



Walking

No.445

Summer 2010

*The Gazette and Record
of the
Surrey Walking Club*



Our President, Peter Selby, celebrates 50 years membership this year along with Colin Harding and Ken Mason. Peter had a distinguished walking career and became an international. He has been a most devoted worker throughout this time and has contributed an enormous amount to Surrey Walking Club in many different roles. (photo: Mark Easton)

President's Message

When I joined Surrey Walking Club as a rather skinny youth, fifty years ago, I was starting out on what proved to be a very exciting, challenging and worthwhile racing career. However, one of the big attractions of the club, although I was not aware of it at the time of my initiation, was the highly successful and cultured “strolling” section. Successful because every fortnight attendances were well into double figures and cultured because I was in awe of the many learned gentlemen, a few of whom had actually fought in the Anglo-Boer War (1899-1902), who conducted and supported these strolls.

My thoughts go back to such names as Bilmo (Frances Wilmot), Arthur Thompson, Frank Jarvis, Ian Bell, Alec Potton, Edgar Frost and many others. They made fascinating company with many a story and yarn, particularly their excellent knowledge of the countryside which even in the early 1960’s retained a resemblance of what rural and rustic England must have been like in 1900 – although of course somewhat tarnished by two horrific world conflicts. Perhaps one of the most memorable features was their capacity to sup ale. In those days strolls arrived at an allotted public house spot on midday for what was known as “elevenses” and after a quick two pints another hours walk to lunch. There are many tales of what happened in the evening e.g. trains missed, pubs attended and trains missed yet again so that the evening drinking session was included. It is hard to imagine that strolls rarely went below twenty miles and the average distance was nearer twenty five. As there were few cars, trains and buses were important.

It is therefore with nostalgia that I hope to be conducting one of the old favourite strolls and indeed the first stroll I led nearly fifty years ago when I attempt (subject to training from the HSS) the Epsom Downs/Tattenham Corner to Betchworth (subject to pub availability). I have fond memories of this stroll in the sixties and recall many occasions when it started out on a frosty morning and finished on a cold starlit night with Walling Bryant leading carols as we returned over the Downs and the race course.

The most memorable event on the stroll was the renowned teas at The Forge Walton-on-the-Hill, run by Mrs.Moran and her merry helpers. This comprised a large wooden shack at the back of her barn which every Sunday afternoon come Summer or Winter was packed with hikers, cyclists and others enjoying her chicken’s recently laid eggs. Sadly this facility is no longer available but it is incumbent on me to try and conduct the walk as I used to – not losing my way and ensuring that I can read the map.

There will be no need to wear Edwardian costume but I hope that as many of you as possible can attend and I will ensure that we can obtain a reasonable tea venue. The date is Sunday 19 December. I feel honoured to think that the HSS has confidence in me to oversee what I hope will be a successful stroll and I will try and maintain the club’s high standards.

50 Years Supper

The 50 Years celebration supper planned for 25 September will now be held at a later date to be advised.

FROM THE EDITOR

Welcome to Gazette no. 445 – 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 Peter that would be welcome. Thanks for all contributions especially the reports of strolls which have always been popular with readers..

WEBSITE

There is lots of interesting information on our website www.surreywalkingclub.org.uk
Access to strolls information has been improved but the separate stroller's site www.surreywalkingclubstrollers.org will continue to run for a short time.

We welcome the following new members.

Ian Thomson
Richard Levett

6 Day World Record

Richard Brown set a new World M60 Best Performance for 6 day running at the international ultra-marathon festival in Athens at the end of March. Walking for the vast majority of the time, he reached 705 Km in the 6 days before completing the 7th day with 750 Km. (The records are set at 6 days as in previous times no-one raced on the Sabbath.) Richard's display of race walking and Dutch-style power walking was an eye-opener to the others as runners tend to run and then just walk at "normal" pace. Indeed Richard suggests there is still too little cross-over between the worlds of running, race-walking and cross-country strolling. Surrey helps make the connection between the latter two and some runners join Surrey when they have problems running. But both Sandra and Richard have tried to span all three worlds and Richard, who manages the GB ultra-distance running team, is getting more of the running squad to race walk even a few minutes every hour. This helps them use different muscles, stretch out and also take on food and drink without dropping it all down themselves!

David Christie-Murray

In March our oldest member, David Christie-Murray passed away. A memorial service was held at Hampstead on 9 April. Our President attended and Sandra Brown gave a tribute. The following is an extract from this tribute.

David was both a much-loved fellow club member and one of the most outstanding athletes of his generation. At London University and at Oxford, David boxed – and boxed with distinction, so that David was guest of honour at a dinner of the Oxford & Cambridge boxing club in 2008.

As a young man, David entered a one mile race-walk – “For a lark”, as he told me. He did well and enjoyed the experience. The following year, he won that event, and then another, and decided “This was the sport I had been looking for, in which I could fulfil an ambition to excel athletically.” He became a member of Surrey Walking Club, and race-walking was to be an important part of his life for 20 years, through the 1930s and 40s.

“What fun we had!” David told me, when he contributed his recollections for the book which marked the centenary of Surrey Walking Club in 1999. While David was competitive, it was very clear to me how much the friendship of fellow walkers meant to him. Whatever the outcome of a race, he told me, he liked the satisfaction at the end of the day of knowing that he and others had simply given their best.

He was a good Club man and team member, and the centenary book includes a very happy photograph, leant by David, of the proud and smiling Surrey Walking Club team in a national championship in the 1930s. Many were the successes notched up by Club teams of which David was a member.

Self-driven and self-coached in his sport, David reached the top of his game in an age when race-walking was a very popular sport, and Britain’s best walkers were among the very best in the world. Of a strong physique, David thrived on tough and hilly courses like those around Hampstead and Highgate and Surrey’s own courses.

David’s walking friends and rivals in the 1930s were, with him, the great walkers of their time and included household names like the 1936 Olympic gold medal walker Harold Whitlock. David never walked in an Olympics. Had the Olympic Games been held in 1940 and 1944, David would have been a near-certain selection.

Even in 1948, he came very close to selection for Great Britain. How did David deal with this disappointment? He said “Could I bear to watch the race, having failed in a life-time ambition [to walk for Britain in the Olympic Games.] I decided my duty was to follow the race on a bike and cheer on my successful rivals at every possible place along the route. I’m glad I did, for, instead of eating my heart out at home, seeing the race in the flesh cured me of all regret and disappointment.”

In July 1951, David achieved what many still consider as the summit of their walking career, when he became Centurion number 155 – race-walking 100 miles from London to Brighton and back in 19 hours 31 minutes 51 seconds. Fortunately, the 104 miles event ended on Saturday evening, since David, as a Minister of the church, did not race on Sundays. On one occasion, he refused an invitation to race internationally because this would have meant racing on Sunday.

1951 was the 40th anniversary of the Centurions. Next year in 2011, the Centurions will celebrate our centenary, sadly without David there to help mark the occasion. David regarded becoming a Centurion as a fitting end to his competitive walking career. David was a great athlete, much-loved clubman and good sport.

Nijmegen Marches

Six members took part in the annual Nijmegen 4-day Marches in July in the area of Holland where Operation Market Garden took place in World War II. They literally blazed round the route as the first two days were in temperatures nudging 100 degrees F, making it one of the toughest 4-days ever, indeed the organisers moved the start time on one of the days to 3 am with reveille at 2 am! In all nearly 1200 km were covered by the club over the four days, new member Iain Thompson coming in for the first time to do 200 km as part of his training for next year's 100 miles. There is a sizeable British presence on the Marches with over 2,000 out of 45,000 walkers including a large number of military teams, 2010 was also the Diamond Jubilee of the British Military Contingent. The spectators were out in full force with over a million lining the main road on the final march into the city of Nijmegen on the final day this time with more reasonable temperatures. Taking part were Shaun & Sarah Lightman, Iain Thompson, David Hoben and in addition Kathy Crilley & Chris Flint marched as part of the Metropolitan Police team.

‘Walking’ back in time no. 7 – Jul 2010

100 years ago

Publication of ‘Walking’ was suspended between September 1909 and May 1913. It is thought that finances were the main issue.

75 years ago

Walking 111/12 (Apr/Jun-35) reported on the annual Town Dance held at the ABC Empire Rooms, Club Dinner held at the First Avenue Hotel and attended by 120 (50 members!). The speakers were in good humour and included Jack Crump followed by a banjo performance. The Club supper was also held with club members putting on a short play. A 2-part 4 page article on Training for Race Walking was included. W. Burgess, T. Godsil, W. Fuller, D. Clark and T. Hazzard all joined the club. The obituary for life member B.C. Brown was announced.

On the racing scene Surrey retained the Junior team title for the 2nd year in a row led by Timber Woodcock and followed this up with a win in the Senior championship a few weeks later led home by W. Archibold behind winner Medlicott, Lloyd Johnson, H. Whitlock and Tommy Green! H. Hake and Woodcock. The Warlingham, Ashcombe and Surrey 10 miles and Keston were dominated by Hake as a warm up for his 3rd win in the Stock Exchange Brighton (8h 53m 27s). Archibold won the Godstone & Back in 2h 41m 35s and C. Edwards the ‘Swastika’ Cup.

The strolling scene was as busy as ever with weekly strolls from Shamley Green, Rusper, Hoathley, Mayfield, Westerham, Groombridge, Ewhurst, Hascombe, Ashdown, Lamberhurst and Redhill. The highlight was a 2 day event in Sussex where a small party ventured out in thick drizzle from Haslemere with tea at Lickfold and lodgings at the George & Dragon in Lodsworth. Brilliant sunshine the following day made the going better with lunch at Elsted, tea at Redford and return to Haslemere.

50 years ago ...

Walking 241/2 (Feb/Apr-60) reported the Bevis brothers presenting their new silver salver trophy to the club at the Keston Race to be awarded to the first member finishing a 100 miles race – the first recipient being W. Traer in the Brighton & back (59). A scroll was prepared to contain the names of those members who become Centurions to be hung at HQ (Stag & Hounds). The BAAB presented the club with a trophy won by Thompson/Misson/Chaplin in the Milan 100k race (1958) to be presented to the winner of the club open 20km. Amongst the list of new members was a young 19 year old Croydon ex-boxer named **Paul Nihill** who quickly went on to represent Great Britain culminating in Olympic Silver, European Gold only a few years later and a record breaking run of representing GB at 4 consecutive Olympics. Others joining with him were F. Edwards, C. Batchelor, S. Freeth, A. Dixon & C. Ross. The obituary was read for F. Roberts – winner of the Essex, Bradford and Manchester-Blackpool in pre-1914 days. The committee noted with anticipation that the Government were implementing

proposals to 'lessen the dangers on the roads' and had already changed courses due to increasing traffic issues.

Matthews, Vickers and Hall battled out the opening Belgrave 7 with the former taking the honours in 51:19 – Dicky (56:41) leading the club in 19th closely followed by Ken Elmslie. Vickers (53:05) held off the challenge of club-mates Hall and Williams to win the race and team title at Cambridge - Dicky again back in 18th. Vickers crossed the line with Eric Hall in 51:20 at the Police 7 with Dicky not too detached in 14th. Dicky dominated the local club races by winning a string of races: the Selsdon 6 miles in 54:17 from Frank Butler; 6 minutes ahead of Don Griggs and Ken Elmslie in 83:23 in the Warlingham 10 miles; held off Ray Hall to win the Banstead in 98:07; beat Wally Garratt by 3 mins in the Keston and repeated his win over the Warlingham course in the Surrey Championships, this time only narrowly beating Ray Hall in 83:14. Consequently he was leading the way in the Albury Points Trophy. The Christmas Cup yacht handicap was won by Peter Angell off 9mins in 46:56 well over a minute ahead of Keith Fairfax who just held off Edgar Frost. John Godbeer won the 'Garnet' Championship at Hayes with Maurice Fullager in 6th helping the club to 5th team. Stan Vickers beat Eric Hall to take the London C.C. 10 miles in 73:14 with Ken Best first home for the club in 29th (88:29). There was a mixture of support for the club strolls which were held fortnightly at Holmwood-Ewhurst, Downs-Betchworth, Guildford-Coneyhurst, Leatherhead-Sher. The highlight and best supported in good club tradition was the annual President's stroll with 15 from Coulsdon-Reigate with kind weather, 2 pub stops at the Sportsman and Prince of Wales where many others joined occasion.

30 years ago

Walking 362 announced that the AAA was celebrating its Centenary year with specially printed ties. An obituary was given for QPH's Billy Baker who fondly remembered by Surrey members as the 'King of the Brighton Road' back in the 20s and who smashed Tommy Hammond's Brighton and back record which was thought untouchable and at 18h 5m 51s still remains the record as the race was discontinued in 1967. It also announced the resignation of one of our top Juniors Neil Antony. Edgar Frost's suggestion of a gossip column was introduced and focused on Nolan's trip to home to Trinidad where he was missed in the Hastings race, was too tired for the Brighton and subsequently caught flu followed by Shingles!

On the racing front Dave Jarman was flying the flag for Surrey leading the club to 2nd team in the GLC 10 miles at Battersea in 4th place (75:01) as well as winning the Stock Exchange 20km match (95:02), Kent County 10 miles title (93:41) and Stock Exchange 7 (52:35). Steve also set a new course record of 45min 59sec in the Christmas Cup 10km starting 15min behind Fred Nichols, he managed to overtake everyone except Steve Till who still had 200m in hand and won the cup in style. The Met Police 11k was won by Brighton and NZ international Mike Parker but fine team packing allowed Peter Selby to lead the club to victory with his battling 6th place (50:28) and Gordon Vale a few seconds behind in 7th – Roger Lancefield and Paul Jarman closing in. In the Club 10 miles Lancefield, Selby and Dave Jarman walked the course as a fast training session with Roger deciding to pull away in the final 50m to take the Milan Trophy, also placing him joint leader of the Albury Points alongside Dave Railton.

With weather and conditions good under foot, John Laing led a party of 15 on his Presidents Stroll from Coulsdon. With lunch at Reigate and tea in Godstone everyone enjoyed the 22 miles covered returning to Coulsdon by torch light. The Kew – Hampton Court stroll was attended by 7 with the added bonus of a sumptuous tea spread laid on by Molly. The good attendance on strolls continued with 10 for Whyteleafe – Bletchingley and 6 for Berkhamsted – Ivinghoe.

15 years ago

Walking no. 402 printed the obituary for past-President Bill Burgess having just completed 60 years with the club. As a racing member he helped the club to a number of National team titles in the post-war years and after injury focused on the strolling section during the 50s and 60s.

The Met Police 11k was a Surrey affair with Chris Cheeseman winning the race comfortably in 50:22 and leading the team of Lightman/Hannell and Simmons to victory for the 2nd year in a row. He followed this with a comfortably victory in the London 10 mile championships at Crystal Palace in 72:18 and in doing so took the Southern title as well. Stephen Crane won the U17 5km champs (both London and SRWA) in 28:07 and long distance star Sandra Brown was runner-up in both over the same distance in 25:51. Daughter Vicky was 6th in the u11 girls 1km with 6:53. The Club 10 miles was won by Shaun Lightman in 86:05 to also take the handicap and lead the Albury Points table. Jill Green won the women's race in 1:45:35 and Pam Ficken first home for the club in 1:49:09. The French Lagny 200km race was won by Zbigniew Klapa in 21h 34m 46s but more importantly Sandra Brown walked a fine race to win the women's race with 189.962km.

Again the President's Stroll opened up a damp new year with Bill Walkinshaw conducting 13 strollers on their way from Coulsdon South to Reigate and back. Similar numbers attended Richmond – Hampton Court, Dorking to Lower Kingswood, Tonbridge – Ashurst, East Horsley – Shamley Green and Dorking – Holmbury St. Mary.

Ian Statter
30/7/10

RACE REPORTS

20 March – Cambridge Harriers League 5 km, Bexley:

The last of the 2009/10 seasons Cambridge Harriers League came at the end of a string of more significant races on a day that started with heavy rain so fewer than usual made the trip to Bexley. Good conditions – cool with occasional light drizzle – put in an appearance by the start of the race and the outcome in terms of times at the front of the field was good. The course contains a quite long hill, which though not very steep, is tiring towards the end of each three quarters of a mile lap and often divides athletes who have been racing hard together throughout the rest of the race. In this case it was Shaun Lightman that could not hold his place as a tight group of four sped up the last climb. He still finished with a good time but a little way short of the outcome three and half hard, competitive laps might have yielded. Meanwhile the next day say his daughter Sarah scored a two minute personal best in the Midlands 20km championship to finish second woman home. Although she is still some way from the winner the gap is closing with hard training.

1. J.Hobbs(Ash) 25.03; 2 S.Uttley(If) 25.55; 3 S.Allen(Barn) 27.18;5. **S.Lightman** 28.04

Midland 20km, Leicester (Women) :

1. F.McGorum (Leic) 1.56.10; 2. S.Lightman (Leic/SWC) 2.18.35.

27 March – Slater-Bryce Track 10km, Horsham

Steyning AC's usual Slater-Brice track 10km held at the Broadbridge Heath track near Horsham represents an early opportunity to mark the start of this Spring/Summer season's outdoor activity. Numbers were rather down on a few years ago with other events on this and adjacent weekends but Mark Easton showed he still retains the motivation and the form for a hard race as he battled with Ian Richards from Steyning throughout. After a few laps in second he took the lead and while his rival made several attempts to come past, Ian dropped back by about 30 metres until the last few laps when a final effort only slightly reduced Mark's winning margin to 6 seconds. This was Easton's best time for the distance for several years. Behind him Mick Harran and David Hoben needed more competition to push them but the former's time was near his recent best.

1. **M.Easton** 48.40; 2. I.Richards (Steyn) 48.46; 3. T.Jones (Steyn) 52.58;
5. **M.Harran** 62.09; 6. **D.Hoben** 72.00.

28 March National Masters Indoor 3 Kms Championship, Lee Valley:

The Winter season drew to a close with the last indoor event, the National Veterans Championships, held over both days at Lee Valley Stadium. The walks were quite well supported although our only representative was Peter Hannell, apart from Mark Easton on camera. Hannell's time was average personally and won the M65 group although considerably behind the outstanding Arthur Thomson's M70 winning performance.

1 F.Reis(Inf 1stM45)14.25; 2A.Thomson(Enf 1stM70) 16.14; 5.**P.Hannell**(1stM65)17.15.



Peter Hannell winning M65 at the National Vets 3kms (photo Mark Easton)

11 April – National 20km Championships, Victoria Park:

We had 8 members at Victoria Park for this year's National 20km although the disapproval of three judges removed Stephen Crane. This was the only bad news, costing us a probable 3rd team result, as the cool breeze was slight, the field good and most of the team performed well. Our first man home was Shaun Lightman with a respectable time inside 2 hours 5 minutes and well inside his target and his best for several years. A slightly restrained start and a fairly even pace held him in good stead for such a pleasing result. Mick Harran also was faster than usual comfortably inside 2 hours 10 minutes, again managing an even pace which pulled him through the field towards the end. This was in spite of an early, inconsequential style warning which was of course unsettling. Further back Gary overtook Peter Hannell at about the 11 km mark and pulled away only

to fall back later and be overtaken at 17km. This was not the end of the story as a great effort on the final lap brought him to only 8 seconds behind.

1. T.Bosworth (Ton) 91.06; 2. Daniel King (Colchester) 92.52; 3. Dominic King (Colchester) 93.48; 17. **S.Lightman** 124.52; 20. **M.Harran** 128.39; 23. **P.King** (Bels/Sy WC) 129.55; 24. **P.Hannell** 134.00; 25. **G.Macdonald** 134.08; 27. **C.Flint** (Lon V/Sy WC) 136.46; 31. **D.Hoben** 152.47.

Teams: 1. Colchester 9 pts; 2. Ilford 35 pts; 3. Birchfield 45 pts; 5. Surrey WC 61 pts.



Mick Harran in the National 20 kms at Victoria Park. The first of two good 20kms times this year for an M70 (photo Mark Easton)

The Boys U15 race saw fast times at the front and of course a step up from the usual 2km of the Under 13 2km. Andrew Statter was not at his best and struggled behind the older boys and his usual rival Guy Thomas from Tonbridge. Nevertheless Andrew did not give up and ended with time not too far behind his expected pace for the additional distance.

Under 15 Boys 3km: 1. A.Eaton (Manx) 16.27; 2. D.Waples(Kettering) 16.42; 3. L.Green (Steyn) 16.25 6. **A.Statter** 20.51

13 April – Veterans AC 5 mile series, Battersea Park:

The field for the first of the year's Battersea Park 5 milers was up to a very reasonable 20 in spite of the National 20 km being only two days previously. The majority in fact had taken also part in the 20km including most of the 7 strong Club contingent. The Park saw the pleasant sunny weather that these races usually enjoy with a slight but cold breeze. For the past couple of years the 5 mile run has started at the same time and place as the race walk and Mark Easton was up with the slower runners and after the first of the mile and three quarter laps pulled away from the rest of the walkers to win by one and a half minutes and just break 40 minutes. The front of the field was unusually strong with four inside 45 and the next Surrey competitor, Peter Hannell was down in 10th despite a fairly good time, a minute clear of Paul King who had easily beaten him in the 20km. Further back positions 12, 13 and 14 were all SWC while Kathy Crilley, a long distance specialist and not often at the shorter events, pulled clear of John May who at 79 had a good race averaging over 4.6 mile in the hour.

Men:

1. **M.Easton** 39.48; 2. F.Reis (Ilf) 41.12; 3. P.Ryan (Ilf) 43.06; 8. **P.Hannell** 49.20 10. **P.King** (Bels/SyWC) 50.35; 12. **C.Flint** (L Vids/Sy WC) 51.11; 13. **P.Crane** 52.26; 14. **D.Hoben** 56.04; 17. **J.May** (L Vids/Sy WC) 64.52.

Women:

1. H.Middleton (E&H) 44.30; 2. F.Bishop (Wok) 51.06; 3. **K.Crilley** 62.40

28 April – Veterans AC, Surrey, Middlesex and Herts County Championship 10 km, Battersea Park:

This popular, early season evening track race attracted 22 walkers including 6 of our members. The evening was pleasant but not too hot and times generally satisfactory but not outstanding. An exception to this was Mick Harran who chased the normally much faster Shaun Lightman all the way to finish less than half a minute behind and inside the hour for the first time. Three minutes behind, Ian Statter had a great tussle with Peter Hannell over the last quarter of the race with the order changing several times and Ian finally losing out by a few seconds on the last sprint for the line. David Hoben also had a good race with Bernie Hercock of Enfield closing a 30 metre deficit into a 2 second victory. Mick's gold medal in the Surrey Championship and Shaun's gold in the VAC M65 group were the only ones of that colour with several silvers among the other SWC results.

1. I.Richards (Steyn 1st M60) 48.54; 2. S.Uttley (Ilf 1st M50) 53.46;
3. S.Allen (Barnet 1st Herts) 55.32; 6. **S.Lightman** (1st M65, 2nd Mddx) 59.15;

7. **M.Harran** (2ndM70, 1stSurrey) 59.39; 10. **P.Hannell** (2ndM65, 2ndSurrey) 62.40;
11 **I.Statter** (3rdSurrey) 62.46; 15. **D.Delaney** 69.28 16. **D.Hoben** (2ndM55) 71.09

3 May Pednor 5 miles

The often cold, damp and blustery weather certainly did not feel like Summer but Bank Holiday Monday saw the picturesque Pednor course in Chesham with a field of over 30. Although some way from home and despite the uninviting weather we had 4 competitors with Mick Harran first home in an excellent 7th over the hilly lanes.

1.F.Reis (Ilf) 42.04 2.P.Ryan (Ilf) 43.28; 3. S.Uttley (Ilf) 43.29; 7. **M.Harran** 50.47 8. **C.Flint** (L Vids/ Sy WC) 51.06; 11. **S.Jones** 54.17; 13. **D.Hoben** 57.35.

7 May - Kent Veteran's League 2 kms, Canterbury

We were well represented at the Kent Division of the Veterans Track and Field league. As expected the regular walkers were ahead of the less experienced representatives of the various Kent athletic clubs but friendly rivalry between Shaun Lightman and Roger Michell produced a very fast and competitive race for individual victory. Shaun left no doubt of his intentions as he sped away from the gun, despite having his County event the next day and while Roger quickly followed, Shaun slowly stretched the gap but only by about 20 metres over the five laps.

1. **S.Lightman** 10.25; 2. **R.Michell** 10.38; 3. **G. Macdonald** 11.55.

8 May Surrey/Sussex 3 kms Championships Crawley

We were well represented. Ian Statter passed Peter Hannell after a couple of laps but did not break decisively and the penultimate lap saw the latter getting past Ian and on this occasion holding the advantage to the line for the championship. Andrew, Ian's son, meanwhile was battling away himself and beat his best by a minute in the Under 15 Boys 3km having stepped up recently from the Under 13 distance of 2km.

1. I.Richards (Steyn) 13.57; 2. T.Jones (Steyn) 15.07; 3. R.Penfold (Steyn) 17.01 4. **P.Hannell** (1st Surrey) 17.32; 5. **I.Statter** (2nd Sy) 17.47;
14. **C.Flint** (L Vids/SWC 3rd Sy) 18.17; 17. **P.Crane**18.22; 19. **D.Delaney** 19.08.

U15 Boys: 1. **A.Statter** (1st Sy) 19.22.

8 May Middlesex 3 kms Cophall & Nottingham 3 kms, Corby :

Shaun Lightman got 3rd in Middlesex – over a minute quicker than the Surrey champion Daughter Sarah was delighted to win the Nottingham Women's gold medal beating her previous best even if only by 1 second.

1. F.Reis (Ilf) 14.40; 2. J.Hall (Bels) 15.46; 3. **S.Lightman** 16.28.

08 May 2010 Polish Veterans Throws Championships and Open Veterans 5km Track Walk, Sopot , Poland

Lyn Atterbury 29.16 (1st M60)

A small field supported by juniors from local clubs contested this event at the "stadium in the forest" in the hills above the coastal town of Sopot. As at most major stadiums there is a hotel for competitors so it was a pleasure to adjourn to the restaurant after the race for breakfast; one of the benefits of facing the starter at 08.30.

11 May – Veterans AC 5 miles Summer series, Battersea:

Held on a slightly cool but otherwise typical evening in Battersea Park with almost 20 out – about the same as for the running event held simultaneously. Half of the field were, as usual, Surrey Walking Club including a couple of second claimers. The club got into the frame courtesy of a good third place from Shaun Lightman, who continues to improve, once again holding off three others who had beaten him recently and only just failing to break 44 minutes for the 5 miles and beating 4th by almost 200 metres. Paul King, Chris Flint, Mike Hinton from Ilford and Peter Crane were all within 30 seconds with the last two only a second apart – quite a battle! Kevin Burnett was our last finisher opting to walk rather than run on this occasion and was just outside of 5 miles an hour.

1. I.Richards (Steyn) 40.32; 2. P.Ryan (Ilf) 42.20; 3. **S.Lightman** 44.03;
7. **P.Hannell** 49.24; 8. **P.King** (Bels/SWC) 50.02 ; 9. **C.Flint** (Vids/SWC) 50.10;
11. **P.Crane** 50.31 13. **D.Delaney** 54.54 14. **D.Hoben** 58.19 15. **K.Burnett** 62.26

22 May – Enfield One Hour Walks, Lee Valley

The temperature was well over 80 at the height of the midday sun! Performances were down by between a minute and 5 minutes below expectation. Stephen Crane successfully avoided style problems but completed 10km only a minute or so inside the hour while recently taking only just over 52 minutes for the same distance..

1. F.Reis (Ilf) 11,344 metres; 3. **S.Crane**10,229m; 9. **G.Macdonald** 9,304m;
12. **P.Crane** 8,955m; 14. **D.Delaney** 8,723m; 15. **D.Hoben** 8,403m.

23 May British Masters Track 10km Champs, Oxford:

Although Shaun soon caught Peter, the latter was in front again after a third of the race as Shaun suffered. A brave effort at about half way saw Shaun back in front and slowly pulling away for the rest of the race to finish just over 100 metres clear but unable to catch the 1st M65 and more than a lap closer than usual at the moment.

1. T.Jones (Steyn 1st M50) 55.33; 2. S.Allen (Barnet 2nd M50) 59.38;
4. **S.Lightman** (2nd M65) 62.30; 6. **P.Hannell** (3rd M65) 63.16.

29 May – Surrey County Track 3km Veterans Champs, Ewell:

This friendly meeting was unfortunately held during the only wet and windy period of a mainly sunny weekend and the well forecast weather may have depleted the fields. However our members were not easily put off and we had five out for the 3km walk. Including the women's entrants the race was among the best supported of the meeting with the male and female winners both showing good speed. First home for us was Mick Harran who recorded a respectable age related time under the conditions with a strong breeze in the home straight. He was comfortably ahead of Hannell while Peter Crane, pushed on by having a couple of other competitors near him, also was not far off his time in the Senior Championships considering the conditions.

1.N.Silvester (AFD 1st M50) 14.53; 2. **M.Harran** (1st M70) 17.31; 3. **P.Hannell** (1st M65) 17.55; 4. **P.Crane** 18.37; 5. **D.Hoben** (1st M55) 20.32; 6. **J.May** (1st M75) 23.10.

12 June – Moulton 5 Miles

Stephen Crane's 7th place saw his welcome reappearance. It should be noted that this very popular event saw field of over 90 travelling up to Suffolk including many novices trying the sport for the first time. Mick Harran came through the field for a good time on a testing course while Dave Delaney passed a slowing Peter Crane in the last mile.

1. F.Reis (Ilf) 40.18; 2. P.Ryan (Ilf) 42.09; 3. S.Uttley (Ilf) 43.42; 7 **S.Crane** 46.56; 12. **M.Harran** 48.48; 21. **D.Delaney** 53.22; 24. **P.Crane** 54.00.

22 June - Vets Athletic Club League and Championships 5 miles, Battersea Park:

The championship race of the Vets AC summer league 5 miles was very warm and times were up but numbers were very good at over 20. Our members gained a good share of the medals with Shaun's gold in the M65 group the best. Lyn Atterbury made another flying appearance over from Poland and was rewarded with a time well under 50 minutes.

1. I.Richards (Steyn 1st M60) 40.18; 2. J.Hall (Bels 2nd M60) 43.28;
3. **S.Lightman** (1st M65) 44.15; 8. **M.Harran** (Guest) 49.15;
9. **L.Atterbury** (3rd M60) 49.28; 12.**P.Hannell** (3rd M65) 50.58;
13.**P.King** (1st M55) 51.14; 14. **C.Flint** (M60) 51.22; 17. **D.Delaney** (M65) 55.20;
22. **D.Hoben** (2nd M55) 55.21; 21. **J.May** (1st M75) 65.56.

26-27 June 20th Polish Veteran's Athletics Championships, Torun, Poland

To mark the 20th anniversary of these championships the venue was where the championships were first held in 1990. In the walks some of the faster vets were absent, leaving lesser mortals to battle it out among ourselves and a number of

novices who were trying the walks for the first time.

3000m 2nd Lyn Atterbury 17.26 (1st M60) 5000m 3rd Lyn Atterbury 29.58 (1st M60)

26 June– British Masters 20km Championship, Northampton,

It was hot and windy - no weather for 20 kilometres - and numbers were poor but our three formed the 3rd club team and achieved good times.

1. F.Reis (Ilf 1st M45) 106.58 2. S.Allen (Barn 1st M50) 110.56;
3. J.Hall (Bels 1st M60) 114.56; **M.Harran** (SyWC 2nd M70) 127.46;
G.Macdonald (SyWC 3rd M50) 137.13; **D.Hoben** (SyWC 3rd M55) 148.28.

29 June– Bill Collins Memorial - Tonbridge 3km

The hot weather continued for the low profile but highly enjoyable 3km in the beautiful grounds of Tonbridge School which attracted 4 Club members out for an event run by Peter Selby. More important, most of the rest of the field were under 17 and the accompanying 600 metre novice event saw some 20 youngsters who all made a really good effort at walking with good style which was pleasing to see. Our older members were very encouraged by being well beaten by some of their much younger rivals thus showing a lively interest in this area. Once again Mick Harran got the better of Peter Hannell despite the latter closing at the mid point only for an extra effort by Mick. Peter Crane also made a good start to fade slightly at the end.

1. K.Howard (Ton) 15.22; 2.C.Corbishley (M&M) 15.54;3. G.Thomas (Ton) 15.58; 7. **M.Harran** 17.27; 8. **P.Hannell** 17.36; 9. **P.Crane** 18.34; 12. **D.Hoben** 20.19.
Team: 1. Tonbridge 8 pts; 2. Maidstone & Medway 19 pts; 3. Surrey WC 24 pts.

3 July - 500th Essex League Race - 5km, Redbridge Cycle circuit

Excellent weather saw the celebration of the 500th Essex League race on a new course on the Redbridge cycle track with a large number out including one John Webb, an Olympian, who had also raced in the first of the 500 and was able to compete on this occasion also. The race was won by the two King twins, Dan and Dom, who brought fast times to this historic event. We were pleased to see Stephen Crane out again as well as father Peter and also father and son, Mick and Anthony Harran.

1. D.King (Colch) 23.38; 2. D.King (Colch) 23.38; 14. **S.Crane** 29.55;
21. **M.Harran** 32.08; 25. **A.Harran** 32.41; 27. **P.Crane** 32.46; 33. **D.Hoben** 34.59.

3 July British Masters Track & Field Championships – 3km, Cardiff:

Three Surrey men travelled to the National Masters Championships with Roger Michell doing his best to hold the first two, younger athletes ahead of him and finished inside 16 minutes. Peter Hannell was unable to retain the M65 title as the winner came by at the half-way point to open a gap which could not be held while Gary Macdonald was also in Silver medal position in the M50 group but was a little disappointed with his time.

1. M.Williams (Tam 1st M45) 14.39; 2. N.Sylvester (AFD 1st M55) 15.12;
3. **R.Michell** (1st M60) 15.55; 6. **P.Hannell** (2nd M65) 17.28;
8. **G.Macdonald** (1st M50) 19.02.

7 July – Surrey Walking Club/ Blackheath & Bromley HAC 3km Track Walking Championships, Norman Park, Bromley:

The field for this joint Surrey Walking Club/Blackheath and Bromley HAC championship was rather smaller than usual than of recent years but with visitors was not insignificant with the field fairly evenly spread giving everyone someone to chase. Once again Roger Michell travelled from Shropshire to lead the field from the off. Although challenged by visitor Steve Allen(Barnet) towards the end Roger was able to keep comfortably clear to the tape. An annual best for Mick Harran gave him an emphatic 2nd place in our championship. It was a sunny but humid evening and this may account for slowish times for the last four in the field while the front half all recorded improvements.

1. R.Michell (1st Sy WC/ 1st B & B) 15.41; 2. S.Allen (Barnet) 15.48;
3. M.Harran (2nd Sy WC) 16.28; 4. E.Symonds (Tonbridge) 16.44;
5. P.Hannell (3rd Sy WC/2nd B & B) 17.20; 6. G.Macdonald 18.33; 7. C.Flint 18.44;
8. D.Delaney 19.40; 9. D.Hoben (Sy WC/3rd B & B) 20.41;

13 July – Veterans AC 5 mile League, Battersea Park

The fifth of the six Veterans AC Battersea Park League 5 mile races was held on a muggy Tuesday with intermittent sunshine and threatening clouds with the rain holding off until later in the evening. The temperature encouraged a strong effort from most competitors but equally for many, what seemed like extra effort, yielded slightly worse times than earlier cooler performance in previous races. Once again the individuals were quite evenly spread so most had others in sight and within reach.

1. S.Allen (Barnet) 45.47; 2. S.Uttley (Ilf) 46.34; 3. H.Middleton (E & H - L) 46.34;
6. **P.Hannell** 49.45; 9. **P.King** 51.08; 10. **C.Flint** 51.38; 12. **D.Delaney** 55.30;
13. **D.Hoben** 56.19.

17 July London ICC inc. Enfield League 3km Walk, Lee Valley:

This event was held within a track & field match among the London Business Houses and was also part of the Enfield league series and so drew a field of about 35. Surrey Walking Club had three out and all were pleased with relatively good times inspired by

plentiful competition. David Hoben was only 2 seconds outside of his target 20 minutes while David Delaney was half a minute up on his last effort at the distance.

1. F.Reis (Ilf) 14.01; 2. P.Ryan (Ilf) 15.13; 3. S.Allen (Bar) 15.15;14. **P.Hannell** 17. 18; 24. **D.Delaney** 19.11; 28. **D.Hoben** 20.02.

14 July Blackheath & Bromley HAC Johnson Bowl 4 miles Road Walking Championships, Bromley

Rather difficult conditions prevailed with four laps each containing an appreciable hill. Once again Roger Michell was dominant and finished 5 minutes ahead of 2nd place. Shaun Lightman returning from a break in training managed to get away from Hannell after a tight first lap. Although the field was down on recent years and competition not generally close the event, which has been held over a number of courses for almost 140 years, retained its friendly atmosphere with most competitors back at the Blackheath Clubhouse for the presentation of the beautiful Johnson Bowl.

1. **R.Michell** (1st B & B) 33.31; 2. **S.Lightman** (2nd B & B) 38.32; 3. **P.Hannell** (3rd B & B) 39.18; 4. **D.Delaney** 43.12; 5. **D.Hoben** 45.01; 6. D.Johnson (B & B) 57.18.

Other Results

8 May Nottingham Women 3kms 1. Sarah Lightman 19.17.

13 June Midland Area Masters League 5km R.Michell 27.54.

15 June Steyning AC track 3km, Broadbridge Heath S.Lightman 16.13

16 June - LBHouses League 3km, Willesden 5. M.Harran 16.28; 12. D.Hoben 20.27; 13. K.Burnett 21.34

20 June - LICC 5 km, Copthall M.Harran 29.10; 22. D.Hoben 34.59.

4 July BMF Cardiff 5km - R.Michell (1st M60) 26.52.

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CLUB RACE FIXTURES

9 October Gazette Cup 4mls (B) Monks Hill 2.30pm

13 November Alec Potton Addington 7 mls (B) Monks Hill 2.30pm

12 December Christmas Cup 5kms (B) Monks Hill 2.30pm

STROLLS

Round trip from Alton. Sunday 20th June. Distance 22 miles.

Conductor: David Watson. Walkers: Gail & John Elrick, Janette Henderson, David Hoben, Jennifer Caddy, Kate Copeman, Peter and Pippa (David's 9 year old border collie).

This stroll was a near repeat of the stroll taken on 11th September 2005, of whom only John, Gail and David of today's walkers took part. We gathered at Alton station on a fine day, which got brighter and warmer as it progressed. The immediate good news for walkers is that car parking has been reduced to £2 on a Sunday. We set off along the Hangers Way until, after crossing the A31, we were clear of tarmac and walking through fields of oilseed rape, no longer in its astonishing golden bloom, but turned to brown with its ripening seed pods. In East Worldham we passed the parish church of St. Mary, where Geoffrey Chaucer's wife is reputed to be buried. Here we crossed the B3004 and soon saw ourselves gazing at a picturesque scene with close-cropped grass, a lake below us and King John's Hill beyond. Here the king had built a hunting lodge which, in its day, had cost the princely sum of £89 to build. Still on the Hangers Way, we passed through Pheasant Wood and Hartley Wood to Candover and then through Wick Wood and Coombe Wood on to the Long Lythe, leading to Selborne. It was on the Long Lythe that Jenny spotted the famous Zig Zag path up Selborne Hanger a mile or so ahead. As we had time and there was no service currently taking place, we stepped inside St. Mary's Church to admire the stained glass windows put in to celebrate the life of the Revd Gilbert White, the well known naturalist. The two windows were put in to mark the bicentenary of his birth in 1727 and his death in 1805. Passing The Wakes, his home opposite the church, we walked along the street until we stopped for a 12 o'clock lunch at the Selborne Arms. It was here Diane collected Pippa.

After lunch we set off on the Zig Zag path constructed by Gilbert White and his brother up the sharp 300 foot escarpment of Selborne Hanger and on to Selborne Common. Our route took us across the Common to Newton Valence and then over the East Tisted to Selborne Road. From a high point of 220 metres we made our way down Buttons Lane past Priors Dean Vineyard to Empshott, where we met up again with the Hangers Way we had left at Selborne. Our route took us 1 ½ miles along the eastern foot of Hawkey Hanger. Leaving the Hangers Way again which leads through Hawkey to Petersfield and the Queen Elizabeth Country Park, we headed north west around the southern end of Hawkey Hanger in the general direction of Colemore. In the hamlet of Colemore we stopped to admire the tiny 12th century church of St. Peter Ad Vincula. This had been

restored by the Redundant Churches Fund, now more salubriously known as 'The Churches Conservation Trust'.

This Trust has been responsible for preserving many ancient churches and is generously supported by Andrew Lloyd Webber. It was but 1 ½ miles across the field to a cream tea, sitting in the garden of our home on this gloriously sunny afternoon. Kate required a lift in to Alton to give her time to meet an evening engagement. The rest of us headed along the disused railway line for Farringdon. In this small village there is a very unusual large building known as Massey's Folly, built in brick in the Italianate style. Massey was the second of two rectors whose combined incumbencies lasted from 1797 to 1919. From Farringdon we took the track which leads to Chawton via an avenue of giant redwoods. In Chawton we passed St. Nicholas Church and then Jane Austen's home, where she wrote the greatest of her novels.

Passing through a tunnel under the A31 we were again on paved streets. As we walked through the centre of Alton Janette was delighted to learn that the source of the River Wey is nearby. We had walked rapidly after tea and were in good time for those who had come by train to catch the 7.14 back to London.

High Brooms to Tunbridge Wells, 11 July 2010

Conductor: Janette Henderson

Other strollers: Freddie Knight, Greg Noble, Jenny Caddy, John & Gail Elrick, Lee Barham (guest), Lillian Chelli, Manjinder Sidhu and Susan Cannell.

I have said before that 10 is a perfect number for a stroll and so it was again (though our tenth, Jenny, joined us at lunchtime, having made her own way from Tunbridge to Penshurst).

Luckily the day was not as hot as the day before when temperatures in the South East rose to over 30 degrees and I had visions of seriously de-hydrated strollers. Indeed, while still very hot, much of the morning was somewhat cloudy, and we even had some light (and cooling) drizzle at one point. The sun came out in the afternoon, but it was not unbearably hot and we even had a cooling breeze every so often – so definitely better than the previous day!

As the morning was on the short side (about 6-7 miles) a somewhat leisurely pace was enjoyed as we made our way via Southborough and Bidborough towards the River Medway, taking in the lovely rolling views around us. The view of Penshurst Place and the surrounding countryside from just above Well Place Farm is particularly striking and makes a grand entrance to the village of Penshurst. Once there, the strollers divided – some to have their sandwiches in the church yard – Jenny included, since she joined as we arrived in Penshurst – others to the pub and some to the tea shop.

At 1pm sharp(ish) all met again outside the teashop as arranged (pew!) and off we strode for the afternoon session, and more lovely views of the rolling countryside, crossing the River Eden just outside Penshurst and then the River Medway again before climbing up to Fordcombe and a very pleasant surprise. Arriving at the cricket green at 2.30 what should we see but a sign saying 'Cream teas here from 2.30 on 11 July'. Well what could we do? Even though it was not long since lunch we just had to support a local fund raiser didn't we? And it was a hot day, so a pot of tea would go down a treat! And since we were there, why not a cream scone as well?!

Thus refreshed, we set off once more, this time along the Wealdway to Stone Cross (more lovely views to the right – and by the edge of a gloriously golden field of barley – or was it wheat?). A little after Stone Cross we had to leave a very enticing path leading down the valley in front of us to dip down into some thick woods and begin the journey back towards Tunbridge Wells. At that point I think we all regretted the fact that I had not invested in a further map which would tell us where the aforementioned enticing path lead to and whether it would have been possible to incorporate it into the stroll. Ah well, next time maybe...

Refusing the party's entreaties for another tea stop when presented with a sign informing us of a further place for tea just off the route (this was not a tea shop crawl after all!) we pushed on to Groombridge and yet another potential refreshment place which tried (but failed) to tempt us in. We were rewarded with a classic car rally which had pitched up at Groombridge Place, just by our footpath. Indeed we arrived just in time to hear two of the winners being announced – a Mini and an Aston Martin. All of this was of course carefully planned by the conductor (not!).

Thereafter followed a gentle stroll down the valley to Tunbridge Wells, passing a rather stinky sewage farm along the way (sorry folks – forgot to bring the clothes pegs for the noses!) before stopping at High Rocks for a welcome cold drink at the pub. We then had a good view of High Rocks (an attractive outcrop of sandstone rocks) as we walked into Tunbridge and a further unplanned for bonus – a great view of the Spa Valley Railway steam train as it steamed right by us only a few yards from the path (after tantalising us earlier on with the sound of its 'hooter' somewhere hidden in the trees).

The final stretch of the walk took us up onto Tunbridge Wells Common before making our way onto the main shopping street (very affluent looking – no empty shops unlike most high streets these days) and on to the station in good time to get the 6.15 train back to London.

Though the walk was billed as 20 miles, I have to come clean and admit it proved to be a little shorter than this in the end, but it was probably a good length for the hot conditions – hope the others agreed!!!

FUTURE STROLLS

Saturday 7th August. Etchingham Circular. Conductor **Peter Crane** (01424 426414). Start at **Etchingham** station at **09:30** (Charing Cross 08:15 or London Bridge 08:22). Return at 17:46 or 17 minutes past the hour from 18:17. Car Park at Etchingham Station - £2 per day on Saturdays.

*Route description – From Etchingham go up to Ticehurst, via fields and woods, skirting the SE corner of Bewl Water and taking the Sussex Border Path to **Hawkhurst for lunch**. Then continue on to Bodiam then back along the Rother Valley - possible **tea stop at Salehurst** before returning to Etchingham. Explorer 136, approx. 20 mls.*

Sunday 22 August. Dorking Circular. Conductor **Don Bolton** (01483 569144). Start at **Dorking** station at **09:36** (London Victoria 08:38). Return trains 24 & 54 minutes past the hour.

*Route description - **Lunch** is in **The Sportsman pub in Mogador**. **Tea** is in the Church Hall, **Brockham**. Return to Dorking in the evening. Explorer 146. Approx 21 miles.*

Sunday 5 September. Linear - Southease to Seaford. Conductor **Janette Henderson** (020 8542 7546, mobile on the day: 07967 552494). Start at Southease station at **09:58** (London Victoria 08:47, change at Lewes – one stop). Return trains from Seaford at 27 and 57 minutes past each hour. Car drivers should park their cars at Lewes as parking is not really feasible at Southease.

*Route description – Along the South Downs to **Alfriston and lunch**. After lunch via Long Man of Wilmington and then up over the downs to **Exceat for tea**. Back to Seaford via Cuckmere Haven and Seaford Head. Explorer 123. Approx 20 miles.*

Sunday 19 September. Winchester Circular. Conductor **Jill Goddard** (01252 712762, mobile on the day: 07970 434916). Start Winchester station at **09:45** (London Waterloo 08:35). Return trains 23 and 42 minutes past each hour.

*Route description - From the City we walk up onto the downs near Cheesefoot Hill and over farmland via Cheriton to **Hinton Ampner for lunch**. We then follow part of the Wayfarers' Way and good paths over downs to take in St Catherine's Hill before returning to Winchester. Explorer 132. Approx 21 miles.*