

# The MURVI Club Newsletter

Spring 2025



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## Editorial

Another mixed bag of trips, tips and suggestions in this edition for which many thanks to all contributors. I've slightly tweaked the appearance of the Newsletter to reflect the colour and font which will be appearing soon on the new Murvi Club flags at our rallies this year. If you see them, please take a photograph and send it to me for the next edition!

## Parkrun Tourism

### Janet Crouch

I am hopeful that 'Parkrun' is a familiar word to many these days as it does get quite a bit of media coverage and 2024 marked 20 years since it was founded by Paul Sinton-Hewitt at Bushy Park in Teddington. You may have friends or family members who take part? Age is no barrier, from under 11s in Junior Parkrun to those in their 80s and 90s. See [www.parkrun.org.uk](http://www.parkrun.org.uk) for lots more information.

A few pointers:

- It is a completely free, weekly, community event, hosted and run by volunteers
- It is a 5k course run every Saturday morning at 9am, with Junior Parkrun (2k) on a Sunday morning
- Currently there are 1318 events around the UK
- Parkrun is a global phenomena with events in another 21 countries
- Saturday, 29 March 2025 saw the highest ever number of participants in the UK: nearly 290,000 people walked, jogged or ran!
- It is not a race, there is no time limit, you will never be last as there is always a tailwalker

- Running is not essential as walking is encouraged with Volunteer Parkwalkers to walk with you if you want company and encouragement
- Everyone is welcome, it's free, it's fun and a great way to stay active

My first Parkrun was in September 2018 and I have now completed 181 as at 29 March 2025. The Tourism bit comes into play when you try a new Parkrun venue if you are visiting a new area. That is where the Murvi comes in – last year while on the May Heligan meet I ran at the Eden Project (and got free entry which was an incentive!), this year I ran at Quakers Park while at the Devizes Meet on 1 March and have just added another new venue while staying at Cheddar Bridge Touring Park for the AGM, the Sharpham Road Playing Fields Parkrun by the Reservoir.



For some it becomes a challenge to 'collect' Parkruns i.e. attend as many different events as possible or 'collect' Parkruns A to Z by event name or to mark individual milestones at different events. Milestones are celebrated at 25, 50, 100, 250 and 500 runs presently with different coloured T-shirts and other merchandise available. It's just a bit of fun. The main thing is the warm welcome at any event, the taking part, the fresh air and the exercise – oh and there's usually somewhere to have coffee and cake afterwards, not that I do (well, not that often)!!

Are there other Murvi club members who take part in Parkrun?



# Polarsteps for the Uninitiated

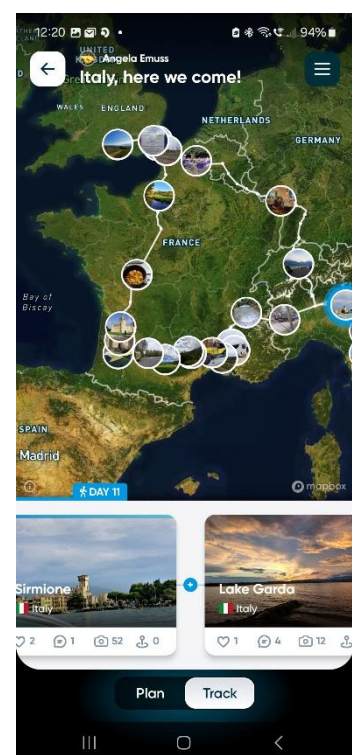
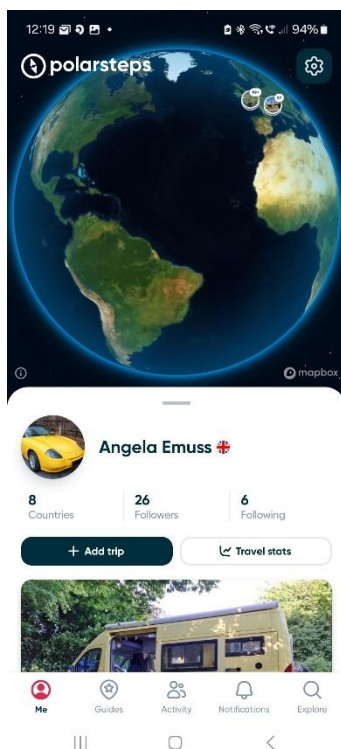
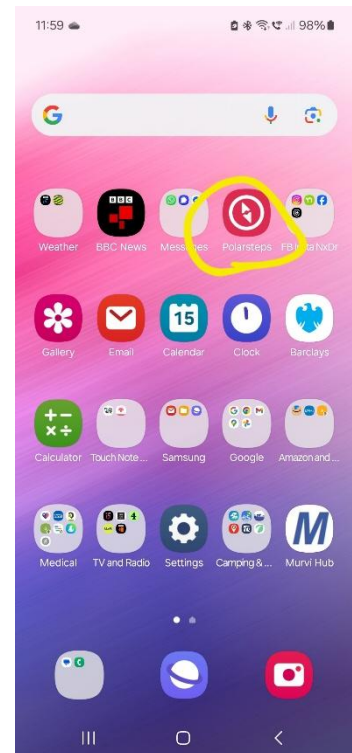
## Angela Emus

I was introduced to the joy of the Polarsteps app by Steve Sykes a couple of years ago and have been using it ever since for our extended holidays. For those yet to dive into the travel app world, Polarsteps is a very easy tool to use. In the past, I used to hand write a travel journal, but often missed days, as either I ran out of time or simply forgot! I would then add any photos to my annual Year Book, but could not be bothered to type my notes into the book! Polarsteps for the uninitiated

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Using this app is simplicity itself and totally free, which is a bonus. Once you have registered your details and you are ready to embark on your first trip, just open the app on your mobile and

click the tab “+add trip”. You give the trip a title and simply upload photographs, as many as you like, to each “step” – which in my case was each day. You can add as much text as you like, describing your day in as much detail as you need. The app will track your route in a linear fashion which will be added to the World Map, as long as you activate that function when you set up the app. If you forget to turn it on each day, you can manually enter the time you set off, and change the place name, if the predicted one is not quite where you anticipated. Then upload your daily photos and texts, until at the end, you finish the trip.





There is the facility to invite friends to “follow” your adventures, if you choose, in which case, they will be sent an alert to a newly uploaded step. Depending on whether they download the app, they will be able to “like” a step, and add comments to the conversation thread that develops. I think it is a lovely way to keep in touch. Then comes the fun part! You can order a book of your travels! This will be automatically compiled from your input and the app will add a Trip Summary to the beginning, which will include the countries you have visited, total mileage, number of days you have been away etc., plus the overview map showing your linear route. Each text page will have a small icon-like map, date, weather, altitude, and grid reference, all added discreetly in a feint type, together with the page number.



You can still edit this before ordering the print version, removing photos, changing the layout, editing the text etc. Any changes will only appear in the finished book, as the app will retain your original in the system, so you won’t lose any photos which may not be worthy of printing but you want to keep for reference.

The joy of this app is that instead of trying to find time to sit down and write a diary, I tend to do it once we’ve gone to bed; not needing lighting, I don’t disturb Robert while I catch up with the day’s events! My books tend to be rather comprehensive, and the largest one extended to their maximum of just under 400 pages and cost, as far as I can remember, around £100.00.

I hope this brief overview will help – I have no doubt there are other apps available but in my experience this one ticks all my boxes!



## **Uphill Marina Meet March 2025**

A peaceful scene from the Uphill Marina meeting at Weston-super-Mare in March 2025.  
Photo by Roger Pepper.



## **A Thought...**

### **Dick Constable**

Us "Murvi owners" know a good thing. I'm on my fourth and nearly 40 years into Murvyng, but it still amazes me how much I don't know about the inner workings of all the clever features. Probably because I've been lucky and certain features have never let me down.

I think the Hub emails are a wonderful link to us all. And what an asset for people who get stuck. "How do I get the "xyz to work" are regularly and swiftly assisted. I think I've been fortunate that previous owners have been careful with their vans ( aren't we all) and I've always had the instruction books and a lengthy handover induction.

But clearly not everyone is so lucky.

Which made me wonder if there might be an opportunity for some knowledgeable owner(s) to run sessions on how our vans operate and charge for their time and expertise. Perhaps "trouble shooting clinics" or " how to diagnose..." etc.

The Camping/Caravanning clubs run courses on "how to reverse caravans" (and other aspects of motorhoming and caravanning), why not a "Murvi Matters"?

Just a thought.

# Dribbling Cassettes

## John Laidler

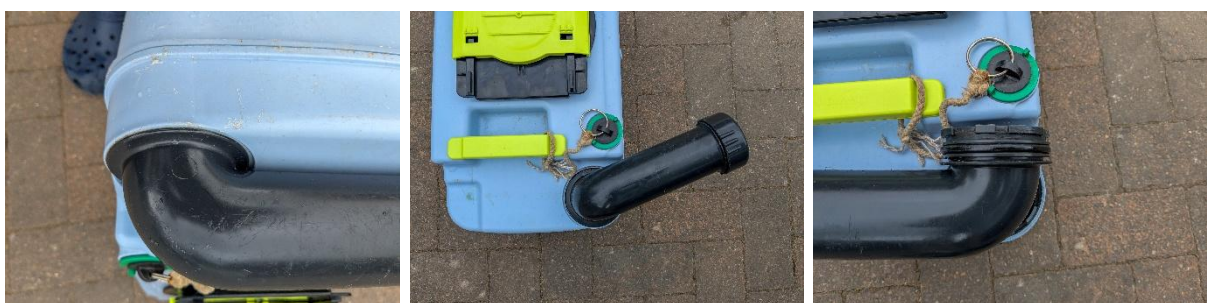
Not the nicest of subjects I will gladly admit but as others might have encountered this problem, I will share a solution which worked on our cassette.

The problem was a small leak from the swivel joint where the spout enters the cassette. The leak appeared whenever the cassette was upended for emptying, which called for some deft footwork if you didn't want to have damp feet. The spout is sealed with an O ring and over time this had either worn or lost some of its elasticity. A look online did not find a replacement ring of the correct size, it is 5mm in thickness and all the ones I could see were smaller. I looked for an alternative remedy and found it in a roll of PTFE tape, the sort used for sealing joints in water systems.

The images below show: the site of the leak (left), the position you need to rotate the spout to enable it to be lifted out of the cassette body (centre) and (right) a close-up of the O ring.

The O ring can be carefully removed, I used a blunt, flat bladed screwdriver. Once removed I wrapped two turns of PTFE tape into the groove where the O ring sits then replaced the O ring. It took a couple of attempts to determine the correct amount of tape. I put too much on at first and had to unwind several turns.

The last image also shows the shine from the silicon grease I applied to the O ring to help the seal and lubricate the joint. I also use the same grease on the sliding blade and the metal rods which you can find underneath the handle you pull to slide the blade open. This makes opening and shutting much easier.





## Murvi Club Events

The list of planned Murvi Club events is reproduced below. The Master List, with the latest amendments can be found on the Club website at <https://www.murviclub.org.uk/events/> which will also lead to links for booking.

Start Date	End Date	Title	Location
09/05/25	12/05/25	Start Bay Meet	CMC site at Torcross near Dartmouth.
12/05/25	16/05/25	Falmouth Meet	Menessay Farm Touring Park, Falmouth
19/06/25	25/06/25	A Scottish Adventure	A 2-site meet at Kirkcudbright and Portpatrick, Dumfries and Galloway.
02/07/25	06/07/25	New Forest Folk Festival	Powells Farm, Salisbury Road, Plaitford SO51 6EE
12/08/25	16/08/25	Llangollen 2025	Royal International Pavilion.
11/09/25	15/09/25	Chester 2025 Ravenglass pre-meet	Netherwood House, Whitchurch Rd, Chester, CH3 6AF
15/09/25	19/09/25	Cumbrian Coast and Hills	Ravenglass Camping and Caravanning Club Site, Cumbria, CA18 1SR
23/09/25	29/09/25	St Giron, France	Camping Les 4 saisons Route d'Aulus Les Bains 09140 OUST
10/11/25	14/11/25	Kelling Heath	Kelling Heath Holiday Park, Holt, Norfolk
01/12/25	05/12/25	Seahouses Meet	Seaford Caravan Park
16/04/26	20/04/26	AGM	Stratford Touring Park, Stratford-on-Avon Racecourse, Luddington Road, Stratford-Upon-Avon, Warwickshire, CV37 9SE

## **Next Edition**

The next edition will be published at the end of July by which time I am sure many of you will have been using your Murvis to travel in the UK and further afield. Until then please submit any photographs you have taken with or without accompanying words from your trips and of course anything else you think will interest Club members.

A few members have found submitting content using the Hub difficult and I am planning to write something for the next edition to explain how to do this. Otherwise, just use my email address to submit things: The address is: rjohnlaidler "at" gmail.com where the "at" should of course be replaced by the conventional snail symbol.