. He hated every minute of every aspect of it. In 1895 he adopted Denzil, the 13 month old illegitimate grandson of his half-sister (Dorothy was told a different story).

Stanley was knighted in 1899, and died in 1904. He was denied a funeral in Westminster Abbey, another sign of the contradictory attitudes to him - Britain couldn't, and can't, decide what to do about this immensely controversial Welshman!

He has been portrayed as a bloodthirsty, ruthless killer forcing Africans into civilization. While

he believed that European-style progress was achievable in Africa; (if necessary, by imposing it) he wrote: **"We went into the heart of Africa self-invited – therein lies our fault."** Behaviour that undermined an expedition was punished; deserters were sometimes tracked down and beaten, as were thieves; once recaptured, deserters were held in chains rather than beat them and create open wounds. But HMS paid £150.00 for the release of one of his men who had been captured. Stanley undoubtedly hated the slave trade and had great respect and affection for Africans, being ready **"to admit any black man ... to friendship ...far more intelligent than I could ever have believed"**. To them he was Bula Matari – Breaker of Rocks – from working alongside the men road building in his 2nd expedition.



One of his biographers suggests that his reputation has been made a scapegoat for post-colonial guilt. Livingstone (the popular hero to Stanley's villain) behaved in very similar ways – fights, punishment, bringing about change self-invited) and Stanley was much more restrained than his contemporaries. Is it time to recognise that Stanley lived in different times, circumstances, standpoints, values and understandings? Stanley was a formidable

man who would never reveal weakness. Being illegitimate and having a drunken stepfather, he felt he had been born to struggle and achieve; not to enjoy life; the lesson of the workhouse was: be seen to be tough: **"I make work my fellow. They have lived in society all their lives ... I have been alone 30 out of my 46 years."**

In 1954 Denzil donated Stanley's archives to Belgium (they were flown in a Belgian air force jet!) where they are state property and very difficult to access. Mark Twain wrote of him in 1878 Stanley is almost the only man alive today whose name and work will be familiar one hundred years hence.

Author's confession – A Welsh Walker ? Well, he rode a donkey, when possible!

LDWA Bonus: The HM Stanley Trail in Denbighshire. Click [here](#) for more information!



The next Leekie's Blether will be a special edition celebrating South Wales LDWA Group's 40th anniversary and will be published in early September.

Thank you to those who contributed to this Blether as the Editor is always pleased to receive articles written by members. Any submitted will be published in the December Blether.

Similarly, photos of members wearing Leekie are always gratefully received. Don't be shy peeps, please sharpen the pencil or click the camera shutter and send to: southwalesldwa@live.co.uk

The Travels of Leekie

In this section of our Blether, photographs of members wearing our Leekie merchandise in various places in the UK and beyond are featured.

DO you have a photo of you wearing Leekie with pride? If so, then send it to southwalesldwa@live.co.uk

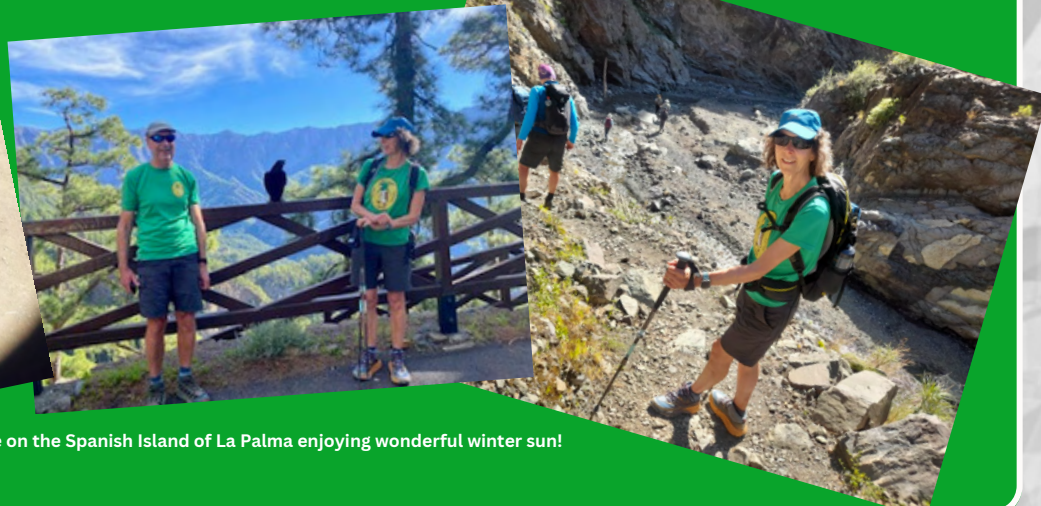


Leekie on the Lycian Way in Turkey

Leekie on the 4000m top of Langtang Valley, Nepal



Leekie enjoying sun in Melbourne, Australia



Leekie on the Spanish Island of La Palma enjoying wonderful winter sun!

South Wales LDWA Group 40th Anniversary T-Shirts



The first opportunity to order the South Wales LDWA Group 40th anniversary T-Shirt has passed but there is still an opportunity to order this piece of merchandise that celebrates our wonderful Group's longevity.

The T-Shirt is available in the following sizes:
S / M / L / XL

Prices:

Small Logo - £12

Large Logo - £16.20

Add £2 for P&P and indicate in the email whether this is an option you wish to have.

When you order, please indicate whether you'd like a small logo or large logo.

Please send you order to southwalesldwa@live.co.uk AND BACS transfer the fee to 'South Wales Group Of The Long Distance Walkers Association' 52 21 63 / 12766054 with a reference of 40LeekieSURNAME E.G. 40LeekieMORGAN

Deadline for orders is 31.08.23

"INTERESTING & HISTORIC BUILDINGS IN THE BLACK MOUNTAINS"



By Hugh Woodford

The Black Mountains have been a working landscape for centuries, as have a number of farm houses, churches, and other buildings. Some are well known; others less so. Apart from Hermitage, all the buildings in this article are in the Llanthony valley and could be combined into a single walk (approx 12-15 miles linear, mostly by road, approx 21-24 circular, return via Chwarel y Fan, Bal Mawr, Garn Wen).

Llwyn Celyn, at Stanton, for years from the early 90's was covered in scaffolding and huge plastic sheets as the buildings were dangerously near to collapsing. In recent years The Landmark Trust researched its history, discovering it dates back to 1420. It belonged to the Llanthony estate until bought by Tom Powell, who farmed there, in 1958. The Landmark Trust spent £4.2 million in restoring the buildings close to how they were around 1690, before opening it in the Autumn of 2018. A two part documentary was shown on Channel 4 in January 2019, telling the story of the difficult and lengthy restoration. The difficulty was illustrated by a dining table having to be taken apart and moved in through a window because it was so large. This was a replacement for the original 13 foot long table which had been sold privately in 2014. Llwyn Celyn won the 2019 Royal Chartered Institute of Surveyors Buildings Conservation Project of the year award. The Beast House, with its cobbled floor, is open (free entry) during daylight hours, acting as an information & interpretation centre. Inside are information panels as well as old tools and artefacts. Llwyn Celyn now provides accommodation - up to 8 self catering, plus up to 12 in a bunkhouse.



St Martins Church, Cwmyoy, is probably the quirkiest building in the Black Mountains. It is the most crooked Church in the UK - its tower leans by 5.2 degrees, compared with the 4.7 degrees of the leaning tower of Pisa. Its crooked shape is a legacy of a landslide as a result of the ice age. Scaffolding was erected in 1991 while work was carried out to stabilise the Church. A buttress had also been added in the 1960's.

Begun in the 12th century, most of the current structure is in Gothic style, dating between the 13th-16th centuries. It is Grade 1 listed and made from local fine grained red/grey sandstone coursed rubble. The stone tiled roof was renewed in 1887. The gravestones include one of Arthur Gill, a racing driver.



Slabs in the footpath from the gate to the Church entrance have been laid in recent years and read: 'This path was laid in memory of Mark Gibbons 5.5.65.-16.9.2000. Loved by all and friend to everyone'. On a number of occasions over the years I have sat on the wooden bench outside, either for a short drinks break or a longer lunch stop. The views are great all year round, but even better in Autumn.

About half a mile uphill from St Martins Church is Ty Hwnt y Bwlch, a Welsh longhouse dating back to the 16th & 17th centuries. It is Grade 2 listed. In recent years it has been renovated, having been uninhabited for some time, and is now lived in. I have never been a fan of the mustard yellow paint covering the main building but, thankfully, it is now wearing off in places to reveal the stonework. The main entrance has a medieval arch, while inside is an elaborate doorcase, carved with stags, hounds, harps & leaves. The outbuildings include a 1720's barn and 19th century stables, both of which have their own Grade 2 listings. The courtyard wall, to the north of the farmhouse, incorporates a set of bee holes. On a couple of occasions back in the 90's, when the house was unoccupied and unlocked, it provided me with shelter from the rain.

A couple of hundred yards below Ty Hwnt y Bwlch is a small 2 bedroom cottage which, after lying empty for many years, is being renovated by its owner. It dates back to the early 20th century, believed to be pre WW1.



Further up the valley is Llanthony priory. A mixture of Norman and Gothic, the priory was built around 1100, while St

St David's Church was consecrated in 1108. By 1118, a group of around 40 Canons founded the priory of Canons Regular, the first in Wales. In 1135, after persistent attacks by locals, the monks retreated to Gloucester.



Rebuilding of the priory was completed in 1217. Three centuries later, in 1539, the priory became a victim of the dissolution of the monasteries. Nowadays it is a very popular tourist attraction, with a bar, meals and accomodation, although parts of the building are said to be haunted. With good car parking it is also well used as a starting point for walkers who have a wide choice of routes.

About 4 miles further up the road is St Mary the Virgin's Church in Capel y Ffin. The current Church dates back to 1762 and replaced an original 15th century structure. It is quite small, measuring 26 x 13 feet. In the porch is a certificate, awarded because one or more of the ancient yew trees in the Churchyard are probably more than 500 years old. Less than 100 yards away is a second small Church which is not open to the public.

Two valleys to the west, in the Grwyne Fechan valley, is the Hermitage. Sadly, it is now in a serious state of disrepair, but does have an interesting history, as the wording on an information panel alongside the road reads:

'The ruins you see before you are all that remains of the Hermitage, an early 19th century house, probably built as a hunting lodge.'



It was built by John Macnamara of Llangoed Castle, a large house and estate, some 12 miles to the north-west. John Macnamara was a colourful character, reputed to have been a member of the notorious Hellfire Club, and rumoured to have won Llangoed and its estate through gambling in 1796, although this is probably apocryphal.

It is also said that Macnamara built the house for his mistress, and built a 'road' across the Black Mountains from Llangoed. Following John's death in 1818, and his wife's death in 1835, their son Arthur sold the Llangoed Estate in 1847 to Joseph Bailey of Dinas, the first Lord Glanusk.

An interesting chapter in the history of Hermitage came during the First World War, when it was used to house German prisoners of war. The troops camped in tents, possibly on farm land at Tal y Maes further up the Grwyne Fechan valley. The non-commissioned officers were housed in timber huts, and the officers were billeted in the Hermitage. The POW's here felled timber and quarried stone for the war effort.

The last family to live in the Hermitage left the house in 1937, after which it fell into ruin. With funding through the Welsh Government's Glastir Woodland Management Scheme, the landowners and Tilhill Forestry have undertaken a programme of tree and vegetation management to slow down the further deterioration of the vulnerable structure.'

Hard Work Recognised By LDWA Congratulations Judith Fox!



At the LDWA AGM weekend that was held in Chester in March 2023, our very own Judith Fox was recognised for the hard work she has undertaken for the South Wales LDWA Group over several years. She won one of the Eager Beaver awards!

The citation was as follows:

"Judith epitomises the LDWA ethos of friendly support having served the group in several capacities for the past decade.

Pretty much an ever present as volunteer at South Wales challenge events, including being a regular supplier of delicious baked goods, Judith recently completed her five-year stint as the group's treasurer. Just when she thought she might be able to concentrate on other things, however, a change in circumstances with her successor saw the group ask if she could pick up the reins again while a successor was sought – a request that was graciously accepted without a moment's hesitation. Judith also continues to serve as the group's merchandise officer, frequently doing brisk business distributing Leekie t-shirts, badges, buffs, mugs from the boot of her car at the start of a social walk.

All of this has been done while Judith has herself been an active member of the long distance walking community, who is closing in on her 10th successful hundred completion."

Offa's Twisted Wye Kanter 16th April 2023

The 2023 version of Offa's Twisted Wye Kanter was the 5th time the event had been organised by South Wales LDWA Group and the second consecutive year that the event had been linked to the Chepstow Walkers Are Welcome walking festival. Each year sees different routes created and this year saw the route head as far north as Bigsweir Bridge (on the 24-mile route) and all routes visiting Tintern and returning via Chepstow Park Wood. The event proved popular with a total of 138 people opting to walk one of the four distances offered. We had some 'no-shows' and consequently 114 people set off from the Palmer Community Centre on an overcast and cool day. The entrants returned happy and professed to having had a great day solving clues whilst enjoying the Wye Valley in early spring. The jacket potatoes and various toppings proved popular as did the variety of home-made cakes. Thanks to Norma Lloyd and Ang Williams in particular for overseeing the catering side of things and to all volunteers who baked cakes.

The event also saw the first ever wheelchair accessible route created and this innovative idea was reported as a tremendous success by those who used the route. The walking festival is likely to ensure that a wheelchair accessible walk is created for the 2024 walking festival.

The volunteers who made the day so successful and to whom I am eternally grateful for their selflessness and dedication to the event were:

Andrew Clabon, Gwyneth Littlejohn, Ang Williams, Norma Lloyd, Tony Alcock, Simon Pickering, Dave Wheeler, Enrique Santafe, Ferne Davies and Rod Hollands.

David Morgan
Event Organiser



Down Memory Lane!

This edition shows that some walks and locations were as popular in the past as they are now. Many South Wales LDWA Group members enjoy walking the 'Ridgeway' and particularly between Blackmill and Caerphilly as the views to both the north and south are spectacular. This was the case on a walk that John Cunnane led on 3rd March 2007. The Group members met at Caerphilly Mountain and transport was arranged that took them to Heol-y-Cyw. All they had to do then was walk the 20 miles back, and looking at the photos, they had a fabulous day!

Perhaps this is something that someone might like to arrange for the current Group? Indeed, I accompanied a current member on a walk from Llanishen to Port Talbot on a wonderful spring day which extended the day's wonderful views, but did push the mileage into the low 30s. And, what a day that was eh Rob Richardson?



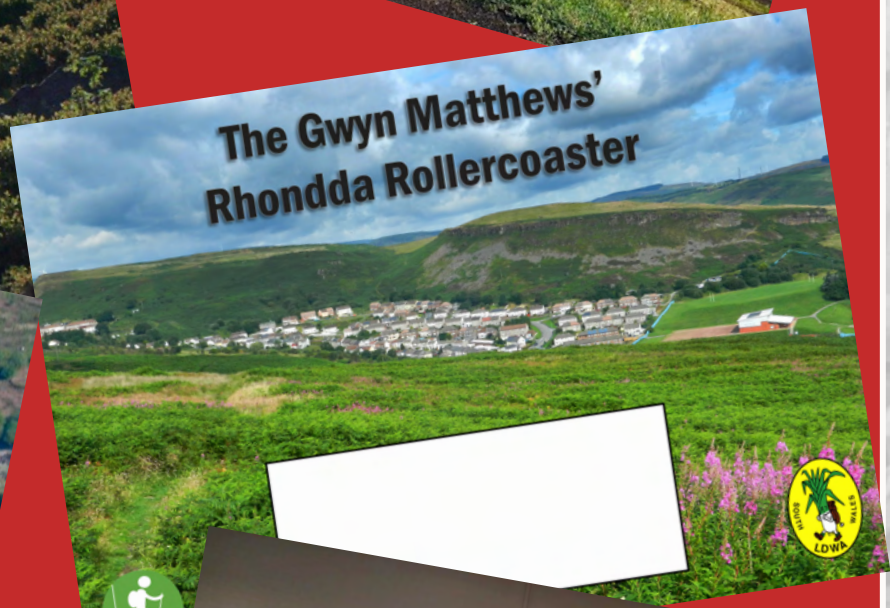
The Rhondda Rollercoaster

South Wales Group's Gwyn Matthews' Rhondda Rollercoaster returned to the LDWA walking calendar on a sunny and warm 13th May 2023. The event was a sell out with 250 entrants which fully reinforced the decision to host the event and show the walking community the wonderful Rhondda Valleys and its scenery!

The feedback was overwhelmingly fantastic and special thanks must be extended to Jamie Lewis as this was the first challenge event that he had organised and he did a wonderful job ensuring that everything went smoothly on the day.

Thank you to each and every South Wales LDWA Group volunteer who worked alongside Jamie and ensured that everybody had a wonderful day!
Photos courtesy of Peter Salenieks & Maureen Watkins





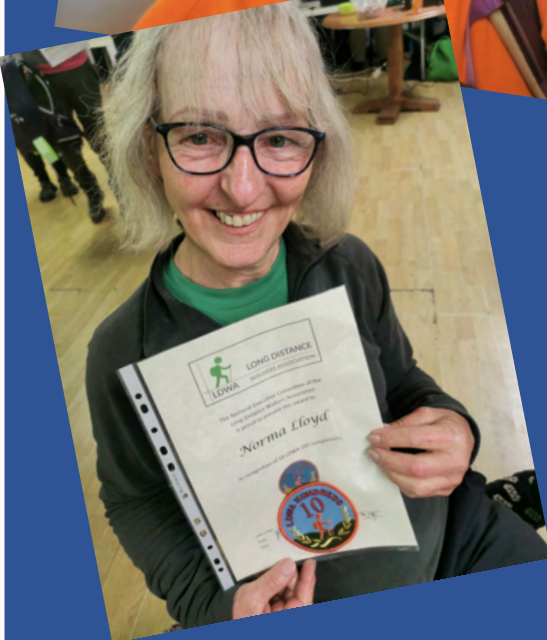
Elephant Bear & Bull 100



Congratulations to all South Wales LDWA members who successfully completed either the marshals' or main event. Particular congratulations to Norma Lloyd and Cheryl Llewellyn for successfully walking their 10th LDWA 100! And, to those who were unsuccessful this time, our commiserations and "Pob Lwc" in 2024!

And, to those South Wales LDWA Group members who travelled to the West Midlands to run Checkpoint 2 at Rubery, 11 miles into the event, thank you for giving up time to support the entrants. A big thank you to: Ferne Davies, Jill Richardson, Rob Richardson, Kathy Counsell, Tony Alcock, Laura Turner, Sara Down, Rod Hollands, Andrew Clabon, Andy Thorpe, Janet Thorpe and David Morgan.

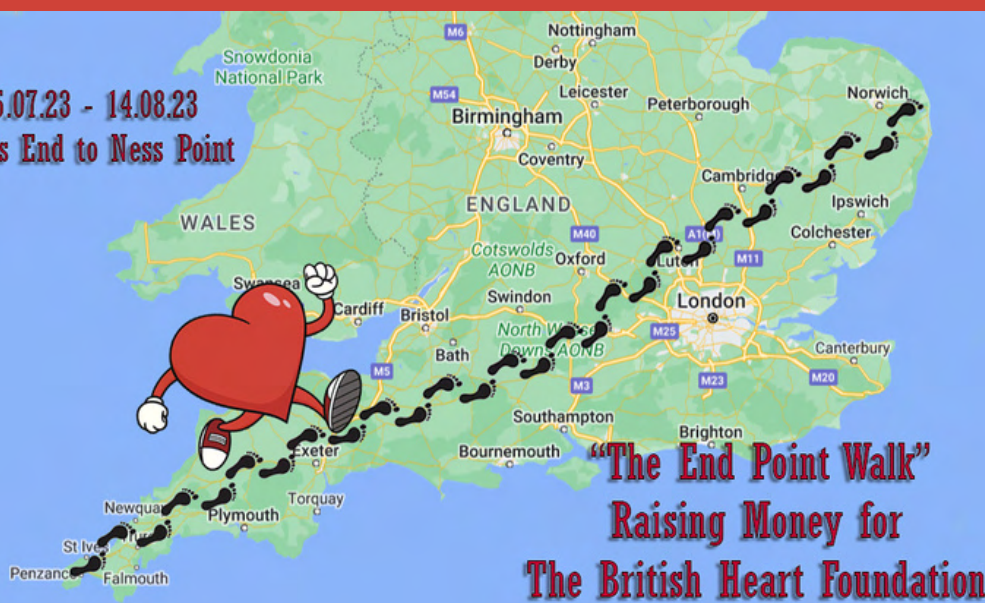






In 2024 South Wales LDWA Group is going to be running Checkpoint 2 at Dorback Lodge on the Speyside 100. Do you want to be join a hard working and enthusiastic group of volunteers that will ensure that the entrants are fed, watered and have a wonderful experience at our Welsh themed checkpoint? If so, please make contact and we'll pass your details onto the checkpoint coordinator! Email southwalesldwa@live.co.uk

15.07.23 - 14.08.23
Lands End to Ness Point



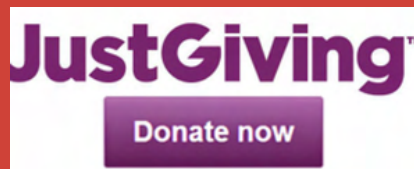
In the early hours of 15.07.19 Alan Warrington suffered an out of hospital cardiac arrest. Due to the life saving intervention by Joanne Johnstone, the speedy ambulance attendance, quick intervention by the attending paramedics and wonderful care in the University Hospital of Wales, Cardiff, Alan has made an amazing and life fulfilling recovery. Alan was really fortunate to have received help in time and we hope that our walk linking the most westerly and easterly points of England can raise awareness of how important it is to help those suffering with a cardiac arrest.

Alan has always enjoyed the outdoors throughout his life, and in particular has enjoyed running and walking and in particular long distance walking. He has walked the length of each of the 19 national trails in the United Kingdom, and has backpacked many other trails including the Dales High Way, Stanza Stones Trail and the White Horse Trail to name just a few.

Exactly four years after that life changing day, Alan and his friend David Morgan will leave Lands End and embark on a month long adventure. Their walk, called the "End Point Walk", will see them walk 580 miles across southern England and finish at Ness Point in Suffolk. They will be raising money for the British Heart Foundation, a charity that funds so much research into heart and circulatory diseases in the UK. The British Heart Foundation focusses their efforts on accelerating discovery and turning discoveries into life-saving medical advances.

Alan and David know that financially times are tight but ask that if anyone wishes to support their fund-raising activity to donate as much as people can afford to help fund the work that the British Heart Foundation does. David and Alan recognise that you might not be able to afford to help at the moment, if so perhaps you could share the fundraising page.

Please click on the JustGiving image and you'll be taken to the JustGiving fundraising page!





Leekie Meets Jill Richardson



1 How long have you been an active member of the South Wales LDWA Group?

Not too sure, but I think I became a family member around 2009.

2 Where did you hear about the Group?

From my husband Rob, who has been a member since 1985.

3 What do like best about the Group?

Exploring the lesser known paths in South Wales, something I would never have done without the LDWA.

4 Where is your favourite walking area in the South Wales LDWA Group area?

I have always enjoyed walking in the Wye Valley, then a few years ago had the opportunity to move into the area, but still never tire of the wonderful scenery.

5 How many LDWA 100 mile walks have you completed?

I have never attempted a 100, no real inclination to try, but love to help out on the event.

6 What is your favourite challenge event?

Where Ravens Dare is one of my favourite walks offering some spectacular scenery in South Wales. However the Across Wales Walk holds many special memories.

7 You arrive at a LDWA checkpoint. What cake would you like to eat?

I love any kind of cake, but carrot cake is probably my favourite.

8 What is your favourite piece of walking equipment?

My Rohan Elite waterproof jacket, it's been invaluable and never let me down, 7 years old now, slightly faded, but still my go to jacket.

9 What is your favourite sandwich filling on a walk?

I do like a nice tuna mayonnaise.

10 What's your ideal walking distance?

Really enjoy a good days walk, up early, but like to be back before dark. Probably 26 miles.