

NOVEMBER 2019



60 years 1959 - 2019

National Trails and local hills

Recognition this month of two members who have recently completed National Trails : one taking 13 days and the other 19 years !

The quicker trekker was Adrian Wilcock. With plenty of energy in the tank he was dropped off at Chepstow on the Severn Estuary en-route back from Devon after attending the Baggy Point meet in September. He then completed all 177 miles of the Offa's Dyke path to Prestatyn in 13 walking days.

The other National Trail finisher is Clive Dean who has now completed all 630 miles of the South West Coast path from Minehead, Somerset via Land's End to Poole in Dorset. He would have passed Baggy Point on the way. This has been a long term project for Clive who began from Minehead in the year 2000. Returning to the West Country occasionally on short walking breaks with friends he continued clocking up the miles over the years to complete what is currently the UK's longest National Trail. Congratulations to both Adrian and Clive on their respective achievements.



Turning to local hills several members are closing in on the completion of all sixty of 'Phil's Hills' by the end of the year for the club's 60th anniversary challenge. One of the more uplifting 'Phil's Hills' stories is the return to health of longstanding member Jon Yeeles to continue notching up the summits. Jon required his third major operation in recent years in August. However accompanied by his wife Anne he has now completed 47 at the time of writing.

Don't forget that when you come to renew your club membership in January the annual subscription will be £30. The increase has been triggered by external factors outside the club's control. It was explained by Club Secretary Jan on page 9 of the May issue.

This issue will cover:

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Thanks as always to all this month's contributors.

Graham Daly, Editor

Cover photo:

Taken in the Shropshire Hills: two Tuesday night walkers pause at the trig point on Manston Rock, the highest point on the Stiperstones ridge, 28th May 2019.

At 536m (1,758ft) this is the second highest of the sixty 'Phil's Hills'.

Picture : Cheryl Foster

Deadline for the next newsletter is 10th January 2020. Any photographs should be a separate JPEG.

Club 60th anniversary: 60 hills for 60 years (aka 'Phil's Hills')

Some of you have been doing the 60 hills in Shropshire over this year - probably discovering some places you didn't know, as well as the regular Tuesday evening favourites. We'd like to give something at the AGM to everyone who completes all 60 hills in 2019. So please tell us if you have already completed all 60, if you think you will by the end of the year, or just some of your stories about doing the hills...

Brenda Duffy

'Phil's Hills' challenge : latest totals

The following were the latest totals recorded by members in mid November (best information available) with approximately six weeks left to complete the challenge.

	Name	Number of hills completed	
1	Larry King	60	Finished
2	Jan Campbell	59	
3	Brenda Duffy	56	
4	Cheryl Foster (with partner Martin)	55	
5	Graham Daly	49	
6	Alenka Toinko	48	
7	Phil Holden	48	
8	Jon & Anne Yeeles	47	
9	Skye (Cheryl's dog)	47	
10	Eve Over	46	
11	Gareth Egarr	40	

- Apologies if anyone has been omitted but you were invited to email and the Editor hasn't heard from you.
- If you are wondering which hill will have the distinction of being Jan's sixtieth and last it is Moel y Golfa in the Breiddens. She intends a triumphant completion on the last Tuesday night walk before Christmas (17th December - see back page).
- If you are further wondering why Moel y Golfa makes it onto a list of 60 Shropshire Hills when it is over the border in Wales then awkward questions to Phil Holden please not the Editor !

13-15th September 2019

Baggy Point, Croyde, North Devon

As our former member Joe Penfold has moved to Croyde in N.Devon for work it seemed obvious to invite ourselves down there for a meet, and so we did!

Joe is renting a flat which is part of a large house with even larger grounds and a delightful, interesting landlady (Eirene) who was happy for us to use all the facilities....tennis court, croquet lawn, indoor games room with table tennis and a field with deep comfortable grass to camp in. We only had time for the table tennis as the day were taken up with rock climbing and, for some, surfing.

Present were Tom, Larry, Adrian, Tracy, Jan, Clive, Heather and of course Joe which made the climbing easy to organise.



Joe Penfold leading at The Long Rock (photo by Adrian Wilcock)

On the Saturday we all spent the day at Promontory Slab which is a beautiful expanse of culm (metamorphosed sandstone) with good friction, not many loose bits and single pitch climbs in the easier grades. We made good use of the Club's new static abseil rope and most people did 3 or 4 routes. Towards the end of the day Joe and Heather embarked on the classic 'Kinky Boots' VS 4c which involves launching yourself across a zawn to gain the first hold. Their plan was to do both pitches of Kinky Boots but the second pitch was loose without decent protection and a top rope had to be organised; all's well that ends well!

Sunday saw Tracy, Adrian Heather and Joe head for The Long Rock which is justifiably popular due its accessibility and also the classic of the crag 'Shangri-La. Tom Larry Jan and Clive headed slightly further along the cliffs to Scratling Zawn where after some faffing about, the descent to Scratling Crack V Diff was found.

Altogether this was a brilliant meet with excellent weather, wonderful climbing and good company. Thanks to Joe and Eirene.

Jan Campbell

Peru 2019 – 24th May to 15th June (Part Two)

A family trip described by Adrian Lowe (part one appeared in the September issue)

Back in Lima late on the Sunday night (from Machu Piccu) we were up early for a one hour flight to the southern city of Arequipa, where we were headed to climb some big mountains (volcanoes), which can be seen from the city. We stayed at Lizzie's (Lizzie White, a water engineer from Shrewsbury) sending organisation's guest flat, which had the great benefit of a washing machine and cooking facilities. It was a 20 minute walk to the city centre, whose white "Sillar" stone makes for some stunning old Spanish buildings.

Despite being at 2400m it was hot here (we were in the Peruvian winter, which is the dry season), and people seek the shady side of the street to walk on. We went to find our guide who we had pre-booked (Carlos Zarate).

Chachani mountain

On Wednesday 5th June we were collected in the morning by Carlitos and his cook for a 4x4 drive to base camp of Chachani mountain, at around 4800m, it was a pretty barren spot. It wasn't too much below freezing overnight, but we set off at 3am the next morning with most of our layers and duvet jackets on. Doing some of the ascent in the dark means you just trog on, at a very slow pace, arriving at the summit (6075m) just after 10am. We each had our moments of difficulty but kept each other going. The descent seemed a very dusty affair, but a great meal was waiting for us, and then break camp and drive back to Arequipa.



Lowe family group on the summit of Chachani mountain in the Peruvian Andes, 6057m (19,872ft) above sea level. From left to right Adrian, Reuben and Cathie.

Adrian has overcome significant walking and climbing injuries in recent years so ascending an Andean peak nearly 20,000 feet above sea level is more of a comeback performance than many members may realise – Ed.

Peru 2019 concluded

Our plans for a second 6000m peak (Ampato) were scuppered as a volcano was going off next to it, spreading ash and sulphur! (see photo below left). We thus had the opportunity to take a two day trip to Colca Canyon – one of the deepest canyons in the world and home to Condors. We took a minibus with a group of very polite young Germans and Swiss. At one point we did a cycle ride as part of this trip, our altitude training paid off !



Above: Ampato (left), the broader peak in the distance was going to be the second 6000m peak ascended. However as can be seen from the eruption plume the next door volcano Sabancaya (right) was active and scuppered the plans.



Right: Cathie at Colca Canyon

Our final day was spent back in Lima, where we just had time to walk down to the shingle beach and visit the Museo Larco, which has a lovely garden , great restaurant and lots of Inca and Pre-Inca artefacts.

It was a great way to celebrate our 30th Wedding anniversary and Reuben’s 21st birthday.
Adrian Lowe (including photographs)

Harry Gregory Trophy 2019

Nominations would be gratefully received by any of the committee. Have any of your mates in the club done anything which really pushed them out of their comfort zone??? The trophy is either for an outstanding achievement in an outdoor mountaineering related activity or for a personal best. Examples of previous winners are below:-

Winner	Reason
Val Swingler	First lady to win the Long Mynd Hike outright
Tom Cave	Backpacked Scottish 4000s PB
Graham Daly	Clach Glas Ridge, Skye. PB.
Andy Bentley	Welsh 3000s PB

Jan Campbell

11th - 12th October 2019

Clwt-y-Bel hut maintenance weekend

Good weekend of hut maintenance. The track looks better for 7 tons of stone and Adrian dug a hole! All leaks fixed (for now).
Jan Campbell (via SMC Facebook Group)



Above: Adrian Wilcock on leak investigation (photo: Jan)

Right: Judy Preece applying a coat of magnolia in the dining room (pic. Editor)



Below: Adrian and Roger Edenborough start backfilling the hole outside the kitchen (pic.Ed)



Sunday 27th October 2019

Llangollen area



Taking a break

Eleven of us enjoyed a wonderful walk starting from the top of the Horseshoe Pass enjoying sunshine and spectacular views all day long.

The high point was Moel Morfydd (550 m) on Llantysilio Mountain, before dropping down the valley to Rhewl. We ate lunch while basking in sunshine (Adrian actually fell asleep!). The autumn colours were enjoyed along the delightful path to the Britannia Inn.

Crossing the Eglwyseg River we picked up the Clwydian Way, ending up at the Ponderosa Café for end of walk refreshment.

Heather Smith



The limestone crags of the Eglwyseg Rocks viewed from a distance

Media Stars

Members present and past have been making a splash on the media.

Radio Shropshire

First of all Club Secretary Jan was a guest in the BBC Radio Shropshire studios on October 30th. Interviewed live on 'The Seven O'Clock Show' she was on air primarily to promote the SMC. However presenter Mark Elliott also managed to elicit from Jan her personal highlights from a lifetime in the mountains so there was a biographical aspect to it as well.

It's well worth a listen but only available on 'BBC Sounds' until 29th November so *hurry*.

You will find the beginning of her interview 70 minutes after the start of the 3 hour programme and she is on air for about 20 minutes. Search 'Seven O'Clock Show'.

Channel 5 Television

Many members will remember Kim Williams who together with her then husband Steph was a very active SMC member back in the 'zeros' when they lived in Shrewsbury.

Kim subsequently returned to her childhood roots on the Welsh coast but she 'reappeared' recently in a cameo on Channel 5's 'The World's Most Scenic Railway Journeys'. The episode featured the Cambrian Line from Pwllheli to Shrewsbury. Kim was featured as the sole commuter at Dovey Junction, one of Britain's most remote railway stations. From there she pedals the short distance to work at the Dyfi Osprey Project for the Montgomeryshire Wildlife Trust.



Kim Williams points the TV cameras in the direction of the Osprey's nest on Channel 5.

For readers who wish to seek out the piece on 'Catch up' the episode was broadcast on Channel 5 TV on Friday 15th November 2019 at 8pm. Editor

2019 Club Photographic Competition

This is a reminder about this year's competition. In a similar fashion to previous years there will be two categories -

- "Mountaineering" (people out there doing it, in a broad sense)
and
- "Landscape" (the environment/landscape/nature).

Photographs do not have to be from a club meet, just so long as they were taken this year by a club member. There is a maximum of 6 entries per category per person and there is no need to wait until the deadline; entries can be e-mailed to me at any time.

ONLY STANDARD PHOTO FORMATS WILL BE ACCEPTED i.e. no wide panoramas.

The final deadline is the 5th January 2020. All entries will be short-listed by our professional photographer who is an ex-club member. The short-listed entries will then be voted upon at the AGM.

We have had some superb photos from a variety of members in recent years. It's not about being a great photographer but being in the right place at the right time to capture the moment. Whether it's the evening light dancing on a Scottish burn or the expression on the face as the overhang is conquered, quality cameras on modern phones make it easier to do this.

I look forward to receiving your entries.

Gareth Egarr

Saturday 9th November 2019

Social Evening - Three Fishes', Shrewsbury

There was a good turnout of around 14 people including Tim Tindle who was visiting from Scotland. Harry Gregory also appeared which was good as this slot in the calendar was originally the Roy Farmer Memorial Pub Crawl. A pleasant evening with the SMC taking over one corner of the pub.

Jan Campbell

Kings of Indonesia !



If some members are wondering why they haven't seen Larry King out on a club event for a while there is an explanation ! With their kids Ben and Emily safely progressed to higher education Larry and his wife Alex have taken early retirement and become 'seenagers' (senior teenagers)! They are currently backpacking in Indonesia. See photo left.

Editor

Photo: Larry and Alex King with an infant Orangutan, Kaka, at the Lombok Wildlife Park, Indonesia.

Upcoming Meets / Events

Dec 6-8th. Clwt y Bel Xmas party weekend. The meal of the year !

Menu:

4.00/4.30pm'ish mulled cider and mince pies

7.00/ 7.30pm 'ish 3 course meal including turkey and a choice of puds

Later.....cheese and biscuits with port.

Names to Jan a.s.a.p. As there are only 18 bunks there may need to be some camping/ camper vaning/ sleeping on common room floor etc

Contact Jan

Sunday Dec 22nd. Pre Xmas Walk and lunch

Starting from the Stiperstones pub at 10.30a.m. There will be a list on the bar for you to record your menu choices before the walk. We have tables reserved for 1.00pm.

Wednesday January 1st. New Year's Day Walk

A repeat of last year's successful event.

Meet at Bridges pub car park at 11.00a.m.

Please let Catherine Allen know if you are coming so she can give the pub approx. numbers for refreshments afterwards

Coordinator: Catherine Allen

Sunday January 5th

Y Garn, Ogwen Valley, Snowdonia

First mountain meet of the year with an early **7.30a.m.** start from the Co-op car park, Bank Farm Road.

Full winter gear in case there is enough snow to do an easy gully route.

Meet coordinator: Graham Baldry,

January 17-18th. Patterdale, Lake District,

The George Starkey hut where we stayed about 3 years ago is an excellent venue and very well placed for mountains such as Helvellyn.

A haggis or two on the Saturday night.

Do give your name to Brenda a.s.a.p to book your bunk.

Meet coordinator: Brenda Duffy,

Tuesday January 21st

AGM at the Cock Inn, Hanwood

7.30 pm to get drinks in ready for a prompt 8.00p.m. Start. A good opportunity to pay your subs, £30.

*Upcoming Meets / Events is
compiled by Jan Campbell*

Tuesday Evening Walking Programme

Meet at 7.30pm or 9.00pm onwards at the pub. Contact Gareth Egarr for further details

Date	Meeting Place	Grid Ref	Pub afterwards
03/12/2019	Rectory Wood, Church Stretton *	448935	Buck's Head
10/12/2019	A49 layby (The Pipes) *	470961	The Horseshoes, Dorrington
17/12/2019	Breidden Hotel, Middletown *	304126	Breidden Hotel
07/01/2020	Ashes Hollow, Little Stretton	442919	Ragleth Inn
14/01/2020	Snailbeach Village Hall	373022	The Horseshoes, Pontesbury
21/01/2020	AGM	Hanwood	The Cock Inn
28/01/2020	The Wharfage, Ironbridge	668036	Coalbrookdale Inn

* Walk will include one of Phil's 60 hills for the Club's 60th anniversary

Tuesday Night Challenge !

Those of us who turn out on a Tuesday enjoy one of around 35 meeting points/walks that we visit once or twice a year. It's high time we found some new places to meet and walk. I challenge club members to come up with some suggestions please. It will need to have reasonable parking and provide a walk of around 2 hours (4 to 5 miles). Some hilly landscape would be good as we ARE a mountaineering club but the odd flatter, interesting walk is quite acceptable. A half decent pub to retire to after is also required but does not need to be on the doorstep.

I eagerly await your responses !

Gareth Egarr

Thursday Evening Climbing Programme

Date	Venue	Location
	There is indoor climbing at 'Climbing the Walls' off Battlefield Road, Shrewsbury on Thursdays from 7pm.	