

## **FIELD MEETINGS PROGRAMME 2010**

**Meetings marked with an \* are particularly suitable for ‘beginners’**

### **SATURDAY 27 MARCH**

#### **\*CONIFER WORKSHOP- PERTH (v.c.88)**

**Leaders:** Cameron Crook & Jim McIntosh

This workshop will be repeated at Reelig, near Inverness on Sunday 28 March. The event is being repeated so that members can choose to attend their nearest venue to minimise travel.

Conifers are rather poorly understood by botanists and therefore under-recorded, despite their importance to Scotland’s landscape and economy. This workshop aims to promote a better understanding and better recording. This one day workshop follows on from the theme of the Spring Conference in Berwick-upon-Tweed last May.

Places will be strictly limited to 12. Bookings from Vice-county Recorders received by 1<sup>st</sup> March will get priority. For further information and to book, please write to Mrs Jane Jones, BSBI Admin Assistant, Cuilvona Cottage, Aberfoyle, Stirling, FK8 3TQ, or e-mail Jane at [jane@cuilvona.plus.com](mailto:jane@cuilvona.plus.com).

### **SUNDAY 28 MARCH**

#### **\*CONIFER WORKSHOP- REELIG, WESTERNESS (v.c.96)**

**Leaders:** Cameron Crook & Jim McIntosh

This a repeat of the workshop held near Perth on Saturday 27 March. The event is being repeated so that members can choose to attend their nearest venue to minimise travel.

Conifers are rather poorly understood by botanists and therefore under-recorded, despite their importance to Scotland’s landscape and economy. This workshop aims to promote a better understanding and better recording. This one day workshop follows on from the theme of the Spring Conference in Berwick-upon-Tweed last May.

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**THURSDAY 15<sup>th</sup> APRIL to THURSDAY 22<sup>nd</sup> APRIL**  
**ALMERIA, SOUTH-EASTERN SPAIN**  
**Leaders: Teresa Farino & James Parry**

Almería is perhaps the most arid region of Western Europe, experiencing more than 3,100 hours of sunlight and just 250 mm of precipitation annually. Not surprisingly, the vegetation is very distinctive, harbouring many endemic species; of the thousand-odd species of vascular plant known to occur in the Cabo de Gata natural park, for example, around 12% are unique to Iberia.

From our base in the fishing village of San José, in the western sector of the Cabo de Gata park, we are ideally placed to explore all the principal habitats of the region. Coastal sand-dunes harbour clumps of *Ziziphus lotus* and several endemic species of *Salsola*, parasitised by the curious *Cynomorium coccineum* (Cynomorium), plus *Mesembryanthemum nodiflorum* and *M. crystallinum* (Ice-plant), *Otanthus maritimum* (Cottonweed), *Frankenia corymbosa*, *Limonium sinuatum*, *Thymelaea hirsuta* and *Andryala ragusina.*, while stony steppes behind the shore boast *Limonium lobatum*, *Genista umbellata*, *Haplophyllum linifolium* and the endemic, winter-flowering *Androcymbium europaeum*.

We will also explore the volcanic hinterland of the park, where the vegetation includes several plants known only from Cabo de Gata – *Ulex canescens*, *Teucrium charidemi* and *Antirrhinum charidemi* – as well as *Periploca laevigata*, *Maytenus senegalensis* (Maytenus), *Phlomis purpurea* subsp. *almeriensis*, *Phlomis lychnitis*, *Withania frutescens* and the cactus-like *Caralluma europaea*. Excursions further inland will take in the badlands of Tabernas – the backdrop to many a ‘Spaghetti Western’, where notable plants include *Euzomodendron bourgaeum*, *Limonium insigne*, *Cistanche phelypaea* subsp. *lutea* and *Lygeum spartum* (Albardine) – as well as the nearby Sierras of Gádor and Los Filabres, where enclaves of more typically Mediterranean vegetation can be found.

We will be staying at the Hotel Santuario in the fishing village of San José, where all rooms are en suite and most have a terrace or balcony. The cost will be 1,075 € per person, plus a single-room supplement of 125 €, to cover half-board accommodation, picnic lunches, transport by hired minibus throughout, all entry fees and the services of the leaders (Teresa Farino and James Parry), but excluding flights to Almería and travel insurance (obligatory). (Deposits can be paid in sterling, and the balance converted to sterling at the time it is due, using [www.oanda.com](http://www.oanda.com).)

For further details, please contact TERESA FARINO, Apartado de Correos 59, 39570 Potes, Cantabria, Spain; +34 942 735154; Email [teresa@iberianwildlife.com](mailto:teresa@iberianwildlife.com)

**WEDNESDAY 21<sup>st</sup> APRIL to SUNDAY 25<sup>th</sup> APRIL  
NORTHERN MAJORCA**

**Leaders:** Richard Gornall and John Bailey

Richard Gornall and John Bailey have been taking parties to Mallorca to study the wildlife there for many years, and have a good knowledge of the plants and where to find them.

Accommodation will be full board in the 3 star Hotel Pollensa Park Hotel in Puerto Pollensa which is on the coast of Northern Mallorca and close to the historic town of Pollensa. The north of Mallorca abounds with spectacular limestone mountains and gorges, which in turn are host to some very rare and extraordinary species. Special attention is given to the Balearic endemics. We would expect to see up to five species of *Ophrys*, 5 hedgehog plants, *Dracunculus muscivorus*, *Cytinus*, the famous *Naufraga balearica* and a host of other interesting and attractive plants. We also plan a visit to the idyllic Botanic Garden in Soller. In addition to the tonic of the Mediterranean in the spring, this trip also offers excellent bird-watching opportunities. Whilst no climbing is required, there will be some walking up and down hillsides on uneven ground, so a reasonable level of fitness is required.

If interested in joining this excursion please contact: Dr. John Bailey, Biology Department, University of Leicester, LE1 7RH or Email: [jpb@le.ac.uk](mailto:jpb@le.ac.uk)

**SATURDAY 24<sup>th</sup> APRIL  
HARLESTON FIRS, NORTHANTS, ( v.c.32)**

**Leader: Brian Laney**

A meeting to rediscover *Moenchia erecta* , Upright Chickweed, last seen in 1877. In the afternoon it is hoped to move on to Raunds to find the population of *Scandix pectin-veneris*, Shepherd's Needle.

Meet at 10-30 at Harleston Firs in the long car-park opposite the conifer wood which is beside the A428 road just west of Northampton. Look for the Wyevale Garden Centre which is by the car-park,

Bookings to Brian Laney. Tel. 01327 843 847 or 07899 987 390 or Email: [brian.laney@gmail.com](mailto:brian.laney@gmail.com)

**SATURDAY 15<sup>th</sup> MAY**  
**GARRON POINT, CO. ANTRIM (v.c. H39)**  
**Leader: David McNeill**

Garron Point forms the backdrop to one of the most dramatic sections of the famous Antrim Coast Road. This meeting has been arranged to hopefully coincide with the flowering period of *Neotinea maculata*, a species tentatively reported from this locality in the summer of 2008. Included in our exploration of the area will be a visit to see the sole County Antrim population of *Crambe maritima*.

Meet in the car park at Garron Harbour (D302237) at 10.30 am.

Contact Tel. 00 44 (0) 28 90942341 or Email: [dw.mcneill@ntlworld.com](mailto:dw.mcneill@ntlworld.com)

**SUNDAY 16 MAY**  
**ARTHUR'S SEAT, MIDLOTHIAN (v.c. 83)**  
**Leader: Jim McIntosh**

Holyrood Park's dramatic hills and crags give Edinburgh its distinctive skyline. They also provide grassland habitats for a remarkably diverse and interesting flora. We hope to see species such as Adder's-tongue (*Ophioglossum vulgatum*), Spring Sandwort (*Minuartia verna*), Spring Cinquefoil (*Potentilla tabernaemontani*) amongst many others. Historic Scotland manages the park and we may persuade one of their rangers to give a short talk about its conservation management. The emphasis of this field meeting will be on learning

identify and record and we would particularly welcome beginners and anyone who has not been on a BSBI field meeting before. We have held field meetings here for the past two years running and they have been so popular that we have had to turn people away on both occasions. So due to popular demand and for a third and possibly final time we are returning to Arthur's Seat – book now!

Rail & bus stations within reasonably short walking distance. Places will be limited. For further information and to book, please write to Mrs Jane Jones, BSBI Admin Assistant, Cuilvona Cottage, Aberfoyle, Stirling, FK8 3TQ, or e-mail Jane at [jane@cuilvona.plus.com](mailto:jane@cuilvona.plus.com).

**SATURDAY 22<sup>nd</sup> & SUNDAY 23<sup>rd</sup> MAY**  
**GRAYS CHALK QUARRY & FOBHING MARSHES, ESSEX (v.c.18)**  
**JOINT BSBI & WILTSHIRE BOTANICAL SOCIETY MEETING**  
**Leader: Ken Adams**

The now disused Grays Chalk Quarry SSSI is part of the Chafford Gorges, Essex Wildlife Trust chalk pit reserve complex. Being virtually free of grazing deer, this quarry has a huge orchid population. In 2009 there were 870 Man Orchid and 260 Bird's-nest Orchid, as well as thousands of Pyramidal, Common Spotted, Twayblade and a small population of Green-flowered Helleborine. There are also large populations of *Monotropa hypopitys* subsp. *hypohegea* growing on *Tricholoma cingulatum* under Grey Willow, and *Pyrola rotundifolia* subsp. *rotundifolia* together with the last surviving plants of *Gentianella amarella* in the county. Meet at the Chafford Gorges Visitor Centre at the western end of Drake Road, Grays at 11.00am on Saturday. TQ5992,7936.

On the Sunday we will visit the Fobbing Marshes SSSI, where we should see *Lactuca saligna* in one of its only two British Stations, *Trifolium squamosum*, *Juncus ambiguus*, *Rumex maritimus*, *Rumex palustris*, *Petroselinum segetum*, *Bupleurum tenuissimum*, *Puccinellia rupestris*, *P. fasciculare*, *Hordeum marinum*, *Ceratophyllum submersum* and *Carex distans*. Meet 11.00am at Fobbing Church, in Wharf Road at TQ7179,8389.

Send bookings for one or both days to Ken Adams, 63 Wroths Path, Baldwins Hill, Loughton, Essex IG10 1SH. Email: [ken.adams@virgin.net](mailto:ken.adams@virgin.net) Tel: 0208 508 7863.

**SATURDAY MAY 22<sup>nd</sup>**  
**NANT GWYNANT, SNOWDON, CAERNARVONSHIRE (v.c. 49)**  
**Leader: Wendy McCarthy.**

A morning visit to Hafod y Llan farm, which was bought by the National Trust in 1998 following a huge public appeal, to see the work being done to restore the slopes of Snowdon to favourable condition after decades of over-grazing. The Hafod y Llan estate reaches from the valley floor to the summit of Snowdon. The afternoon will be spent recording the various habitats around the farm, including cliffs, bogs, a waterfall and the Afon Cwm Llan. Meet at 10.30am in the car park at SH628.507 (fee payable).

Bookings, with SAE please, to Mrs. W.McCarthy, 5, Ty'n y Coed, Great Orme, Llandudno LL30 2QA. Email: [wendorme@aol.com](mailto:wendorme@aol.com)

**SUNDAY MAY 23<sup>rd</sup>**  
**ORCHIDS OF EAST KENT (v.c. 15)**  
**Leaders: Eric Philp and Paul Bartlett**

A meeting to admire the orchids of East Kent.

Sites to be visited will include Covet Wood and Park Gate Down and other sites if time allows.

Cars and car-parking are a nightmare in Kent and participants must be willing to share as much as possible.

Meet at Wye and Crundale NNR car park TR 078455 at 10-30 a.m.

Numbers will be limited to 18 so please book early to ensure a place.

For further details, please contact Dr. Paul Bartlett, 3, Sudbrook Gardens, Ham, Richmond, Surrey, TW10 7DD. Tel. 020 8948 2382 e-mail: [tpaul@freeuk.com](mailto:tpaul@freeuk.com)

**SUNDAY 23 MAY**  
**\*LADY MARY'S WALK, CRIEFF (v.c.88)**  
**Leader: Jim McIntosh**

Lady Mary's Walk is a popular local walk in the highland Perthshire town of Crieff. The path goes through semi-natural riparian woodland along the banks of the River Earn, and its tributary the Turret and a small area of species rich grassland. We will look at a range of spring flowers in these habitats. One of the more notable species here is *Ranunculus auricomis* (Goldilocks Buttercup). The emphasis of this field meeting will be on learning to identify and record and we would particularly welcome beginners and anyone who has not been on a BSBI field meeting before.

For further information and to book, please write to Mrs Jane Jones, BSBI Admin Assistant, Cuilvona Cottage, Aberfoyle, Stirling, FK8 3TQ, or e-mail Jane at [jane@cuilvona.plus.com](mailto:jane@cuilvona.plus.com). For more general information about Whitlaw Mosses NNR see [www.nnr-scotland.org.uk](http://www.nnr-scotland.org.uk)

**SATURDAY MAY 29<sup>th</sup>**  
**CEFN CRIBWR, GLAMORGAN, (v.c. 41)**  
**Leader: Julian Woodman.**

Meet at 10am at Bedford Park car park, bottom of Bedford Road, Cefn Cribwr. SS8536.8344. We will be looking at several fields with a range of marshy and dry grassland. One of the key points of interest here is the population of *Scorzonera humilis*. There are many other botanical highlights including marsh fern, blunt flowered rush, dyer's greenweed and petty whin growing side by side. If you want to get an idea of what one of the best areas of Welsh 'rhos' looks like then come here. It is quite early primarily to catch the main flowering time for *Scorzonera*. If time allows we could go on to Kenfig dune system which is not far. Please bring wellies! And suitable clothing – who knows what May will bring. Further details sent on request. Bookings, with SAE please, to Julian Woodman (personal), c/o CCW, Unit 7, Castleton Court, Fortran Road, St. Mellons, Cardiff CF3 0LT. Email: [j.woodman@ccw.gov.uk](mailto:j.woodman@ccw.gov.uk)

**SATURDAY 29<sup>th</sup> MAY**  
**CLIFDEN, CO. GALWAY (v.c. H16)**  
**Leader: John Conaghan**

A selection of coastal sites to the west and north of Clifden will be visited. The main habitats of interest will be sand-dune, dry heath and blanket bog. The proposed sites have received relatively little botanical survey recently and there will be good potential habitat for rarer species such as *Anacamptis morio* and *Viola lactea* which have been recently recorded from nearby coastal areas to the south of Clifden. Meet at the front of Peacockes Hotel, Maam Cross (L977.462) at 10.30 am. Bring a packed lunch, raingear, sunblock and suitable footwear.

Further details from John Conaghan, 11 Dun Ard, Craughwell, Co. Galway; Tel 00 353 (0) 87 2239858; Email [enviroscope@indigo.ie](mailto:enviroscope@indigo.ie)

**SATURDAY 29<sup>th</sup> MAY TO MONDAY 31<sup>st</sup> MAY.**

**EAST LIZARD, CORNWALL (v.c. 1).**

**Leaders :** Andy Byfield and David Pearman

The west Lizard is much better botanised (and in much better management condition for the specialities) than the eastern half of the Lizard Peninsula, yet there are many historical records of the rare plants in the area from Landewednack to Coverack. The aim of the meeting is specifically to look for historical sites of species such as *Juncus capitatus* (a preliminary survey in 2009 refound only three of 18 sites in that area) as well as *Asparagus prostratus*, *Trifolium bocconeii* and *T. strictum*.

All sites are accessible from the cliff path, but most will require a head for heights and an ability and willingness to scramble down cliff slopes. There is little point in booking if you are not prepared to do this.

On the Saturday we will start by meeting in the Caerthillean area to familiarise members with the range of species, moving to the Cadgwith coast at lunchtime. The whole of Sunday will be spent in the area west and north of Black Head, and the Monday will probably be based around Kennack.

Meet at 10.00 on Saturday at the small car park by bungalow at Carn Goon (SW694130), south of the toll road to Kynance Cove, where parking may be limited and alternatives are few (other than walking back from the NT car park). On the Sunday meet at the Parish Council Car Park at Coverack at SW782185, where parking may be limited and alternatives are even fewer.

Participants will be limited and for further information contact David Pearman at [Dpearman@aol.com](mailto:Dpearman@aol.com), Tel: 01872 863388, and bookings to him at Algiers, Feock, Truro, Cornwall, TR3 6RA.

**SUNDAY 30<sup>th</sup> MAY**

**LECKHAMPTON HILL, GLOUCESTERSHIRE (VC33)**

**Leaders:** Clare and Mark Kitchen

The aim of the meeting is to investigate this interesting unimproved Jurassic limestone scarp which was partly quarried during the building of Regency Cheltenham.

Meet in the car park SO951180 at 11:00am. Picnic lunch and footwear suitable for hill walking.

Bookings with SAE to Clare and Mark Kitchen, The Cottage, Bevington, Berkeley, Glos., GL13 9RB. Email: [markarkitchen@yahoo.com](mailto:markarkitchen@yahoo.com)

**SUNDAY 30<sup>th</sup> MAY**  
**\*TRAINING MEETING JOINT WITH THE WILD FLOWER SOCIETY**  
**INTRODUCTION TO PLANT FAMILIES**  
**SOUTH TYNE VALLEY, NR ALSTON, NORTHUMBERLAND (v.c. 67)**  
**Leader: Clare O'Reilly**

This training meeting is aimed at beginners who are new to identifying plant families. The day is entirely field-based and we will visit woodland and the UK BAP habitat calaminarian grassland by the River South Tyne. Common species will be used to illustrate the key characters of a range of the major British plant families flowering in Spring, especially species in Brassicaceae, Ranunculaceae and Roseaceae (cabbage, buttercup and rose families). Southern botanists should note that Spring is much later in the North Pennines than most of England, which will restrict the number of species in flower!

Bookings to [clare@ptyxis.com](mailto:clare@ptyxis.com) by end of April 2010 as Clare will be away for most of May. Places are limited to 12.

**FRIDAY 4<sup>th</sup>, SATURDAY 5<sup>th</sup> & SUNDAY 6<sup>th</sup> JUNE**  
**TELEGRAPH HILL, BLACKWATER HEAD, BALLYVALLOO & WEXFORD**  
**CO. WEXFORD (v.c. H12)**  
**Leader: Paul Green**

On the Friday evening a sandpit will be visited on the coast at Blackwater Head to look at *Silene gallica* (Small-flowered Catchfly), *Lotus subbiflorus* (Hairy Bird's-foot-Trefoil), *Trifolium striatum* (Soft Clover) and a number of other small plants of sandy areas. Meet at 7 pm in the car park (T138323) on sea front at end of road at base of Telegraph Hill.

On the Saturday Kettle Holes at Ballyvalloo on the Screen Hills will be visited to look at species of the sandy tracks in the area and aquatic species of the Kettle Holes. We hope to see *Gnaphalium sylvaticum* (Heath Cudweed) and *Ornithopus perpusillus* (Bird's-foot). Park on very sharp bend (T106303) with two tracks leading off of it at 10.30 am.

On the Sunday we will visit another sandpit on the shore of the River Slaney on the edge of Wexford, in the hope of re-finding what was seen on Friday evening, all reported at this site in 1989 and should also see *Filago gallica* (Small Cudweed). Meet at 10.30 am in parking area by castle (T016232) on the east side of the N25 at Ferrycarrig, just north of bridge over the River Slaney. We will move on from here to the sandpit.

All three days should be easy walking. Bring packed lunch and suitable clothing and footwear.

Contact : Tel 00 353 (0) 51 445541 ; Mobile 00 353 (0) 87 7782496 ; Email : [paulnewross@eircom.net](mailto:paulnewross@eircom.net)

**SATURDAY JUNE 5<sup>th</sup> & SUNDAY JUNE 6<sup>th</sup>  
ANNUAL SPRING CONFERENCE AND A.G.M.  
RICHARD ATTENBOROUGH CENTRE, UNIVERSITY OF LEICESTER (v.c.55)**

This will be a two-day meeting with the conference and A.G.M. on the Saturday followed by a meal in the evening.

The theme of the conference will be 'Everything you ever wanted to know about genetics but didn't like to ask'.

Accommodation will be available and there will be field excursions on the Sunday. All details and booking procedures will be circulated by separate flyer.

**JUNE 11<sup>th</sup>, 12<sup>th</sup> & 13<sup>th</sup>  
WELSH A.G.M.  
ANGLESEY v.c. 52**

**All details and booking procedures will be circulated later.**

**FRIDAY 11 – MONDAY 14 JUNE  
KYLE OF LOCHALSH, WEST ROSS (v.c.105)  
Leaders: Duncan Donald & Jim McIntosh**

The area around Kyle in the very south of West Ross is a much under-recorded corner of the vice-county. We should like help from members to undertake some general recording to redress this oversight. We hope to record a variety of habitats including coastal, semi-natural woodland and montane. In particular we shall arrange to visit the saltmarsh site of *Carex salina* (Saltmarsh Sedge) – one of the most recent native additions to our flora. We should also like to visit Rassal ashwood and adjacent grasslands on Durness limestone: species we hope to see include *Dryas octopetala* (Mountain Avens) and *Cephalanthera longifolia* (Narrow-leaved Helleborine), and we shall try to re-find *Melampyrum sylvaticum* (Small Cow-wheat) at Francis Rose's 1965 site. It is hoped a group of more adventurous members might also visit the lower reaches of the Allt nan Carnan gorge at Lochcarron, to try to re-find *Pyrola media* (Intermediate Wintergreen) at one of its few West Ross localities.

For further information and to book, please write to Duncan Donald, 16 Midtown of Inverasdale, Poolewe, Achnasheen, Wester Ross IV22 2LW or e-mail him at [croft16@btinternet.com](mailto:croft16@btinternet.com)

**SATURDAY 12<sup>th</sup> JUNE 2010**  
**WEARDALE, COUNTY DURHAM (v.c. 66)**  
**Leader: David Shimwell**

A field meeting to explore the flora of the waysides, walls and waste places of Weardale, beginning with visits to two of the classic localities for *Alchemilla acutiloba* for which Weardale is the centre of its British distribution. The importance of roadsides and other marginal habitats and disused quarries in the maintenance of local floristic diversity, particularly of the genus *Rosa*, will form the general theme of the day. The 'floral signature' of the walls of the village of Stanhope will be examined with respect to the distribution of species such as *Erinus alpinus* and *Cystopteris fragilis*.

Meet at 10.30 hours at the Collier Wood lay-by on the A68 (NZ 130365). Further information from David Shimwell, High House Farm, High Stoop, Satley, Bishop Auckland DE 13 4HL 01388 731666 Email: [shimwell44@tiscali.co.uk](mailto:shimwell44@tiscali.co.uk)

**SATURDAY 12 JUNE**  
**HILL OF GARVOCK (v.c. 91)**  
**Leader: David Welch**

The main area to be visited is an upland ridge SE of Laurencekirk. A considerable part remains uncultivated, and holds a variety of plant communities notably calcareous grasslands, mires and wet heath.

Past botanists took little interest in these modest hills, being more attracted to the nearby St Cyrus coast or taller mountains further west. But 117 ha were declared an SSSI in the 1990s, species such as *Carex disticha*, *Helianthemum chamaecistus*, *Platanthera bifolia* and *Trollius europaeus* having been found.

Some time may also be spent in nearby woodlands or arable land, the latter in case the seasons are sufficiently early to follow up the local recent discovery of *Fumaria reuteri*. This meeting will be joint with the NE Scotland branch of the Scottish Wildlife Trust, for whom I normally lead a day excursion in June.

Further information from David Welch, East Fernbank, Woodside Road, Banchory, Kincardineshire. Tel 01330822571, e-mail [dwe@ceh.ac.uk](mailto:dwe@ceh.ac.uk).

**SATURDAY 12<sup>th</sup> AND SUNDAY 13<sup>th</sup> JUNE**  
**LOUGH REE & LOUGH FUNSHINAGH, CO. ROSCOMMON (v.c.25)**  
**Leaders: John Earley and Michael Archer.**

Saturday will be spent exploring and recording in woodlands and on lake shore, hopefully to locate new sites for *Cephalanthera longifolia*. On Sunday we hope to visit a bare limestone area to search for early flowering calcareous species. Meet both days at Athlone Railway Station at 10.30am, bringing packed lunch and suitable clothing and footwear.

Contact: tel John Earley 00 353 (0) 86 2646911, or Michael Archer 00 353 (0) 86 1716286

**SATURDAY JUNE 19<sup>th</sup>**  
**CAE BLAEN DYFFRYN PLANTLIFE RESERVE, LAMPETER,**  
**CARMARTHENSHIRE (v.c. 44).**  
**Leader: Trevor Dines.**

Join in the annual vegetation survey of this small but wonderful neutral grassland reserve. As well as recording changes in the vegetation, we'll survey the meadow for both *Platanthera chlorantha* and *P. bifolia*, (Greater & lesser butterfly orchids) and look for hybrids between the two. We'll also monitor *Botrychium lunaria* (Moonwort) and *Viola lutea* (Mountain pansy) as well as enjoying the wealth of sedges and hybrid *Dactylorhiza*. Meet at 11.00am on the road verge car park at SN605.442 (on the inside of the tight corner). Bring lunch.

Bookings with SAE please to: Trevor Dines, Plantlife Wales, c/o CCW, Maes y Ffynnon, Ffordd Penrhos, Bangor, Gwynedd LL55 2LQ. Tel. 01248 387396

**SATURDAY 19 JUNE**  
**LOCH KATRINE (v.c. 87)**  
**Leaders: Liz Lavery & Jane Jones**

A chance to explore remote parts of the loch shore, burns and ravines around Loch Katrine. To protect the quality of the water sheep were removed from the surrounding area about 5 years ago and the greatly reduced grazing pressure has improved the vegetation and allowed plant life to flourish. We hope to get special access to areas around the loch which have not been botanised before. There are very few records from this area and it is hoped this meeting will fill in many gaps. Anything may turn up! We hope to find more *Hymenophyllum wilsonii*, found in 2009, and there is even the possibility of discovering *Hymenophyllum tunbridgense*.

An informal excursion on Sunday 20 June, botanising in the Loch Lubnaig, - Balquidder areas, may be arranged for any members who would like to see some local rarities such as *Lysimachia thyrsoiflora*, *Stellaria palustris* and a new Scottish site for *Calamagrostis purpurea*.

For further information and to book, please contact Liz Lavery Burach, Carnbo, Kinross KY13 0NX e-mail: [lavery@carnbo.freeserve.co.uk](mailto:lavery@carnbo.freeserve.co.uk) , '

**SUNDAY 20<sup>th</sup> JUNE**  
**\*CROM, NEWTOWNBUTLER, CO. FERMANAGH (v.c. H33)**  
**Leader: Robert Northridge**

This will be a training meeting, suitable for beginners, with emphasis on learning grasses and sedges. There is a rich variety of habitats on this National Trust estate, including woodland, grassland and lakeside fen. Meet 10.30 am in the car park beside the slipway and visitors' centre, H 371239.

Contact: Tel 00 44 (0) 28 66324502 or Email: [RobHanNort@aol.com](mailto:RobHanNort@aol.com)

**SATURDAY 26<sup>th</sup> JUNE**  
**FARNDALE, N.E. YORKSHIRE (v.c.62)**  
**A joint meeting with the botanical section of the Yorkshire Naturalists' Union**  
**Leader: Don Grant**

Meet at 10.30 am at Low Mill village, Grid Ref SE 673951.

Low Mill is about 2 miles north of Kirkbymoorside which is on the A170 Thirsk to Scarborough road. Map O.S. Explorer, North York Moors Western Sheet No. OL26 scale 1 to 25,000.

Farndale is home to a large area of wild daffodils which attract tourists in the spring.

We shall follow the River Dove northwards through the fields and finally climb up to the moor top. The area is situated on the Jurassic series of rocks which are represented by limestones, estuarine sandstones and clays.

Stout shoes are recommended and there will be boggy areas. There are hotels in Helmsley, Kirkbymoorside and Pickering plus many B & B places in the adjacent area for people to stay and make a 2 or 3 day visit to the area.

For booking and further details please contact Jane Croft: Email: [stowlonga@tiscali.co.uk](mailto:stowlonga@tiscali.co.uk) or telephone: 01480 860 561

**SATURDAY JUNE 26<sup>th</sup>**  
**CAEAU TAN Y BWLCH PLANTLIFE RESERVE, CLYNNOGFAWR,**  
**CAERNARVONSHIRE (VC 49).**  
**Leader: Trevor Dines.**

Join in the annual vegetation survey of this famous neutral grassland reserve. As well as recording changes in the vegetation, we'll survey the meadows for *Platanthera chlorantha* (Greater butterfly orchid). We'll also search for *Ophioglossum vulgatum* (Adder's tongue) and have a look at the various *Euphrasia* taxa found here. If we have time, the stunning views are great too! Meet at 11am at the car park beside the reserve at SH431.488. Bring lunch. Bookings with SAE please to: Trevor Dines, Plantlife Wales, c/o CCW, Maes y Ffynnon, Ffordd Penrhos, Bangor, Gwynedd LL55 2LQ. Tel: 01248 387396.

**SATURDAY 26 JUNE**  
**BEN VANE, DUNBARTONSHIRE (v.c. 99)**  
**BSS & BSBI Joint Alpine Field Meeting**

**Leader:** John Holland

The Botanical Society of Scotland BSS has invited BSBI members to join them on this year's BSS Alpine Field Meeting to Ben Vane in Dunbartonshire. Despite Ben Vane only just qualifying as a Munro, being 3,002 feet (915m) above sea level, it is surprisingly rough and has many rocky outcrops scattered across its summit and flanks where interesting alpinists might occur. Species previously recorded on Ben Vane and its near neighbour Beinn Dubh, include *Loiseleuria procumbens* (Trailing Azalea), *Orthilia secunda* (Serrated Wintergreen), *Poa glauca* (Glaucous Meadow-grass), *Polystichum lonchitis* (Holly-fern) and *Saussurea alpina* (Alpine Saw-wort). However this area has not been well botanised in recent years and there are few recent records. The aim of this field meeting is therefore to undertake a thorough search of all of Ben Vane's montane habitats to update our records. (It is no co-incidence that the BSS Alpine Field Meeting leader is also the BSBI Vice-county Recorder for Dunbartonshire!)

For further information and to book, please write to Dr John Holland, 3 Monemore, Killin, Perthshire FK21 8XD or e-mail [john.holland@sac.ac.uk](mailto:john.holland@sac.ac.uk)

**SATURDAY 26<sup>th</sup> JUNE**  
**LITTLE BROSNA CALLOWS, NORTH TIPPERARY (v.c. H10)**

**Leader:** David Nash

The aim of the meeting will be to record the flora of the Little Brosna Callows and, time permitting, nearby Redwood Bog, with target species including *Stellaria palustris*, *Butomus umbellatus* and *Rhynchospora fusca*. Areas visited will depend on water levels. Be prepared for walking and wet terrain! Meet at Dooly's Hotel, Birr (N06030507) at 10.30 am We will *pause* at Rathcabban Church (M98270738) to collect anyone waiting there.

Further details from David Nash, 35 Nutley Park, Dublin 4. Mobile: 00 353 (0) 87 2403402 or Email: [davidnash@eircom.net](mailto:davidnash@eircom.net)

**SATURDAY 3<sup>rd</sup> JULY**  
**\*ROUDSEA MOSSES AND WOODS, WESTMORLAND (v.c. 69)**  
**Leader: Paul Ashton**

**Location:** Roudsea NNR, Nr Newby Bridge.

**Time:** 1015 for 1030 start

**Participant standard:** Training Course. No previous knowledge is required.

A combination of mild climate, contrasting geology, historical usage and sympathetic management combine to make Roudsea Wood one of the finest botanical locations in the country. Habitats include limestone and slate woodland, mire, fen and saltmarsh which together host a large suite of species.

This course aims to provide an introduction to the flora of the mosses and woodlands at Roudsea Wood NNR. It is also hoped, if time allows, to explore other habitats at this rich site. The day will include structured tuition on the identification of the flora of this wonderful reserve. Hence beginners are very welcome. However experienced botanists are also likely to find much of interest.

Please book with Paul Ashton, 01695 584260 (day) or 01257 424587 (eve) [ashtonp@edgehill.ac.uk](mailto:ashtonp@edgehill.ac.uk), as places are limited. Further details will be provided on booking.

**SATURDAY JULY 3<sup>rd</sup>**  
**CEFN CAER EUNI, MERIONETH (v.c. 48)**  
**Leader: Sarah Stille.**

Meeting (limited car parking) in Sarnau village off the A494 at SH971.393 at 10.30 am. Bring lunch and be prepared for a short steep walk (road and track) to the lake and possible rough walking thereafter to the hillfort at SJ0041. Bookings, with SAE please, to Mrs.S.E.Stille, The Quillet, Berwyn Street, Llandrillo, Corwen, LL21 0TH. Email: <mailto:sarah.stille@virgin.net>

**JULY 5<sup>th</sup> to JULY 15<sup>th</sup>**  
**ESTONIA , BOGS, FENS & MIRES**  
**Leaders: Ian Bennallick and Paul Green**

Lahemaa's atmospheric landscape of bogs, forests and unspoilt bays with still traditional fishing villages has been spared the ravages of the twentieth century by dint of being the first national park designated in the former Soviet Union.

34 out of 36 of Estonia's orchids occur on the limestones of Saaremaa Island. Dark Red Helleborine and Fly Orchid are widespread and we'll see the Baltic endemics *Dactylorhiza longifolia* and *Dactylorhiza ruthei*. The fabulous Moor King rises from fens where we'll find Fen Orchid and *Dactylorhiza curvifolia* amongst fine displays of Marsh Helleborine and Musk Orchid. Colonies of Silver-studded and Large Blues live amid a colourful mosaic of bellflowers, champions and cinquefoils. The violet-blue iridescent hues of Lesser Purple Emperor and Purple Emperor are joined by the Map Butterfly and both Large Copper and Scarce Copper.

Of particular interest to us will be the extensive complexes of mires, fens and raised bogs made accessible by a fine series of trails and boardwalks. A rich and distinctive community make this their home from Sundews and One-leaved Bog Orchids to Frigga's and Cranberry Fritillaries, Moorland Clouded Yellow and the dragonfly *Leucorrhinia albifrons* to endemic *Rhinanthus osiliensis* to the skullcap *Scutellaria hastifolia*. Estonia has a wealth of sedges probably unmatched in Europe. British rarities such as *Carex flava* and elegant *Carex buxbaumi* sit alongside less familiar species such as *Carex rhynchophysa* and *Carex globularis*. *Chamaedaphne calyculata* will be going over but other Ericaceae will be in full bloom including Bog Rosemary, Labrador Tea and both species of Cranberry. Paths through lichen and cowberry under open pine forests will reveal Creeping Lady's Tresses and lovely Twinflower are no less than seven Wintergreens, whilst roadsides are awash with stands of four species of Cow-wheats, among them colourful Crested Cow-wheat and the garish purple and yellow *Melampyrum nemorosum*.

How to Book:

Please fill in the booking form in the Greentours brochure or download it from [www.greentours.co.uk](http://www.greentours.co.uk). A detailed information pack will be dispatched twelve weeks prior to departure. Flower, dragonfly, butterfly, bird and mammal checklists are available.

**THURSDAY 8 - SATURDAY 10 JULY**  
**CARRIFRAN WOODS & MOFFAT HILLS (v.c.72)**  
**Leaders:** Chris Miles & Crinan Alexander

The Moffat Hills with rocky slopes and screes, boreal heath and flushes have been known for a long time to support small populations of montane species not found elsewhere in the Southern Uplands. *Woodsia ilvensis* (Oblong Woodsia) is the most celebrated of these and will be seen. The Moffat Hills is currently the focus for two interesting restoration projects both under the wing of Borders Forest Trust. The aim of the weekend will be to record tetrads or monads particularly on the two areas and locate populations of Moffat Hills specialities. There will be a revisit to the Carrifran area ten years after the wildwood project commenced. This area has had graziers removed for a number of years and now shows montane and flush vegetation in recovery. Two target species are *Polystichum lonchitis* (Holly Fern) and *Crepis mollis* (Northern Hawk's-beard). The Corehead area including the famous Devils Beef Tub has recently been acquired by the trust and the aim here is to provide some baseline recording in tetrads or possibly monads as they commence a woodland, moorland and hay meadow restoration project. *Carex vaginata* (Sheathed Sedge) is a possibility.

For further information and to book, please write to Chris Miles Braeside Boreland Lockerbie Dumfriesshire DG11 2LL or e-mail him at [chris.miles01@btinternet.com](mailto:chris.miles01@btinternet.com)

**SATURDAY JULY 10<sup>th</sup>**  
**GWENT LEVELS, NEAR NEWPORT, GLAMORGAN, (v.c. 41)**  
**Leader:** Richard Lansdown.

Meet at the Wetland Trust Reserve car park at ST3347.8347 at 10.30am. A meeting to look at aquatic plants, where it is hoped to visit some nearby fields and perhaps move on in the afternoon to farmland supporting interesting ditches. Wellies recommended and bring a grapnel if you have one. Further information on the site can be found at [www.rspb.org.uk/reserves/guide/n/newportwetlands/about.asp](http://www.rspb.org.uk/reserves/guide/n/newportwetlands/about.asp)

Bookings, with SAE please, to Mr R.Lansdown, 45 The Bridle, Stroud, Glos. GL5 4SQ.  
Email: [rlansdown@ardeola.demon.co.uk](mailto:rlansdown@ardeola.demon.co.uk)

**SATURDAY 10<sup>th</sup> & SUNDAY 11<sup>th</sup> JULY**  
**CO. OFFALY (v.c. H18)**  
**Leader: Fiona Devery**

On Saturday, we will visit Clonfinlough, near Clonmacnoise, an area of fen with interesting sedges and orchids. Grid ref. N035295. On Sunday, we will go to Gallen, Ferbane, to see cranberry plantation aliens. Grid ref. N 117213. Meet both days at 11 am in Ferbane at An Maidin Gael Coffee Shop, N115243. Bring a packed lunch and suitable clothing. Wellies recommended.

Email: [findevery@yahoo.co.uk](mailto:findevery@yahoo.co.uk)

**FRIDAY 16<sup>th</sup> JULY TO FRIDAY 23<sup>rd</sup> JULY**  
**GLYNHIR MANSION, LLANDYBIE, CARMARTHENSHIRE,( v.c. 44)**  
**Leaders: Kath and Richard Pryce.**

Please Note that this year's week will run from Friday to Friday

The annual Carmarthenshire Recording and Monitoring Meeting will include visits to well-botanised sites as well as areas in need of additional recording within the county. The meeting will cater for both experienced and inexperienced botanists and will provide an opportunity for the informal development of identification skills.

The River Loughor runs through the estate and at one point plunges over a 10m waterfall into a rocky gorge where *Dryopteris aemula*, *Hymenophyllum tunbrigense* and *Asplenium trichomanes* ssp. *trichomanes* are among the ferns growing on the cliffs. There will be ample opportunity in the timetable to visit the site. Large parkland trees provide the setting to the mansion, including *Tilia cordata*, and there remains much scope for further discoveries to be made in the vicinity.

The mansion is run by the Jenkins family providing first class facilities including a large common room for evening identification and discussion sessions. The cost of the week from lunchtime on 16<sup>th</sup> to breakfast on 23<sup>rd</sup>, including full board and packed lunches, we are told will be pegged at last year's prices of approximately £400.00 but will be limited to about 20 participants. Accommodation for part of the week will be charged *pro rata*.

Please make initial bookings with the leaders as soon as possible. A 25% deposit will be required by Glynhir followed by full payment six weeks prior to the meeting. Bookings to Mr & Mrs R.D. Pryce, Trevethin, School Road, Pwll, Llanelli, Carmarthenshire, SA15 4AL. Tel:/ Fax: 01554 775847; Email: [PryceEco@aol.com](mailto:PryceEco@aol.com).

**SATURDAY 17 - SUNDAY 18 JULY**

**\*ALCHEMILLA WORKSHOP**

**GLEN CLOVA (v.c. 90)**

**Leader: Margaret Bradshaw**

The aim of this workshop is to promote a better understanding and better recording of *Alchemillas* in Scotland. The workshop will start in the classroom on Saturday morning and go out into the field in the afternoon, and be entirely field based on the Sunday. We will be in Glen Clova on Saturday, where there is a good selection of *Alchemilla* species and where the Vice-county recorder has recently found *Alchemilla glaucescens*. We will look for *Alchemilla wichurae* and other species on The Cairnwell 933m, Glenshee on the Sunday, weather permitting.

Places will be strictly limited to 15. Bookings from Vice-county Recorders received by 1<sup>st</sup> March will get priority. For further information and to book, please write to Mrs Jane Jones, BSBI Admin Assistant, Cuilvona Cottage, Aberfoyle, Stirling, FK8 3TQ, or e-mail Jane at [jane@cuilvona.plus.com](mailto:jane@cuilvona.plus.com).

**SUNDAY JULY 25<sup>th</sup>**

**CORS FOCHNO (BORTH BOG), CARDIGANSHIRE (v.c. 46)**

**Leader: Mike Bailey (CCW warden).**

As BSBI's contribution to International Bog Day, this meeting is arranged to visit one of the most important actively-growing raised bogs in Britain. Cors Fochno shows a wide range of characteristic bog vegetation and an outstanding series of transitions, from bog, mire, reed swamp, lowland grassland to woodland (with adjacent saltmarsh and sand dune habitats that can also be accessed later). There are widespread and obligate bog species like *Andromeda polifolia* (and a nearly full suite of bog mosses) and also several very notable plants, like *Rhyncospora fusca*, *Drosera intermedia*, *D. longifolia* and the rare hybrid *D. x obovata* - together with notable invertebrates and other wildlife. Cors Fochno has extensive wet terrain and Wellington boots are advised. Meet at 10.30 am and park in a field on the south side of the B4353, c150m east of Greenacres Nursery at c.SN624.929.

Bookings (with SAE please) to Mr. R.A.Jones, CCW, Welsh Assembly Government Building, Rhodfa Padarn, Llanbadarn Fawr, Aberystwyth, Ceredigion, SY23 3UR. Email: [a.jones@ccw.gov.uk](mailto:a.jones@ccw.gov.uk)

**THURSDAY 29 JULY – SUNDAY 1 AUGUST  
ORKNEY (v.c. 111)**

**Leaders:** John Crossley, Effy Everiss & Eric Meek

The Orkney islands support an unusual variety of habitats from montane hilltops on the island of Hoy and wind-blasted western coast to low-lying mires, clear lochs and sheltered shores elsewhere. There will be a good choice of these and others to botanise, most very easily accessible from the road, others requiring a good walk to fully appreciate them. Hoy has Britain's most northerly native woodland and some mountain plants at unusually low altitude. These include *Arctostaphylos uva-ursi* and *Arctostaphylos alpinus*. There are steep corries with base-rich flushes and broad valleys with diffusely flushed mires. Away from Hoy, the Orkney Mainland has lochs unusually rich in stoneworts and other aquatics, and there will be the opportunity to examine these with local expert Effy Everiss. No visit to Orkney would be complete without seeing maritime heath and its unusual flora: we shall visit the spectacular Stromness Heaths and Coasts SSSI and SAC where *Primula scotica* is locally common. In contrast, we can also explore some weedy field margins, still quite easily found in the mixed crops-and-grassland farming landscape, where up to five species of fumitory are a feature, and we should certainly see *Fumaria purpurea*. On one day we take a short ferry journey to the low-lying island of Egilsay, which packs a wealth of habitats into its small area (4 km long, maximum 1.5 km wide), much of it RSPB reserve, and thoroughly explore and record.

Numbers are limited to 15 and early booking is advised. The town of Kirkwall will be our base. For booking and information if needed on travel and accommodation, please write to John Crossley, North Flaws, St Margarets Hope, Orkney KW17 2RW, or email [john.crossley@uku.co.uk](mailto:john.crossley@uku.co.uk). Tel. 01856 831507

**SATURDAY JULY 31st  
BRYMBO STEELWORKS, DENBIGHSHIRE (v.c. 50)  
Leader:** Delyth Williams.

At one time, the largest and most advanced of its time in the UK. Now derelict, with planning permission for the entire area. Before it is too late, come and look for colonisers over the bare ground and walls, aquatic and associated species around the ponds and wet areas and whatever else we can find in the grassland and planted areas. There is a most interesting Visitors' Centre and geological trail. Bring lunch. Meet at 10.30am at SJ295.537. This is a gated entrance to the site, off a steep and narrow road, just below the top of the hill. Go through the gates, down to the obvious parking area in front of the buildings.

Bookings, preferably by email, to [delyth@siriol.myzen.co.uk](mailto:delyth@siriol.myzen.co.uk) or with SAE please to Mrs. D. Williams, Graigfechan, Ruthin LL15 2HA.

**MONDAY 2 - FRIDAY 6 AUGUST**  
**NORTH UIST, OUTER HEBRIDES (v.c.110)**  
**Leaders: Paul Smith & Richard Pankhurst**

The meeting will be based in Lochmaddy, North Uist, with the aim of visiting underworked areas to help with tetrad recording for the flora of the Outer Hebrides, and to record Threatened Plant populations (*Chrysanthemum segetum* is the most likely species of interest from the 2010 list). There should be an interesting mixture of habitats from machair to moorland, sea cliffs and lochs, and we hope to be able to visit some of the islands off the north east of N Uist (in which case there may be a small charge to cover boat hire).

For further details and to book, contact Paul Smith, pa.smith@mypostoffice.co.uk or 128 Llancayo Street, Bargoed, Mid Glamorgan, CF81 8TP.

**SATURDAY AUGUST 7<sup>th</sup>**  
**LLANGORSE LAKE, BRECONSHIRE (v.c. 42)**  
**Leader: Ray Woods.**

Meet at 11 am on Llangorse Common SO128.272. It is signposted from Llangorse Village, Powys. We will examine the lake margin and species-rich grassland. Waterproof footwear recommended. Please bring lunch.

Bookings, with SAE please, to Mr. R.G.Woods, c/o CCW, Eden House, Ithon Road, Llandrindod Wells, Powys LD1 6AS. Email: [R.woodsadvisor@ccw.gov.uk](mailto:R.woodsadvisor@ccw.gov.uk)

**SATURDAY 7<sup>th</sup> & SUNDAY 8<sup>th</sup> AUGUST**  
**CO. MAYO (v.c. H26 & H27)**  
**Leader: Gerry Sharkey**

Field meetings will be held in conjunction with the Annual General Meeting of the Irish Regional Committee, to be held in Castlebar. Details will be circulated nearer the time to all members resident in Ireland and to any others who give their names to Gerry.

Email: [gsharkey@patodonnell.com](mailto:gsharkey@patodonnell.com)

**SATURDAY 7<sup>th</sup> AUGUST 2010**  
**\*INTRODUCTION TO SEDGES**  
**WHITLAW MOSSES NNR, ROXBURGHSHIRE (v.c. 80)**  
**Leaders: Jim McIntosh**

Whitlaw Mosses is an extremely rich and diverse series of basin mires. It has a remarkably diverse sedge flora including, amongst many others, *Carex paniculata*, *C. diandra* (Greater and Lesser Tussock-sedge), *C. lasiocarpa* (Slender Sedge) and *Carex limosa* (Bog-sedge). The emphasis of this field meeting will be on learning to identify sedges and we would particularly welcome sedge-beginners.

For further information and to book, please write to Mrs Jane Jones, BSBI Admin Assistant, Cuilvona Cottage, Aberfoyle, Stirling, FK8 3TQ, or e-mail Jane at [jane@cuilvona.plus.com](mailto:jane@cuilvona.plus.com) For more general information about Whitlaw Mosses NNR see [www.nnr-scotland.org.uk](http://www.nnr-scotland.org.uk)

**SATURDAY 11<sup>th</sup> & SUNDAY 12<sup>th</sup> SEPTEMBER**  
**DUNCANNON AND BANNOW ISLAND, CO. WEXFORD (v.c. H12)**  
**Leader: Paul Green**

The aim on Saturday will be to walk around the village of Duncannon to visit the many habitats on offer and collect as large a list of species as possible. Hay meadows with *Oenanthe pimpinelloides* and *Rumex pulcher*, dunes with *Salvia verbenaca*, sea-cliffs dripping in *Petroselinum crispum*, and aliens around the village include *Polypogon viridis*. Meet at 11.00 am on roadside by Duncannon Fort (S728081).

Sunday will be spent looking for and surveying *Sarcocornia perennis* in the saltmarshes at Bannow Island. The dunes will also be explored. Meet at 11.00 am on roadside on edge of dunes on Bannow Island (S822083). Should be easy walking on both days.

Contacts: Tel 00 353 (0) 51 445541; Mobile 00 353 (0) 87 7782496; Email: [paulnewross@eircom.net](mailto:paulnewross@eircom.net)

**SUNDAY 3<sup>rd</sup> OCTOBER**

**\*MAGDALEN HILL DOWN & WINCHESTER AREA, NORTH HANTS (v.c. 12)  
A TRAINING DAY USING THE *VEGETATIVE KEY TO THE BRITISH FLORA***

**Leader: John Poland**

A meeting to help new users of the *Vegetative Key*. An area of chalk grassland will be explored and all plants will be identified vegetatively thus an ideal opportunity to test or improve i.d. skills! A good chalk flora is likely to be encountered, along with a few arable 'weeds' and perhaps the odd scarcer plant.

Numbers are strictly limited so early application is advisable. Bookings and details of meeting place to John Poland, 91 Ethelburt Ave, Southampton, Hants SO16 3DF; Email: [jpoland197@yahoo.co.uk](mailto:jpoland197@yahoo.co.uk)