

MOURNE RAMBLERS NEWSLETTER

FEBRUARY 2022

A message from the Editor

Welcome to the latest edition of the Mourne Rambling Group newsletter.

Since the last issue of the group newsletter in November 2021, the Mourne Rambling Group continues to provide exceptional walking experiences to our members. Numbers attending have been huge, especially in the B and C groups.

This issue contains an eclectic collection of articles which we hope will be of interest to you. Thank you to everyone who has contributed.

Vincent Trainor, Editor

- NEW MEMBERS SINCE LAST NEWSLETTER
- RISK ASSESSMENT FORM FOR HILL WALKS
- DEALING WITH ACCIDENTS IN THE HILLS
- STAKEHOLDER SITE VISIT TO INSPECT ANNALONG/BINNIAN ROUTES
- TRAINING EVENTS IN 2022
- RAMBLE TO MOURNE MOUNTAINS
- NOTICE BOARD
- A DAY ON BEARNAGH
- PAID-UP MEMBERS 2022

NEW MEMBERS SINCE LAST NEWSLETTER UP TO AND INCLUDING
25 FEBRUARY 2022

Orla French, Seana Kelsall

We welcome these new members to the Mourne Rambling Group.
We wish them many years of enjoyable rambling.

Risk assessment form for hill walks

In February 2020, following a training event on mountain leadership and dealing with emergency situations, the MRG Committee reviewed and updated some of its health and safety procedures, including risk assessments. Such assessments have always been part of the preparation for planning and leading a walk. However, with advances in technology, improvements in kit and equipment and lessons learnt from accidents, it was felt that it was timely to revisit the guidance provided for undertaking risk assessments.

A generic risk assessment form was developed and made available on the MRG website's Home page under Leader's Info. It covers things like the basic navigation and emergency kit leaders should have with them at the outset, before considering the potential risks that may be encountered on a walk and the control measures to be undertaken to either eliminate or mitigate them. Such risks include adverse weather, slips, trips, falls, getting lost, illness, encountering livestock, crossing stiles, streams, ditches, etc., the list is not exhaustive. Not all risks identified in the generic form will apply on each walk but it will assist the leader in identifying those that may be relevant. Whilst leaders will undertake assessments to identify risks and actions required to eliminate or mitigate them, club members also have responsibilities in this regard, both for their own welfare and that of the group. These include being properly attired and equipped, bringing sufficient food and water, informing the leader of any relevant medical conditions and, following the leader's instructions, particularly when navigating hazardous terrain or dealing with rapidly changing weather. The committee recommends that all club members have a look at the generic risk assessment form to familiarise themselves with the issues that should be considered in advance of a hill walk.

It is considered good practice to review our risk assessment procedures at least once a year and this has recently taken place. Hill walking remains a very enjoyable pastime for all of us. Whilst it is not without risk, those risks can be eliminated or significantly reduced by pre-planning and carefully following the control measures we have set out in the assessment form.

Noel Rice

Dealing with accidents in the hills

Most members will be aware of an accident during a recent C group walk in January. There were 18 in the group, led by Ian Stuart, and the weather was cold and sunny, but there was a weather warning for high winds.

The group were arriving at the old stone cutters' hut on the landward side of Chimney Rock for their lunch stop when Vincent McKenna slipped, fell and struck his leg against a granite rock (tearing his quadriceps, as we now know). Believing it was a minor injury, the group went ahead with their lunch but when they started to leave the lunch site, it became clear that the injury was more serious. The leader quickly got the injured walker into a survival bag and

wrapped in a foil blanket for warmth, and tried to make him comfortable. Because the injured walker couldn't weight-bear on his leg, the leader decided to call the Mourne Mountain Rescue Team. Knowing that the MMRT could take some time arriving at the scene, the group split up, with 12 heading straight down to the finish and 5 waiting with their injured colleague. Two shelter tents were brought into action to give Vincent and remaining walkers shelter and warmth.

A scouting party from the MMRT arrived within an hour of the emergency services being contacted (fortunately, they were out on a training trek and were walking on the Annalong Buttress). They checked the casualty and confirmed that there was nothing else that the group could do, so four of the remaining five Mourne Ramblers then headed back to the cars, leaving the leader to keep the injured walker company along with the MMRT members.

The first of the MMR teams arrived 50 minutes later coming up from Bloody Bridge Quarry and confirmed that the casualty would need to be evacuated to the valley floor and picked up by helicopter for onward transmission to hospital. They put Vincent into a stretcher and took him down the hillside into the valley using a rope belay and receiving additional support from the second MMR team arriving from Spence's Valley; the MRG leader then made his down to the valley and joined the MMRT who drove him back to his car. A helicopter picked up the casualty and brought him to Newcastle from where he was then transported to Daisy Hill Hospital.

These events took place on Sunday 16th January, and by a bizarre coincidence, an article appeared that week in The Great Outdoors magazine about Mountain Emergencies. This article included details of emergency procedures and well-established principles which should be followed in the event of an incident in the mountains:

Stay calm and assess the situation

If you're in a group and the casualty is someone else, think about what should be done to safeguard everyone. Keep the casualty warm and insulated as much as possible without disturbing their position. Determine your exact position, and consider if there are options for walking down, sending for help, or finding shelter.

Call for help

If you are confident emergency help is needed, dial 999 (112 also works in the EU and many other countries across the globe) and ask for police, then mountain rescue.

Provide key information to the emergency services

The location of the incident, the age and status of the injured party, the nature and time of the incident, the number of the phone you are using and the equipment available at the accident site.

Prepare for help to arrive

If you are in a group, there is no need for everyone to stay with the casualty; if there are experienced walkers in the group, they should lead some of the group to safety, leaving a sufficient number to look after the injured party. Those remaining with the casualty should have survival bags and shelter tents to keep themselves safe and warm and have head torches in case of failing light.

Whistle Signals

The internationally recognised distress signal is six blasts on a whistle, repeated every minute. If you are injured, alone and without phone signal, this could be your only way of alerting other parties. This can also be used to signal your location to mountain rescuers who are on the way.

The actions of the Mourne Ramblers C group on that fateful day in January followed these principles. They were also helped by the early start (09:30) which meant that all the walkers arrived back to their cars in daylight. The group carried a number of shelter tents and survival bags, and most (if not all) of the walkers had a head torch in their rucksacks.

The timings of the rescue are important to note:

- The incident happened at 12:40 and the emergency services were called at 13:12
- MMRT recorded the call out at 13:40 with the MMRT scouting party arriving at 14:10
- The first of the MMRT responders arrived at 15:00
- The casualty was put in a stretcher at 15:40 and was in the helicopter by 16:20

This means that the time between phoning the emergency services and the arrival of the MMRT could have been two hours had it not been for the training

exercise that was being carried out nearby. Hence the wisdom of the decision to lead some of the group off the mountain straight away. In addition, the sun was setting just as Vincent and the MMRT reached the valley floor and headed to the helicopter: had things happened any later (e.g. because of a later start), then people would have been working in the dark and everything would have been much more complicated.

This was a dreadful incident, particularly for the injured walker, but thanks to cool and calm leadership and the range of equipment available within the group, it resulted in a quick evacuation from the mountainside and the safe return of the rest of the group to their starting point.

Peter McGowan

TRAINING EVENTS IN 2022

The Covid-19 pandemic has had a very detrimental effect on training within the Mourne Ramblers. We did manage to hold some navigation training courses last summer, but even these were held in socially-distanced conditions.

With the lifting of restrictions, and in the hope that things will return to “normal”, the following training events are being planned (or at least pencilled in) for 2022:

UFRC Leadership Course

The Ulster Federation of Rambling Clubs (UFRC) has organised a number of one-day courses aimed at walk leaders, taking place in Tollymore National Outdoor Centre. The closing date for entry to these courses has passed, but a number of Mourne Ramblers have expressed an interest in taking part.

MRG Leadership course

If you are unable to attend the UFRC leadership course, fear not, because we hope to run our own refresher course. This will also be an opportunity for experienced leaders to share their knowledge with new and prospective leaders.

Safety in the Hills course

Following the incident in C group on 16th January, members may be interested in attending an informal course to discuss the steps that can be taken to encourage safety in the hills, including what you should have in your rucksack, as well as risk assessment and what to do when an incident happens

These latter two courses are still at the planning stage, but we shall write to all members when the details have been firmed up.

Peter McGowan

The notes below were taken due to visitor numbers increasing over the pandemic in the last two years. If you feel that the work that the MHT is doing is correct or should they put resources elsewhere in the Mourne, please give feedback.

Also, the Mourne Wall has a birthday this year. It will be 100 years old and a celebration of this monument will be held in May this year. Details will be out soon.

Note of Stakeholder Site Visit to Inspect Annalong/Binnian Routes, 7 Feb 2022

The aim of the site visit was to bring a group of interested stakeholders together to inspect the condition of the Annalong/Binnian routes and review previous/current path and heathland work and planned work through the DAERA Challenge Fund, and to agree an approach for the planned Binnian (and Donard) Strategic Path Review being funded through UKCRF.

Attendees	Organisation
Matthew Bushby	MHT
Martin Carey	MHT
Philip Savage	MHT
Andrew Baird	MHT
Stephen Millar	MHT
Rebecca Allen	NI Water
Kerry Morris	NI Water
Damien McKenna	MCK Plant
Derek Watters	MI / Wee Binnians
Domnall McComish	Mourne Ramblers
Vincent McAlinden	Mountaineering Ireland/ MHT Board
Helen Lawless	Mountaineering Ireland
Patrick Lynch	National Trust
Marc Vinas	National Trust
Theo Burke + work placement student	National Trust
James Fisher	National Trust
Cormac Dolan	National Trust
Andrew Corkhill	National Trust
Janine Walsh	National Trust
Apologies	
Teresa O'Hare	MHT
Pauline O'Hara	MI/BARF
Nicky Hore	MI/Blayney Ramblers
Peter Walker	Mountainviews.ie
Martin McMullan	LIFE/MMRescue
Graham Seymour	NORF/UFRC

General Points

- Increased user numbers through COVID timeline – up to double
- Increased profiling / promotion of routes on social media / guidebooks etc.

- Facilities at Carrick Little / Head Road have accommodated expansion of use
- Route from Black Gate to Binnian / Lamagan Col has activity of a park walk
- Black Gate to Binnian Summit highly used and impacting on the habitat

Specific Sections

Ford at Binnian Lough River below Percy Bysshe – flooding causes wash out of quarry track. Problem appears to be at the river ford where boulders/stone have possibly built up over time and make ineffective the drainage channels protecting the path. Options would need to ensure the ford is maintained as it currently provides for emergency access.

Percy Bysshe lower path first section (approx. 200m) – high and dry desire line is being used and old quarry track has revegetated. MHT path team and volunteers (Tollymore NOC Trainees and MHT path volunteers) currently making good any defects and working to a good standard. Request that use of angular shaped cut stone from the quarry for pitching should be avoided due to landscape ascetics and only used for anchor bars and constructed cross drains.

Percy Bysshe lower path second section (approx. 100m) Old quarry track being increasingly used, particularly by downhill traffic, rather than the high and dry line. Discussion about maintenance of quarry tracks. It can provide for emergency vehicle access and a defined route for users and prevent impact on adjacent habit but could also make access easier for less prepared users and make people feel they can be rescued easily. Important to consider heritage when deciding on maintenance. General view was that it would be a more efficient use of resources to re-use the quarry track as it was being used again rather than trying to rebuild the high and dry line. The former would require restoration of original cross drains, de-roughening and installation of high side drainage on top of the bank/disused dry line. Proposal that MHT path team and volunteers could do this and maintain it.

Blue Lough to Binnian Lamagan Col - This section was included in the tender invitation for path condition assessments. The group agreed it was better to re-use the old quarry track as above by restoring original (and extra) cross drains, de-roughening (scatter material in adjacent braided lines to deter use) and where possible installation of high side drainage where possible. Proposal that MHT path team and volunteers could do this and maintain it.

Binnian / Lamagan Col – Main path from crossroads to the large boulder (picnic /photo area) overlooking Ben Crom Reservoir was in good condition following path repair in 2015. Consider landscaping to encourage use of main path to Ben Crom Dam and discourage desire lines in particular the ones dropping off the front of the slope where people make a beeline for the dam. A high proportion of users arriving from the Ben Crom Dam paths cut across the heathland to the path ascending Binnian. This is impacting on the small but sensitive area of heath and the area that is being managed for recovery where the coir rolls, stone/peat dams and bank re-profiling has taken place. Discussion about use of maps (could make available at Café etc.) and temporary signage informing users of the need to avoid walking on sensitive /restoring habitat. Consider social media, *komooot*, local bus operator, websites etc. to raise awareness. Monitor ongoing use and impact and report to MORF group in due course. Discussed possible building of path from Large Boulder to the foot of the Binnian ascent following a desire line, but the view was to do focus on the above actions.

Binnian Crag – make the route through the crag more defined by placing/moving rocks to improve flow and close off the major desire line that has developed that avoids the crag and

links to the upper path. Some path work needed above crag to better define the route to the upper path. Plan is for MHT path team to move to this site ASAP.

Upper path from Crag to 'Pancake' Rocks – A Baird and D McKenna explained the techniques used for the path repair work carried out in Spring 2021 by MHT and McKenna Contracts using a 5-tonne digger. General agreement that path was in good condition and finished to a good standard. Minor snagging of water bars and one muddy patch would be carried out in February/March 22 when the above team continue work further along the upper path under DAERA Challenge Fund.

Pancake Rocks – discussed need to demarcate the preferred route through the rocks as it wasn't obvious which was the main path and resulted in many users getting lost and ending up on routes that were less desirable for site management reasons. Plan is for MHT path team to define route by improving the placement of rocks ASAP.

Pancake Rocks to bottom of North Tor North Slope – The 2011 path has washed out and terrain is exposed. Plan is for MHT and McKenna Contracts to repair this section from mid-February 2022 under DAERA Challenge Fund applying the same techniques as used in Spring 2021.

Binnian North Tor North Slope – The tender for path condition assessments included this site.

The 100m section of the 2011 path on the steep slope has broken down. There had been no maintenance carried out and the original design had the stone pitching raised too high, which meant it was avoided, and minimal drainage failed to protect the path, in particular the aggregate sections.

The old major scarred area that had been closed off in 2011 had been holding up well and revegetated in patches; however, more users were now wandering across the slope into the old, scarred area which risked preventing recovery. The narrower path on the west side of the slope that wasn't closed off in 2011 had become increasingly used. The deterioration of the 2011 path and the increased user numbers had contributed to the above impacts. It was agreed that the line of the 2011 path was more likely to be the most sustainable option if rebuilt correctly.

North Tor to Back Castles – the area below the castles by the old estate wall had new desire lines opening up and the path that contoured below the Back Castles and Summit Tor linking to the Mourne Wall was becoming increasingly used. Maintain a watching brief.

Binnian Summit to Carrick Little Black Gate

Section from top stile near Summit down to old estate walls - The tender for path condition assessments includes this section.

NI Water Mourne Wall repair project is likely to deal with bulging and undercutting problems of this section of the Mourne Wall in 2023/24. Any proposed path work should tie in with the above wall repair.

Highly eroded particularly in the steep sections and multiple braided desire lines spreading up to 20m from the Mourne Wall in places. Repair could include a combination of pitching alongside the wall and utilising some desire lines where the gradient provided a more natural flow than alongside the wall.

A stream at the top of the section has silted up and causes increased water flow and wash out of the slope below it. Clearing out sediment in the stream and ongoing maintenance should reduce impact on the area below.

Proposal from Contractor (Elite Diggers) to provide a trial path repair session (up to 5 days) with a walking excavator to demonstrate capacity for it to work on steep terrain has been considered for this section in March-May 2022. MHT to keep group informed.

Path from lowest estate wall to quarry track built in 2013 – repair work by MHT and McKenna Contracts planned for March/April 22 funded through the Challenge Fund. Agreed mostly holding up well and has completely reduced impact on habitat closer to the wall. The focus for repair should be opening ‘pinch points’ particularly at stone features that are too narrow, where users drop off the line of path onto open ground causing increasing braiding and poaching. Widening the path where possible. Techniques/finish should be similar to the path from the Binnian Crag to the Pancake rocks.

M Bushby

Ramble to Mourne Mountains

Fellow Mourne Ramblers may be interested in this account of an early 19th century outing to the Mourne Mountains.

(Source: Belfast Monthly Magazine, December 31st, 1811)

3rd August

Yesterday morning we all set off from Tullygilly, to meet our friends in the mountains. We were obliged to stop a while in Rathfriland, where our party was to muster. Proceeding we rode to the foot of Spelagh, where we began to ascend the mountain on foot. We had a rugged but pleasant journey of about a mile, till we came to the bed of the river Bann, near which we travelled two miles more. Here it appears a most charming river; as it flows over steep crags, and large masses of granite, with immense precipices on each side, and rocks hanging over our heads, seemingly threatening to hurl destruction upon us, at every step.

When we came upon the Deer’s Meadow, the ground became very wet, as it is surrounded by prodigious hills on all sides. The difficulty which some of the ladies experienced, in making good their way over the moist, slippery ground, (some of them having dirtied their stockings and gowns very much, however, it might on a different occasion, have been regretted), at present only added to the mirth of the whole party.

We now began to distinguish our Mourne friends advancing. They looked like a little army at a distance – no wonder; as the party consisted of nine ladies, and twelve gentlemen, all on horseback. We, though nearly equal in number, did, by no means, exhibit the same formidable appearance, as we were all on foot. About eleven o’clock, we met at the Cairn, the place appointed for rendezvous.

After mutual greetings, on the part of old friends, and introductions on the part of strangers, we proceeded to climb Slieve Muck, a very high mountain, in the middle of the whole range. The ladies received assistance from the gentlemen; notwithstanding which, they were occasionally obliged to stop, in order to rest and regain breath. The party soon spread over the whole mountain; each taking the way that seemed most easy, in gaining ascent. Some of the girls held by the skirts of the men’s coats, and some by their arms - while some of the

young men, in their turn, held gaily by the girls' gowns. No one, however, complained of fatigue - nothing could exceed the spirits of the whole party.

My father remarked that there was a time for all things, and now was the time for playing the fool; and the cleverest persons of the party were those that would make the greatest fools of themselves - and really it could be doubted that all present did all in their power to contribute to the good humour and hilarity of the party.

After a vigorous effort, we gained the north - east summit of the mountain – and never was I so struck with admiration and wonder. Slieve Donard, just opposite, reared his majestic head to the clouds, the proud superior of the whole range. Next to him Bignian, a most beautiful mountain, awful with steep precipices and immense rocks hanging with threatening aspect over Mourne. On the other side stood Bencrum: this mountain is uncommonly picturesque and grand. It rises in a conical form, with its summit indented with huge rocks. The sides are covered with a beautiful verdure; and as the valley below is very deep, the height appeared quite terrific. Another high mountain, with that on which we stood, formed a vast circle in the middle of which the valley appeared like a deep well of many hundred acres. We were surprised to find here a large lake, exhibiting a most beautiful sheet of water, and having sands on its shore of a most brilliant hue. Altogether, the scene was calculated to fill the mind with those exalted transports, which result from a contemplation of the magnificent and sublime. My heart swelled with rapture, and my mind was transported on the wings of devotion, towards the great author of my existence, whose plastic hand moulded this terrestrial ball.

“ These are thy glorious works, parent of good,
Almighty! Thine this universal frame,
Thus wond'rous fair! Thyself how wond'rous then
Unspeakable” _____

We next proceeded to the southern extremity of the mountain, and being among the last to arrive there, we found the young men and even girls, throwing stones down a stupendous cliff, into the valley below, the sound of echo and re-echo, reverberated from rock to rock, had a very fine effect. Under our feet lay the romantic country of Mourne, diversified with neat white cottages, and plantations. As my childhood was passed there, memory recalled to my mind a thousand pleasures formerly enjoyed, and added interest to the prospect, which an unconcerned spectator could not feel. I contemplated the scene with a peculiar and exquisite delight. Beyond Mourne appeared the Channel, and the day being clear, the Isle of Man, a part of Scotland, Wales, Wicklow mountains, the hill of Howth, and Dublin Bay, could have been easily seen. We had a fine view, however, of the charming bay of Carlingford, and of the town, with its old turrets and fortifications. The block house, Green - Castle, and Green - Island, were also under our eye. The Western prospect was soon closed by a range of mountains toward Rostrevor; to the North, we had a view of the county of Down, as far as the eye could reach.

We had not long contemplated this sublime prospect, till we suddenly found ourselves above the clouds. The sky was clear above our heads, but on all sides the prospect was shut out by immense volumes of clouds, rolling beneath our feet. These clouds however shift with great rapidity – for after the lapse of a few minutes the clouds that we observed below us began to ascend, and we presently found ourselves involved in a sort of darkness entirely new. It was so thick, that we could not see those from us to no great distance than that of a few yards. Those who were not accustomed to the scene, now became alarmed, and fled with

precipitation in all directions. Nor was it possible for them to ascertain which was the right way - and one young man wandered several miles from the proper path.

The cloud which had been hovering about the summit for some time suddenly shot upwards into the sky and left again the prospect clear. We now viewed each other with great pleasure and the day being very fine we began to descend. I and my companion sat down on a little grassy hillock to enjoy the pleasure of looking into the valley below; and seeing the party dispersed over the whole side of the mountain; and nothing could be more picturesque than to see them skipping along, some, as it were, hanging in the middle region, others further below and some still near the top or straying here and there, gathering wild heath and mountain myrtle, and such other things worth notice, as grew in this great wilderness.

In descending the mountain, we came to the source of the River Bann. It rises a considerable distance from its base, and gushes and in no considerable stream from among the rocks. We followed its course for several yards and coming into a spot covered with a beautiful verdure, we dined. It was three o'clock and the day was extremely fine. We spread two tablecloths on the grass and a variety of meat, rendered more delicious by the exercise, of which we had partaken so liberally, in the course of the morning; then placed ourselves all around. I never saw dinner as truly enjoyed. A smile sat on every countenance, and a laugh was at everyone's service. We drank a wine out of tin porringers and our meat off wooden trenchers. After dinner the girls began to sing with a pleasing effect; and afterwards they danced on the green. We perceived a neighbouring gentleman approaching with three servants; he asked leave to join us, which being readily granted, he added much to the glee and good humour of the party. About two hours after, another gentleman with four servants joined us. He said he saw the dance from the top of the mountain and that put him in mind of what he heard before of fairies dancing by moonlight. All sorts of diversions now went forward.

Our party had increased to fifty-one persons and utmost happiness seemed to be enjoyed by every individual. Such recreations abounding with joy, innocence, and love may well be envied by the rich and powerful to whose breasts peaceful and solid joys or so often strangers, who amid the glare of wealth and honours, often spend days of weariness, and nights of care. At six o'clock we parted with much reluctance. Our separation was cheered by a hope that we might again enjoy the company of one another, in some such pleasing scenes.

We once more followed the course of the Bann and observed in passing along a stream falling into it, that ran on beautifully over rocks of fine mountain jasper. We reached our horses in safety and got home at nine o'clock.

AZ

Fionnuala Carragher

NOTICE BOARD

The next edition of the Mourne Rambling Group Newsletter will be published in July 2022. If you have an article you would like to include, please forward to me as an attachment. My email is trainorvj@yahoo.co.uk

We received this poem from Mervyn Dunlop who walks with the Bannside Ramblers. We thought you would like it. Enjoy.

A day on Bearnagh

We crawl through early week-end traffic; inch by inch
Through busy market town of Ballynahinch
And soon, first mountain view; far off and blue
With cap of mist
We reassure each other "that will lift"
Squeeze car into narrow parking place where early walkers left a space
As with a steady pace they trudge along the Trassey
To reach Hare's Gap
Their steel-tipped sticks go tap tap tap on solid ground
That sound; an echo from the time
When masons' hammers made kerbstones to line
Our city streets
And make wide paths with stones that last
For 50 million years ago the liquid magma squeezed from chambers far below
Solidified to form the granite mass that shines like glass when polished
Now climbers test their climbing skills and masons cut the rock with diamond drills
To make headstones that mark the final resting place of loved ones
Up Trassey Track we go; here not too steep
Past straggly sheep; soon to be shorn -
For this is early summer in the fields of Mourne
The running river smooths and leaves small grooves in this silver shining land
And water flows in tinkling tones over stones, and yellow sand
While quartz and feldspars interlock to form the rock that's hard as glass, unyielding
While summer sun picks out the crystal's many faces

Reflects and shines for many miles around to far off places
Today we walk with ambling and unsteady gait and wait
For slower walkers taking time to soak the sun and mountain air
No need to hurry, stress or care
Or fuss
Today it's just the two of us
And friendly farmer cap on head, belt of baler twine and dog
Directing operations on the heather-covered bog
Gathers sheep and waves his sturdy blackthorn crook to greet us
Up the final craggy path; not gentle ramble now but hurried scramble on the rocks made slick
With recent shower of mountain rain
We watch Slieve Bearnagh's summit beckon once again
But first; Hare's Gap where weary bodies rest and snack
And contemplate the next steep final track
Now, each careful foot in leather boot is placed on grateful slab or horizontal step
Place boot, push down and balance;
Lift and place again to find a rhythm that will take us without stop
'Til we, with bursting lungs and burning muscles flop
Beside the tallest tors on Bearnagh's wind-scorched top
No caviar could taste as good as ordinary food
On mountain tall
No wine so fine as water drunk
While sat against this granite wall
I'll sit and watch the sun go down and moon rise over Irish seas
And think how blessed I am to climb up here
All stress to ease
Mervyn Dunlop

MEMBERS 2022

The list below contains the names of all members who have paid for 2022 (up to and including 25 February 2022). Please check to see if your name is on the list. If your name is not on the list and has been omitted, please accept our apologies. Please contact the Treasurer on 078 3512 8564 for clarification.

Abernethy	William	Hall	Ann	Moore	Anne
Acheson	George	Hall	Brenda	Mulvenna	Conor
Aitken	James	Hamilton	Joan	Murphy	Shelagh
Appleton	Philip	Hanna	Maire	Nelson	Geraldine
Black	Julian	Hanratty	Patrick	O'Neill	Sheena
Bolwell	Andy	Henderson	Helen	Overend	Martin
Brett	Adam	Herbison	Olwen	Patterson	Wendy
Brett	Annie	Hughes	Seamus	Patton	Norman
Browne	Gary	Hughes	Teresa	Pettyfer	Mel
Browne	Geraldine	Hughes	Thomas	Pridgen	Maggie
Buck	Caitlin	Hulme	Joan	Quiery	Pamela
Buck	Malcolm	Jamison	Colleen	Quinn	Carmel
Calvert	Joan	Kelly	Pat	Quinn	Poilin
Campbell	Robert	Kelsall	Seana	Rafferty	Martin
Cargin	Lorraine	Kennedy	Alison	Rainey	Jen
Carragher	Anna	Kennedy	Stephen	Rice	Noel
Carragher	Fionnuala	Keown	Ann	Rima	Bert
Cauley	Irene	Knox	Victor	Roulston	Robert
Chapa	Patricia	MacDermott	Dermot	Russell	Trevor
Conway	Martin	Mackey	Francis	Sands	Dympna
Curtin	Philippa	Magowan	Reg	Scott	Barry
Daly	Paula	Magowan	Rodney	Scott-Farnan	Karen
Devlin	Brid	Magowan	Terry	Simpson	Jayne
Devlin	Malachy	Marmion	Dympna	Smyth	Hazel
Doran	Marie	Marshall	Robert	Smyth	Ray
Drinkell	Denis	Matson	Neill	Sochor	Cecilia
Dunlop	Anne	McAllister	Catherine	Stapleton	Alan
Dunlop	Pauline	McCann	Brendan	Steele	Paul
Elliott	Norman	McCauley	Gabriel	Stevenson	Graeme
Farrington	Gerry	McCavera	Dora	Stuart	Ian
Franklin	Roisin	McClay	Monica	Sweeney	Maura
French	Orla	McClelland	Gillian	Taylor	John
Garrett	Nigel	McComish	Domnall	Taylor	Toni
Gilmore	Seamus	McCreery	Gordon	Templeton	Helen
Goodman	Harry	McGowan	Peter	Thompson	Kingsley
Goodman	Stephen	McKenna	Vincent	Trainor	Vincent
Gorman	Briege	McKenzie	Gordon	Tumilty	Pat
Gray	Ray	McKibbin	Andrew	Turley	Briege
Greaney	Ellen	McLaughlin	Mary	Tweed	John
Green	Wilfred	McLean	Bernard	Wales	Jackie
Gribbin	Rennie	McMahon	Hilja	Watson	Linda
Gunn	Marion	McNally	Eileen	Young	Sharon
Gunn	Philip	McParland	Alice		128

ASSOCIATE MEMBERS 2022 Ciaran Hanna, Anne Trainor

HONORARY MEMBER Christine Mackle (President)

Mourne Rambling Group

Membership Renewal Form (January 2022)

* **Name(s):**

(Only include information below if amendments are required)

* **Address:**

* **Postcode**

* **Phone No:**

* **Mobile No:**

* **Email address** if available: (for receipt of newsletters and information from the committee). Please write clearly.

Please let us have the email address where you wish to be contacted.

Please tick as appropriate:

Full Membership at £25 per year (or part of year)

Associate Membership (non-walking member) at £5 per year (or part of year)

Return to:

Vincent Trainor, 34 Grahamville Estate, Kilkeel, Co Down, BT34 4DD

(Cheques made payable to Mourne Rambling Group. Please do not send cash in the post.)

Should you wish to avail of the option to pay your annual subscription by internet banking, bank details are as follows:

Account Name: Mourne Rambling Group, Sort Code 93-83-27, A/c No 12077183.

IBAN: GB81 FTBK 9383 2712 0771 83

BIC: FTBKGB2B

Please remember to include your name in online banking.

Please email Vincent letting him know you have paid.