

## REPORT of the 49<sup>TH</sup> RIDGEWAY WALK on SATURDAY 8 MAY 2010 by ALAN SMITH



*It's wet, windy and cold but, like many other participants, Dave Young's spirits are not dampened! (photo: Carl Roe)*

Dave Wright called me a Jeremiah when I said that I had a premonition that this year's Ridgeway Walk would be held in bad conditions! The reason I felt this was that the date was 8 May and it was on the same day of the month in 1999 when we had four hours of rain, heavy at times, and a wind which made it feel cold. And on 8 May 2004 walkers experienced some of the muddiest conditions ever faced on the Ridgeway Walk.

My premonition proved all too true. The temperature was probably the lowest experienced on this walk throughout its long history. Phil Noel, one of the marshals, said that his car registered the outside temperature as 5 degrees centigrade while another joked during the day that the temperature had gone up to 7.5 degrees! Even on the first Ridgeway Walk held at the end of October 1962, the temperature was in double figures!

In addition to the low temperature, the wind was blowing from the north east into or across the faces of the walkers and there were rain showers from the start of the walk until about 6.30 p.m.

As in 1999, there was a big surge in interest in the walk. Streatley hostel soon filled up and we had a waiting list to take up any cancelled bookings. We were lucky to find additional accommodation near Streatley through the good offices of Mrs Janet Fry, to whom I extend our thanks.

**Statistics:** 40 mile walk: entrants 242; starters 221; finishers 197; all these figures are record numbers for this walk.

**Fastest crossing** was by Fabrice Leistner in 6 hours 15 minutes.

**Slowest crossings** were by Emily Carr and Richard Hopkins both in 15 hours 19 minutes.

**20 mile walk:** Entrants/starters slightly down on recent years at 84; finishers 82.

**Fastest time** Florence Labedays in about 5 hours 10 minutes: **slowest times** by the Gardner family (including two children aged 11 and 13 respectively) in around 8 hours 20 minutes.

Another record was the number of coaches which increased to four this year. The coaches arrived as follows: coach 1 at 07:45; coach 2 at 07:55; coach 3 at 08:05; and coach 4 at 08:00. I have added 5 minutes on to these times for the start times of those walkers on each coach, apart from walkers who asked for the precise time of starting to be entered on their cards.

**Two way crossing** –Jason Harrison told me at the start that he had run from Streatley overnight to get there and he sent me the following account of his remarkable overnight journey:-

“ Part of my training for the 2010 West Highland Way Race (WHWR – see [www.westhighlandwayrace.org](http://www.westhighlandwayrace.org)) was an 82 mile, non-stop run on the Ridgeway, which included the Ridgeway 40 (RW40).

I set off from Goring & Streatley Station at 22:25 on Friday, 7<sup>th</sup> May, to run through the night and get to the start of the RW40 the next morning. I then joined the event to get me back to the station. The WHWR starts at 01:00 on Saturday, 19<sup>th</sup> June, so it was good to get the feeling of setting off into the night, although of course the beginning of the WHWR will be fairly 'busy'.

The overnight run was my fourth, but the first running alone and with no checkpoints. I rather like running through the night: you get into a 'zone' and the time passes quite quickly. The first part went well and I made excellent progress. It was strange to hear the pigeons erupt out of the branches overhead as I ran under the trees and see the occasional shining eyes of a fox, badger or rabbit as they reflected my head torch. On the summit next to Uffington Castle I saw a flock of sheep, just vague pale shapes with blue-white glowing eyes, looking eerie in the darkness. After dawn I surprised a young deer, which ran off down the Ridgeway. It bounced off the track boundary fence when it tried to just run through it, which was amusing to watch. I flagged after dawn because the weather had got quite wet and breezy, and I let my energy levels slip by pushing on, rather than stopping to eat, in anticipation of a decent break with some shelter at the RW40 start.

I had several options for the exact route on the overnight section: either follow the route of the RW40, which cuts off the rather frustrating dog-leg the official Ridgeway path takes through Ogbourne St George; cut even more off by following the Old Ridgeway across the north side of Liddington Castle; or follow full Ridgeway route. This was mainly to be decided by how long the run took me, as I didn't want to get to Overton Hill too early. In the end I took the longest option, which is lovely because Smeathe's Ridge is so beautiful.

A friend, Peter Cusick met me at the start of the RW40, to run ten miles or so with me before returning to his car. It was lovely to see him and sit in his car and drink the milkshakes I'd left with him in my 'drop bag'. Later in the morning, we neared Liddington Castle. "I've done 11 miles now, I'm going to turn round and run back to my car; do you want to come back with me, or carry on?" Peter's question was a siren song, luring me off my quest. I was 53 miles into my run, 29 miles from the finish, and I was trying to think up one good reason not to turn around with Peter. The weather was still rough and my reserves still decidedly depleted. In the end, I bade him farewell, gritted my teeth and carried on. I had many more moments like that throughout the day (basically at every checkpoint).

I continued to struggle with low energy levels. It was cold and windy: 4 Celsius at one checkpoint according to someone's mini rucksack thermometer. I had underestimated my clothing needs, although I was at least wearing a totally windproof Goretex jacket. No wonder I shivered every time I stopped for a minute to hand in my tally card, and I still didn't want to stop to eat. The checkpoint 12 miles from the finish had tea and cakes, however, and the kind ladies there force-fed me for about 45 minutes (6-7 pieces of cake, 3 cups of tea). As a result of my re-fuelling and some really friendly fellow participants, I finished the day strongly and in fairly high spirits.

Sitting in the finish 'HQ' felt great and I enjoyed the camaraderie and conversation. The RW40 is a great event, which I would certainly like to repeat, with or without the overnight 'prologue'." *(Best wishes for the WHWR. Alan)*

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Preparations for the 2010 walk have been difficult. In 2008, the Shepherds Rest at Fox Hill closed. The property was unsold at the time of the 2009 walk and the agents handling the sale allowed us to use the car park for our checkpoint (CP) 3 and to put a portaloos there. We learnt early this year that the property had been sold and it took us a long time to discover who the new owner was; it was only after our webmaster, Steve Riddiford, visited the site that we found out.

The Shepherds Rest re-opened (on 7 May 2010) as an Indian Restaurant, called 'The Burj' but the date of its opening was postponed so often that we could not plan ahead with the view to using any of its facilities, assuming, of course, that the owner allowed us to use any of them. So we set up CP3 in a new location in the car park on the Ridgeway and hired a portaloos for that checkpoint

Then we discovered that the Barbury Castle Cafe was no more, having been burnt down, apparently through arson. So this was the second establishment where we couldn't get water much less any of the marshals getting a proper breakfast. As one of my co-organisers, Stuart Walker said when I mentioned the news to him about the cafe, "Things can hardly get better!"

Because of the difficulties over water, we asked many marshals to buy bottled water much of which, in the end, wasn't used as many walkers were reluctant to consume cold drinks on such an inhospitable day. The exception was CP6 where more water was used than ever before, making tea.

In addition to portaloos at CP3, we had them at CPs 5, 6 and 7. They look simple enough but again caused more work trying to find the owners of the land to ensure they had no objection and surveying three of the new locations (we had a portaloos at CP7 last year) thoroughly to choose the precise places to put them.

During the year, a lot of work has been put into our web site, which was originally set up by Mike Sandford. The web site has proved to be our best publicity tool and I am grateful to Mike for all the work he has done on the site over the years. We have moved on, however, and last year, management of the site was transferred to Steve Riddiford, one of the 2009

Ridgeway Walkers. I thank Steve for his excellent work revamping the site. There is much still to be done so keep your eye on the site over the next year to see improvements and additions.

Thanks are also due to Nick Crivich, manager of Streatley hostel, and his staff for once again arranging the running of the hostel to fit in with the requirements of the Ridgeway Walk. Also thanks to St John Ambulance and Raynet, both manned by volunteers, for their support throughout the event. Thanks also to all the volunteers mentioned in the list of marshals who, in spite of the unpleasant conditions, maintained a cheerful attitude which so many walkers found encouraging.

I am also grateful to Brad Bright for storing two of the Ridgeway Walk gazebos in Goring which saved them being carted to and fro across the country. Brad is unable to keep the gazebos in the future and I am grateful to John Beardsley for taking over their storage. Thanks also to Caroline Smith for putting up publicity notice in Goring and Streatley.

**Congratulations** to Geoffrey Dumper for achieving his 40<sup>th</sup> crossing, the second walker to achieve this milestone (or perhaps that should be the 16 hundredth milestone!). A special award (of his own choosing) will be made to him.

**The organisers** were Anne Goulding, dealing with the entries for the 40 mile walk, Stuart Walker who organised the marshalling on the route, Ron Cutler who organised the 20 mile walk and the team of volunteers at the finish and myself for almost everything else.

**NEXT YEAR'S WALK** will be on **SATURDAY, 7<sup>th</sup> MAY 2011**. It will be the 50<sup>th</sup> walk and Anne has spoken to some entrants about this and she hopes we will do something significant to mark the walk. Personally, I have my eyes set on 2012, which marks the 50<sup>th</sup> anniversary of the first Ridgeway Walk and have been making some plans in respect of that year's walk already. But, perhaps we should make both year's walks special; **they will be special if as many of you as possible join us in each year.**

In any event, we will communicate (electronically where possible) with this year's entrants with details of the 2011 walk early in the new year. We are looking into the possibility of on line booking to make it easier for both entrants and the Entries Secretary so we may refer you to our at [www.ridgeway40.org.uk](http://www.ridgeway40.org.uk).

Those without access to the internet will continue to receive communications from us by post. Requests for entry forms, information for the 40 mile walk and any queries should be addressed to either Anne at [ridgewaywalkinformation@gmail.com](mailto:ridgewaywalkinformation@gmail.com) or Alan at [jungledrums@waitrose.com](mailto:jungledrums@waitrose.com) or phone Anne Goulding on 01425 616106

**Details of the Ridgeway 20** are only obtainable from Ron Cutler at [Ron@etape.plus.com](mailto:Ron@etape.plus.com)

## MARSHALS

[Regular type - marshals who were at CPs for part of the time the CP s were open. ]

Coach	<b>Grahan Butler, Geoffrey Dumper, Gail and John Elrick , Colin Saunders</b>
Start at Overton Hill	<b>Mike Acott, Ken Brooks, Carl Roe, Alan Smith</b>
CP1 Barbury Castle	<b>Anne and Arthur Goulding, Anne and Tim Ardill,</b>
CP2 Whitefield Hill	<b>Angela and Brian Bellwood</b>
CP3 Foxhill car park	Mike Acott, Angela and Brian Bellwood, Anne & Arthur Goulding, <b>Veronica Hope</b> , Carl Roe
CP4 Uffington Castle	<b>Malcolm Cox</b> , Anne Goulding, Arthur Goulding, <b>Lesley Secker, John Templeton</b>
Ridgeway 20 hostel	<b>Christine Cogger, Ron Cutler, Helen and Stuart Walker</b>
Ridgeway 20 start	<b>Christine Cogger and Ron Cutler</b>
CP5 Eastmanton Down	<b>Liz Brenke, Dave and Wendy Bagshaw</b>
CP6 Yew Down	<b>Pam and Steve Deverill</b> , Frances Passey, <b>Linda Wright</b> ,
CP7 Bury Down	Sheila & Dave Dowsett, Phil Noel, Frances Passey, Helen and Stuart Walker
CP8 Compton Down	<b>Peter and Sue Dziwior</b>
CP9 Starveall Turn	<b>Ian Mitchell, Ken Royce, Derek Smith</b>
Finish	Douglas Chester, <b>Christine Cogger, Ron Cutler, Ken Fancett</b> , Mike Fleet, John Flynn, Annelise Hill, Andy Mansfield, Phil Noel
Certificates	<b>Christine Cogger</b> (20 mile) and <b>Linda Wright</b> (40 mile)
Fold up marshals	<b>Alan Smith</b> , Ken Brooks (to 18.00), and Helen and Stuart Walker (from 18.00)
Support for checkpoints	<b>Helen and Stuart Walker</b>
<b>Drivers</b> (responsible for delivering water and in some cases marshals and tents to CPs, helping to put up and take down tents and transporting retirees off the Ridgeway. In some case, drivers also helped out running CPs. And some drivers took on these duties after finishing at their own CPs) – Mike Acott, Brian Bellwood, Liz Brenke, <b>Barbara Chambers &amp; Helen Pomfret</b> , Malcolm Cox, Anne & Arthur Goulding, Veronica Hope, Andy Mansfield, Phil Noel, Frances Passey, <b>Kevin Pomfret &amp; Roger Chambers</b>	
<b>Tents</b> were supplied by Pam & Steve Deverill (CP 6), Peter & Sue Dziwior (CP 8): <b>gazebos</b> at CPs 4, 5 and 7 and <b>beach buddy</b> at CP9 were supplied by the Ridgeway Walk. Raynet also put gazebos up at several CPs. Brian and Angela Bellwood put up and subsequently removed the waymarks at Whitefield Hill	

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**ST JOHN AMBULANCE** - Ian Faulkner, Rob Croton, Peter Burningham, Martin Wood, Sarah Gardiner, Stuart Morgan, Clare Croton, Nigel Domaigne, Peter Brierley & Martin Maynard; James Wickham, Paul Robertson and Stephen Johnson

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**RAYNET - CP3** - Sarah Loyd (G7TXR); **CP4** - Ian Mayo (M0ICM) & Kathy Mayo (M0KMM);

**CP5** – George Eycott (2EOFEC) & partner; **CP6** - Stewart Marlow (G7ITU), Pete Milton (G8FRC) and his wife Brenda;

**CP7** - Denis Pibworth (G4KWT), Jonathan Sawyer (M3VJO), Colin Blount (M0IET) & David Hora (M6FJY);

**CP8** – Bernie Maggs (M0NKS) & Norman Bland (M0JEC); **CP9** - George Bichard (M0GXB) and partner with Simon French (G6ZTZ); **Finish** - Wally Sawyer (G7FHN)

## LETTERS

Firstly what a supreme event you put on, faultless on all aspects. We have booked accommodation for next year all ready! Must be the friendliest long distance I have ever completed and we have a fair few. I ran with Chris Walsh and I believe we were 1st through the first couple of checkpoints.

**David Lane**

A brief email to send congratulations and thanks to you, your fellow organisers and all the marshals who made my first experience of the Ridgeway 40 so wonderful last Saturday. It was a wonderful day. Please pass on my thanks and appreciation to all concerned. I certainly plan to take part again in the future.

**Mark Clay**

Thank you for another fabulous event! Was good to meet you (*Anne G*) at CP4.

**Jen Jackson**

What a fantastic event it was yesterday! All of the marshals were really friendly in some very harsh conditions. It was the first time that I had run a distance of 40 miles too, and against that strong wind it was tough in places, but I enjoyed every minute. The kind marshal at the end offering to make me coffee and making sure everything was ok was so thoughtful too.....I'll remember this for a long time! The food and drinks offered at the checkpoints were totally amazing also; thanks to everyone who was involved in organising this!

**Rob Bishop**

Just to say thank you for yet another really enjoyable event. Many thanks to you and the other organisers. Particular gratitude to the marshals - especially those at the last few CPs who would be out for the longest in the cold and encroaching gloom. Also honourable mention to lady who kept on popping up at different places and greeting me with 'Hello Pip!' (the joys of cheap rice pudding at CP3 were really appreciated)! The cakes and tea at mile 28 were as ever superlative. Thanks to the YH staff for looking after and feeding us and to Ken and Carl for the continuation of the great Harold Mann Ridgeway pint (consumed with relish). Apologies to anyone I've missed.

**Pip Lloyd**

Many thanks to all the organisers and marshals once again. The portable loos were a very big plus! Here are my comments: Having been on the 2008 walk which was so hot and humid that the marshals at Checkpoint 6 were spraying people down with water: this year the weather did the job for them. Yes, the Ridgeway can indeed get "very cold if it rains and/or is windy". At least it hadn't rained enough to make the track seriously muddy and the surface improvements at Whitefield Hill and onwards were very welcome. Only just warm enough myself in a thick waterproof jacket and at a reasonably brisk pace (well, by my standards); I can only sympathise with the marshals, particularly those not at the tea stop!

**Helen Abbott**

I just wanted to say thank you very much to you and all the helpers for the excellent organization of the Ridgeway 40. It was the first time I'd done the walk (and the first time I'd walked that far in a day!) and the whole thing was very impressive. Pity about the weather, but you can't have everything. Many thanks again.

**Alan Sheppard**

Dear Alan, Anne & colleagues at Reading Outdoor Group, Martin and I would like to thank you for your efforts in putting on the wonderful Ridgeway 40. We were particularly impressed with the good humour of the checkpoint crews in the freezing weather. I hope they didn't suffer too much from having to stand still - even running at full speed we were hypothermic! Everyone's efforts, from the early morning transport to the check-in at the annex were very much appreciated, although my fondest memories will always be of the cake!

**Lucy Gettins and Martin Fray**

Thanks to you all for organizing the RW 40 on Saturday. I think our three 'old hands' enjoyed themselves, our new chap less so as he retired. Richard said it was 'the hardest yet'. The cold wind did not help, sapping energy as it blew across the downs. My feet are fine, one blister on the side of my L heel - but I did do it in trainers bought specially for the event on Friday evening, 10hrs before the start. Dave Hall & I both did better times - we decided not to stop at any of the checkpoints - both of us (although walking separately) getting good at drinking & eating on the move! Getting under 10 hours is the goal now - we may have to do some training to achieve that though. Thanks again - we'll be back!!

**Dan, David, David & Richard**

Thank you all for the work you did to organise the walk. Everything but the rain!!

**Graham Banks**

I just wanted to say a huge thank you for everything on Saturday. A truly great event, very well organised, fantastic checkpoint marshals (especially the ladies with the amazing cakes) & a great youth hostel (Nick was great & very helpful). Will definitely recommend the event. Still can't walk properly though.

**Siobhan Reddy**

Please thank for me all the volunteers, both behind the scenes and those at the checkpoints, who made the walk possible. I would like to work out the deterioration in my speed as the walk progressed.

**Derek Savage**

I would just like to say a very big thank you for all your hard work on Saturday to make such a wonderful event. It was my first time and I was made to feel welcome from the very first moment I arrived. I had entered using it as my first step into the world of Ultra marathon running and received advice, help and assistance all the way. I was delighted at finishing at just under 8 hours but more importantly I enjoyed the route and the chats with people I met on the way and of course not forgetting the delights of rice pudding, cake and tea just when it was needed! Thank you once again - I hope to be back next year!

**Sarah Matthews**

Hi, thanks very much again to all involved for another successful event. A couple of specific comments. Firstly, compliments to whoever baked the cakes. Secondly, thanks again for provision of portaloos - well worth the cost in my opinion.

**Alan Iwi**

I just wanted to thank you and all your team, and of course the St John's Ambulance for all your organisation of the Ridgeway 40 this year. The four of us enjoyed it immensely, was our first one and hopefully will return next year. Only two of us finished in the end, with Paul and I arriving at Streatley at about 10.30pm! The 40 miles was about 4 times the maximum distance I have ever walked so I am glad to have finished. We are walking 62 miles in July on a charity event - the Trailwalker - so hopefully the RW40 has shown us what we need to do in training. Thanks again and hope to see you next year!

**Lawrence Wood**

Just to say thank you for another great Ridgeway blast. The conditions were not as bad as expected but that was for us who were keeping moving - your volunteers must have been frozen! Just to thank you and your team for all the hard work and 007 stormed in to the CP's 'damp not drenched'! Not quite as catchy as 'shaken not stirred'! I look forward to seeing the results as I think I managed more or less a 5mph walking pace and was faster than last year! I wish I was not so competitive at times! Thanks again, I hope you enjoyed the event as well, despite the conditions.

**Tara Williams**

Thank-you for yet another most enjoyable day. As ever, very well organised, excellent support from everyone helping at the check points and good camaraderie between fellow walkers. I'm already looking forward to next year's walk. Thanks again for a great day

**Ian Smith**

Well, what a day that was! The wind up to force 7 in the gusts, mostly from dead ahead, blowing wet for much of the time, and perishing cold! Nonetheless, that was more than neutralised by the tireless warmth of the lovely people who staff the checkpoints. After all, it wasn't such a bad day. The larks were still singing (if hard to hear against the wind), I saw a fox, chatted to fellow walkers, and felt as exhilarated as always.

Those of you who have tried the 20-mile walk, you're missing half the fun! On one of my first Ridgeway crossings another walker told me about the Long Distance Walkers Association, and explained that they organised an annual 100 mile walk. I expressed uncertainty as to whether I could walk so far, but he said, "If you can do 40 you can do 100!" I put it to the test and he was right. So, by similar reasoning it seems to me that if you managed the 20 on May 8th you can do the 40 next year! Then, who knows, you might be tempted to try something longer.

As ever, our Ridgeway 40 was wonderfully organised, from signing up for it, through the coach trip, right up to sitting down with a mug of tea and a slab of cake in Streatley; everything worked like clockwork. Many thanks once again to Alan, Anne and all who help them, for another great walk.

**Peter Naish**

I just wanted to thank everyone involved in organising this event. I have competed in many running events and triathlons in my time and your event is easily one of the best I have attended. The logistics in a long distance event like this are tough and I am very impressed by how efficient it is but still with a really friendly welcoming feel. The people manning the checkpoints make a huge difference, in particular the later ones who did a sterling job of lifting our spirits when we were beginning to flag. For my team - Julia's Fools (numbers- 47-50) - it was our first crossing and we have been inspired. The amount of older walkers coming home before us and clearly enjoying a very healthy retirement were a true testament to the power of healthy living and the outdoors. They certainly whipped our backsides and I really hope we'll be back to join you on the Golden Jubilee crossing next year, and get our time under 13 hours.

**Kelly Allen**

Many congratulations on the well organised event on Saturday. Fortunately the rain held off and conditions were perfect. The well manned checkpoints and refreshments on route made all the difference as we set a new PB, many thanks. I know you are probably super busy processing results etc but I wanted to know if we will be receiving by post at some point our signed checkpoints cards that we had to hand in at the finish? (*I will return the check cards to you. AS*) We found the split times from our 2009 card very useful to compare to our pace this year and this helped us finish in just over 10hrs 30mins an improvement of approx 35mins from last year. As we look to beat 10hrs 30mins next year and maybe even target a sub 10hr time it would be great to have the splits on the card in order to track progress. I must be going mad as we are probably still 363 days away but we're keen to improve and use the same methodology and tactics that helped us improve this year.

**Rob Maloney**

Congratulations on another successful Ridgeway!

**Colin Saunders**

Dear Organisers and helpers on this year's Ridgeway, Many many thanks for all of your hard work, dedication (the conditions being as they were), help and kindness which made so much difference to whether I finished or not. There are too many of you all to single out any particular one except, perhaps, the 'oasis' of checkpoint 6 where the hot tea, biscuits, homemade cake etc made such a difference to my completion in just about one piece! Please pass on my thanks to Raynet and St John Ambulance (I have sent a thank you card to Nick and staff at Streatley hostel). Look after yourselves, have a break – you all deserve it.

**John Leather**

Many thanks to all the other helpers for such a memorable day. I hadn't been at all sure how such a long walk would go (and I did get one blister and a sore ankle late in the day), but the day just flew by - thanks no doubt to all the wonderful encouragement and refreshments at the checkpoints. I can now see a number of ways in which I could improve upon my time, so am looking forward to another crossing!

**Jan Szczuka**

Just a quick note to thank all involved in the Ridgeway 40 for making it a more bearable experience. My friend and I found the route very difficult and unfortunately Jason had to retire after about 36 miles. I being the caring soul I am left him behind and limped on to the finish. This was quite an experience for me as I have Club feet and all through my life I've managed to defy the Doctors who told me I wouldn't be able to play sport etc never mind walk 40 miles. So thank you once more and I might even be back next year to help my friend complete the route.

**Chris Connolly**

*(Note: I understand that Chris raised £400 in sponsorship for British Heart foundation; well done!)*

<b>THE RIDGEWAY WALK INDIVIDUAL LEAGUE TABLE 2010</b>					
		Susan Clements	14	Peter Servante	7
		Walter Cullis	14	Helen Rosamund Abbott	6
		Colin John	14	Vaughan Dennis	6
		Linda Wright	13	Bob Emmerson	6
Dave Wright	43	Gerald F Bateman	12	Susan Goddard	6
Geoffrey Dumper	40	Ian Campbell	12	Trevor Powell	6
Ken Royce	38	Mike Sandford	11	Lesley Secker	6
Graham Butler	35	Nicholas Syfret	11	Dr Francis L Thomason	6
David Young	35	John Harrison	10	Robert Attwood	5
Colin Saunders	34	Gerry McEvelly	10	Jenny Boyle	5
Pete Clegg	33	Ian Mitchell	10	Patrick Breydin	5
Carl Roe	31	Tom Stagles	10	Paul Caines	5
Bob McGavin	28	James Whittaker	10	Emily Danaee	5
Neil Lawrence	24	Douglas Aspinall	9	Peter A Edwards	5
Alan Smith	24	Martin Bingle	9	Stuart Fletcher	5
Mike Kershaw	23	Edmund Walters	9	Victoria Gregson	5
Alan Palmer	23	Philip Bedford	8	John Leather	5
Ken Saunders	23	Barrie Dannenberg	8	Sue Leonard	5
Christopher Cambray	22	Marta Janiskova	8	Deanne Macbeth	5
Ken Fancett	22	Peter Naish	8	Catherine Mann	5
Bill Colson	21	Norman W Smith	8	Anthony Maplesden	5
Derek Smith	21	David P Wright	8	Andrew McMinn	5
Ernie North	20	John Beardsley	7	Michael J Middleton	5
John Rollinson	20	David Cleverley	7	Simon Plint	5
Abigail Elrick	17	J Comber	7	David Powell	5
John Elrick	17	Peter Darnell	7	Graham Sarah	5
Michael Clarke	16	Jono Dennis	7	Tim Smee	5
John Harding	16	Malcolm T W Green	7	Helen Thurman	5
Steve Rackett	15	Susan Gunning	7		
David Sheldrake	15	Connie Pflanz	7		

Notes (1) Please let me know if you spot any errors or omissions from the Individual League Table.

(2) I have decided to drop the **Team League Table** as this no longer seems relevant now that the fierce competition between some clubs (of the 1960s to 1980s) is over. And while some of these teams are still represented, numbers are very much down on those of the earlier days.

**APPEAL FOR PHOTOS** I am putting together albums of photos of the walk throughout its history. The early 1960s and mid 1990s to date are well represented, but the years in between are very sparse. If anyone has photos taken on the Ridgeway Walk during the lean period, I'd be grateful if they would contact me with the view to getting copies for these albums.

**Alan Smith**