



Walking

No.447

Spring 2011

*The
Gazette and Record of
the Surrey Walking Club*



David Hoben – our most regular competitor over the past year, taking part in the London 10 kms at Victoria Park.

(photo: Mark Easton)

FROM THE EDITOR

Welcome to Gazette no. 447 – This is your club magazine. The Editor welcomes any contributions. Letters, news, comments, photos or reports which could be of interest to other club members are all welcome. Just send them to the Editor. If you are able to Email any material to p.crane7w@hotmail.co.uk that would be 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 Mark Easton can be contacted at webmaster@surreywalkingclub.org.uk. Access to strolls information has been improved.

We welcome as members: Patrick Tehan
Carol Buss & Lynne McKenzie.

WANTED HELPERS for 100 miles race

The club is promoting the RWA and Open 100miles race at Lingfield Park on 2/3 July. This major event deserves the active support of as many members as possible during the 24 hours of the race and beforehand. If you can help by marshalling, feeding, recording, or in the preparation for the event, Mark Easton would be very pleased to hear from you. We want to show that we can organise another excellent event so please contact Mark on 100msecretary@surreywalkingclub.org.uk

Mark is also looking for old photographs of walking (strolling or racing) to copy and put on the website.

President's Report

After one of the most disruptive winters for many years (reminiscent of 1963) walkers are now getting back into their stride and hopefully will not have races cancelled again. For about three weeks it was virtually impossible to set foot on any road as everything was covered by up to half metre of snow. It was therefore pleasing to see such good performances at the first major championships in February when over thirty young walkers took part in the London Championships at Victoria Park.

Somewhat ironically our own races missed the freeze and we were able to put on not only the Gazette Cup and Addington Vase races but also the Christmas Cup wedged between two heavy falls of snow. We were also just about able to put on the Southern 10kms and we can be proud to record that all events passed without incident, although certainly the conditions were far from ideal. I would like to thank all those who took part as competitors, officials, supporters and back room staff in the "tea room".

Even more ironically my long awaited stroll the week before Christmas did have to be cancelled. Having decided on the previous day to carry out a further recce of part of the route and to check that the Dolphin had re-opened, I walked through the afternoon route, although deviating back to Betchworth for coffee at lunchtime. Having prided myself that the paths were perfect for the stroll and conditions ideal for a winter ramble, I was hit by a 20 minute blizzard as I came off the lee of the North Downs. There was soon a complete whiteout as I slipped and slid back to the car. A normal 40 minute journey home turned into a six hour nightmare as virtually every road in the south-east ground to a halt on that Friday afternoon. Realising that a stroll the next day was virtually impossible I took the bull by the proverbial horns and phoned Elaine to ask her to Email all likely participants to save them a wasted journey. As it turned out they would not have got very far as virtually every road in Kent, Surrey and Sussex

was closed and 99% of the trains did not run. Coincidentally the newsflash was picked up by a bemused Gail Elrick in Buenos Aires in temperatures above 30 degrees C . Apologies to all who had hoped to turn out but I have booked a similar date for this year.

This year's major event is the 100 miles which will be held at Lingfield Park Race Course on Saturday/Sunday 2/3July starting at 2pm. The facilities are first class and Lingfield is not difficult to reach either by road or rail. There is a station on the London – East Grinstead line.

This year is the Centurions centenary and it is hoped that we can achieve 100 walkers even perhaps if some do not intend to finish the entire course. Plenty of help will be required on the day so please either contact Mark Easton or myself, even if you can only spend a few hours.

Just to mention that although the venue is one of the UK's leading all weather race courses, no betting will be allowed on our event!

Gazette Night

Gazette Night was a successful event in spite of Trevor being taken ill. It transpired that he went down with a nasty dose of chickenpox. Profit towards the publication of this magazine was £280.

OBITUARIES

BERNARD COTTRELL AND HARRY MITCHELL

We have recently lost two stalwarts of past years in Bernard Cottrell and Harry Mitchell. Both had been regular strollers and Bernard raced frequently. He was an excellent club man and a regular at many events until ill-health brought its limitations but until quite recently he was seen helping and supporting the LPR races at Blackheath.

Harry did not join the club until his early sixties when he retired from work and wanted to do something to get him and keep him fit. He became a regular stroller and conducted throughout Surrey and Sussex. He was a strong walker and in words of appreciation at his funeral it was clear how many different walking groups he had joined. Harry lived until his early nineties so the walking obviously was of great benefit.

PHILL LONG

It's with regret we report that Phill Long, Kathy Crilley's partner, has sadly died. Phill worked hard in the background to ensure that those tackling longer distances had the right level of support...and he had talents as a motivator particularly for Kathy, who over the years has proved to be one of our most active participants - particularly on the Continent. Phill was very well known in Roubaix. He had been in-and-out of hospital...so preventing him from getting along to September's Roubaix 28 Hours classic.

To Kathy we offer our sincere condolence.

'Walking' back in time no. 8 by Ian Statter

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 113&14 (Aug/Oct-35) reported W. Burgess winning gold at the Kent County 2m Champs with Hancock & Fisher taking silver and bronze at the Surrey Champs. In an inter-club contest over 5/3/2/1 mile races at Battersea Park Surrey narrowly beat Belgrave with Hake being our sole victor over 5 miles. Hancock dominated the summer race series by winning the Streatham 7½ and Norbury 2ml track and 2nd in the 3mile at White city. The first autumn race saw Met WC's Harold Whitlock win the Brighton in 7:53:50 over 15 min ahead of Woodford's Tommy Richardson. Stan Horton was first home for Surrey in 8:22:04 with young David Christie Murray knocking 1 hr off his previous year's attempt to help Surrey beat Belgrave by 6 points in just outside 9hrs. David followed this up with a local club victory at the Streatham 7.2 (58:35) which gained him 2nd in the handicap which was enough to snatch the Albury Points trophy from Wilmot by 5 points. He ended the summer with 3rd place behind Harry Churcher but this was not enough to stop London Vidarians taking a rare victory over Surrey.

It was also reported that A Cooper of Woodford made a successful attempt at breaking Schwab's 5km track World record and set a new mark of 21:52.6 at Battersea Park. 'Training for walking' part 3 on style was published alongside a list of existing club records for which Hake held all between 6-14 miles. The usual Surrey strolls were held with an average of 6 attending at Stokenchurch, Ewhurst, Shamley Green, Nuthurst, Tilford, Hartfield and Alfriston. Interesting additions were The Cotswolds and Marlborough Downs with glorious views from Hackpen Hills, taking in the Druid's circle at Avebury and the biggest attendance went to 'the Brighton' where 19 completed the course.

50 years ago ...

Walking 243&4 (June-Aug-60) announced Peter Selby's and Ken Mason's election as new members together with D Jones, K Tiller & L Hancock. It was announced that Mrs Hammond – Tommy's widow and avid supporter of the club and Brighton race over the years - had died and also Tom Miller host at the Stag & Hounds (SWC HQ). Strolling continued to be popular with just below 10 attending between Otford-Trottiscliffe, Purley-Limpsfield, Oxshott-West Clandon, Epsom Downs-Boxhill, Cowden-Colmans Hatch, Dorking-Oakwood Hill, Godalming-Chart, Amberley-Storrington and Horsley-Shamley Green.

The racing section seemed to be thriving in Olympic year with the in-form Ken Matthews winning the National 10 in a record 70min 57sec and Stan Vickers over 3 min behind with Dicky Green setting a fine example as Captain leading 'The Surrey' home in 17th (80:32). The Junior and Novices 6 at Tooting was won by Dave Delaney (Lon Vids) in a sharp 52:13 with Peter Marlow (S'end) and our own Paul Nihill just over a minute behind. The London Vidarians 15 at Mitcham was won by Eric Hall in 1:56:55 with Dicky over 15 minutes behind. At the Regents Park 20k Matthews dropped out at 8M to leave Vickers to take victory and Dicky again had a fine race in 10th. Paul received his 1st dq in the Junior 5M race won by Ron Wallwork and Maurice Fullager in 9th. In the National 50km Dicky had one of his best races finishing 4th in 4h57m49s only beaten by our Olympian's in waiting Thompson, Misson & Johnson. The Godstone & back was a close fought affair with a group of 3 breaking away at the turn but at Purley Bob Clark dropped off the back to leave Ray Middleton and Dicky to battle it out to the finish. Dicky's experience shone at the finish as he surged into the lead with 400m to go to secure the prized EC Webb cup for the first time. He followed this with victory in the County 7M at Battersea in 56:33 and 7th in the National 20M (2:58:53) behind winner Vickers who had surprised all by beating long-distance specialists D & N Thompson. He then went on to record his 7th successive victory in the Stock Exchange Brighton by breaking his own record with 8h29m26s. He dominated The Club's Summer race series with the exception of the 2M where he was pipped

to the line by Maurice (15:34) who had been 2nd to Dicky in all the earlier summer races. The Junior 6M was also won by Maurice (50:05) from Paul only 10 sec adrift. Peter Selby had his first Junior race for the club on 31 May at the Selsdon 6M (65:15). Paul Nihill was very keen. His method of getting fitter was to go in for everything anywhere, and it certainly seemed to suit him, although possibly a dangerous course for a less robust walker.....went up to Oldbury to finish 4th in an Open 7 recording 59:38, breaking the hour for the first time.'; also that '...by completing the Leicester – Skegness in 23h 40m 45s was an absolute triumph of sheer guts and willpower. At 66 Len Matthews qualified as the oldest ever new Centurion Len became the 2nd holder of the Bevis Trophy'

30 years ago

Walking 363 reported on a field of 239 in the National 10M at Leicester where the new international rules of judging were introduced for the first time but to Surrey's detriment. The race was won in fine style by Roger Mills in 68:45 however a late surge by Gordon Vale saw him change gear in the last 2 laps and finished strongly and moving up from 4th to cross the line 2nd. With Dave Jarman 12th, Peter Selby 22nd and Roger Lancefield 28th we had won 2nd team just 3 points behind York postal. However under the new rules 3 cards were handed in post-finish and 15 min later Gordon heard the news that he had been dqd – instantly demoting Surrey to 5th team. An identical scenario occurred at the national 20k at Southport where Gordon crossed the line in 4th and with backing from both Jarman's and Selby would have won the team title. However this time Lancefield was not far behind and substituted for Gordon's loss to secure 3rd team. However Gordon made up for his recent disappointing performances with a comfortable win in the Senior Boys 10k at the English Schools in Birmingham University with Mark Easton in 5th. Dave Jarman represented GB in Milan 30k where he finished a fine 12th in 2:35:27.

Steve Wynn having one of his best races by leading the club home in the Southern 10M with 82:11 closely followed by Mark Easton with a pb of 83:36. in the Southern 20M Paul Jarman had a fine race to finish

2min behind Bob Dobson(2:33:57) in 3rd and with it helped the club secure the team title. In the Surrey 10k on the Battersea track Peter Selby held off Roger Lancefield to win in 46:39. However Roger made up for this with a fast 8h21m55s for victory in the Stock Exchange Brighton.

On the club scene the Johnson Bowl 7M was won comfortably by Surrey led home by Dave in 54:59 and Roger Michel 2nd. The Keston 25k was also won by Dave in 2h1m54s just 1m ahead of Roger. The Brighton-Steyning 20k was won by Roger mills (91:22) with Peter Selby in 4th (98:09). Dave Railton won the Osborn Cup 5 crossing the line just ahead of Peter Selby and both recording 42:36. Strolling numbers were still very low but enjoyed by those who took part. They were held between Windsor-Sunningdale, Hollingbourne-Charing, Hurst Green-Sevenoaks Weald, Selsdon (Racing men Stroll) and Gt Missenden-Princes Risborough. Stan Etherington celebrated 50 years membership in the Cape. It was sad to see one of our most promising walkers – Robert Fiorini resigns from the club.

15 years ago

Walking no. 403 printed a photo of Chris Cheeseman finishing 2nd in the National 20k at Horsham in 89:55 only 2min behind winner Daryl Stone. With Mark and Chris on World Cup duty in Beijing our team in the National 20M at Enfield was depleted but Shaun Lightman finished a creditable 16th in 2h41m36s. Stephen Crane secured his first National medal when he finished 3rd with 27:24 in the u17 5km race at Sutton Coldfield. Pam Ficken recorded a good time of 9h51m22s to win the women's section of the Manchester-Blackpool. On the strolling front the average was up to 6 for some interesting strolls from Shiplake-Rotherfield Greys, Guildford-Hascombe, Gt Missenden-Princes Risborough, Amberley-FindonLewis-Eastbourne & Watton at Stone-Ardeley. However a special strolling weekend was organised on the Isle of Wight. Starting in sunshine the small party led by Club President Bill Walkinshaw, enjoyed some fine views over the island. However whether was mixed on other days with some rain and sunshine throughout but this did not seem to spoil the pleasant surroundings and quaint cafes and pubs around the island.

RACE REPORTS

27 November – Belgrave Open 7 miles Wimbledon:

The third and most prestigious of the three road 7 miles races held every November no longer attracts the 200 from around the country which it did 30 years ago. However a field of around 20, the lowest of the three races, cheerfully faced the starter on what had promised to be an extremely cold afternoon over this very tough course. About a third of the field were SWC members including two second-claim members and the team finished second. As the race coincided with Gazette Night a very fit Roger Michell travelled down from his Shropshire home and his fifth in the race was not only a great result but also helped the team considerably. Paul King battled it out with Peter Hannell for half of the race but steadily pulled away to 100 metres clear by the finish, the duel having kept the pair clear of a group of five catching from behind. The general pattern was that the first, fitter half of the finishers took advantage of the long flat and downhill sections to improve their times compared with the previous races while the remainder were more hampered by the very steep incline and slowed. Our penultimate man home, David Hoben, however was an exception, enjoying the challenge to record his best time here.

1. F.Reis (Ilf) 54.29; 2. T.Jones (Steyn) 58.29;
3. S.Uttley (Ilf) 58.45; 5. **R.Michell** 66.58;
7. **P.King** (Bel) 68.55; 8. **P.Hannell** 69.39;
11. **C.Flint** (Lon V) 70.02; 13. **I.Statter** 71.14;
14. **M.Harran** 74.14; 15. **D.Hoben** 78.00;
16. **D.Delaney** 80.17.

Teams 1. Ilford AC; 2. Surrey Walking Club.

11 December –Christmas Cup 5km, Selsdon:

With a weeks break caused by the cancellation of the Bexley League race due to the snow 25 starters took a chance on the thaw to come over to Selsdon for what is intended to be a light hearted race for the festive season. In fact the snow had almost gone on the road although the pavement was still treacherous and one or two on the start line raced when their state of fitness might have made spectating preferable if it were not so dangerous. First home for Surrey Walking Club and second in the members' handicap Cup race was Lyn Atterbury having travelled from Poland – no snow there! – just for the weekend and mainly for this race. For some reason, maybe the recent cold weather, although it was not too bad on race day, or the associated lack of training, times were generally down and even Lyn professed himself disappointed with his time just inside the half hour. In common with Lyn, Paul King, Ian Statter, Peter Crane and Peter Hannell all felt they had worked very hard for a relatively slow outcome especially as they all had the competition as none were isolated. On the other hand Ian's son Andrew in the Under 15 group had an excellent race to deservedly win the handicap as he almost held onto David Hoben who also made good time. The number of Club members at eleven was very satisfactory even though Nolan Simmons and Shaun Lightman were below par. The members were joined by even more visitors to enjoy the usual tea and refreshments supplemented by the Christmas cake and mince pies appropriate to the occasion.

(SWC handicap in brackets):

1. S.Allen (Barn) 26.28; 2. K.Howard (Ton U20W) 27.17; 3. K.Funnell (Ashf U17G) 28.13; 4. H.Middleton (E&H) 29.25; 5(2). **L.Atterbury** 29.56; 6. S.Pender (E&H) 30.04; 7. **P.Hannell** 30.21; 8. D.Sharpe (Ilf) 30.27; 9. **P.King** 30.32; 10. A.Alstraken (E&H) 30.52; 11. G.Thomas (Ton U15B) 31.11; 12. **I.Statter** 31.14; 13. R.Penfold

(Steyn) 31.42; 14. S.Rukin (Ton) 32.19; 15.
P.Crane 33.28; 16. **D.Hoben** 33.36; 17(1). **A.Statter**
(U15B) 33.45; 18. D.Stevens (Steyn) 33.47; 19.
D.Delaney 33.56; 20. **N.Simmons** 35.27; 21.
P.Goodwin (Ilf) 35.33; 22. **S.Lightman** 35.48; 23.
B.Hercock (E&H) 37.24; 24. L.Man-Rey (E&H) 38.25;
25(3). **K.Burnett** 38.38.

30 January – London Indoor Champs 3km, Lee Valley Stadium:

The London Indoor Championships was an extremely well organized event with a large entry of high class athletes and run exactly to time. An added bonus for the South East's racewalkers was that their event was included in the programme and their response was a field of 28 over the separate Men's and Women's races including many of the best sprint performers. Surrey Walking Club was represented by two members who held their own on the usual but not easy banked track. David Hoben had the better race achieving his best indoor time and not far away from his outdoor record. Peter Hannell's time was in line with performances in other races and respectable given the surface. There are not too many indoor races and this one provides a useful first stage in the progress towards the Nationals next month.

1. F.Reis (Ilf) 13.57.7; 2. P.Barnard (E&H) 14.53.3;
3. N.Sylvester (AFD) 14.57.6; 12. **P.Hannell** 17.40
16. D.Hoben 20.13.5.

6 February – London Walks 10k Victoria Park:

The London 10km plus young age groups races over shorter distances were held in warm conditions for February but accompanied by a strong cold breeze. This did not hamper first man home, Brendan Boyce from Ireland, who broke 42 minutes, with the first three were all sub-45. This is not an easy course, especially in any wind, and Shaun Lightman's sub-63 was the outcome of a long battle with Ilford man, Dave Sharpe. In the Under 13 boys 2.5km Andrew Statter kept pushing on to succeed in keeping the fast leading group within sight.

1. B.Boyce (Leeds Univ) 41.49; 2. K.Doyle (Bedford Univ) 43.52; 3. Dan King (Col H) 44.13; 15. **S.Lightman** 62.50 19. **M.Harran** 66.15; 23. **D.Hoben** 73.22.

Under 13 Boys: 1. G.Thomas (Ton) 12.49; 2. C.Curbishley (Med) 13.13; 3. M.Redfern (Nuneaton) 14.49; 5. **A.Statter** 16.03.

22 January– Enfield 5 Miles, Lee Valley

The race was held on the usual course in cold conditions with a slight northerly breeze. Most competitors put in reasonable performances. The lead was shared by female international Neringe Nadietyte from Lithuania and Francisco Reis both for Ilford. After 2 laps Neringe broke away to record the fastest by any woman on the course. She has been chosen to represent Lithuania in the London Olympics. Shaun Lightman was our only representative. He took it fairly easy coming back from injury. After two laps with Ann Belchambers at the half way point he drew away and began to catch Sean Pender. However Pender recovered and held Shaun off.

1. N.Nadietyte (Ilf W) 37.39; 2. F.Reis (Ilf M50) 40.41; 3. T.Jones (Steyn M50) 41.57; 23. **S.Lightman** 50.51.

12 February – Cambridge H. League 5km,

On a day starting out damp and cold weather the penultimate Bexley race of the winter was held during the afternoon when relatively hot sun had broken through. This short and strictly judged race is not to everybody's taste hence a field of only 20 faced the starter although there were more in the younger age groups. The sprint distance made for a fast start which soon spread out, but in a manner leaving most walkers within sight of the next ahead. Shaun Lightman, although not at his best, had passed Peter Hannell towards the end of the first of the four laps and went on to stretch this to over half a minute despite losing a little ground in the third quarter.

1. S.Uttley (Ilf) 25.34; 2. S.Allen (Barn) 26.52; 3. B.Parsons (Ton U17B) 28.30; 5. **S.Lightman** 29.43; 6. **P.Hannell** 30.18; 7. **C.Flint** M65) 30.47;

19 February – Enfield 10 mls, Lee Valley

A busy weekend saw several more members out with 6 moving up to the first 10 miles of the winter on a cool damp Saturday. The total field was an excellent 50 men and women. The Club had two excellent results with a personal best over the distance from Mick Harran after a long tussle with Shaun Lightman with Harran up exactly 1 minute at the end. Just ahead and breaking 100 minutes was Chris Flint – not bad for a 100 mile specialist. Paul King and Peter Crane also had competitive races with plenty of other around them it being a feature of the race that the large numbers were at the slower end of the field. This reflects fulfillment of the organizer's wishes to bring in more new walkers into the sport.

1. Dom King (Col H) 71.25; 2. Dan King (Col H) 72.19
3. F.Reis (Ilf) 72.59; 16. **C.Flint** (Lon V/Sy WC) 99.40;
19. **M.Harran** 100.45; 20. **S.Lightman** 101.45; 23.
P.King (Belg/Sy WC) 104.12; 27. **P.Crane** 106.12;
34. **D.Hoben** 112.45.

20 February - Southern Counties Vets & Vets AC Indoor Championship 3km Walk, Lee Valley:

A rather small field taking part in a strictly judged Indoor Track Championship 3km race for both the Southern Veterans and Veterans AC with several competitors being members of both organisations. Hannell replicated his time at the London Championship 3 weeks ago. This result was two M65 age group golds with strong competition from M55, David Sharpe who was in the lead for several laps in mid-race and closed again to 5 seconds at the end.

1. F.Reis (Ilf) 14.27.4; 2. J.Hall (Belgrave) 15.16.5.
3.S.Allen (Bar) 15.42; 4. **P.Hannell** (1st M65) 17.40.5
5. D.Sharpe (Ilf) 17.44; 6. D.Stephenson (Fair) 17.44

27 February – BMAF British Veterans Indoor Championship 3km Lee Valley:

The winter programme of Veteran indoor race walks finished with the national event at Lee Valley. The field in both men's & women's walks contained most of the best performers in each age group. The winner, Portuguese international Francisco Reis, was well clear but the rest of the field was very competitive. Our only representative, Peter Hannell, was unable to hold Ron Penfold when caught with five of the fifteen laps to go and had to settle for silver. This indoor facility is held at an ideal temperature and humidity and although lacking spectator capacity certainly provides a better environment for the athletes.

1. F.Reis (Ilf M50) 14.04.8 sec; 2. M.Williams (Tam M45) 14.24.0; 3. N.Sylvester (AFD M55) 14.26.1;
7. **P.Hannell** (M65) 17.39.1.

RACE FIXTURES

11 May Johnson Bowl

2/3 July 100 miles Lingfield

13 July Track 3kms

10 August Track 5kms

Race Time Conversion to Standard Distance Peter Hannell

After races, when discussing times achieved with clubmates I sometimes try to put their time into an equivalent for some other distance, for example to compare last week's 5km with this weeks 5 miles. To do this I have worked out a formula to convert the various results to a common standard – usually 10km. I thought it was time I described what I did so that should other members think it a useful process they could apply it themselves. As far as I am concerned it enables me to see over the years what my current average performance is and so put my last race into context including of course taking account of the inevitable age related trend.

This is not the place to explain the details of the formula or even print it but it is available to anyone interested. Suffice it to say that it looks worse than it is and while it requires a scientific calculator it is no problem at all for a spreadsheet or database. As it is derived from my own performances it may be slightly less accurate for other walkers but probably satisfactory and I can easily show anyone interested how to amend it for their own profile or, with suitable information, provide them with a different version. The structure will be the same but the coefficients slightly different.

STROLLS

Bentley to Farnham (Farnham to Farnham!), 5 December 2010

Conductor: Roger Moss

This stroll had to be hastily re-arranged due to the Laurel and Hardy style partnership enjoyed by Network Rail and Southwest trains. The bus service necessitated by engineering works stopped not at Bentley station but at Bentley village some distance across the fields. Thanks to the miracle that is the internet, combined with the Conductor's almost encyclopaedic knowledge of the footpaths of Surrey, the re-arranged stroll started and finished at Farnham.

The morning session was absolutely steeped in history. First we visited Moor Park House, home to Sir William Temple, the diplomat responsible for drawing up the Triple Alliance of 1668 which was instrumental in reining back the growing power of France. His secretary was Jonathan Swift, who wrote the Tale of the Tub, while living in the house. We then visited Mother Ludlum's cave, home to a local healing woman, en route to Waverley Abbey, the first Cistercian monastery in England, founded in 1128 by William Gifford the Bishop of Winchester. The history lesson gained a more personal slant when it emerged that one of Jill Goddard's ancestors was acquainted with Mother Ludlum, and one of the Conductors had left his name carved on a pillar at the Abbey in 1817.

A light lunch was enjoyed at the Duke of Cambridge because a more substantial repast had been organised at the early tea stop at the Donkey. Freshly made sausage rolls and mince pies, washed down by lashings of tea, coffee and hot chocolate, were enjoyed in the Wendy House in the pub garden. The highlight of the evening was the viewpoint on Crooksbury Hill reached moments before dusk, which gave us a beautiful vista across the Surrey-Hampshire Weald.

Leatherhead Circular – 9 January 2011

Conductor: Christopher Dent

Participants: Nigel, Kathy, Lilian, Margaret, Paul Lawrence, David, Nick, Vince, Andy, Joelle, Don, Paul Tilley & Tilly (the dog)

And it came to pass that 13 strollers and a dog set off from the station heading south to Amberley. The leader was forced to make a diversion avoiding the flooding of the River Mole. However, in fine clement weather with wall-to-wall blue skies the party wended its way through the lovely Surrey countryside passing Polesden Lacey and hitting the North Downs Way where the underfoot conditions turned somewhat heavy. But reaching Blatchford Downs and going downhill towards the A25, the walking became easier and the party arrived on schedule at the pub at 1325hrs.

Unfortunately, the service at The Hatch was very slow but we left within the hour somewhat revived. Again the leader re-routed following his experiences on the recce. The Greensand Way was reached via Friday Street and the Wotton Estate. Crossing the NDW, Nick was forced to retire to Dorking Station due to blisters. Exiting the penultimate field in the dark, the head of the party became separated from the remainder. The leader retraced his steps only to find too late that the 10 had flown the field and in fact taken a short cut back to Leatherhead arriving at the station in time for the 1815hrs.

Considering the conditions, we covered 20 miles in approx. 7 hours, a splendid achievement.

Lewes Circular – 23 January 2011

Conductor: Clare Kirkbride

Participants: Jennifer Caddy, Vala West, Nicole Carbonara, Janette Henderson, Adam Charles, David Hoben & Peter Crane

It was DRY underfoot all day, even walking along the bank of the Ouse. We climbed up from Southease and Rodmell and were glad to get out of the wind and descend to Kingston for lunch. The publican was pessimistic of any custom, but it was packed apart from a table for 6 by the bar. My soup was swiftly on the table, but Peter's lamb took its time. (It was worth waiting –Ed.) We were off in 55 minutes, not bad considering the crowds. We took Jugg's Track into Lewes, passed Anne of Cleves' house on the low road, then went up the hill at Cliffe to the obelisk, where we learnt about the Protestant Martyrs. By then it was 2.45pm, but everyone was game to continue, so we made good time to Mount Caburn and saw extensive views. Back into Cliffe to patronise SWC's favourite cafe, *Le Magasin*, now also a chic antique dealer, but still beneath a tin roof! I caught the 5.10pm rail replacement bus, and the group was all present and correct for the 5.16 train to Victoria. There were 2 drivers. A fine day out.

Riddlesdown Circular – 6 February 2011

Conductor: Dave Williams

Much to the leader's surprise 17 intrepid strollers turned up at Riddlesdown including the hierarchy of the Strollers & even 1 long-lost soul!

The walk proceeded without any incident of note past the delights of Riddlesdown, up onto Kenley Common & thence Coulsdon Common where there was an impromptu photo opportunity outside 'The Fox' pub. We reached our lunch stop on the NDW. 'The Harrow' at Chaldon, earlier than anticipated, where a hearty lunch was enjoyed by all.

We set off again along the NDW to Woldingham where 3 of the less motivated walkers opted for an early train home, leaving the rest of us to soldier onto Warlingham. Unfortunately due to pressure of time the leader made the decision to forego the planned afternoon tea-stop in favour of a loo-stop. This decision was not enthusiastically received & there was more than a murmur of dissent in the ranks! However peace was quickly restored & via some urban walking & woodland paths we reached Riddlesdown Station in good time to catch the 17.41 train.

Again to the leader's surprise the distance covered actually turned out to be just over 17 miles, as advertised in the programme!

FUTURE STROLLS

Sunday 10 April. Rowlands Castle Circular.
Conductor **Jennifer Caddy**. Start Rowlands Castle Station 09:38 (London Waterloo 08:00). Return trains 13 minutes past the hour.

*Route description – Along minor footpaths on Hampshire Downs (and ups), south of the South Downs. Distant views of Chichester Harbour. Lunch stop: Compton
Tea stop: Pavilion Tearoom, **Stansted House Garden Centre**.*

Explorer 120, approx 20 miles.

Sunday 24 April. Linear - Alton to Farnham.
Conductor Jill Goddard. Start at Alton Station 09:31 (London Waterloo 08:07). Return trains to London at 00 and 30 minutes past the hour and trains back to Alton at 14 and 55 minutes past the hour (journey time 12 or 17 minutes).

Route description - A linear walk from Alton to Farnham to the north of the A31, taking in the attractive Hampshire countryside in the areas of Shaldon, Froyle and Crondall, returning over Caesar's Camp above Fleet. Lunch at the Chequers Inn, Well and tea at Church Crookham.

Explorer 144 and 145, approx 20 miles.

Friday 29th April to Monday 2nd May. Long weekend walking in Purbeck based in Swanage. Includes a Norman castle, a steam railway journey, cliffs, downs, heathland and an iron stone thrown by the devil from Portland that fell short of Salisbury Cathedral.
Conductors Richard and Sandra Brown. Fully booked.

Sunday 8 May. Risborough Rollercoaster. Conductor **Nigel Schofield**. Start Princes Risborough Station 09:51 (London Marylebone 08:54). Return trains are 3 an hour.

For car drivers; Sunday parking is either £4.50 in station car park or in adjacent road three minutes from station (single yellow line).

Please note that elevenses and tea stop will be al fresco. If you do not wish to have a pub lunch then the adjacent cricket ground has benches and a pavilion with one bench if it is wet.

Route description – A hilly walk in parts with good views, on Chiltern Way and The Ridgeway, Bledlow village, Lodge Hill, Loosey Row (Windmill), Great Hampden (lunch at Hampden Arms), Little Hampden, Coombe Hill, Beacon Hill and Whiteleaf Hill.

Explorer 181, approx 20 miles.

Sunday 22 May. Liphook Circular. Conductor **Glenys Kirkpatrick** Start Liphook Station 09:17 (London Waterloo 08:00). Return trains are 36 minutes past the hour.

Route description –Initially south towards Milland then swing towards Rake to pick up the Sussex Border Path. Then cross country to Rogate and lunch. After lunch through woods and open countryside to zigzag our way back to Liphook.

Explorer 133, approx 19 miles.

Saturday 11 June. Farnham Circular. Conductor **David Watson.** Start Farnham Station 09:25(London Waterloo 08:30 change at Woking). Return trains, 28, 58 minutes past the hour.

Route description – This stroll will include such highlights as St. Swithun's Way to Bentley, Alice Holt Forest and Frensham Ponds, with lunch at The Blue Bell, Dockenfield.

Explorers 144 and 145, approx 21 miles.

Sunday 26 June. Linear - Paddock Wood to Headcorn (Kent). Conductor **Lilian Chelli.** Start Paddock Wood Station at 09:27 (Charing Cross 08:38). Return trains 14 and 46 minutes past the hour from Headcorn. Those coming by car can get the train from Headcorn to Paddock Wood (15 minutes journey time).

Route description – In the morning we walk through orchards to Brenchley, then follow the High Weald landscape trail to Goudhurst. The afternoon section passes through Old Park Wood and Cranbrook Common. After tea we walk through fields to Frittenden and Headcorn. Lunch at Goudhurst, and tea at Sissinghurst Castle.

Landranger 188, approx 20 miles.

PLEASE: BEFORE STARTING CHECK TRAIN TIMES AND ANY ENGINEERING WORKS. Contact National Rail Enquiries (tel: 08457 48 49 50 or their web site at www.nationalrail.co.uk). Please also check the main page/current strolls programme on the Club's web site (see details below) for any alterations, etc.

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