



# Walking

December 2009

No. 443

*The Gazette and Record  
of the  
Surrey Walking Club*



**Strollers below the Long Man of Wilmington on the Southease to Seaford Stroll led by our new Strolls Secretary, Janette Henderson. See inside for report.**

## FROM THE EDITOR

**Welcome to Gazette no. 443** – 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 that would be welcome. Thanks for the reports of strolls which are especially welcome as these have always been popular with readers Thanks to all who have sent contributions.

### **WEBSITE**

It is always worth looking at our website

[www.surreywalkingclub.org.uk](http://www.surreywalkingclub.org.uk)

Mark Easton has taken over as webmaster and has updated the format which shows all the information you would like to see..

Thanks to Kathy Crilley for all the good work she previously put into setting up and running the site. Updated strolls information is included but the separate strollers site

[www.surreywalkingclubstrollers.org](http://www.surreywalkingclubstrollers.org) will continue to run for now.

### **Gazette Night**

**Our delayed annual social event will be held on Saturday 27 February 2010 at Blackheath HQ, Hayes. There is a buffet supper and an auction raises funds to pay for the Gazette. Numbers are limited. Details and tickets at £12.50 are available from Trevor Sliwerski.**

## President's Address

I am honoured that the club asked me to continue as President for a second year and I promise that I will organise that elusive stroll. After two years of hard work your committee has completed the Club Strategy which will be formalised and produced in the New Year. Our plans include further development of club races to encourage newer and younger participants. This coincides with plans for an improved modern sports centre at Monks Hill. Plans are at an early stage but members will be kept informed. It is good news as over the last 4 years attendance at our races has more than doubled. Our last two races have seen nearly 70 entrants. We hope for a bumper Christmas Cup.

We are delighted that at the AGM Jeanette Henderson was elected as Strolls Secretary and we were pleased to meet her at the November committee. We hope that the updating of our website will keep strollers well informed.

A contentious issue will come up at the RWA AGM about proposed alterations the definition of race walking in the UK. It is proposed that all UK races are judged on the "contact principle" only. Your committee voted against this as they did not consider it beneficial to future developments in our sport. Our delegate will cast our vote accordingly at the RWA AGM in December.

I finish with good news about our Membership Secretary, Pam Ficken, as we look forward to her taking office as President of the RWA in December. Pam has done so much for our sport over decades since as a girl she helped her father Hew Neilson on his long distance events. Congratulations, Pam we are honoured that you are a member of our club.

Peter Selby

**N.B. The next Club committee meeting will be held on 25 January 2010 – not 18 January.**

## **HON. SECRETARY'S REPORT FOR THE YEAR TO AUGUST 2009**

2008/09 has seen much work done, both within the Club and on a national scale to improve the state of race-walking in the UK. This work has mainly been evident in discussion and writing about what might be done with little practical effect so far. There are still pockets of developing youngsters and an influx of new young blood but this has been matched by the typical teenage dropout of these age groups often in spite of evidence of real talent. The Club has almost completed its own Development Strategy document and we hope the implementation of the document will have concrete results.

At the beginning of the year we had 143 members and have since elected 8 new applicants three of whom are active racers. After a long decline in health we lost Gerry Rhodes this year after 73 years of membership. His contribution to Club life over so many years was quite remarkable and it was good to see a good representation of current members at his funeral in Selsdon. No other members have died but 3 have resigned and we have deleted a further 11 from membership due to non-payment of subscriptions. The result has been a decrease in membership by a net 7 to 136 at the end of August. We all hope this will be reversed during 2009/10. A strong supporter of the Club, though not a member, Peter Selby's sister, Sheila Brand passed away at the end of August at a relatively young age. Sheila, together with husband Michael, have, for several years, always been at HQ on race days to provide and serve teas and her cheerful face will be much missed.

As a Club we promote about 8 races a year and these are all open to members of other Clubs. This year we have had fields of around 30 for all of the Winter fixtures and have enjoyed seeing the Club room full of members, visiting competitors, young and old, and family supporters. We have Race Secretary, Peter Selby, to thank for continuing to arrange and promote the

races. In particular our staging of the SRWA 10km on behalf of the Southern Area was most successful.

Unfortunately our Captain, Nolan Simmons has been out injured this year but is now on the road to recovery. In terms of results our most successful National event, apart from the long distance Championship, was the National 10 km held in September where the SWC team was 2<sup>nd</sup> and 1<sup>st</sup> in the concurrent open race at Leicester. We had representatives at all of the Nationals but not full teams with reluctance by most to travel to the more distant locations. Mark Easton's participation has been limited this year by injury but Stephen Crane has raced regularly and improved almost race by race lately. Although he has been well placed in many high profile events it is to Sandra Brown we must look for actual victories and her overall win in the National 100 miles was a great highlight as well as an excellent performance. The event was held once again at Newmarket and besides Sandra's win we also had the Men's winner in Richard Brown. Unfortunately they were the only club finishers in the 100 miles race. The winners of the Club's annual performance awards for 2008/09 will go to Sandra Brown, Stephen Crane and Andrew Statter (see AGM minutes).

This year's Strolls have, with few exceptions, had a good turn out with new members becoming involved in planning new routes. Several events have been joint ventures with LDWA which has led to large numbers of participants. The London LDWA hold weekly walks with roughly half on Saturdays but, despite some clashes with our events, our own numbers have held up well and our co-operation with them has been going well. The usual highlight has been the weekend event which was held around Bakewell in the middle of June and excellently organised by Sharron Henderson. We are as ever indebted to Roger Moss for co-ordinating the programme and to Chris for the Strolls News. Unfortunately the Moss family will be stepping down from this post at the AGM and the Club is most grateful to them for their work over the years. It is clear that their task has been made more difficult by the move away from a regular

annual pattern of routes to a great variety of old and new ones. The reward has been a more attractive programme and a growth in the Strolls section.

Social Secretary, Trevor Sliwerski and our auctioneer Malcolm Wishart provided the usual entertaining evening at the BBHAC Clubhouse in Hayes, Kent for Gazette Night. There was a full house 40 present and sales went quickly through including some historical items. We enjoyed ourselves and raised some £300 pounds for Club funds.

Once again Gazette Editor Peter Crane has managed to encourage contributors to produce their reports and given us regular and interesting productions over the year. Peter and his production assistant, Penny Darton, always strive to maintain and improve this valuable addition to Club life and the Club is most grateful to them. Your Committee has met, under the Chairmanship of our President, Peter Selby on the usual monthly basis. There has been extended discussion on our strategy document which will be finalised very soon. The future of the web site has taken some attention as we take forward the huge task Kathy Crilley has accomplished in setting up and maintaining it over the past few years. Once again UKA's efforts to modernise athletics have involved us in more bureaucracy and more recently the Government's new Vetting and Barring scheme has been considered. Planning has already begun for our next Open 100 miles in 2011 and Mark Easton has volunteered to take on the task of main organiser.

We all look forward to continuing to seeing the fruits of this year's deliberations on the future development of the Club in 2009/10.

Peter Hannell  
Hon. Secretary

## Captain's Report 2008/9

Again it was great to see so many members turning out to compete in the Club, Vets, Open and National events and as a result we had a number of team places. We placed first team in the Jim Sharlott Open 10km at Leicester. This year we were able to have and finish teams in all the nationals with the exception of the 50km and 100 miles. We placed 2<sup>nd</sup> team in the National and UKA 10 km.

Andrew Statter is keeping up his improvement every time he races which is good news for the future of the club. Again Stephen Crane has improved a great deal since his return to walking. Congratulations go to Stephen for his selection this year to represent RWA England team in Northern Ireland. Our Vets walkers keep increasing the numbers at various races and Shaun Lightman keeps his best performances for these events. Congratulations go to David Hoben who was the winner of the Lester Cup in the Veterans AC Handicap.

In the Ultra events, Sandra Brown was very impressive in the Captain Barclay Bicentenary walks. In the 100 miles she was 1<sup>st</sup> in the Open and the Ladies event in a record time within the 60yr age group. Again, overseas she was head and shoulders above the rest. Richard Brown came in 1<sup>st</sup> in the Men's event. I have started to train again going out for a few miles and hope to do the club Christmas Cup Race. We have got an addition to our racing members, Gary MacDonald, who has been welcomed into the team.

Congratulations to Peter Hannell who is now the President of Veterans Athletic Club. I would like to congratulate all the racing members who have competed this year and hope next year will be even better.

NOLAN

## 'Walking' back in time

100 years ago .....

Gazette no.5 reported that 30 members attended the ladies stroll from Sutton to Ewell where another 40 joined them for a garden party. The entertainment included photos, presentation of medals, dancing and singing.

Tommy Hammond continued his winning ways at Bradford in 6h 40m 40s with W. Brown finishing 3<sup>rd</sup> and Surrey dominating the top 10. Evans from Belgrave won the SRWA Junior Championship with Edgar Horton in 4<sup>th</sup>. The Vegetarian 3 hour walk was won by Sidney Schofield with 20M 850Y with Tommy and BC Brown packing well in the top 5. B C Brown led the club home in the Jacob Cup mob match against Middlesex WC. Tom Payne upheld the club's long distance tradition by winning the Manchester – Blackpool in 7h 43m 54s. Tom went on to take the Blackheath 24 hours with a distance of 127M 542Y and Surrey filling the frame with W Brown 2 miles behind E Broad another 4.

A joint stroll by Polytechnic and our own Hammond to re-measure the London – Brighton route due to doubt about certain parts of the route published in the Surrey survey of 1903. Using a wheel to document the whole route in detail and after some verification by Knapp afterwards the revised distance of 51M 1607Y was published in the Sporting Life (shortly after the Croydon – Godstone route was measured at 9M 662Y). Ross of Tooting won in a time of 8h 11m 14s with Tom Payne some 25 min behind (8h 37m 9s) in 3<sup>rd</sup> and closely followed by BC Brown in 4<sup>th</sup>.

50 years ago .....

Gazette 237 reports Hew Neilson and Maurice Fullager as new members. Strolls were held at Egham - Windsor, Epsom Downs - Dorking, Cowden – Colemans Hatch among others. Small turn outs in all except Epsom where 9 enjoyed the picturesque route across Box Hill, Ranmore Common, Headley and back to Tattenham Corner for tea.

On the racing front Ken Matthews beat Stan Vickers in the RWA '10' (71:00) at Sheffield by 2 min. Dickie was 1<sup>st</sup> home for the club in 17<sup>th</sup> (78m 10s). On the same day a Junior race was held over 4 miles and won by schoolboy Colin Harding with past Presidents Potton and Matthews backing up the field. At Regents Park Ken beat Stan by the same margin over 20km in a quick 90m 08s and Dickie again 1<sup>st</sup> home for the club in 22<sup>nd</sup>. The Godstone was a closely fought race with Hooper (Poly) leading the way at the turn but with chasing pack of Colin Young, Ron Davies and Dickie not far adrift. By Kenley Davies and Young had pulled away with the former making his move at Purley to win by 23s in 2h 41m 10s. Dickie took 3<sup>rd</sup> only 59s behind to help the club to 3<sup>rd</sup> team (Don Griggs/Ken Best) from Woodford (Brian Ficken 8th). The RWA '20' was held on a hot afternoon at Imber Court and was won by Tom Misson in 2h 45m 19s from Don Thompson some 3m behind. The roles were reversed in the RWA 50k where Don won by just under 2m and brother Nigel finishing 3<sup>rd</sup>. Dickie walked outstandingly to finish 6<sup>th</sup> in both. The Leicester Mercury was also won by Don (2h 49m 56s) with Dickie finishing 9<sup>th</sup> (3h 6m 34s). Dickie continued his outstanding season by completing his 10<sup>th</sup> Stock Exchange Brighton in a record 8h 33m 34s. Showing a good turn of speed he followed this with a win in the Selsdon 6 (54:00) by the narrowest of margins from Don Griggs and repeated this in the Horton Cup (48:14) the following week. A field of 52 started the Club's Brighton and back race at Coulsdon on one of the hottest weekends of the year. O'Reilly & Neilson had pulled away by the turn at Big Ben with the former starting to pull away up Brixton Hill and extending the lead to 20min by the finish in 18h 56m 28s. Neilson faded badly during the 2<sup>nd</sup> half of the race to allow Ridley to take 2<sup>nd</sup>. 1<sup>st</sup> home for the club was Gerry Rhodes in 6<sup>th</sup> place who completed the full distance (104M) in 24 hours and together with Dennis & Traer they took 2<sup>nd</sup> team.

30 years ago .....

The new A5 style Gazette no 358/9 was well received with more space for such an active club. It reported that Stan Etherington, Len Wells and George Hooper had reached 50 years membership. The club saw the departure of English Schools

Champion Maureen De Giovanni but also saw Peter Hannell was elected a member. The club dinner was held at Blackheath HQ with special guests Doug Fotheringham and the Surrey AA President – our own Ken Best. Gordon Vale received congratulations on winning his 1<sup>st</sup> international vest in a Junior 10k at Venice. He followed this by winning the 16 nation schools international at Lille. Strolls continue to show mixed numbers with the most popular being the Tanners Marathon where 15 members strolled together to finish a challenging 49km. Kew Bridge to Hampton Court was also popular with a number of racing members in attendance as was Lewes – Eastbourne, the Family stroll held at Betchworth and the President's circular stroll from Merstham across the North Downs. The Berkhamstead – Ivanhoe stroll went ahead despite the conductor being snowed up in Derby.

Dennis Vale announced the end of the Croydon Schools League and highlights of its 10 year history from Colin Harding's inspiration at Ashburton Park School in 1969 to its latest delivery of Gordon Vale and Mark Easton. Two pages were dedicated to its achievements highlighting many star walkers who had joined the club as well as hundreds of walkers who had the opportunity to have a go at race walking over the years. Dennis' decision was based on the disappointment of declining numbers - 'only' 43 walkers had taken part in the league that year - but little did he know how reliant the club was on the few who did take up the sport as a result of the league - his son Gordon and Mark Easton being the last to shine through. In the last league Gordon beat Mark 4:2 on wins however Mark won the overall trophy due to his consistent appearances – no change from today then. Gordon won the last ever u15 5km race with Mark finishing 2min behind. In the u5s 3km race Fiorini dominated the season and saved his best to last with a time of 14m 47s.

The Horton Cup handicap was won by the clubs up and coming youngster Mark Easton with the scratch race going to Bernard Imber in 50m 13s closely followed by Steve Wynn. The Southern '10' was won by Shaun Lightman in 74m 38s with Gordon first home for the club a minute behind in 4<sup>th</sup>. The postponed Christmas Cup was held just before Easter! Walking together from the back of the field Bernard with Maurice Fullager overtook

all with Mark Easton last to be caught with a lap to go rallied to retake the lead and held the pair off by just 10 seconds at the finish. Bernard just edged ahead of Maurice at the finish to take 2<sup>nd</sup> by 1 sec. In the Johnson Bowl '7' Peter Selby 'blitzed round the course in very determined fashion' to win (56:39) with Maurice in 2<sup>nd</sup>. He chalked up another victory in the Keston Cup 25km race (2h 4m 32s) 1 ½ min this time leading Roger Lancefield home. The national '10' at York saw a close race won by Harvey (71:25) from Adams with Dave Jarman recording a pb of 75m 26s for 13<sup>th</sup>. Parker won the Southern '20' in 2h 36m 28s with Dave in 5<sup>th</sup> leading the club to team victory. The National 20k at Victoria Park was turned upside down as a spate of dq's in mid-race moved Lawton from 5<sup>th</sup> to 1<sup>st</sup> which he maintained to the finish in 92m 25s. Selby won the Ethel Wallis trophy as 1<sup>st</sup> clubman home (1:40:11). The Stock Exchange series fared well for the Jarman brothers with victory for Dave in the 7M (52:11) - Paul 4<sup>th</sup> - and 2<sup>nd</sup> in the 25M (3:30:28) – Paul 4<sup>th</sup>. Roger took 'The Brighton' in 8h 34m 21s with Paul with him until half way and then fading to 2<sup>nd</sup>. In the Surrey '100' over 100 toed the line at Ewhurst where Boxall 'stamped his authority' in the 2<sup>nd</sup> half of the race to win in 17h 24m 00s from early leader Harrison (17:45:53). Graham Peddie was 1<sup>st</sup> clubman in 20h 40m 14s. In the Surrey AA 10k at Battersea Gordon Vale (46:17) showed his quality by finishing a very close 2<sup>nd</sup> just 5sec behind top walker Lawton. The inaugural National 35k at Leicester was won by Mills from Dobson in 2h 52m 8s. With a battling 12<sup>th</sup>, Lancefield (3:04:10) led the club home to a disappointing 6<sup>th</sup> team after Dave succumbed to bent knees. Steve Barton won the Don Griggs handicap cup while the race was won by Selby (48:12). In the Lambeth Festival walks the youngsters shone with Robert Fiorini taking 4<sup>th</sup> and new member Andy Hookway 5<sup>th</sup>. The club 20M was won by Selby in 3h 9m 7s just ahead of Steve Wynn. Peter also showed his speed by taking 3<sup>rd</sup> place behind Lawton in the Surrey 3km (13:39). Easton dominated the Youths 2k with 9m 42s. In the National 50k at Coventry Parker held off James by just 4sec in a fast 4h 14m 26s. Lancefield again led the club home to 5<sup>th</sup> team with an excellent 11<sup>th</sup> place (4:33:38).

15 years ago .....

The Annual Presentation Dinner was held at Blackheath HQ with Mark Easton being awarded the EC Webb cup and David Crane receiving the Schofield Shield for best Junior performance. A report was published of Julie & Warwick Provan's trek around Katmandu and the Annapurna range – what a breathtaking experience. Strolls numbers were mixed as usual ranging from 2 to 10. Some weekend strolls were added to the programme for a change. Walking the Isle of Wight with Jill Green was well received as was the beautiful terrain of the Derby Dales. "Monsal Dale was as lovely as ever and the viaduct and short steep side were soon ascended. At Monsal Head we enjoyed our drinks sitting on seats overlooking the Dale and this made a very pleasant evening break". Other strolls included the traditional Surrey Summits LDWA, Gt. Missenden – Princes Risborough, Guildford – Hascombe and Amberley – Findon as well as new routes such as Wargrave – Marlow, Windsor – Sunningdale and a midsummer night's stroll from Patcham – Eastbourne.

On the racing front David Crane (u17) won the National young age group championships at Chesterfield recording 26m 17s for 5km. Stephen was just edged out of the medals in the u15 race with 15m 39s for 3km. In the inter-area match all 3 Cranes were in action with Peter being drafted in at last minute to try and hold off a Midland challenge but lost by just 1 point. Chris Cheeseman walked an outstanding race in the National 20km at Alexander Stadium Park to gain his 1<sup>st</sup> international vest. He powered away from Partington to win in 89m 11s and with Hannell/Lightman and Simmons backing Chris they earned a well deserved 3<sup>rd</sup> team prize. The Browns held up the club's long distance tradition at the Manchester to Blackpool by Richard (8:00:34) securing 2<sup>nd</sup> in the men's race after a hard fought battle with Dave Turner (7:51:58). Sandra dominated the women's race but set off at a suicidal pace - reaching 50km in a time just outside her world best. She used up all her inner resources to finish the race and ended with a surprising 8h 17m 55s with Kath Crilley and Pam Ficken taking the silver and bronze and team gold.

Ian Statter

# RACE REPORTS

## 12 August – Surrey Walking Club Open 5 km

Our main summer open track race, the 5 km, saw a dozen out on a damp but warm evening with almost half the field under 20 with some doing the 3 km distance. Stephen Crane was soon away from the rest and achieved a good time. In third place was the remarkable Sandra Brown, famous for her 100 mile exploits, but here almost getting inside the W 60 UK age group best. There was real competition among the three Blackheath members towards the rear of the field with 20 sec covering the last three.

1. **S.Crane** 25.45; 2. L.Baldwin(Ton) 27.31; 3. **Sandra Brown** 28.24; 4. Kate Funnel(Ashf) 29.38; 5. **P.Hannell** 29. 4;  
6. **G.MacDonald** 31.16; 7. S.Hollingdale(BBH) 33.07;  
8. A.Pickering(BBH) 33.16; 9. **D.Hoben** 33.27.

**3km:**1. Emily Symonds(Ton) 16.27; 2. B.Parsons 16.55;  
3. Victoria Munt(BBH) 20.22.

## 13 August - Vets 5 miles Battersea Park:

Members filled half the field for the last of the summer's road league in Battersea Park on a warm evening. Sandra Brown showed pace over much less than her usual distances. David Hoben did well. This contributed to a fine 2009 series for him in the Lester Cup handicap competition which he won with 173 points 14 clear of second placed Paul King and 31 ahead of Peter Crane in 6<sup>th</sup>. In fact the latter had been able to make only 4 of the 5 races and his average score was actually slightly better than David's and he had the highest 4 race score.

1. S.Allen(If) 44.55; 2. S.Uttley(If) 44.57; 3. **Sandra Brown** 45.58; 4 **M.Harran** 49.31; 6. **P.Hannell** 50.00; 8.**P.King** 50.34;  
9. **C.Flint** 51.51; 11.**D.Hoben** 54.00; 13. **Kathy Crilley** 61.44.

## 15 August - Enfield League 20 km, Lee Valley:

The 20km is most accessible international race walking event for the typical domestic competitor there have been complaints in recent years that not enough races over this distance are on the calendar- sometimes only the National Championship. This year this has been put right and last weekend Enfield staged their own event on a traffic free course adjacent to the Lee Valley stadium. After a somewhat disappointing Southern Area race a few weeks earlier Stephen Crane more than made up for it with a personal best this time to claim 2<sup>nd</sup> position. Third place overall was occupied by our Sandra Brown who not only produced an unofficial UK age- best breaking the previous M60 time by 9 minutes but also passed the half-way 10km point in a UK age best time. We had three others further down the field with Paul King and Shaun Lightman improving recent times and Peter Crane a little bit down. A larger field might have been hoped for but the experiment was a success and perhaps more will feel challenged by the twelve and a half mile outing next time.

### Men:

1. T.Jones (Steyning) 107.57 2. **S.Crane** 108.15;  
6. **P.King** (Bels/SWC) 128.01; 8. **S.Lightman** 134.21;  
10. **P.Crane** (SWC) 138.06.

### Women:

1. **Sandra Brown** (3<sup>rd</sup> overall) 115.34; 2. Fiona Bishop (AFD) 137.22; 3. Anne Belchambers (Steyning) 137.38.

## **30 August Vets AC Track & Field Championships, Kingston**

Veterans Athletic Club held its popular annual track and field championships in Kingston. We had four members out in different age groups in a field only half of entries on the programme. Ex-international Mark Easton, who has not competed for some weeks, comfortably won the race breaking his 14 minute target and lapping the field and looking able to go faster with more competition. Second and third were more strongly contested with Peter Hannell holding off Enfield's Helen Middleton for half the distance but ending some 15 seconds down. John May, recently returned from the European Masters Championships but recovering from a serious fall there, was pleased to finish in a reasonable time while Jack Fitzgerald, now 85, brought up the rear only just missing the 30 minute point. Conditions were ideal with little wind and a cool temperature.

**1.M.Easton**13.59.1; 2. Helen Middleton(Enf 1<sup>st</sup> W45) 17.09.9;  
3. **P.Hannell** (1<sup>st</sup> M65) 17.24.9; 9. **J.May** (1<sup>st</sup> M75) 21.52.4;  
10. **J.Fitzgerald**(1<sup>st</sup> M85) 30.21.

## **5 September National 10km, Leicester**

It has been a very busy end to the Summer season and it is Stephen Crane who has particularly shone in the big events cutting his 10 km time back towards the 50 minute barrier. The National event over the distance was held on a relatively flat course in good conditions with a field exceeding 50 men and women. Stephen came in an excellent 6<sup>th</sup> with the benefit of good competition and showing his strength with his usual fast second half. We finished 4 walkers taking 2<sup>nd</sup> team in the 3 to score UKA event and winning the 4 to score Jim Sharlott Open Race with our third scorer Lyn Atterbury travelling from his current home in Poland especially for this event. In the U13 Andrew Statter walked well and just missed out on 2<sup>nd</sup> place in a very close finish.

1.B.Boyce(Cov) 44.40; 2.S.Davis(If) 45.34;  
3.T.Taylor(Bir) 46.33; 6. **S.Crane** 50.31; 18. **I.Statter** 60.19;  
21. **L.Atterbury** ( 3<sup>rd</sup> M60) 62.21; 24. **G.Macdonald** 63.03;  
26. **C.Flint** (Lon V/SWC) 63.22.

Team: Open Race 1.Surrey Walking Club; UKA 1. Birchfield,  
2.Surrey Walking Club, 3. Leicester WC

**Under 13 2km:** 1. G.Thomas (Ton) 11.05; 2. D.Watling (W&B)  
11.56; 3. **A.Statter** (SWC) 11.56.

### **10 October – Enfield League 5km, Lee Valley:**

The first of this popular league's races this season saw an excellent turnout of 50, including the women's race and they enjoyed a calm, sunny autumn afternoon with a competitive field over the 3 miles. On a course with several 180 degree turns it was possible to see the progress of those behind as well as in front. We had ten out with Stephen Crane first home in second place in a very satisfactory time. Next was Shaun Lightman in an elevated 7<sup>th</sup> place and first in the M65 group after a considerable effort Mick Harran and Peter Hannell were in adjacent positions again after the usual battle over the last lap. David Hoben continues to improve and it was good to see 85 year-old Jack Fitzgerald out again with a respectable time inside 54 minutes. The event included two other competitions - both veteran championships for the Southern Area Veterans Club and Veterans AC. In both cases SWC came away with several individual medals.

1. N.Sylvester (AFD M50) 24.58; 2. **S.Crane** 25.09;  
3.P.Ryan (If M55) 25.49; 7. **S.Lightman** (1<sup>st</sup> M65) 28.12;  
12. **P.Hannell** (M65) 29.23; 13. **M.Harran** (2nd M70) 29.30;  
17. **P.King** (M55) 30.44; 18. **C.Flint** (M60) 30.50;  
19. **G.MacDonald** (M50) 30.51; 21. **P.Crane** (M60) 32.15;  
28.**D.Hoben** (M55) 33.40; 37. **J.Fitzgerald** (1<sup>st</sup> M85) 53.50.

## 12 September –Southern 1 hour, Dartford

The Southern Hour Race saw Stephen Crane still in good form holding 2<sup>nd</sup> place in a reasonably sized field and passing 10km again in just over 50 minutes to finish with 11.9 km (7.38 miles). Here again we managed 2<sup>nd</sup> team place in quite hot conditions

1. A.Wright.(Belgrave) 12,106 m; 2. **S.Crane** (SWC) 11,880 m;  
3. P.Barnard (Ilf) 11781 m; 9. **P.Hannell** (SWC) 9,790 m;  
11.**G.Macdonald** (SWC) 9,430 m.

Team:2. Surrey Walking Club



Stephen Crane during the SRWA 1 Hour Walk at Dartford

### **3 October – Gazette Cup 4 miles, Selsdon:**

A bright afternoon and a slight gusting wind which was not strong enough to have much effect on times. The race winner, Stephen Crane eventually got away from Tonbridge 17 year-old, Liam Baldwin, after a close struggle over the first 3 miles. After the first three finishers the field was very competitive with small gaps – only 3 seconds in the case of 3<sup>rd</sup> and 4<sup>th</sup> Surrey men, Hannell and Harran. The SWC handicap, which is also open to second claim members, was won by improving new member Kevin Burnett although still at the rear of the field this time with also improving David Hoben in 2<sup>nd</sup>. Peter Selby has also introduced an overall handicap league over the clubs four winter fixtures and this was won by Under-15 Ben Parsons from Tonbridge with a net time considerably ahead of the rest. The women's race, unfortunately lacking any SWC members, was easily won in a very good time by Diane Bradley also from Tonbridge in fourth place overall.

#### **(SWC Posn/Hcp in brackets):**

1. **S.Crane** (SWC 1/3) 33.49; 2. L.Baldwin (Ton) 33.59;
3. S.Uttley (Ilf) 35.11; 4. S.Allen (Barnet) 36.52;
5. **S.Lightman** (SWC 2/5) 37.16; 6. R.Emsley (Steyn) 37.32;
7. R.Penfold (Steyn) 37.49; 8. S.Pender (Enf) 38.55;
9. **P.Hannell** (SWC 3/4) 38.59; 10. **M.Harran** (SWC 4/7) 39.02;
11. **P.King** (SWC -/6) 39.57; 12. **I.Statter** (SWC 5/10) 40.01
13. B.Parsons (Ton) 40.11; 14. **G.Macdonald** (SWC 6/9) 41.51
15. **P.Crane** (SWC 7/11) 41.56; 16. P.Cassidy (Loughn) 42.59
17. D.Delaney (Unatt) 43.22; 18. **D.Hoben** (SWC 8/2) 44.07
19. J.May (Enf) 44.56; 20. **P.Nihill** (SWC 9/8) 45.42;
21. B.Hercock (Enf) 46.13; 22. **K.Burnett** (SWC 10/1) 48.34

#### **Women:**

1. D.Bradley (Ton) 35.34; 2. K.Funnell (Ash) 37.52;
3. H.Middleton (Enf) 38.00; 4. S.Rukin (Ton) 40.15;
5. C.Cotterill (Ton) 47.53.

## 24 October – Steyning AC Open 10km, Steyning:

Despite a morning of rain a good number travelled to the small country town of Steyning for the annual open 10km which is well known to the locals as the start and finish are in the middle of the high street. The field was rewarded with a cessation of the rain and found comfortable conditions as it went out and back into the country – one of the few races still able to use the normal open road. The first three home were from the host club but we filled a good proportion of the rest of the finishers with Shaun Lightman in 7<sup>th</sup> only a couple of seconds outside of the hour. The outward leg is more up than down but the return also has several climbs and calls for a determined effort for a reasonable time as all of the Surrey men did. Mick Harran and Chris Flint battled all the way finishing only 15 seconds apart.

1. J.Ball(Steyning) 50.04; 2. T.Jones (Steyning) 51.26;  
3. I.Richards (Steyning) 52.22; 7. **S.Lightman** 60.02;  
9. **P.Hannell** 61.07; 11. **M.Harran** 63.22; 12. **C.Flnt** 63.47;  
16. **P.Crane** 65.59; 20. **D.Hoben** 70.33.

## 17 October – Cambridge Harriers League 5km, Bexley:

A cool but almost windless day for the first of the Bexley League races for 2009/10. Our participation was low but we did have two out. At the front the field the quality made up for the quantity of competitors and the winner, international Darrell Stone from Steyning, showed the spectators what top level walking is like with a 22 minute performance on a course which is certainly not flat. Slightly further back David Hoben found it hard going with strict judging up the hills making extreme caution necessary. A little way ahead second claimer Paul King managed a 20 seconds improvement on his time last week. Also last week, Sara Lightman had a good race in a 5km Midland League race in Nuneaton recording 33.15.

1. D.Stone (Steyning) 22.14; 2. J.Hobbs (Ash) 25.04; 3.L.Baldwin (Ton) 25.06; 14. **P.King** (Bels/SWC) 30.23; 17.**D.Hoben** 36.14.

## **07 November – Alec Potton Memorial 7 miles, Selsdon:**

A bright November day produced a fair sized field of about 30 for the main 7 miles plus supporting shorter races mainly for the youngsters. Mark Easton won the event again for the 28th successive year but not without a battle as improving Stephen Crane held him to within 20 yards for the first 5 miles. Mark then applied some pressure and managed to open the gap to 45 yards by the finish although giving his clubmate some 20 years. Not surprisingly their efforts placed them well up the handicap result in fourth and second respectively. Well up the field, in sixth, a tremendous effort from Shaun Lightman enabled him open a ten second gap on Carl Lawton(Belgrave) who had caught him a couple of laps earlier. This effort improved his time although only 7<sup>th</sup> in the handicap whereas a similar battle between Peter Hannell and Sean Pender(Enfield) produced a big enough effort to reward the former with a handicap victory for the Alec Potton Salver. To gain third in the handicap David Hoben also continued to bring down his times.

1(4). **M.Easton**(M45) 56.04; 2(2). **S.Crane** 56.38;  
3. I.Richards (Steyn M60) 59.57; 4. P.Ryan (Ilf M55) 61.14;  
5. S.Uttley (Ilf M50) 63.25; 6(7). **S.Lightman** (M65) 65.49;  
7.C.Lawton (Belg M60) 66.00; 8. R.Penfold (Steyn M65) 68.03;  
9(1). **P.Hannell** (M65) 68.55; 10. S.Pender (E&H M55) 69.12;  
11(6). **I.Statter** (M50) 69.18; 12(9). **P.King** (M55) 69.23;  
13(10). **C.Flint** (M60) 72.59; 14(5). **P.Crane** (M60) 73.43;  
15. B.Parsons (TonU17) 76.13; 16(8). **D.Delaney** (M65) 77.14;  
17(11). **S.Jones** 77.52; 18(3). **D.Hoben** (M55) 79.40;  
19. B.Hercock (E&H M70) 81.34.

**Women** 1. Helen Middleton(E&H W45) 67.39; 2. Kate Funnell (Ashf WU17) 68.22; 3. Stephanie Rukin (Ton WU20) 70.09.

**Women 3km:** 3. **Jill Openshaw** (W35) 21.16; 4. Georgina Parsons (Ton WU13) 22.48.

**Boys U13 3km:** G.Thomas (Ton MU13) 17.57.

## 14 November – Enfield Open 7 miles, Lee Valley:

Although the recent and subsequent torrential rain did not wet this prestigious race the accompanying wind was still around and made the going very difficult in places. This did not prevent a fast time for the winner from Steyn or another good result from Surrey Walking Club's Shaun Lightman in 10<sup>th</sup> position in a field of around 60. Another SWC walker putting in a great effort to achieve a personal best was Gary Macdonald who has recently been out of action here but has been competing in the somewhat different conditions on the roads of Athens. Gary finished between Chris Flint, whose time in last week's home race was slower than Gary's this time, and Peter Crane who managed an almost identical time to last week. The Lee Valley Course was probably flatter and easier than last week at Selsdon but this was more or less compensated by the wind this time. Steyn's 3 in the first 10 was clearly a great team effort but Surrey turnout and speed was also very satisfactory even with their top two missing.

1. D.Stone (Steyn) 52 min 51 sec; 2 P.Barnard (Ilf) 56 min 25 sec; 3.J Ball (Steyn) 57 min 23 sec; 10. **S.Lightman** (SWC) 65 min 29sec; 20 **P.King** (Belg/SWC) 68 min 21 sec; 27. **C.Flint** (L Vids/SWC) 70 min 45 sec; 29. **G.MacDonald** (SWC) 72 min 15 min; 32. **P.Crane** (SWC) 73 min 33 sec; 46. **D.Hoben** (SWC) 78 min 33 sec.

## **Other Results**

22 Aug 30km Coventry:11.G.Macdonald(2nd M50) 3.36.30

4/6 September Guernsey Road Walks – 3km(4/9): 7. D.Hoben 19.50 and 19.4 miles: 10. D.Hoben 3.58.49.

6 September Southern Vets league Final, Ashford(6/9) – 2. R.Michell (1<sup>st</sup> M35) 10.33.4; 4. P.Hannell (2<sup>nd</sup> M50) 11.18.8.

World Masters, Finland J May (M75) – 5 km 7<sup>th</sup>, 10 km 9<sup>th</sup>.

Unfortunately the 20km race was less successful as he tripped over the foot of a misplaced barrier and was temporarily hospitalised with a badly bruised face.

9 September Blackheath Harriers One Hour P.Hannell 9.925 km; M.Harran 9.587 km; D.Hoben 8.390 km.

29 Sept Gdansk Vets 5km 13th Lyn Atterbury 30.14

17 October 5kms Nuneaton Sarah Lightman 33.15

## **CLUB RACE FIXTURES**

<b>12 December</b>	<b>5kms Christmas Cup</b>	<b>Monks Hill</b>	<b>2.30</b>
<b>29 January</b>	<b>10 kms(inc.SRWA)</b>	<b>Monks Hill</b>	<b>2.30</b>
<b>27 February</b>	<b>10 miles(inc.SRWA)</b>	<b>Monks Hill</b>	<b>2.00</b>

## **Running till the cows come home Steve Till does the Swiss Alpine Marathon**

“I hope you are as proud of yourself as I am of me,” said the Icelandic lady I found myself running with. We had just passed through the last checkpoint at Durrboden, with about ten miles still to go in the 78.5km Swiss Alpine Marathon, the world’s biggest mountain ultramarathon, based in Davos. The crucial fact was that we were thirteen minutes inside the rigidly-enforced cut-off times, having run for 9 hours 37 minutes. And what made it such a relief was the fact that I had never spent so much of a race convinced that I would not finish.

Davos had always been on my list of “races to do before I die,” and I decided that 2008 would be the year. I trained reasonably hard, was capable of a flat marathon in around four hours, and set off to Switzerland with a party from 2:09 Events, run by Mike Gratton, the 1983 London Marathon winner. The week was great – lots of hiking, a few runs, a race round the lake on the Tuesday night, acclimatisation and, of course, a few pints of good Swiss beer. I looked again and again at the cut-off times, which were imposed at five points along the course, and convinced myself that they wouldn’t be a problem.

Saturday 26<sup>th</sup> July came and up we got at dawn. The first 30 kms are predominantly downhill and I had planned on getting ahead of schedule in these early, easy miles. How wrong, how terribly wrong!! I jogged the first 10kms in under an hour, but then bottlenecks on the course and unexpected hills slowed me, so that I just squeezed under the first cut-off, running 3:37 for 30km+, against the limit of 3:40. The next 20km were all uphill from the valley floor to the mountain-top trail. I was convinced that I would fall foul of the timing. I jogged where I could. I walked as fast as I could at other times (race walking experience being crucial here). I chatted to others when I could. And surprisingly Bergun arrived at 4:44 (4:50 cut-off).

Now the fun really started, with a brutal march up the valley road to Chanto, trying to appreciate the brilliant colours of the

alpine meadows and flowers as I went. I managed to get there in 5:58 (6:05). One of my English colleagues arrived literally thirty seconds too late and was not allowed to continue! I plodded on up to Keshutte. This section is torture, because you can see the hut from far below, and you know you have to reach it by 7 hours 30. And it seems to get no nearer. Having spent the last four hours convinced that I would be timed out at some point, having reached Keshutte, I just allowed myself to think that I might possibly do it. It is at Keshutte that a team of doctors examines each runner. They look into your eyes, and ask you how you feel!

All we had to do now was the Panorama Trail traverse, and then the long downhill back to Davos. I ran as much of the traverse as I could, knowing I'd need the minutes in hand. I jumped over rocks, staggered round hairpin bends and tried not to slip down the glaciers we had to cross. Eventually I reached Durrboden in the company of my Icelandic friend.

The run in to Davos was simply a matter of taking it a mile at a time. A lot of the rest of the 2:09 party came out to the outskirts of town to see me and the few others doing the K78, these spectators having completed their 'easy' marathons or half marathons earlier in the day.

Running past numerous cafes and bars on the way through town was an amazing experience, and the finish in the stadium brought tears of relief to my eyes. 11 hours 25 minutes and 32 seconds after starting, I had finally and conclusively beaten the 12-hour time limit. I wandered back to the hotel in a euphoric daze, was humbled by a standing ovation in the restaurant, and eased my aching limbs at the local disco that night.

The week ended the next morning with the traditional post-race jog to, and swim in Davos lake. The Swiss Alpine Marathon at Davos is a brilliant experience that I would heartily recommend to any endurance athlete.

Steve Till

# STROLLS

## Bakewell Weekend Thurs.18th to Sun.21st June.

Conductor: Sharron Henderson

Participants: Janette Henderson, John & Gail Elrick, Jill Goddard, Peter Russell, Dave Williams, Linda Ashwell, Paul Tilley, Leo Kruis, Laurence Foe & Chris Dent.

Friday & Saturday were circular walks ending back in Bakewell. Sunday finished at Grindleford Station.

Thursday evening was a rendezvous at The Wheatsheaf. This pub seemed to set the tone for the weekend of varied menus, huge platefuls & reasonable prices.

Lathkill Dale, lunch at Monyash, Magpie Mine, Upper Monsal, tea at Little Longstone & return to Bakewell.

Everyone made the Friday 9 a.m. start. We climbed out of Bakewell via field paths & onto a back road which was having a busy moment! Then along a field track that became the former access lane to a nearby abandoned & overgrown quarry. There are many spots like this in the Peak District. This brought us down to Alport village where we began the walk along Lathkill Dale. The route follows the river upstream westwards towards Monyash. It is known for the quality of its water the clarity of which is easily seen in the lower reaches.

There are information boards en route explaining flora & fauna that hopefully can be seen & about the former lead mining in the Dale. There are a couple of entrances to old lead mines, washing channels, weirs & the ruins of the engine house.

Nearer the head of the Dale was a large area of dark blue flowers of Jacob's Ladder. A portion of the hillside was fenced off to ensure the sheep didn't graze it into oblivion. The head of the Dale narrows so that the path scrambles over

smooth & slippery limestone, then emerges across A couple of fields to Monyash. We walked along Bagshaw Dale at the back of the village in preference to a not a particularly interesting bit of street. Lunch was at the Old Forge Cafe or the Bull's Head Most people made use of the cafe where we sat outside by the village green in the sunshine.

We set off along Horse Lane picking up our route across fields towards Sheldon village & Magpie Mine in particular - now disused. This proved to be more interesting than planned. A Tony Wood & colleague were there taking a group of enthusiasts around. He is normally based at the Peak Mining Museum in Matlock & this particular weekend was the annual convention of those interested in historical former mines. He supplied us with a map/diagram of the above & underground workings of the site, dating from 1789-1950 & took time to explain & answer questions. This was appreciated.

There were some interesting anecdotes from the past, one being of an Ephraim Brocklehurst who met an early demise underground. It was recommended we look for his grave in Sheldon churchyard with the epitaph being "There is one step between life & death". True. He'd fallen. Dave thanked Mr. Wood on behalf of us all & commented that he was "an absolute mine of information"

From this chilly & windswept spot we moved on & duly found Ephraim's grave. As the rain began it was also an excuse to have a look at the pleasant little church. Then off down a grassy track bordered by dry stone walls (plenty of those around here) along field paths & stone stiles towards a very steep descent in woodland down to the valley of the river Wye which flows through Monsal Dale.

There was a moment of quandary looking for the path across the last field before the woodland. The grass had grown considerably since the recce. I was looking for a scutch - a vague line- which was spotted by Jill. It was in the right place. We slithered a bit down through the woodland & over a stile

into a rocky stream. We climbed the other side of the valley giving good views of the lower end of Monsal & Fin Cop on the opposite side. A rough track winds along the northern edge of the dale providing excellent views ultimately descending to the viaduct at Monsal Head.

The teashop there closes at 4.15!! So we headed to the Packhorse Inn at Little Longstone for a cream tea & very good it was too. Re-energised we set off across fields towards the Monsal Trail Which we walked along for about 1.5 miles before heading south off it along the final grassy dry-stone bordered track up over the hill towards Bakewell. This affords a very pleasant view of the little town& surrounding countryside.

We later met up at the Peacock for dinner after which we had an impromptu & very competitive quiz based around Tony Wood's map of Magpie Mine. I think we were the noisiest lot in the pub- but there were plenty of laughs!  
About 17 miles.

Alstonefield to Longnor via Hartington & the reef hills. About 18 miles.

Again a 9 a.m. start. We had transport arranged to take us out to Alstonefield for the start of the day's walk on the western edge of the Peak District. Setting off northwards out of Alstonefield were stalled by an unusual well at the roadside- in its own gated & walled enclosure- with steps down into what looked like an old stone plunge pool! With its layer of green & a damp breeze it certainly wasn't enticing!

We came off the road after the end of the village, continuing damply via field paths & stiles towards Narrowdale Hill. The path does not go to the top but we did through very wet long grass to the tumulus Good views in spite of light squally rain. From here we headed down towards the junction of footpaths between Wolfscote & Beresford Dales. Jill & Linda went off to look at a cave in a cliff nearby, where Peter expertly wrung a bird's neck to put it out of its misery. It was then a steady climb

along a narrow one-horse track as usual bounded by dry stone walls with mostly small hay fields on either side. Apart from a brief stretch of country road this route took us into Hartington, avoiding a field of very high, wet grass with no discernable path. Not even a scutch!

We came out opposite the Old Hall in Hartington which is still a Youth Hostel. An enticing place of cheap beer, good food, log fires & deep sofas. I had a distinct feeling I'd fluffed on the accommodation- particularly as it was wet & windy just then! As there was to be no teashop later, most of us bought snacks at a corner shop. Then it was northwards, uphill, past the church & initially across fields before ascending gradually & then more steeply across sheep pastures to the upper reaches of the River Dove & Pilsbury Castle hills motte & bailey. There is a helpful information board & good views of the strange looking hills we were to climb over in the afternoon.

Pilsbury Castle incorporated a limestone reef hill in its site but the afternoon ones were very much bigger version of the same. We had a good look round & then proceeded to the Packhorse Inn at Crowdicote for lunch. It has a varied & interesting menu & some good puds!

Afterwards the walk continued parallel to the very small River Dove for a little more than a mile before climbing steeply up one side of Hitter Hill. From the top (rainy squalls again) is a good view of Parkhouse Hill & Chrome Hill, both limestone reefs & further on the ridge of Hollins Hill. There are no footpaths on the map over these hills although they exist on the ground where others have gone before. This is Access Land --& so we did.

It was a steeper scuttle down the other side of Hitter Hill into Glutton Dale where we crossed a couple of fields & a drainage channel to make the scramble up Parkhouse Hill. It is covered in thin soil with short grass & equally short wild flowers. Everyone for themselves to scabble to the top & walk along the narrow ridge. Yet again the rain squalled at us when we

were on or near the top! The descent is exceptionally steep & in some parts easier to do sort of sitting down.

On the recce we met a mycologist who told us there were St. George's mushrooms. We did see some as we slithered down but not this time. Probably not the right time of year.

No sooner down Parkhouse Hill than we started the long steep pull up Chrome Hill & were again windswept & rain lashed at the top! This is the biggest of the reef hills & the descent is longer & of similar steepness to Parkhouse Hill. Shortly after starting the descent is a rock archway. You can stand under it but would be ill advised to pass through as it's a short step to a very long drop!!

The path off the lower part of Chrome Hill is also that of a stream & was rather muddy. Somebody managed to sit in the mud at the bottom!

Still on hill mode, we walked through some rather wet rough grass & gorse to climb steeply up the adjacent slope of Tor Rock & onto a flatter area at the top. Here we were close to the southern edges of Buxton & an extremely large quarry. There followed a pleasant stretch over slightly undulating sheep pasture with lots of lambs from which we picked up the path onto the northern edge of Hollins Hill. Up the narrow contours again to a pond tumulus, which most of the group went to look at.

The ridge off Hollins Hill overlooks Swallow Brook which constitutes the headwaters of the River Dove. The ridge also gives a fantastic view of the western side of Chrome Hill which has a couple of caves & a number of craggy areas. It is also very sheer. The views are particularly good from Hollins Hill revealing some interesting & attractive countryside. We walked along the ridge & wound down to join footpaths that were once again on the map. In the little village of Hollinsclough we sat outside the village hall & shared our flapjacks & biscuits purchased in Hartington that morning.

A short walk along a country lane & onto fairly level grassy fields by Swallow Brook. At this point we were walking below the 2 reef hills we'd climbed earlier which looked quite spectacular from this angle.

We crossed the brook & climbed gently out of the valley & onto a B road. A short walk along this brought us to the track heading past Yewtree Grange, a very tatty, untidy & unwelcoming farm area. Think of a Steptoe & Son reject!!

A final short steep path up to just outside Longnor & we came across 4 pigs - "black & 2 white contentedly munching the grass. One sow in particular soon caught on to the supply of fruit & nut mix & bits of biscuit. There were some interesting mobile phone shots of the sow & Chris's legs!!

Straight into Longnor where we had an 18.30 arrangement with our transport to take us back to Bakewell. We had about half an hour to spare so had a drink outside one of the pubs on the village square. Longnor has a very good teashop but it closes at 5 p.m. Evening meal was at the Castle Inn in Bakewell & Janette's brother, Stewart turned up to join us. Quite a few people chose some Bakewell Pudding for dessert. They also freeze quite well & are nothing like the bakewell tart that most of us know.

### Bakewell to Grindleford Station via Baslow. About 14 miles.

The last 9a.m. start, - outside the Co-op. Not a particularly attractive beginning to the day's walk, heading out of Bakewell past a huge car boot sale, then along the valley of the meandering River Wye. Followed by a short climb behind Haddon Hall, the summer home of the Duke of Rutland, then into the extensive land of the Chatsworth Estate. This took us over a hill with a view along a pleasant open valley bordered by mixed woodland. We continued uphill through a portion of Rowsley Moor Wood before emerging onto the open grassland of Calton Pastures. From here we took a short track through some pine & rhododendron woodland & out onto the hillside

overlooking Chatsworth House itself. Just in time to see the top of the huge fountain in the gardens. We walked down to Edensor, one of the estate villages. This one had been completely re-located & re- built so that Chatsworth House & Gardens could be laid out where it is now.

An impromptu refreshment stop was made at the pleasant Edensor tearooms, followed by an easy walk through the grounds to Baslow. The exit from this part of the grounds is an unusual circular stile/gate. Probably meant to be sheep-proof. There was some hilarity when 5 of us got in at once, minus rucksacks, to see how many could jam in at once! Lunch was at the Rutland Arms, Baslow, outside in the riverside garden. This was walked off by a long steep climb out of the village up onto the moor to Wellington's Monument. Our route followed a track across rough moor land grass & then along by a wall with haymaking on one side & woodland with Highland Cattle on the other. Not something anyone would expect to see, but there's been a herd here for many years & they're clearly used to walkers. We're ignored!

From here the route took us across a part of Big Moor, along White Edge. No rainy squalls today but plenty of sunshine & excellent views. Pity we could see Sheffield's sprawl not far away!! We came off the moor near White Edge Lodge & briefly onto a little track, looking for an invisible path. The stile needed was not visible from the track due to an area of hillocks, neither was the connecting path both on the recce & now. Jill found it.

Over a busy A625 & soon into some steep woodlands down to the station cafe at Grindleford. Time for a brew - they were sold out of chocolate flapjack (just). Some people caught the train at Grindleford to Sheffield to connect with the London bound trains. A few folks took a taxi back to Bakewell to collect their cars.

PS. 2 weeks later I was at a spin class at the leisure centre The instructress said, "We saw you in Little Longstone about 2 weeks ago, were you with a youth group?"

## **Guildford Circular - Sunday 20th Sept 2009. Conductor Don Bolton. Joint walk with London LDWA**

30 walkers assembled at Guildford Station for a joint London & SWC walk of 21 miles. It was good to meet so many people that I had not seen for many, many months and to meet a few new people. The first 6 miles were along the River Wey and then along the Downs Link path, quite flat with few gates so walked very fast. Then we followed the Greensand Way to Hascombe and then to the Merry Harriers pub at Hambledon for lunch. 12 walkers had opted for a cooked lunch and I had phoned their order to the pub about an hour before we got there at 1p.m. We had not used this pub before but the food and the service was excellent and we were all out at 2p.m.

Then climbed up to Hydon's Ball viewpoint, down and through Juniper Valley to Winkworth Arboretum. Descended the steep hill and then through The Rides and down to Hascombe for tea at the attractive boathouse. We were served tea and cakes very efficiently by the couple serving who were completely unfazed by so many walkers turning up unannounced. Then back along the river to Guildford but at St. Catherine's Lock I asked how many would like to do an extra 3+ miles with a long climb but with fantastic views. To my surprise 11 opted for this while others walked back along the river to Guildford Station.

We 11 went west past the Police HQ, then past Loseley House, down a long track to Polsted Manor then north and uphill to the ridge walk that gives great views over Guildford to Canary Wharf and across London to Heathrow. Eventually steadily downhill to Guildford Station. A good long day in good weather with good companions. My thanks especially to John Elrick and Steve Garnsey for aiding me by looking after those at the back and ensuring no one got lost or feeling that they had been left alone.

## **Southeast to Seaford, 13 September 2009**

### **Conductor: Janette Henderson**

All agreed that 10 is a perfect number for a stroll – the fact that there were 10 of us on this particular stroll was of course purely incidental. The 10 were – Janette (the conductor), Sharron, Susan C (and her tiny but extremely energetic dog), Manjinder, Sally, Laurence, Paul T, Steve, Simon L and Jenny.

Photos courtesy of Sally who was busy snapping away throughout the day and who took some fantastic photos – just wish it was possible to include more of them in this report!

The views on this stroll are extremely good - north towards the North Downs in the distance in the morning and south towards the coast (and often the sea) for large periods throughout the day. So luckily, despite it being a mainly overcast day (though with very welcome sunny intervals), it was a clear day and the views could be fully appreciated. It was also a very comfortable temperature for walking.

The morning started with an invigorating climb onto the South Downs from Southeast station (a tiny station – more like a halt - on the Lewis to Seaford branch line) and then an easy walk along the South Downs, following the South Downs Way almost all the way to Alfriston. Not all the way, though – shortly before Alfriston, the group took an ‘off piste’ detour to join access land in Short Bottom, a pretty valley just outside Alfriston. No Llamas in the valley this time though – there were when this stroll was last done two years ago – perhaps they had moved on to another valley (or ‘bottom’ as the valleys seem to be called in these parts – as one of the group commented later on, there are an awful lot of bottoms on this stroll, presumably referring to the valleys!).

At Alfriston there is a large choice of eating establishments to cater for a wide range of tastes, so the conductor had not nominated an ‘official’ lunch place, but left it up to each

member of the group to make their own choice – just as long as everyone met up in the main square (if it can be called that) at 1.30pm, giving them just short of an hour for lunch. Some went to the pub, others to a tea shop close by, and others had their sandwiches in the square. And no-one was late – phew!

After lunch it was up onto the South Downs again, briefly flirting with the South Downs Way once more before leaving it to visit the Long Man of Wilmington, a figure carved into the chalk. There is some debate about the age of the Long Man. It was certainly around in the 18<sup>th</sup> century, but whether he is earlier than that is not known (there are apparently some Roman coins that bear an image similar to the Long Man, but whether this proves his existence then is debatable).

After a group photo with said Long Man in background (see above), the group set off briefly along the foot of the Downs and then took the path climbing steeply up to the trig point on Wilmington Hill. There followed a pleasant gentle downhill stroll to Lullington Heath Nature Reserve, with views towards the sea in front of us, and of the White Horse on the other side of the Cuckmere Valley, which looked as if someone had given it a good clean up recently (it is not an ancient horse, being first cut in 1924). On the way through the nature reserve we met some very muddy voluntary countryside rangers (mud literally up to their arm pits – rather them than us) who had been repairing the lining of Winchester's Pond, damaged when someone had driven a 4x4 through it.

After that we had the pleasures of another Bottom to look forward to – this time Charleston Bottom - and more good views of the White Horse. Towards the end of Charleston Bottom, we took to the South Downs Way again (very) briefly up some steep steps near Charleston Manor, before dipping into the woods at the top of the steps and down to the Cuckmere Valley and tea at the visitor centre at Exceat (which thankfully was open this time – last time it had shut at 4pm meaning no tea for thirsty Surrey walkers).

Jenny and Simon left us after tea, determined to make the 5.53 train (which it seems they did). The rest of us decided to make our way in a more leisurely manner to Seaford and enjoy what had turned into a lovely September evening.

At Cuckmere Haven (and again at Seaford) Sally surprised us all by taking to the water, Reginald Perrin style, with rucksack and clothes on the beach (okay, she checked if there was time for her to have a swim so we did have confidence she would be back soon). She had brought her swimming costume with her, just in case (as you do!) but no towel, so must have been freezing (only at Seaford did she admit it was a bit chilly coming out of the water... ).

Making our way back along the coast to Seaford, it was very pleasant taking in the view over the Seven Sisters from the beach at Cuckmere Haven and then continuing to do so as we climbed up and over Seaford Head – Janette and Manjinder doing a lot of the climb walking backwards to have the full benefit of the view:

And then it was down to Seaford and another cup of tea (and, in Sally's case, a swim on the front) before taking the 6.53 train back to London. The entertainment did not end there though. On the train we had the treat of seeing Sally's amazing needlework – souvenirs of various holidays she has been on, which she captures in a needlework collage.



Anyway, I would just like to thank everyone on the stroll for making the day so enjoyable. We all had a good laugh as well as a good walk. See you all again soon!

### FUTURE STROLLS

20 December – Conductor: Nicole Carbonara – Start Farnham Station 09.15 (Waterloo 8.07) Lunch: Cyderhouse Shackleford – Tea: Seale. Joint Stroll with LDWA – 18 miles  
10 January – Alton – David Watson  
24 January – Viking Coast Trail – David Hoben  
7 February – Winter Parks – Gail and John Elrick  
28 February – Haslemere – Kathy LoRaso  
7 March – Haywards Heath – Clare Kirkbride  
28 March – Guildford/Newlands Corner – Don Bolton

**Check the Message Page on the Surrey Strollers web site, [www.surreywalkingclubstrollers.org](http://www.surreywalkingclubstrollers.org) for details and any alterations to joining instructions etc.**