



Walking

No.446

December 2010

*The
Gazette and Record of
the Surrey Walking Club*



Ian Statter, Roger Michell and Peter Hannell.
The winning team in the National 10 kms.

Photo by Mark Easton

President's Report

This issue includes obituaries for two of our most prominent and active members. Within the space of a few weeks we lost both Ted Hipkins and Brian Ficken. Ted and Brian have been extremely active competitors, both were experts on the Brighton road and both achieved tremendous success.

Brian showed much enthusiasm for the development of young athletes and in part it is his encouragement that enabled us to send a strong team to the Commonwealth Games in Delhi. Our thoughts are with Pam, who has carried on with her RWA Presidential duties, and also with Penny and Jack. Our condolences also to Christopher and Adrian Hipkins on the loss of an inspirational father. Ted's life was packed with incident as became evident at memorial service.

With the onset of Winter it is hoped that the racing programme is not affected. This year the Club 10k, including the Southern Championship, had to be cancelled because of snow. In 2011 we are holding this event on the same weekend, so fingers crossed that any snow falls after this.

Many will have noticed the changes at Monks Hill. The facilities are in part good, in part no better. Perhaps it is not quite so cosy but we do have the premises at reasonable cost and we intend to continue using it for now but after 2012 the committee may review location and the racing programme.

2011 is our 100 miles year and it is hoped that a final decision will be made as to location soon. Mark Easton has a number of alternatives being considered. Wherever it is held support is required so please do offer to help.

I am eagerly gearing up to lead my stroll in December and hope the weather is kinder this time. I would like to take this opportunity of wishing you all the best for Christmas and the New Year.

FROM THE EDITOR

Welcome to Gazette no. 446 – 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 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.

Mark is looking for old photographs of walking (strolling or racing) to copy and put on the SWC website. If you can help please contact Mark.

We welcome the following new members.

Marc Domingue

It is with sadness we hear of the death of one of our oldest members. Harry Mitchell died on 7 July aged 90. Also we recently received the sad news of the death of Bernard Cottrell.

Congratulations to Peter Selby on being elected a Life Member of the RWA. Peter Continues to serve our sport well. He recently conducted a coaching session for 72 teenagers from West Kent College.

HON. SECRETARY'S REPORT FOR THE YEAR TO AUGUST 2010

Nationally race walking in the UK has had much improved year with larger turnouts, which have included the top walkers taking part in the major races. Also the establishment of an elite squad group in Leeds, improved performance by these and other top athletes culminating in what we hope will be the first fruits being seen in terms of Jo Jackson's Commonwealth gold in Delhi. Unfortunately these improvements have not yet filtered down to Surrey Walking Club in terms of new younger interest. The strolling section however has seen new enthusiasm and routes while still maintaining some old favourites. We have had some success in actual races with, among other results a national 10km win just after the end of the financial year.

At the beginning of the year we had 136 members and have since elected 9 new applicants only 2 of whom are active racers. There have been three deaths before the end of August including that of our oldest and longest serving member, David Christie-Murray, in March at the age of 97. David was a member for 77 years during which time he raced during the 30s – a very strong period for SWC – reaching the threshold of Olympic representation but missed out due to the WWII break. Both Sandra Brown and our President, Peter Selby, attended his memorial service with Sandra giving a tribute to his membership. A full obituary appeared in Gazette 445. We also lost Ted Hipkins aged 86 with over 50 years of membership and 90 year old Harry Michell with 33 years. There have been no resignations or deletions and membership has thus increased by an encouraging net 6 to 142 at the end of August taking as back just under the August 2009 level with many less unpaid members. This report would not complete without

mentioning the death of Brian Ficken, which occurred after the year-end but before the AGM. Brian, who was only 76, was still very active in the Club and so well known to all current members as well as members of Stock Exchange AC which he had also served well. Brian was a Past President (1994/96) of SWC as well as a Past President of the RWA. During his 46 years of membership he contributed a great deal both in racing and administrative terms.

The Race Secretary once again organised our usual pattern of events at Selsdon and Norman Park. Unfortunately our staging of the SRWA 10km on behalf of the Southern Area had to be cancelled due to the untypically large snow falls at the time. The rest of the winter fixtures were well supported with getting on for 30 in each case with the Christmas Cup the biggest as the number of visitors maintained a good level and the Club attendance was better than usual including Lyn Atterbury visiting from Poland. Mark Easton maintained his winning record in the Alec Potton 7 miles but Stephen Crane was only half a minute adrift of Mark's 8 minute miles pace. The Summer races were slightly down as some members and many of the young visitors could not make it. Both the timing around school holidays and the actual course of the 4 miles will be reviewed.

Although our Captain, Nolan Simmons, is only just returning to racing we have had reasonable numbers out for all of the main Nationals and team results of 5th in the 20km and 1st in the 10km. The latter result says nothing good about the general UK club participation although in both races the top individuals were on show. It could be said that our team position of 5th in the local Belgrave 7 miles at least indicates that the other Clubs got their racers out for this popular event. In the absence of Nolan and reduced participation by several other members, SWC's presence in reasonable numbers has

only been made possible by the enthusiasm of some newer members – David Hoben, Mick Harran and Dave Delaney to mention a few – although it must be admitted, without offence intended, that none of these really qualify as “new young blood”. Once again Sandra Brown performed excellently in winning the 100 miles at Colchester although the race was not granted National Championship status. Sandra also performed with distinction at several European races including Bourges and Roubaix. The winners of the Club’s annual awards for 2009/10 for Long Distance, International, Short Distance and Junior performance will go to Sandra Brown, Roger Michell and Andrew Statter respectively.

As noted last year Roger Moss was forced to end his long and excellent stint as organiser and his position was taken over by Janette Henderson. Unsurprisingly this has meant an energetic new approach and the strolls have been rethought and new conductors been encouraged to share the task while keeping some of the favourites. Turnouts have stayed at a consistent level of about 10 with one or two exceptions with Sunday railway works as usual making life difficult on occasion. The Club has been glad to read more reports in the Gazette again with photos sometimes.

As usual Social Secretary, Trevor Sliwerski and our auctioneer Malcolm Wishart provided the usual entertaining evening at the BBHAC Clubhouse in Hayes for Gazette Night. The date was moved to February this year due to difficulties with Blackheath’s November schedule but was still more or less full house 40 present. There were fewer higher valued items of memorabilia but we still enjoyed ourselves and raised some £200.

Once again Gazette Editor Peter Crane has managed to encourage contributors to produce their reports and given us 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. For most of the year planning of our next Open 100 miles in 2011 has occupied us and Mark Easton has volunteered to take on the task of main organiser. The current favourite course is the exciting prospect of using the 2012 Olympic Park but this may not work out and several alternatives are being kept in view. Other business has included looking at the effect of division of races between A and B judging, the provision of appropriate welfare rules for our strolls and, with thanks to Mark, the setting up of a single website adequately covering the demands of racing and strolling sections.

We all look forward to greater public recognition and youth participation in race walking in 2010/11. We must also hope we see some signs of the parallel regeneration of Surrey Walking Club with younger members to preserve its future.

OBITUARIES

Ted Hipkins

At his memorial service many of those who remembered Ted spoke of his huge personality and his great impact on their lives. He was a member of the Guild of Basket Makers, Freemasons, active in the Stock Exchange, PCC and local village life. He was a very successful long distance walker, completing no less than 13 Stock Exchange Brightons' with a best time of under 9 hours

and a best of 2nd position. He never quite won although once was leading with six miles to go before suffering knee problems.

Ted and his wife, Jill, were very active in SWC in the 60's and 70's. He was President in 1964 and before that had been a pioneer in reviving the club's active social life. Ted loved to socialize and promoted one of the most popular strolls from Otford to Trottscliffe, with lunch and tea at his home – one of the most impressive teas contributing to attendances always well into double figures.

Ted loved to converse and would talk about any topic. Bill Burgess was another active walker and a strong union man. Ted was a city gent, but the two became the best of friends and had many debates on strolls about the state of the country with much banter.

Social functions included dinner dances, theatre trips, pantomimes and concerts attended by many members enjoying the companionship of Ted and Jill. Their sons, Christopher and Adrian were very active in the club and Adrian still turns out on strolls when time permits.

We last saw Ted at a Gazette Night in his usual cheeky and cheery form. He enjoyed the halcyon days of the 50's to 70's when race walking was at its peak. Personally, I have fond memories of Ted's walk across the North Downs and Jill's fantastic tea.

Brian Ficken

When President of the RWA Brian did tremendous work on the Junior Development Programme and it is in part his legacy that we now have some promising young walkers. Just two weeks before his death Brian was at

the UK YAG Championships in Bedford encouraging junior walkers. He gained much enjoyment watching younger athletes. It is also satisfying to know that Pam continues with this as they both had similar enthusiasm.

Brian was a very talented sportsman and started walking with the Stock Exchange AC. In the 50's and 60's they produced some excellent walkers and at 21 he did his first SE Brighton. He competed in 15 of these and a number of Open Brightons'. In 1960 he was second only beaten by Dickie Green. . His fastest time for the SE Brighton was 8.40.57 in the epic race of 1962 won by Ray Hall. Brian had many successes achieving his target of 56 minutes for 7 miles and was awarded an Essex vest.

Brian has been President of SWC, the Southern RWA and the RWA. He was one of our most active Presidents and much of our junior development began with his keenness to build up financial help and a good race programme. Recently Pam has carried on that project. A number of new internationals are aware of the appreciation they owe to Brian for his aspirations.

Brian was keen to watch and help at events and hardly missed an event in the 60's and 70's as a competitor or with bucket and sponge. Recently he was an active member of the support team in Roubaix. It was very much due to Brian's help that Pam qualified as a Centurion. His determination over the last two years was steadfast even though his illness made it difficult for him he was still at many races. He also insisted on being present at the funeral of Ted Hipkins

Brian will not only be missed as the compassionate gentleman he was but as a strident force in race walking.

Finance

The following are key figures from the Annual Accounts.

Subscriptions	£616
Donations	£703.50
Cost of Gazette (4 editions)	£915.65
Cost of Club races (net)	£120.75
Team expenses	£287.23
Administrative expenses	£1099.48
Net Assets (31 August 2010)	£11,634.71

Any member wanting a copy of the Annual Accounts 2009/10 should ask the Hon. Treasurer, John Elrick.

RACE REPORTS

7/8 August – Colchester 100 miles

Poor numbers for the originally planned 2010 National 100 miles led to cancellation however Chris Flint still felt there should be an event this year and managed, at short notice, to put on this race. He was rewarded with a reasonable field of 28 in Colchester including visitors from Holland, Spain, Belgium and I.o.M. The result was

victory for Sandra Brown, a repeat of 2009, in a time only slightly behind last year and over half an hour ahead of the second placed competitor who was visiting Dutchman G.Heunks. Times were a little slow as this is not a flat course although weather was not too hot with an hour of heavy rain. Chris Flint himself was pleased to record another finish within the 24 hour limit while Richard Brown and David Hoben also started but retired.

1. **S.Brown** (W60) 20.23.36; 2. G.Heunks (RWV,Holland) 20.57.57; 9. **C.Flnt** 23.22.01.

8 August Southern 20 kms Basildon

Mick Harran was the only SWC to take part in the poorly supported Southern Area 20 km but his time was just inside his expectation and he satisfied the strict judging applicable to this important race.

1. I.Richards (Stey) 104.51; 2. T.Jones (Stey) 110.08; 3. P.Ryan (Ilf) 114.42; 7. **M.Harran** 137.40.

10 August Veterans AC 5 Miles, Battersea,

A dozen walkers toed the line on a pleasant, warm, dry but not hot day in Battersea Park. The rather sparse field reduced the competition but, while in the middle order Paul King failed to close on Peter Hannell, towards the back David Delaney managed to take over a minute out of David Hoben as his return to walking gathers pace

1. S.Allen (Bar) 43.512. D.Bradley (Ton) 44 19;
3. K.Howard (Ton U17G) 45.38; 6. **P.Hannell** 49.15;
7. **P.King** 50.44; **C.Flint** 54.00; 10. **D.Delaney** 54.52;
11. **D.Hoben** 56.09 sec.

11 August SWC Open 5km, Norman Park

A good number of Club members made up most of the field. Dave Delaney was only a few seconds in front of David Hoben after an exciting race. Mick Harran did not come by Hannell as has recently been the case and the latter enjoyed an improved time. Shaun Lightman meanwhile was well in front of both despite slowing towards the end.

1. T.Bosworth (Ton) 23.10; 2. S.Allen (Bar) 26.57 ;
3. **S.Lightman** 28.11; 4. **P.Hannell** 29.20;
- 5 **M.Harran** 30.01; 6. **I.Statter** 30.24; 7. **P.Crane** 32.46; 8. **D.Delaney** 33.47; 9. **D.Hoben** 33.58;
10. **P.Nihill** 34.53; 11. **K.Burnett** 37.15.

Under 17Girls 3km: 1. K.Coterill (Ton U17G) 19.49.

29 August – Vets AC 3kms Champs, Battersea:

The field of 15 was up to standard although the 35, 40 age groups were not represented. A bright day suddenly produced a few spots of rain just before the walk was off but nothing came of the rain until a downpour an hour later This reflected the rapid changes caused by the strong gusting wind which was a major factor in the race

with the back straight liable to reduce the competitors speed dramatically. The result in terms of times was disappointing when many racers hoped their improvement in speed over the Summer might have yielded good times. As it happens all four of the Surrey Walking Club contingent took home gold medals for their age groups with John May - M75, but in fact almost 80, - almost up to 5 miles an hour pace, producing the best relative performance.

1. D.Bradley (Ton 1st W45) 15.28; 2 J.Hall (Bels 1st M60) 15.46; 3. A.Thomson (Enf 1st M70) 16.33;
5 **P.Hannell** 1stM65 17.21 7 **G.Macdonald** 1stM50 18.14;
13. **D.Hoben** 1st M55 20.48; 15 **J.May** 1st M75 23.06

5 September Church to Church 19.4 mls Guernsey

This annual race around Guernsey visiting the churches of each parish saw David Hoben and Mick Harran once again representing the club. The weariness experienced during this long and hilly event round the lanes on a hot day was more than countered by the warm welcome and the excellent hospitality during the evening reception. Times may have been a little disappointing but no doubt they will be back for another attempt next year.

1. M.George (Manx) 2.57.17; 2. J.Ball (Steyn) 3.2.38;
3. J.LeNoury (Sarnia) 3.03.39; 16. **M.Harran** 3.43.21;
20. **D.Hoben** 3.58.08.

3 km (3/9): 1. S.LeNoury (Sar) 14.28; 2.P.Lockwood (Sar) 14.28; 10 **M.Harran** 17.56 14 **A.Harran** 19.38
15.**D.Hoben** 20.04.

28 August Polish Commemorative Open Walks, Gdansk

This race was part of a large event held in memory of those Polish postmen who gave their lives at the outbreak of the Second World War defending the communications centre in Gdansk. The meeting began with a ceremony to commemorate the fallen, with addresses by the Mayor of Gdansk and the Minister of Polish Telecommunications. This was followed by Polish National Anthem. Heavy rain during the preliminaries was followed by dry weather for the races. Two members took part including ex-pat resident Lyn Atterbury. Shaun started fast but found the second half difficult. After a more modest start Lyn began to come through mid-race but faded to just get within a minute of Shaun's very satisfactory time.

4. **S.Lightman** 28.51; 8. **L.Atterbury** 29.46

11 September UK RWA Road 10km Championship, Coventry

The race was viewed with mixed emotions by the Surrey Walking Club team. Before the start the competitors, officials and many spectators paused for a short while as Brian Ficken, who had died at the beginning of the week, was remembered. Brian was not only a member and Past President of Surrey Walking Club but also a Past President of the English Race Walking Association and so very well known and respected by the whole group assembled in Coventry. The end of the race was somewhat different as the team celebrated winning the National team event, a feat not achieved for many years for the short and medium distance events. The rain which greeted the team's arrival and continued for most of the women's race suddenly stopped to be replaced by hot sunshine which, though very welcome, made the race, on a course with no shade, quite hard work. With six starters we were always likely to be among the first few teams even though some distance behind the

leaders. The first few finishers in both races comprised members of the English team who were going to India for the Commonwealth team and with whom a close encounter was enjoyed by all – as they lapped the SWC members more than once in some cases! The winner's excellent 42 minute time contrasted sharply with our first man in at 56 minutes but with all four places from 16 to 19 filled by Surrey and our first, Roger Michell in 11th, the team competition became a very tight affair. The individuals ahead scored well but were handicapped as their other, slower scorers finishing behind our first 5. The two non-scorers Mick Harran and Gary Macdonald did good work in keeping near those ahead and without them we should have fallen behind as we were only four points ahead of 3rd in the final scoring. Roger's time was excellent in the conditions as he gave quite a few years to the leaders and he was well clear of those of a similar age. Another notable performance came from Ian Statter to hold his position in spite of an enforced lack of training.

1. A.Wright (Bels) 42.38; 2. B.Boyce (Coventry) 45.55
3. Dan King (Colchester) 46.25; 11. **R.Michell** 56.11;
16. **P.Hannell** 62.24; 17. **I.Statter** 63.34;
18. **M.Harran** 63.40; 19. **G.Macdonald** 63.41.

Team result: 1.Surrey Walking Club 256 pts;
2.Birchfield Harriers 253 pts;3.Redcar RWC 252 pts.

18 September – Hillingdon Half-Marathon:

Three members took part in the Hillingdon half marathon held on a cycle racing circuit more usually known as the home training ground for Olympian Bradley Wiggins. With fourteen laps including three

inclines each time walkers found a testing course with pleasant September temperature, sunny intervals and big skies, so could be described as scenic if not fast & flat! This was also something of an experiment as previously no race walks had ever been held over the half marathon distance, and the facilities at the Hillingdon circuit had considerably improved since the writer's last visit in 2006, and were well received by a good field of 36. The men's race was won by visiting Spanish 40 minute 10k man, Herman Montesinos while the ladies' race was won by Julie Drake from Brighton's Arena 80 club making a return to race walking. Mick Harran and David Hoben were pleased to do times not too different from their 20k times for the season while David Delaney found the distance somewhat challenging.

1 H.Montesinos (Spain) 106.44 2 T.Jones (Stey) 116.12; 3. P.Ryan (Ilf) 123.39; 15. **M.Harran** 142.10; 22. **D.Hoben** 152.53; 28. **D.Delaney** 159.41.

21 September–Roubaix 28 hours, France);

Several of the most important international ultra-distance races are held in France and two club members took part in the Roubaix this year. Sandra Brown had another great result in winning the women's section in 6th overall with a distance breaking the 200km barrier, something none of the British men achieved, and going on through 210km. Kathy Crilley formed one third of the fifth team in the relay event who also made the 200 km mark.

Men: 1. D.Ossipov (Russia) 234.515 km; 2. N.Dominique (France) 226.575km; 3. C.Zoltan (Hungary) 225.585 km; 12. K.Marshall (Ilf) 199.675 km; 18. D.Jones (Redcar) 186.370 km; 26. K.Watts

(LVids) 175.945 km; 34. R.Watts 158.570 km; 40. J.Constandinou (Bir) 146.145 km.

Women: 1. **S.Brown** (6th overall, 1st UK overall) 211.685 km; 2. A.Claudine (France) 196.290 km; 10. K.Davies (Bir) 131.255 km.

Relay: 5. GB (**K.Crilley**, K.Duhig & N.Grimmsley

25 September End-to-End 39.2 miles, Isle of Man

The End to End is now the third longest race walk in the British Isles at 39.2m with a 400 strong field. Starting from the most northerly point in Isle of Man, the Point of Ayre with extensive views of Scotland and Northern Ireland and finishing at the most south easterly point, The Sound. The weather was frost early on but became warm and sunny for the duration and (unusually for this island) wind free giving ideal racing conditions.. The course varied from undulating to mountainous which accounted for the large variation in times of the finishers. Both of our members finished some way behind the leaders but showed determination to beat the many inclines. The first, Iain Thomson, a new member but experienced long distance walker inside 9 hours and so well over 4 miles an hour while David Hoben showed great determination to finish.

1. J Waddington (IOMVAC) 6.37.29 14. J Quane (IOMVAC 1st lady) 7.40.09; 72. **I.Thomson**(M60) 8:52:55 148. **D Hoben**(M55) 9.40.32.

25 September Southern Area 1 hour and Inter-area match, Dartford.

The South won the Area event although the North, in

particular, produced some excellent individual results but the long and expensive journeys limited their numbers. The weather appeared cloudy, cold with gusting North winds however by the time the hour race there was the occasional sunshine and the wind only occasional. Although Shaun Lightman was unable to produce his usual form, the two other Surrey members managed good and consistent lapping and exceeded their expectations by around half a lap.

12. **P.Hannell** 10,060 m; 14. **S.Lightman** 9,590 m;
15. **C.Flint** 9,580m.

2 October Pat Furey Enfield 5 mls:

October brings the new season of shorter road races, as we leave the track for the winter, the first being promoted with sponsored prizes by Essex walker Pat Furey. Conditions were unseasonably mild and escaped the rain showers and the sunny intervals covering the country. 44 starters was a good field although Surrey Walking Club had only three out, the majority coming from the Crane family. Stephen Crane returned after a quiet spell and his relatively slow time reflected this finishing not far ahead of father. Also quite close but behind Peter, David Hoben was close to his 11 minute mile target showing good pace after several, recent long distance events.

1. S.Davies (Ilf) 38.44; 2. F.Reis (Ilf) 39.52;
21. **S.Crane** 52.48 26. **P.Crane** 54.13 29. **D.Hoben** 55.20.

9 October – Gazette Cup 4 Miles, Selsdon :

Our first of the winter season's races – the 4 mile Gazette Cup – was held in late summer temperatures with little wind and a good field of almost 30 including a dozen club members. We were pleased to see the return to racing of Club Captain Nolan Simmons after a long lay-off with successive non-walking injuries together with several others in the field who are coming back to competition as the season begins. The winner was Mark Easton. He had already won the Gazette Cup several times, although he had been unable to be present last year and was up against the holder, Stephen Crane. With Stephen himself returning after a break, it was no competition and Mark was away from the gun and some 50 metres up in the first half of the first one mile lap. This is not an easy course with two short sharp rises and falls joined by two long inclines, one up and one down so fast times are only for the fittest and Mark's sub 8 minute mile pace no mean achievement. His eventual victory was over 3½ minutes over second and 8 minutes over Stephen who was next home for Surrey by a small margin. Winner of the Jubilee Cup for the handicap was David Hoben. He was almost halfway up the field this time easily breaking his 11 minute mile target and linking his form to his several recent ultra events. Although the first three were well separated the next 10 saw small gaps and good competition the two under 15s included Andrew Statter. They had plenty of company to encourage them.

1.(3rd hcp) **M.Easton** 31.38; 2. S.Uttley (Ilf) 35.10;
3 H.Middleton (E&H) 38.08; 4 R.Penfold (Styn) 38.36;
5 P.Hodkinson (Cam) 38.44 6 S.Pender (E&H) 39.09;
7. **S.Crane** 39.32; 8. **P.Hannell** 39.48;
9. D.Sharpe (Ilf) 39.53; 10.(2nd hcp) **I.Statter** 40.04;
11. **C.Flint** 40.40; 12. G.Thomas (Ton U15B) 42.19;
13. C.Lawton (Bels) 42.49; 14. **P.Crane** 42.55; 15.(1st hcp) **D.Hoben** 43.32; 16. **T.Sliwerski** 43.42;
17. **D.Delaney** 44.46; 18. **A.Statter** (U15B) 46.10;

19. D.Stevens (Styn) 46.16; 20. **N.Simmons** 46.58;
21. M.Barnbrook (Camb) 48.08; 22. B.Hercock (E&H)
49.36; 23. **B.Imber** 52.14; 24. D.Ainsworth (If) 53.33;
25. K.Livermore (E&H) 53.56.

16 October Cambridge Harr. League 5km, Bexley

The best aspect of the total field for this first of four Cambridge Harriers 5km winter races was that half were under 18 showing that race walking is managing to attract some youngsters. The rest of the field, i.e. the adults, however was down to about 10. We had 3 starters including second claim Chris Flint in spite of intending to travel to Northampton next day for the National 50km. One of the three, Dave Delaney, unfortunately failed to satisfy the judges and will no doubt be working hard on the leg strength required to do so. Peter Hannell was first home for Surrey in a reasonable time after putting in some effort to hold the two young walkers in front. Having managed to catch one on the last lap this provided the inspiration for the 17 year-old to wake up and sprint away fairly easily. Chris Flint walked steadily in view of the 50km but still fast enough to make a satisfactory time. In spite of the low turnout sunny weather and little wind provided a very pleasant afternoon's racing for all of those who turned out apart from the single disqualification.

1. J.Hobbs (Ashf U21) 25.09; 2. S.Uttley (If) 25.51;
3. C.Hobbs (M&M) 27.36; 6. **P.Hannell** 29.16;
9. **C.Flint** 31.16.

23 October Steyning AC 10km:

10km of undulating country roads on a pleasant October day attracted about 20 walkers which might have increased if conditions earlier in the day had not put off several more. Those who faced the starter, in the High Street in Steyning as usual, were the fortunate ones with several excellent times at the front. We turned out a fair share of four with Shaun Lightman coming back to the High Street in 12th with an average time for him over the taxing terrain. The best relative time, some six minutes behind was Iain Thompson who normally tackles longer distances but may be convinced by this performance that he has the speed for 10km. Also in a good personal time was David Hoben despite suffering a somewhat solitary race towards the back of the pack.

1. G.Nieto (Barcelona) 46.03 2 I.Richards (Ste) 47.17;
3. J.Hobbs (Ashf U21) 51.32; 12. **S.Lightman** 61.47;
13. **M.Harran** 63.20; 17. **I.Thompson** 67.26;
18. **D.Hoben** 70.03;

6 November Enfield Open 7 miles, Lee Valley

Of the three famous 7 mile Opens in November Enfield was the first with a healthy total field of 54. Most of the regulars were there although two of our fastest were only spectators. The 5 taking part all went well but not outstandingly so. The first three Surrey men were closely packed in positions 19 to 22 but Paul King just failed in a bid to catch Hannell. Mick Harran tracked both of them but, though closing slightly in the last lap, failed to bridge the gap. David Hoben had a steady race and managed a time much nearer to his 11 minute mile target. The comfortable facilities at this newly built stadium, the sunshine and the quiet roads used for the course added

to the pleasure of this sunny event with many familiar faces competing and supporting.

1. Dom King (Col) 52.20; 2. Dan King (Col) 52.20;
3. F.Reis (If) 55.59; 19. **P.Hannell** 70.59; 20. **P,King**
(Bels) 71.30; 22. **M.Harran** 72.18; 28. **P.Crane**
75.34; 33. **D.Hoben** 78.27

13 November Alec Potton Memorial 7 miles HQ

The race was held in dry conditions with no sign of recent cold North winds – ideal conditions in fact. 12 Club members were pleased to welcome an equal number of visitors. Winner this time (and the past 28 of this event) was Mark Easton but he had strong competition, this year, from a Portuguese International now competing for Ilford AC. After 6 laps together, testing each other, Mark made a decent break only to find his rival closing to 8 seconds by the finish. A well deserved victory in a good time was rewarded with 2nd in the Club handicap. There was a strong field of the visitors who pushed Ian Statter, the next Surrey man home, down to 13th but positions 13 to 17 were all Surrey and all within a minute, all racing hard and including the handicap winner, Chris Flint. In a fight to the line he was just beaten by Mick Harran but with the same time. Among the visitors was the winner of the overall handicap, U17 Kelsey Howard from Tonbridge, in 4th position with an excellent time only 22 seconds outside of the hour. The presentations were made by RWA President, Pam Ficken who was also able to announce that Peter Selby has received recognition with the UKA Coach of the Month Award for the Southern Area.

1. **M.Easton** 55.01 2. F.Reis (Ilf) 55.09
3. S.Uttley (Ilf) 60.21 4 Kelsey Howard (Ton) 60.22
5. S.Allen (Bar) 60.30 6. Julie Drake (Aa 80) 60.32
7.Diane Bradley(Ton) 61.50 8.Julie Lennon(Stey) 64.15
9. Helen Middleton(Enf) 68.26 10 R.Penfold(Stey) 69.14
11.S.Pender (Enf) 69.35 12.D.Sharpe (Ilf) 69.45
13.**I.Statter 69.50** 14.**P.King 70.20** 15.**P.Hannell 70.29**
16. **M.Harran 70.56** 17.**C.Flint 70.56** 18.**S.Crane 71.34**
19.**P.Crane 75.08** 20.**G.Macdonald 76.21**
21.**D.Delaney 77.58** 22.**D.Hoben 78.53**
23.**N.Simmons 81.44** 24.**B.Imber 91.43**

3kms: **A. Statter 20.22**

After two races The leader in the Albury Points Cup
is Mark Easton closely followed by Ian Statter.

Other Results

8 August UK Vets Inter-Area 2kms Solihull

4. **P.Hannell** (2nd M60) 11.12.8; 7. **G.Macdonald** (3rd
M35) 11.44.7.

**14 August British Masters and Midland 30km
Championships, Coventry : 11 G.Macdonald**
3.31.45.

**4 September Jim Sharlott 10km, incorporating
British Masters Championship, Leicester;**
10.**R.Michell**(3rdM60)56.26; 18. **G.Macdonald** (7th
M50) 63.40.

**5 September Southern Area Veterans League
Final, 2km Walk, Ashford:**

2. **R.Michell** (2nd M35) 10.30.6; 3. **S.Lightman** (1st
M50) 10.58.4; 5. **G.Macdonald** (2nd M50) 11.29.2.

RACE FIXTURES

5 Dec 5K & 2.5K Cambridge H Bexley 14.00

11 Dec 5K Christmas Cup Monks Hill 14.30

18 Dec 5K+2K Alf Palmer Memorial Track
Broadbridge Heath Horsham 11.00

19 Dec 5MIs Ilford Redbridge Cycle Circuit, 14.00

26 Dec 5.5MIs Brighton Boxing Day Walks
Preston Park, Brighton 10.30

9 Jan 10K Open + YAG Monks Hill 14.30

22 January 5MIs Enfield League Lee Valley 14.00

29 Jan 15K Steyning Open Steyning 14.00

6 Feb 10k London Open Walks Victoria Park

12 Feb 5K + 2.5K Cambridge Harriers Bexley 14.00

19 Feb Southern 10 Miles Lee Valley 14.00

6 March 10MIs Sen UKA/RWA Nat.Champs Coventry

12 March 5K + 2.5K Cambridge H Bexley 14.00

26 March 10K + YAG Slater/Bryce Memorial
Broadbridge Heath Horsham 11.00

STROLLS

Godalming circular--Surrey Flats

Saturday 24 July 2010

Leader Jennifer Caddy - 19 miles

The good weather continued. Footpaths that were bogs in the spring were now bone dry. We met at Godalming station and followed the route, in reverse, of the Surrey Stumble, an event organised in March by the Walking Association of Surrey Police. Eleven started and thirteen finished; two arrived late, held up by traffic and delayed trains, but each managed to find their way to the lunch stop in Puttenham. Impressively, one did this without the aid of a map.

From the station we headed west towards Upper Eashing and passed, on Halfway Lane, Fitzpatrick Referrals, a state of the art veterinary hospital. The owner of this recently featured in the TV series 'The Bionic Vet'. At Eashing Bridges, built over the two channels of the River Wey in the 13th century by the monks of Waverley Abbey and now in the care of the National Trust, we turned south on footpaths towards Milford and crossed the A3 by a bridge. Noise from traffic was so loud that we had to shout to be heard.

Reaching the northern tip of Witley Common, we marched SW through this before turning NE to Ockley Common and MOD land. Notices warned us not to touch suspicious objects but we saw none. A footpath across four fields took us to Elstead where we crossed the R Wey by a bridge also built originally by the monks of Waverley Abbey. The route then took us by the side of the river where a thriving hedge of nettles hid the river from sight. We reached a minor road and shortly turned E on a footpath towards Gatwick, a peaceful hamlet.

From here we headed N to Cuttmill Pond, then NE to Rodsall Manor and Lydling Farm before turning N to cross fields to Puttenham.

Puttenham Priory lies close to the church. Pink last year but now painted yellow, it is owned by Roger Taylor of The Queen. As we climbed the stile by the Priory, one of the late arrivals strode into view; the other, we soon discovered, was already in the pub.

Puttenham is on the North Downs Way. It is mentioned in *Brave New World* by Aldous Huxley (1932) in chapter 18 as are Godalming, Milford and Elstead. 'In the valley which separated the Hog's Back from the sandy hill on which the lighthouse stood, Puttenham was a modest little village nine stories high, with silos, a poultry farm, and a small vitamin-D factory. On the other side of the lighthouse, towards the south, the ground fell away in long slopes of heather to a chain of ponds. Beyond them, above the intervening woods, rose the fourteen-story tower of Elstead.'

The sign outside The Good Intent pub where we stopped for lunch, designed by GE MacKenney in 1976, shows Oliver Cromwell in his campaign tent praying for victory for his Roundheads over the Cavaliers of Charles 1, and pledging his good intent for the people of England if that prayer was answered.

Refreshed by lunch we headed E on the NDW to pass under the A3 at Compton and the B3000 slip road from it on which two wooden crosses mark the site of the Pilgrims Way (Winchester to Canterbury). At Compton the Watts Gallery, a Grade 1 listed building, is being restored. The project is due for completion next year. We deviated from the route to visit the Watts Cemetery Chapel a few hundred metres away. This is a terracotta building, impressively decorated on the inside, commissioned by his wife for the people of Compton and

finished in 1904. George Frederick Watts (1817-1904) was a painter and sculptor. A bronze statue of his of a naked man on horseback shielding his eyes from the sun, Physical Energy, stands in Kensington Gardens.

Emerging from the chapel, we sat on the grass bank outside for a group photo before setting off across fields on a footpath below and parallel to the NDW. Soon we came to Loseley Park, the estate where Loseley Dairy started in 1968. This was sold in 1985 though the Jersey cattle, a feature of the park since 1916, remained and continued to supply milk for the business (now in Cwmbran, South Wales) until 1990. Soon the remaining 200 head of cattle are to be sold as their upkeep is not economically viable.

In a mile further on we passed Mount Browne, the headquarters of Surrey Police since 1948, crossed the A3100 and reached the River Wey Navigation. Here we turned S and walked along the tow path passing cattle, a collection of boats on the canal and several pill boxes, remnants of WW2 defences. Two and a half miles upstream we stopped for tea and cake at Hector's on the Wey at the back of Farncombe Boathouse. Fortified for the journey home, we set off half an hour later to walk the last mile to Godalming station.

Saturday 7 August Etchingam Circular

Conductor: Peter Crane

Jennifer Caddy, John & Gail Elrick, Trisha Hewlett,
Freddie Knight, Corinne Thompson and Marc
Dominguez

As the train from London pulled out of Etchingam Station with no sight of any stroller the Conductor briefly thought that he was on his own but was delighted to see 7 others on the other side of the bridge to join him on a new stroll. Four had arrived by car and three others had left the train unseen by the conductor. The morning had started damp but was improving as we set out towards Ticehurst by fields and woods, being paced at one point by numerous young pheasants unsure which way to go. Being unsure which way to go was a problem that beset us a couple of times as, in spite of the Conductors reces of the route, his memory and the poor signposting created one or two little problems on the Sussex Border Path. Fortunately all the strollers were understanding and agreed that it was not the easiest route to navigate. A herd of inquisitive cows seemed delighted to meet us and followed us cross their field. The farmer had previously told the Conductor this was because they had been hand reared. We passed through the growing village of Ticehurst, where we were almost distracted by the surprise of seeing an airfix shop.

Those who had not been to Bewl Water before were delighted by the views as we passed the south east corner of the reservoir, where we took a short break for drinks and photos. We noted that the water level was extremely low but were pleased that after the damp start we did not experience any more rain apart from a few refreshing drops just before we got back to Etchingam.

Then we came on to the Sussex Border Path. This took us through a well used golf course, but it was clear that today's golfers do not get much exercise as they all seemed to be steaming round in motorised buggies, only getting out to take their shots. We continued our exercise through woods and across farmland and orchard and across numerous stiles which caused one stroller to later dub the stroll as the walk of many stiles. Others were amazed by the number of oast houses we passed. Many of them were cunningly fashioned into desirable residences. Eventually, after a rather long morning stretch we reached our lunch destination, the Eight Bells at Hawkhurst. Here half of us enjoyed a good lunch, after building up an appetite waiting for the food, while the others had plenty of time to enjoy their packed lunches.

We strode on through a more open landscape in the afternoon, back into East Sussex after a brief excursion into Kent. We were delighted to reach the brow of a hill and to spy the romantic ruin of Bodiam Castle in a brilliant light beneath us. The conductor's timing here was perfect as a steam train was passing behind the castle on the Kent and East Sussex railway that runs between Bodiam and Tenterden. The castle provided another nice backdrop for a group photo. The National Trust Tea Shop proved an ideal place to take our tea break.

Well refreshed we made our way along the Rother valley, the first part of the stroll where we actually saw others walking. We reached Robertsbridge going under the A21 and then took the field paths back towards Etchingham crossing the railway again and back to the station. All seemed to be happy with the walk in what for some had been an area that was new to them.

The distance covered was about 21 miles.

Winchester Circular – 18 September 2010

Conductor: Jill Goddard

On a beautiful sunny autumn day six Surrey walkers (Janette, Dorothy, Jenny, Joelle, Freddy and Jill) enjoyed a 21.5 mile walk around the rolling downs and farmland of central Hampshire.

The route started in Winchester, heading through the attractive city centre to join the South Downs Way and up onto Cheesefoot Hill. We then steadily dropped down, alongside Iron Age hill forts and more modern sights of activity days spent driving old tanks through the maize fields. This included helping one poor chap who, at the sight of the SWC strollers critically watching his every move, promptly fell off his quad bike and ended up underneath it. Nasty



We continued on to the pretty village of Tichborne and then joined the Wayfarers Way to follow the route of the Cheriton Battles in the Civil War in the 1640s. Lunch was at Hinton Ampner, a lovely National Trust house with fantastic gardens and views. We then followed tracks and farm paths through picturesque villages of thatched cottages and towered stone churches to return to the Downs. We were lucky enough to spot a beautiful soaring red kite - the most southerly place that many of us had seen kites.

We then took the Pilgrims' Trail alongside a golf course and horse jumps (which we all had to have a go at getting over, of course.....see below) to reach St Catherine's Hill with its impressive views of Winchester and its curious old maze.



Our return was via the water meadows by the River Itchen, Winchester College and the cathedral (and very timely cut price pastries to keep us going on the homeward journeys!!)

Southeast to Seaford – 5 September

Conductor: Janette Henderson

Participants: Don Bolton, Vala West, Susan Cannell, Jenny Caddy, Kathy LoRaso, Nigel Schofield and one guest, Sarah Jackson.

Despite the (increasingly usual) problems with the train – ie no train from Lewes to Seaford and a rail replacement bus instead – eight intrepid walkers, including the conductor, made it to the start of the walk. And, in fact, the addition of a couple of bus journeys did not cause us any great inconvenience in the end, and indeed the return bus from Seaford added some real excitement (see later).

All eight of us took the bus from Lewes to Southeast, and here was our first pleasant surprise. Instead of dropping us at Southeast church, which would have added a short distance to the walk, it dropped us at the foot of the Downs, actually closer to the start of the walk than the train station.

From there it was a stiff(ish) climb up to the top of the South Downs above Southeast, followed by an easy walk along the top of the Downs, following the South Downs Way virtually all the way into Alfriston. Though somewhat overcast at that point in the day, thankfully we could still appreciate the great views from this vantage point. And the views from this part of the South Downs are fantastic, especially seaward, with Newhaven Harbour and Seaford Head both visible in the distance. For those interested in archaeology, it also benefits from a number of bronze age round barrows along the route.

There was also clearly some sort of cycling event taking place on the Downs that day – though we never saw any competitors, just a refreshment tent being set up for lunch (and despite Vala's less than subtle hints they were not going to share any of these refreshments with us!). It must have been a challenge event for softies, though, as they were cycling the South Downs Way over the course of 4 days, something Don confidently informed us that many SWC and LDWA members could do in a day, on foot!

To make the morning route slightly longer (and also to look like I had been a little creative with the route!) just before Alfriston the party turned right for an extra loop which took in the very pretty Short Bottom (Bottom being the word for a valley of course!). This involved a tiny bit of 'off piste' walking (mainly through access land honest!) to reach the head of the valley, but I'm sure everyone will agree it was worth it.

The official lunch stop in Alfriston was Ye Olde Smugglers Inn, but as four of the group had brought their own food and two others (myself and Susan) preferred one of the excellent tea shops nearby, only two of the party actually ate at the pub. Luckily everyone met up an hour later at the appointed place so we set off more or less on time (delayed only slightly by a last minute visit to the shop by one of our members, who will remain nameless...).

The afternoon took us once more onto the South Downs. After dropping down from the South Downs Way to view the Long Man of Wilmington (nobody knows for sure how old the Long Man is. He certainly existed in 1710 when John Rowley, a surveyor, did a drawing of him, and some think Roman coins bearing a similar figure suggest there may have been a chalk drawing of this nature in Roman times – I'm a bit dubious about that

one though!), we made our way up to the top of Wilmington Hill (passing by a Neolithic long barrow on the way up) to reach the highest point of the walk at 214 metres. From Wilmington Hill, the party headed off towards the coast and Cuckmere Haven, with fantastic views all around us, made even better by the afternoon's unexpectedly glorious sunshine.

A slightly tedious path through Friston Forest then had to be endured before we came out into the more open country in Charleston Bottom, from where one gets a good view of the Litlington White Horse (19th century) on the other side of the Cuckmere Valley.

We then had to climb the steep steps out of Charleston Bottom, something that one or two members of the group had been dreading. They were pleasantly surprised, however, to hear that the second set of steep steps on the way to Exceat was not on the route. Instead, we dropped down through the woods for an alternative approach to the visitor centre (and the tea shop) at Exceat. Arriving at the tea shop we found it was heaving, but we skilfully saw off a couple who had a largish table all to themselves (actually they had finished so we didn't need to put any undue pressure on them, honest!) and eventually found enough chairs for us all. Remind me never to have gluten free chocolate cake there again though! Apparently gluten free cakes are often dry and it boy was it dry – an acquired taste I think!

After tea we had a bit of busy road to negotiate before we made our way to the beach at Cuckmere Haven. From the beach there were glorious view of the Seven Sisters, and it was clear that there had been a recent, huge, rockfall around the 2 or 3rd 'Sister'. These views of the Seven Sisters continued as we made our way up Seaford Head (well for those who kept looking backwards, or in my case, walked backwards). The

stroll report would not be complete, of course, if I were not to mention that Seaford Head is, as many will probably know, the site of an Iron Age hill fort which is gradually falling into the sea.

Arriving at Seaford station I failed in my conductor's responsibility of knowing the return times. I had wrongly assumed the bus would be scheduled to leave when the train had been due to leave – but no! Unfortunately that meant we had only just missed the hourly bus (oops...) but it was a good excuse to have a drink at the pub nearby so no-one seemed too distressed by this – or were they too polite to complain?

Then followed an exciting return bus journey to Lewes in the top of a double decker on roads more suited to a single decker. Although initially disappointed that a bunch of kids had grabbed the front seats on the top deck, we ended up being very thankful for this. This was because there are a lot (and I mean a lot!) of very low branches along that route, which crashed into the front of the bus with such force that it seemed certain they would break the glass. But it was great fun! As Kathy commented – it was one of the best bus journeys we had had in a long while – who needs fairground rides!

Thanks all for coming and making it such a lovely day's walking!

Amberley Circular – Saturday 2 October

Conductor: Jerome Ripp

Participants: Manjinder, Chris, Gail, John, Nicole, Freddie, visitors Norma and Marie, Denise and Tilley (the dog).

A group of 10 walkers and a dog set out from Amberley station at a fair pace in good weather but concerned that it would deteriorate as the day progressed. We were soon on the South Downs, enjoying some good views over the Arun and the mist. Along the ridge over several hills and then south around Blackpatch Hill to follow the ridge high above the Long Furlong. A brief stop to admire the stone church at Clapham and across to the World's End pub at Patching for lunch. The picnic group just managed to wolf down their lunch as the long threatening rain made its appearance. Through the woods and into Angmering Park to join the Monarch's Way, emerging into a lovely hidden valley before arriving at the river which took us into Arundel. We were now thoroughly moist all over so the tea stop became an imaginary one and after a brief look at river and castle we headed up the hill, through the town and into the park. The rain abated and we had a glorious traverse of this bit of paradise with more hidden valleys.

Descent to the river and a gallop back for those who needed the train. We covered 20.3 miles in 7 hours 20 minutes at an average pace of 3.4 miles per hour and nearly 3000 feet of ascent according to Norma's GPS. The equivalent of a climb up Scafell Pike. Despite the weather a very enjoyable day.

FUTURE STROLLS

Sunday 5 December. Bentley to Farnham (linear). Conductor **Roger Moss** Start Bentley Station 09.23 (Waterloo 08.07 – change Woking). Return trains 00 and 30 minutes past the hour to Waterloo and 15 minutes past the hour to Bentley.

Route description – A walk with everything - forests, rivers, lakes, more rivers, some big hills, a ruined abbey, and even a witches cave. Lunch at the Duke of Cambridge, Tilford. Tea at The Donkey, Charleshill.

Explorer 133, 144 and 145, approx 19 miles

Saturday 18 December. Epsom Downs circular. Conductor **Peter Selby**. Start Epsom Downs station 10:17 (Victoria 09:31, change at Sutton). Return trains 34 minutes past the hour.

Route description – We begin by crossing the Downs and then making our way towards Buckland. Lunch at the Dolphin in Betchworth. The afternoon route takes in the outskirts of Dorking, Box Hill, Juniper Hill, Headley Heath and Walton on the Hill. Tea at Epsom.

Explorer 146, approx 18 miles

Check the Message Page on the web site for details and any alterations to joining instructions etc.

9 Jan - Chris Dent - Leatherhead circular, lunch Abinger Hatch
23 Jan - Claire Kirkbride - Lewes Circular
6 Feb - Dave Williams - details TBC
27 Feb - Janette Henderson - Petersfield to Rowlands Castle
6 March - Don Bolton - Guildford circular
26 March - John & Gail Elrick - Guildford (Chinthurst Hill)

Full details in the Strolls Newsletter shortly.

Advance notice: Purbeck Weekend – with a Norman castle, steam railway journey, cliffs, downs, heathland and an iron stone thrown by the devil from Portland that fell short of Salisbury cathedral! – 30 April – 2 May 2011

This weekend covers a wide area of Purbeck –more than you see on walks such as the Purbeck Plod or Dorset Duddle. Based in the quaint seaside town of Swanage, and lead by Richard and Sandra Brown, we will walk parts of the chalk ridge from Corfe Castle, parts of the World Heritage Jurassic Coast path, visit Studland and the National Trust-owned heathland (including the Agglestone) and still have time for a visit to the famous Square and Compass pub in Worth Matravers. Further details of the weekend away, and booking forms, will be circulated to members soon. In the meantime, if you wish to obtain further details or register your interest in the weekend away, please contact:

Richard & Sandra Brown

Death March

3 members participated in the 41st Dodentocht 100k ("Death March") in 24 hours on the highways, tracks & excruciating cobbles of province of Antwerp. Although ostensibly non competitive, the event attracts a lot of people from the racing scene, with 3 former internationals present to the writer's knowledge, and is believed to be the largest 100k event in Europe. Scott Jones, who is no stranger to the Death March, completed in 14:47 after a little light jogging to get ahead of the field, while 2nd claim member, Sarah Lightman, scorched round in 15:56 on her first ever 100k well on course for her training for next year's 100 miles in 24 hours, a considerable achievement in view of a long term injury she was carrying. This particular day has attracted extreme heat in previous years, this time walkers were lucky to have moderate temperatures by day and night, with fog in the small hours. The club has featured other members previously, as Paul Lawrence finished in 2009 and Kathy Crilley the previous year. David Hoben completed the course in 16:39.



***A Merry Christmas and Happy New Year to all
readers***