



Walking

September 2009

No. 442

The Gazette and Record of the Surrey Walking Club



Sandra and Richard Brown after winning the 100 miles races at Newmarket with daughter Victoria who fed them during the race

FROM THE EDITOR

Welcome to Gazette no. 442 – It is always worth looking at our website www.surreywalkingclub.org.uk There is lots of interesting information on the site, also the strolling site at www.surreywalkingclubstrollers.org Our thanks yet again to Penny Darton-Scott for her work in production of our magazine. .

This is your club magazine. The Editor welcomes any contributions. Letters, news, comments, photos or reports which could be of interest to other club members are all welcome. Just send them to the Editor. If you are able to Email any material to p.crane7w@hotmail.co.uk that would be especially welcome. Reports of strolls would be especially welcome as these have always been popular with readers Thanks to those who have sent contributions.

Keith Fraser has written to say that he enjoys reading the old Gazettes as they are informative, exciting and at times hilarious. He points out that in November 1980 an advert was included for Northern Rock which claimed that the outlook was sunny and it was safe to save with Northern Rock! How times change.

President's Address

Over the last 20 years I am sure all readers, particularly those involved in the racing scene are aware of the substantial decline of younger athletes competing. This problem is not confined to race walking but it seems to spread right across the entire spectrum of athletic disciplines. In county championships there are often just a handful of competitors in field events and at the Kent Championships in May there were more walkers than hammer and javelin throwers. This is one of the reasons that the club have encouraged coaching in the area and as will be seen from results in this magazine, although not necessarily members, there are now many juniors making progress. Surrey Walking Club has had a big impact on clubs such as Tonbridge AC who are achieving great things at National Junior Grand Prix level. They have also recently produced a GB Junior International, a rarity in the last few years, in Tom Bosworth who competed in the Europa Cup in Metz, France. Tom has been a regular visitor to Monks Hill and benefited from his association with our club. However, sadly, throughout the country there are only pockets where this type of mentoring is followed – Redcar, with John Paddick, part of the Midlands and the ever reliable Isle of Man.

Surrey will continue to encourage younger athletes into race walking as it forms a core issue in our Strategy Plan which has been under debate for the last two years through committee and will hopefully by the end of 2009, be implemented with copies served on the appropriate authorities i.e. UK Athletics, Race Walking Association and relevant county associations in the south east.

As President most of you know that I have been “banging on” about older members encouraging youngsters and it is an issue which must be given a degree of importance. In the last 5 years numbers at our winter races have increased significantly and let us hope that we can continue the trend The winter fixtures will be found in this issue so please book the dates.

I congratulate, on behalf of all of you, Sandra and Richard Brown for their excellent 100 miles performances at Newmarket. Sadly perhaps their rewards were not properly recognised, being somewhat overshadowed by Richard Dunwoody's epic achievement in emulating Captain Barclay.

Each year there is a prime 100 miles race in the UK and in 2011 Surrey Walking Club have agreed to promote the event which will also coincide with the Centurions centenary. Mark Easton has very kindly agreed to take on the organisation of planning but he will need a great deal of help beforehand and on the weekend of the race. The date is yet to be finalised but will be in late July/ early August 2011. The probable venue will be Battersea Park. Mark would like to hear from you with offers of assistance. Further details will be sent when the information is confirmed.

Peter Selby

'Walking' back in time

100 years ago

Ernest Neville resigned his position as Editor due to 'encroachment on his leisure and new Editor Tommy Hammond produced Gazette no. 4. He opened with a memorial for the loss of Charles Sampson at the untimely age of 32 due to pneumonia with special mention to his 4th place in the epic 24 hours race the year before. Ernest Webb took over as landlord of the HQ at the Swan. It was noted that although the racing section was going great guns we must not forget that we are predominantly a strolling club. Our strolls do not receive the support they deserve and it is hoped that the ladies fixture on 5 June would mark the inauguration of a new era in this branch of activity. SCRWA announced the new 'Junior' 10 miles race for those walkers who had not placed in the top 25 of a championship or scored in a top 3 team.

In the Southern Road Walking Championships over 20 miles Surrey retained the team title with the help of Sydney Schofield who timed his race to perfection by taking up the lead just before 19 miles and walking away from the field to record 2h56m48s from Pateman and Withers. He was backed up well by BC Brown in 4th and Hammond in 7th. The 'Oxford' walk from Marble Arch was won by B Warden in 10h25m with Harry Brown finishing 2nd after brother Bill retired having led until half way. Tommy Hammond broke Jack Butler's Lon-Brighton record by over 5min with a fine time of 8h18m18s to take the Dithy Cup. Taking up the lead just before Redhill he finished 46min ahead of Hollinsworth in 2nd.

50 years ago

Gazette no. 234-6 recorded that Stan Vickers won the Highgate hour walks with 8m 702y and Ken Mathews only 90y behind which he repeated at the Cambridge 7 in 51m 17s. However the order was reversed in the Highgate 7 which he won by a minute in 49m09s and repeated again in the Belgrave 7 (49m 29s) and Police 7 (49m 17s). Don Griggs was having a fine season leading Surrey home in all the 'Opens'. In the Gazette Cup Don beat his own course record to win the 4

miles race in 32m11s a minute ahead of Gerry Parker and Dickie Green. Mixed fortunes for Surrey in inter-club matches with Oxford Univ. dominating and Surrey finishing behind Met Police and Stock Exchange. The Garnet 10 was won by Ray Middleton(80:23) with Ken Elmslie the first home for Surrey in 13th closely followed by Ken Best. Eric Hall won the London 10 in 75m 35s with Dickie finishing 5th.

Don followed this with another record to win the Addington by nearly 3 minutes from the previous year's record breaker, R McMullen of Vidarians and Jim Hurley with Jack Sheppard beating the handicapper to take the Abbotsford Vase. The Christmas Cup Yacht h/cap was won by Len Mathews who narrowly held off Keith Fairfax and Don who broke yet another course record. Dickie Green battled it out all the way with Don Griggs in the Banstead 11 $\frac{3}{4}$ and only managed to pull away in the final 400y to win in 97m 6s. Eric Hall led Belgrave home in the County 10 with Dickie holding off Don again for 3rd. Dickie made his move at half way in the Keston to beat Don by 3 min. The strolling section continued to meet frequently with strolls held from Guildford-Hascombe, Hever-Groombridge, Holmwood-Ewehurst, Woking-Frimley, Guildford-Coneyhurst, Caterham-Westerham, Coulsdon-Reigate, Warnham-Slinfold, Leatherhead-Shere, Sevenoaks-W.Peckham and Meopham-Birling. Despite the frequency and variety of strolls it was disappointing to see numbers not exceed 7.

Edgar Frost replaced Alun Trotman as Vice-Captain. Leslie Griffiths was elected Chairman of Southern RWA. The Gazette published its congratulations "to AD McSweeney's and his 200th edition of Race Walking Record – may they both thrive" which Mac conceived 15 years before. Also of note was SRWA recommendations to improve 'dangerous' walking on the road. Gazette 236 published a speech for the occasion of the Diamond Jubilee dinner at the House of Commons and the main theme was Surrey's involvement in "60 years of unbroken contact". Reference was made to the club history, its traditions and involvement in the adoption of an international definition of walking in 1928 and a more common understanding of this definition 20 years later.

30 years ago

Gazette 356/7 announced Peter Selby's retirement after 10 years as Editor handing over to Roger Lancefield. A profit of £140 was made at the Gazette night and the Christmas Cup was postponed until March due to bad weather! Gordon Vale set a National Junior record of 44m 41s in Southern AAA 10km Champs at Crystal Palace despite sleet showers and a biting wind. This was the 1st record since Paul Nihill's record breaking days.

Numbers were up a little for the club strolls which included routes from Knockholt-Shoreham, Hayes-Westerham, Hook-Golden Pot, Dorking-L.Kingswood and Dorking-Holmbury St Mary. The highlight was Tattenham-Betchworth where the highest number for many years attended on a cold but clear day. The Surrey Hills were looking particularly attractive with the sun shining on the chalk faces and finished in fine style to the sound of Carols along the march home. 13 strollers braved the crisp, wintery conditions on the president's stroll which was led by Peter Selby who deputised for the President.

Surrey members continued to shine in Stock Exchange races with Neil Finney, Dave Jarman and Roger Lancefield being highly placed in all races. The highlight was the SE 25 mile race where Roger held off Adrian James to record an excellent 3h 36m 54s. In the SE Brighton John Nye finished a solid 2nd place behind James (9:24:03). The Chippenham-Calne was won by Carl Lawton (53:58) with Peter Selby not far away in 6th. Surrey finished 3rd team in the Belgrave led home by Selby in 7th. In the Cambridge 10k, Gordon Vale led Surrey to victory in a race won by Bob Dobson in 45m 56s - with familiar faces of the current walking scene - Carl Lawton and Shaun Lightman taking the minor placings. Surrey repeated this victory in the Belgrave with Peter Selby leading the team home but it was Shaun Lightman (Met WC) who won the race in 49m 21s. The Garnett championship at Melksham was won by Steyning's Dave Rowland with Paul Jarman 1st home for Surrey in 10th. The GLC 10 miles was won by in-form Carl Lawton who led Belgrave to team and individual honours (74m 1s) and Dave Jarman taking Surrey through to 2nd spot. The county 10k race at Selsdon was again won by Carl however

the team packing of Vale, Selby, Lancefield and Imber held Belgrave at bay with Dave Jarman taking the Kent 20km title. In the Addington Gordon fought off the senior challenge from Finney and Lancefield to take the trophy in 53m 51s. Paul Jarman was in good shape to win the Selsdon Cup from a speedy Bernard Imber in 2nd. The Club 10 miles race was a fierce fight between six members which was settled in the last 5 miles when Peter Selby pulled away from Dave Jarman to win in 78m 11s. Snow and ice postponed the Ethel Wallace 20k race but this did not deter Peter Selby from winning an impromptu 10km with a time of 47m 10s.

15 years ago

Gazette no 397/8 reports that the Gazette night was down in numbers but still made a profit of £315.

A determined Surrey team of R Brown, Hannell and Simmons stayed the course to place 3rd in the National 50km at Horsham in a race won by Les Morton of Sheffield (4:03:55). The Chippenham-Calne was won by P King of Brighton (42:18) but with Chris Cheeseman finishing just outside the frame in 4th and Surrey again finishing 3rd team. The Enfield, Belgrave and Met Police 7s were all won by Mark Easton (51:26/48:38/46:47) from Dave Baxter, Phillips and Cheeseman respectively. Chris followed this with a domineering approach to take the Garnet championship and 2nd team with Sandra Brown placing 3rd in the women's 5km race. Surrey's younger age groups looked healthy with David Crane winning the U17 17.5k, Stephen Crane the u15s and Vicky Brown placing 3rd in the 2.5k. The county 10 miles was poorly represented but was ably won by Peter Hannell in 87m 9s. The SRWA 10 was a comfortable victory for Chris Cheeseman (72:26) from Noel Carmody. A depleted field in the Gazette Cup was won by Mark Easton in 28m 24s pulling away from Chris Cheeseman by just over 200m at the finish. Mark followed this with a comfortable victory in the Alec Potton memorial 7 (48:54) with Peter Hannell a distant but comfortable 2nd. The Christmas Cup was a closely fought battle between Nolan Simmons and David Crane with both overhauling long-time leader Arthur Goodwin

on the last lap, and with Stephen and Peter Crane both with too much to do, David managed to hold Nolan off to win by just 7sec. The club 10 miles was won by John Hall (81:42) with Peter Hannell comfortably in 2nd.

The strolling section took up a new challenge this year by walking the Mendip Way from Weston to Wells over two days. The weather forecast was not good but on arrival at Weston the sun appeared and stayed bright all weekend. With fine views over the Somerset levels on one side and the Bristol Channel the other the views just kept coming in. 3 members took a most enjoyable stroll in the Vectis marathon around Isle of Wight. A well attended joint stroll was held with Blackheath from Downe-Chelsfield. The traditional President's stroll was held between Coulsdon and Reigate and back with 13 joining Trevor in very slippery but enjoyable conditions. Bill had continued to organise an impressive variety and frequency of strolls from Haywards Heath-Horsted Keynes, Hurst Green-Sevenoaks, Berkhamsted-Ivingdon, E.Grinsted-Coleman's Hatch, Dorking-Walton-on-the-hill, the Tanners marathon, the Punchbowl marathon, Tonbridge-Ashurst, E. Horsley-Shanley Green (R) and Dorking-Holmbury St. Mary.

Ian Statter

RACE REPORTS

29 April – Surrey & Middlesex County and Veterans AC 10 km Track Championships, Battersea;

The popular open track 10km at Battersea was promoted by Veterans AC but includes the County event for all ages and for both Surrey and Middlesex. It was a very pleasant sunny evening with a light breeze cooling the 30 competitors. Surrey Walking Club's first home having easily the best result as Sandra Brown achieved a new British age-group record just under 57 minutes. Sandra's speed over the last third of the race as others tired and she pushed on was most impressive. Shaun Lightman returned to competition with a steady start but pulled through to demonstrate good times are not far away.

Men: 1. I.Richards(Steyn 1st M60) 52.16.2; 14. I.Statter(4th M50) 60.58; 16. M.Harran(2nd M70) 62.28; 18. S.Lightman(3rd M65) 64.07 19. C.Flint (4th M60) 64.13; 20. P.Crane(5th M60) 64.18; 23. G.Macdonald(5th M50) 68.48; 25. D.Hoben(3rd M55) 73.45; 26. J.May(4th M75) 76.54.

Women: 1. S.Brown (1st W60, 1st Surrey County(W) 56.56.

3 May: National Age-group Championship and Open races, Victoria Park, Hackney:

Andrew Statter came 4th at the National U13 Boys 2km in Victoria Park with yet another personal best. With a fast start from the first three Andrew was not disturbed and walked on strongly to battle with the 5th finisher and come off the better.

Under 13 Boys 2km: 4. A.Statter 12.10.

Open 5km: 13. G.Macdonald 32.23.

Veterans Open 3km: 7. I.Statter 17.15; 11. P.Hannell 18.38; 12. G.Macdonald 18.46.

5 May Steyning AC 3km:

Both Lightman and Hannell raced in a local road 3km in Steyning where Shaun managed a much better time and it will be interesting to see if this can be repeated in the bigger events later this year.

1. **S.Lightman**(SWC) 15.52; 2. R.Penfold(Stey) 16.38;
3. **P.Hannell** 17.42.

9 May – Surrey(Kingston) & Middlesex(Copthall) County Track Championships 3km.

This is one of the few events where race walking is seen alongside the rest of the athletics programme. Warm, sunshine with little wind provided those Surrey Walking Club members who turned out for their County events, ideal Summer races and a silver and two bronze medals was the result. The Surrey event saw an excellent personal best from the young winner from Belgrave to take Under-20 gold while lapping the rest of the field but Mick Harran did not let this or own M70 age put him off a steady effort overtaking Peter Hannell before half way to finish 40 metres ahead. Shaun Lightman, a little younger and faster, completed the first lap in Middlesex with the leaders but although unable to hold them avoided being lapped.

Surrey County 3 km Track Championships, Kingston:

1. A.Wright(Bels U20) 12.51.9; 2. C.Lawton(Bels M60) 16.06.8;
3. **M.Harran**(SWC M70 2ndSr) 17.35; 4. **P.Hannell**(M65) 17.48;
5. **P.Crane**(M60) 18.18; 7. J.May(SWC M75) 22.15.

Middlesex County 3 km Track Championships:

1. J.Hall(Bels M60) 15.35; 3. **S.Lightman** 17.12.

23 May – Surrey Veterans Track Championships 3km.

Despite the forecasts Surrey County's Veteran Championships at Ewell enjoyed the best weather of the year at Ewell. Surrey Walking Club was well represented with half the field being members. In second overall and well ahead of much younger competitors was Mick Harran. Mick had little difficulty holding off Peter Hannell and finishing some 30 metres clear. The remarkable Jack Fitzgerald easily broke the half hour – almost 4 miles an hour at 85 years! Some coaching advice from Shaun Lightman was rewarded in an improved time from Dave Hoben with 20 minutes within reach now.

1. C.Lawton(Bels M60) 16.00 sec; 2. **M.Harran**(M70) 17 40;
3. **P.Hannell**(M65) 17.51; 8. **D.Hoben**(M55) 20.18sec;
10. **K.Burnett**(M65) 21.25; 11. **J.May**(M75) 22.11;
12. **J.Fitzgerald**(M85) 29.33.

8 June British Masters Veterans 20km Championships, Northampton:

In light rain Sarah Lightman scored a 2 minute improvement in her time as she won the national W35 group in the Masters 20km in Northampton. She was delighted with her PB and holding off the 2nd finisher in her group

W35 - 1.Sarah Lightman(Lei/SWC) 2.20.47.

M55 - 2. D.Hoben 2.26.00. **M70** - 2. M.Harran 2.10.34.

20 June Parish Walks 85 miles, Isle of Man:

1.J.Waddington 15.45.7; 24. **C.Flint**(SWC) 18.53.7; **D.Hoben** 62 miles dnf.

17June– Business Houses League, Willesden 5 kms:

During a quiet week in the Race Walking Calendar a team of 3 members guested in their 3km event in the London Business Houses track meeting at Willesden which is open to teams from companies based in London as well as Civil Service departments, the Post Office etc. Although the walk was not as well supported as years ago SWC competitors enjoyed a competitive race on a warm mid-summer evening. The best SWC performance came from David Hoben in a sub 20 minute personal best. In front of him, after a fast start Hannell had to give way to Mick Harran's much more even pace just after half-way. A further lap saw Harran open a gap which increased to 40 metres by the end both recording times rather slower than recently.

1. J.Hall(MAFF/Bels) 15.30.5; 4. M.Harran(SWC) 17.46.5;
5. P.Hannell(SWC) 18.0.8; 8. D.Hoben(SWC) 19.58.1.

13 June – Mickey Brown Memorial Track Walks, Horsham:

The sun certainly shone for the Mickey Brown Memorial Track Walks held on the Broadbridge Heath track in Horsham with temperatures in the high 20s only partly relieved by the occasional passing cloud. As this event incorporated one of the National Young Athletes Grand Prix series it attracted a good number of youngsters with their parents and coaches down to Sussex. Our Under 13, Andrew Statter, achieved another personal best in the 2km event in 4th place with the three in front being the best in the country for the age-group. Unfazed by the competition or the sun at its hottest he had an excellent race. Slightly later the Senior men were out in the heat for the 5km and Surrey filled the four places from 4th to 7th with Shaun Lightman enjoying the conditions most and breaking away from Ian Statter after 3 laps but having to work hard at the end as Ian halved the 50 metre gap that had appeared.

Mens 5 km

1. J.Ball(Steyping) 24.39; 2. N.Sylvester(AFD) 25.48;
3. R.Penfold(Steyping) 28.40; 4. S.Lightman(SWC) 29.15;
5, I.Statter(SWC) 29.25; 6. P.Hannell(SWC) 30.46;
7. G.Macdonald(SWC) 31.17.

Under 13 Boys 5 km

4. A.Statter(SWC) 11.56.

23 June Veterans AC 5 mile Championships, Battersea:

The usual pleasant evening awaited the 20-odd starters in the age-group Championship edition of the Veterans AC League although the high temperature increased the effort required. Surrey Walking Club members filled half the field with Sandra Brown(W60) and John May(M75) winning gold and guesting Mick Harran was the first M70. Positions 2 to 19 were all competitive with gaps from zero to about a minute and Sandra's second lady overall and first SWC, was only 36 seconds behind the first lady(W45) after a hard battle. Chris Flint and David Hoben were a little slower than usual having, only two days previously, competed in the Isle of Man's 85 mile parish walks where Chris was 24th and David was forced to stop but having a creditable 62 miles under his belt.

1. N.Sylvester(AFD 1st M50 Guest) 40.47; 2. P.Ryan(Ilford 1st M55) 42.40; 3. J.Hall(Bels 1st M60) 43.14; 4. Diane Bradley(Ton 1st W45) 44.46; 5. **Sandra Brown**(1st W60) 45.22; 7. **R.Brown**(2nd M60) 47.35; 11. **P.King**(2nd M55) 49.50; 13. **M.Harran**(M70 guest) 51.39; 15. **G.Macdonald**(3rd M50) 51.46; 16. **P.Crane**(2nd M60) 53.16; 17. **C.Flnt** (3rd M60) 54.57 19. **D.Hoben**(3rd M55) 59.27; 20. **J.May**(1st M75) 62.21; 22. **J.Fitzgerald**(1st M85) no time recorded.

20 June Polish Veterans 10km Road Championships

This event saw five races from 1km to 10km providing competition for 7 year olds to 70+ year olds. This year the races for children and teenagers attracted competitors from Slovakia and Lithuania, and, including the seniors and veterans, about 90 walkers turned out. The Veterans 10km was combined with the 10km for juniors and seniors, and from the 26 who faced the starter there were 8 vet men and 1 vet lady. It was quite obvious that nearly everyone would be inside 57.00 with most of the field inside 52.00 (It was won in around 46.00). It was also blindingly obvious that either Jan Bialous, who is Poland's answer to Arthur Thompson and Micky Harran, or your correspondent would get the honour of the "lanterne rouge". You can guess who got it. Bialous got away on the last lap and beat the man in the SWC vest by 11 seconds.
8th Lyn Atterbury 1.00.55 (1st M60)

27/28 June Polish Veterans Championships, Bialystok, Poland

The athletics stadium shows the signs of age, but it is well-equipped and functional. There is a 35 bed-roomed hotel, so that if one is so inclined, it is possible to roll out of bed and onto the track seconds after an event is called. The walks were not well supported this year. The weather has comfortable for the shorter distance, but very hot for the longer event on a day when temperatures were forecast to rise to over 30°C. The Championships, on both days, took prime spot on Telewizja Polska's Regional Sports News.

3000m M Luniewski(M50) 14.56 L.Atterbury(M60) 17.20 (Record)

5000m M Luniewski(M50) 25.41 L.Atterbury(M60) 30.21

Note: Lyn's time in the 3000m also broke the Polish Record (M60) but was not ratified due to nationality

1 July Surrey Walking Club/Blackheath & Bromley HAC 3km Championships, Bromley

The combined Blackheath & Bromley HAC and Surrey Walking Club 3km track Championships were held on this warm Wednesday evening at Norman Park Bromley with a field (including some guests from Tonbridge) of 12 which exceeded the comparable running race. Joint member Roger Michell, winner of both championships and headed only by guest, Liam Baldwin, was soon away and achieved 2 minute lap pace for the first half of the race before slowing slightly to finish only 18 seconds outside of this pace by the finish. This was an excellent time for a sixty year-old but not too far behind was an equally remarkable effort from a sixty year old lady, Sandra Brown, made all the more surprising as her speciality event, at which she is a world record holder, is 100 miles. Behind these two, Mick Harran in 6th improved his recent times for this event comfortably pulling away from Peter Hannell. Although in last place by 40 metres David Hoben was not far from his best. Not surprisingly Roger Michell's time also won the SWC handicap with Ian Statter and Mick Harran completing the top three. 1. L.Baldwin (Guest U20M) 14.35; 2. R.Michell (1st SWC h1/1st BBHAC M60) 15.18; 3.Sandra Brown (2nd SWC h5 W60) 16.47; 4.B.Parsons (Guest U15B) 17.06; 5. I.Statter (3rd SWC h2 M50) 17.10; 6.M.Harran (4th SWC h3 M70) 17.19 7.P.Hannell (5th SWC h6/2nd BBHAC M65) 17.38; 8.P.Crane (6th SWC h4 M60) 18.06; 9.Catherine Cotterell (Guest U15G) 18.37; 10.Victoria Munt(3rd BBHAC U15G) 18.40; 11.A.Pickering (4th BBHAC M60) 19.46; 12. D.Hoben (7th SWC h7/5th BBHAC M55) 20.09.

(hxx are the SWC handicap positions)

Teams: 1. SWC 14pts 2. Tonbridge 14pts 3. BBHAC 19pts

7 July 2009 – Bill Collins Memorial 3km, Tonbridge

Conditions: Warm, but heavy rain, thunder and lightning.

Although the rain nearly ceased during the race any warming up was done in a thunderstorm. The large field of 19, for this Tonbridge AC race, included a number of guests including 5 club members. Liam Baldwin set a fast pace from the start and comfortably won the trophy for the first time in a near personal best.. In fact there were excellent performances from the youngsters who made up the majority of the field and pb's from Stephanie Rukin and Louise Bradley who often guest at our club races. For us, Peter Hannell and Mick Harran mixed it with the younger walkers to show that the veterans are not past it. It was good to see Chris Hobbs back after his recent setback.

1. L.Baldwin (Ton U20M) 14.39; 2. J.Hobbs (AshU17M) 15.24; 3.Kelsey Howard (Ton U17W) 16.01; 4. Lauren Whelan (Manx U17W) 16.21; 5.Kate Funnell (AshfordU17W) 16.26;6. Emily Symons(TonU17W) 17.19; 7. Ben Parsons (Ton) 17.21;;8. P.Hannell (SWC) 17.30;9.Rebecca Collins(M&M u21W) 17.35; 10.Stephanie Rukin (Tonu21W) 17.38; 11. M.Harran (SWC) 17.40; 12. P.Crane (SWC) 18.00; 13.Louise Bradley (TonU17w) 18.36; 14. Guy Thomas (Ton U13) 19.07; 16. D.Hoben (SWC) 20.12; 18 K.Burnett (SWC) 21.49.

4 July Masters T&F 3 Km Championship,Birmingham:

We were represented at the national Masters Track & Field Championships in Birmingham by Peter Hannell. This event saw an increased entry overall although the walks were a little down. Hannell managed a win in the M65 group in a time very similar to the previous Wednesday.

1.M.Williams(Tamworth 1st M40) 13.38.9; 2.J.Hall(Bels 1st M60) 14.57.3; 3.A.Thompson(Enfield) 16.16.4; 5. P.Hannell(SWC 1st M65) 17.39.1.

8 July Johnson Bowl 4 miles, Hayes, Kent:

The Blackheath Championship and Johnson Bowl race against Surrey Walking Club has been held for well over 100 years and, although only 4 miles long, it includes a steep hill four times. This meant the race was hard work on a warm, humid evening. Although winner Roger Michell, who travelled from his Shropshire home to defend and retain the Bowl, was a lot nearer to the rest than recently. Even so he had little difficulty in getting away from Shaun Lightman in second place. Nearly all the regulars turned out for the event which was officiated by Alan Brent despite his 90 years of age. Non-regular walker and Blackheath only member, Rob Brown showed good general fitness and almost held Hannell with a final gap of only 4 seconds.

1.R.Michell(SWC/BBH) 36.10; 2.S.Lightman(SWC/BBH) 37.01;
3.M.Harran(SWC) 38.25; 4. P.Hannell(SWC/BBH) 38.41;
5. R.Brown(BBH) 38.45; 6. P.Crane(SWC) 39.08;
7. S.Hollingdale(BBH) 42.29; 8. D.Hoben(SWC/BBH) 45.41
9. D.Johnson(BBH) 56.35.

11/12 July Captain Barclay Bicentenary Walks:

Following the much publicised and successful attempt by Richard Dunwoody to emulate Captain Barclays 1000 miles in 1000 hours challenge, Newmarket racecourse saw the bicentenary celebrations extended to other race walking events. These covered a complete range of distances and involved a good number of the race walking fraternity including many Club members. The major race was the 100 miles race, which included the National Long Distance Championship, and the first two home were SWC's Browns with Sandra first woman and first home in a sub 20 hour clocking and age group best followed by husband, Richard, 15 minutes later. These performances were made all the more remarkable by the 7 hours of heavy rain during the night section of the 24 hours from 3pm Saturday to Sunday which caused a number of the starters to retire. The course was far from easy with a long slope and many corners on each 2 mile lap however this downside was compensated by the scenic racecourse environment. A 50 kilometre time trial was also held and competitors faced showers and wind but avoided the worst of the rain. Among these Sarah Lightman, Kathy Crilley and David Hoben with Sarah completing her first race at this distance half an hour ahead of David.

Sunday morning showed a great improvement with only a slight breeze and sunshine as Sandra and the rest of the 100 mile field completed and two considerably shorter events took place – an international veterans 3 miles and a senior 5 miles with some doing both. Although the course was not ideal for speed Mick Harran was well up the 3 mile field hotly pursued by Ian Statter. The last event, the 5 miles, took place from 2 to 3pm which was the last hour of the 100 miles and saw Mick Harran and Peter Crane out again as well as David Hoben from the 50km.

Altogether the Barclay Walks provided a most enjoyable celebration of race walking topped of course by Sandra's excellent win.

100 miles Women:

1. **Sandra Brown** (SWC 1st UK) 19.57.24;
2. Marlene Radder-Williams(Holland) 21.14.15;
3. Marie-Paul Vandenabeele(Holland) 22.25.06 sec.

Sandra's time was a World W60 best time beating the 21.18.00 of Annie van der Meer set at Battersea Park in 2007.

100 miles Men:

1. **R.Brown** (SWC 1st UK) 20.12.44;
2. G.Heunks(Holland) 20.49.27;
3. M.Wall(Leic 2nd UK) 21.08.39;
15. **C.Flint**(Lon V/SWC 5th UK) 23.14.05.

- 50 km Women:** 1. Diana Braverman (Enfld) 6.35.31;
3. **Sarah Lightman**(Leic/SWC) 6.48.38;
4. **Kathy Crilley**(SWC) 7.10.54.

- 50 km Men:**1. M.Graham(Bels) 6.44.34; 3. **D.Hoben**(SWC) 7.14.28.

- 5 Miles Women:**1. Helen Middleton (Enfld) 48.01; 2. Rebecca Collins(Medway) 50.48; 3. Fiona Bishop(AFD) 54.05
9. **Vicky Brown**(SWC) 62 min 7 sec.

- 5 Miles Men:**1. T.Jones(Steyn) 42.49; 2. P.Ryan(If) 44.00 ;
3. A.Ellam(Enfd) 46.14; 12. **M.Harran**(SWC) 52.19;
14. **P.Crane**(SWC) 53.17; 20. **D.Hoben**(SWC)60.48.

- 3 Miles Men:**1. T.Jones(Stey) 24.50; 2. J.Hall(Bels) 25.24;
3. A.Thomson(Enfld) 27.08; 8. **M.Harran**(SWC) 29.15;
9. **I.Statter**(SWC) 29.18; 12. **P.Hannell**(SWC) 29.38;
13. **P.Crane**(SWC) 31.49.

28 July Veterans AC 5 miles League Race, Battersea

Battersea Park saw the penultimate race of the year's Veterans AC League in very pleasant conditions. Once again we were well represented and a field rather thin at front end saw Peter Hannell in an unusually high 3rd place. Not far behind Peter Crane achieved a surprising breakthrough with his best 5 miles time for 9 years. Jack Fitzgerald, aged 86 years, stopped after two laps to save the officials waiting but still completed 3.25 miles well inside the hour.

1. S.Allen(If) 45.22; 2. C.Lawton(Bels) 47.47;
3. **P.Hannell** 49.05; 5. **P.Crane** 49.26; 6. **P.King** 50.59
8. **C.Flint** 51.13; 10. **D.Hoben** 56.57; [12. **J.Fitzgerald** 56.59 for 3.75 miles only.

1 August Southern Area 20km Championships, Basildon

Although the delights of Basildon Industrial Area failed to attract a decent sized field for this important 20 km southern area championship the club turned out in force and took the team gold medals and more than half of the finishers. Although there was a little rain and some wind most enjoyed this traffic free course and were pleased with their times. Stephen Crane took home the individual southern and Essex silver medals although his time was some way below his best. His father, Peter, on the other hand had his best 20 kms for 12 years closing and almost catching Peter Hannell on the last lap while Mick Harran was well away in a time not far from his best. Shaun Lightman enjoyed a more leisurely pace having competed over several long distances the previous week while Chris Flint, having had a even more long races still almost held onto Mick Harran. Thanks to Pam Ficken for ably providing the feeding station once again

1. T.Jones(Steyn) 108.34; 2. **S.Crane** 117.06; 3. S.Uttley(If) 123.09; 5. **M.Harran** 129.51; 6. **C.Flint** 130.27; 7. **P.Hannell** 132.27; 8. **P.Crane** 133.24; 10. **S.Lightman** 137.12.

Teams: 1. SWC 46pts 2. Ilford 42pts

Other Results

26 March Jack Fitzgerald achieved bronze medals in both the 3 and 5 kilometre M85 events in the recent European Indoor Championships.

M85 3km/5km: 3. J.Fitzgerald 30.45 sec/ 3. 51.28.

12 April Bar le Duc 50kms Kathy Crilley 6.53.44

26 April Dijon 6 hrs Kathy Crilley 6.10.40 for 44.05 kms

10 May Essex 3kms 3.Stephen Crane 15.52.5

18 May SCVAC 2kms 1. P.Hannell 11.22; 2. G.Macdonald 11.48.

CLUB RACE FIXTURES

3 October	4 miles Gazette Cup	Monks Hill	2.30
7 November	7 miles Addington	Monks Hill	2.30
12 December	5kms Christmas Cup	Monks Hill	2.30
29 January	10 kms	Monks Hill	2.30
27 February	10 miles		

STROLLS

LDWA Wessex 100 miles, May 2009

The LDWA's cross country 100 miles event took place, unusually, in the South of England this year. From walk HQ at Eggars School in Alton, Hants, participants headed east and south, visiting fine landscape and beauty spots such as Selborne Hanger, Harting Down, Beacon Hill, and stretches of the South Downs Long Distance Path from which there were splendid views of the south coast and the sea beyond.

Gail and John Elrick completed the marshalls' walk of the full 100 miles route over the early May bank holiday weekend. Several further members took part in the main event at the end of May: Don Bolton, Richard and Sandra Brown, Fiona Cameron, Chris Dent, Ken Fancett, Ian McLeod [to East Meon], and Roger Michell.

Gail and John returned to help on the main event. In fact, club members were spotted at various checkpoints en route and at the walk HQ, ministering to the increasingly needy and knackered walkers! Among those members whose help was greatly appreciated [and with thanks and apologies to any whom I've missed] were: Nicole Carbonara, Ann Sayer, Glynis Kirkpatrick, Paul Lawrence and Paul Tilley.

Anyone who thought that the southern route would make for an easy 100 was in for a surprise! The organisers managed to muster 9,5000 feet on climb – not very much less than is customary for LDWA 100 mile routes. Added to this were the challenges of two very hot, sunny days on Saturday and Sunday, and many miles walked on hard, stony tracks, made harder by the long spell of hot weather.

Next year's LDWA 100 will be the first to be held in Scotland, and will be based on Dunkeld. The Scottish group were very active in promoting their event to those finishing in Alton, providing maps of the route and useful tourist information. The B&B is booked already!

2 May: Eastbourne Circular: Conductor Clare Kirkbride

Seven of us met on Bank Holiday Saturday for my traditional Eastbourne circular: Eleanor, Jane Rosoux, Margaret, Don Bolton, Susan and Peter Crane. The trains ran punctually; the weather was bright but the heat of the sun was cooled by an agreeable breeze in the morning, and veiled by a few clouds in the afternoon. We stepped out briskly through historic Eastbourne, putting behind us the first kilometres on brick pavements to begin the South Downs Way in Paradise Drive, the university area of the town. Few people were on the trail and we were soon on the plateau of the Downs, skylarks trilling above us. We made good time descending to Alfriston and dispersed for a picnic lunch, taking the river path to Litlington then ascending the western-most ridge of Friston Forest where Jane and I spotted a young adder sunning itself on the path. We then began the series of steps eventually leading to the well-earned sight of the Cuckmere meanders above Exceat. The path to the haven was well-peopled although we had the climb to the first Sister to ourselves. Jane had a last photo opportunity before the haze obliterated the view, and we arrived in Birling Gap in time for a leisurely tea-break, to appreciate the mesmerising view of the sun sparkling on the calm Channel. Refreshed, we made our way expeditiously to the summit of Beachy Head and down to St Bede's at the foot on the town side. Here we parted company, a trio to catch the train just before 6pm, Jane, Peter and Clare accompanied by Margaret to rejoin her car, and Eleanor, Susan and Don to take a later train after some refreshment and a stroll along the prom. Altogether, a most satisfying day out; the pedometer declined to offer us a total, but best estimates are twenty and two-thirds miles.



On the Eastbourne Circular Stroll

FUTURE STROLLS

Sunday 30 August: Conductors John and Gail Elrick
Clandon Station 9.32 (Waterloo 8.32) Lunch probably at Westcott
and tea at Gomshall. 20miles

**Check the Message Page on the Surrey Strollers web site,
www.surreywalkingclubstrollers.org for any alterations to
joining instructions etc.**

The new programme will be produced shortly and will appear on the
above website.

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President: Peter Selby

Vice Presidents: Miss K Crilley, Mrs A Elrick, J Elrick, Rev.D.Watson.

Hon. General Secretary / Hon. Press & Trophies Secretary/ Vice Captain:
P C Hannell

Race Hon. Secretary & Long Distance Race Secretary: P W Selby,

Asst. Race Hon. Secretary: B F Ficken/Membership Secretary: P.Ficken

Hon. Handicapper: Ian Statter

Strolls Co-ordinator: Roger Moss

Hon. Social Secretary: T Sliwerski

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Hon Editor: P D Crane