

Summer 2011 No.448



# Walking

*The Gazette and  
Record of the Surrey  
Walking Club*



Our winning team in the National 100 miles L to R  
RWA President, Ray Pearce, Chris Flint, Roger  
Michell, and Ian Statter

## **PRESIDENT'S REPORT**

This is my final report as President and I would like to thank the Committee for their excellent support over the last 3 years. There has been some lively constructive debate and hopefully the current state of the club and its future is secure and financially healthy. It is time for me to step down and I have chosen as my successor a walker who has been at the forefront of competition for nearly forty years and represented his country in the 1970 Commonwealth Games and should have been selected for the 1972 Munich Olympics. I am proud to ask Nolan Simmons to be your President, first to embrace the 2012 Olympics – a most apt choice in that respect and to continue to do the excellent job he does as Captain. Nolan has high regards for all competitors be they top stars or average club walkers.

Since the last Gazette we have held our 100 Miles event which proved to be highly successful. We were fortunate with the weather and the venue was idyllic and picturesque. Perhaps a short circuit was somewhat tedious but it was safe, traffic free and there was no other interference. The use of Lingfield Park was mooted some time ago but its cost is a major problem which could prevent it being used in future.. Your committee will be looking at the situation next year as we will need to secure virtually all traffic free courses. A big vote of thanks to Mark Easton for his sterling work in promoting the event and to the army of helpers – not only from Surrey – but many other clubs. An event like this goes to show that the race walking fraternity can pull together to create a successful event.. Many sports would be in awe of us considering the whole competition is organised on an amateur/volunteer basis.

2011 has also been a turning point in other respects. – we have changed venue for our committee meetings and will be reducing the frequency of meetings and possibly moving the AGM back to November.

Our strollers continue to enjoy excellent weekend expeditions over hill and dale. The exciting winter programme will include yet another attempt at my leading a group on a circular route from Tattenham Corner through the enchanting North Downs and a visit to Betchworth for lunch. This is set for Saturday 17 December and hopefully the weather will be somewhat kinder than last year when blizzard conditions forced cancellation. It will be fifty years since I first conducted that stroll under the guidance of Walling Bryant.

I can recall many changes over the last 3 years, plus the loss of some very eminent members. The sport of Race Walking has obviously gone through something of a malaise over the last couple of decades and although it is not easy getting younger competitors, there are promising signs for the future and the Club can be proud it has done as much as it possibly can to help in the development of junior competitions. Finally I would like to thank all those who are not members of the club who have been supportive at many events be they club races, Gazette nights, social occasions and hosting teas on club strolls. In this era of highly paid professional sportsmen it is good to know that many of us are perfectly content with the amateur status we have.

## **Welcome new members**

Kate Copeland

Carolyn Menzies

John May and Chris Flint are now 1<sup>st</sup> claim members.

## **GAZETTE NIGHT**

Gazette Night is our annual social gathering at which we share a buffet meal, hold an auction of items brought along and a raffle. We enjoy an evening together and raise funds towards the costs of the Gazette. If you've never been before why not try it this year. It will be held on 26 November at Blackheath & B AC HQ Hayes, Kent. The cost is £12.50. Tickets and further details from Social Secretary, Trevor Sliwerski.

## **VIEWS ON GAZETTE**

What do you think of the Gazette? Do you look forward to receiving it in the post? Does it contain the sort of information and articles that you enjoy reading? Do you read it all or just the parts that particularly interest you? As Editor I would like to know what you think.

It is one of the major items of club expenditure and although some members generously donate towards its cost, this does not cover the costs of production. Costs of posting are also increasing as you will be aware. The Gazette does now appear on the club website and increasing numbers access it through this means. Do you value receiving a printed copy in the post or would you be happy to rely on the website?

I would be please if you could let me know what you think – by post or Email. My contact details are on the back page.

## **RACE REPORTS**

### **2 July Surrey Walking Club Open 100 miles, Lingfield inc RWA Championship**

Our Open 100 miles incorporating the RWA National Championship and Centurion Centenary 100. was by far the most important event of the Club's year. There were 84 entries of which 7 failed to start and many failed to reach the full distance making the achievement of the 36 who did so that much greater. 28 of the entries came from the Continent, mainly Holland and Belgium with whom the event is especially popular. The use of the roadway inside the grass horse track at Lingfield Racecourse for the first time was a great success with excellent facilities and very few drawbacks. The two principal outcomes from the Club's point of view were an individual win by the widely renowned Sandra Brown in the Women's event and a win in the Men's team event in the Race Walking Association championship. The race winner, Bart Snoeren, from Holland, led from the start. He set off quickly at around 12 min laps and soon dropped the rest with Sandra about 5<sup>th</sup> lapping about 1.75 minutes slower. The leader held this pace for 10 of the 84 laps and then settled to 12.75 until halfway while Sandra steadily held around 14 minute pace until the same point by which she was up to 3<sup>rd</sup>. She began to hold the leader around 72 laps when their common pace was down to 15 minutes the leader having very suddenly dropped from 14. She was around 5

laps behind by now but in clear second half a lap clear of 3<sup>rd</sup> and an hour ahead of the next female. Although she accelerated to inside 15 rather than fading like most of the field, including the leader, she had no chance of making significant inroads into his lead despite such a steady and excellent performance. The next two SWC finishers, Ian Statter and Roger Michell both walked very well throughout the race and remained close although Ian gained a lap during the unseasonably dark, cold though short night. Ian's strong performance saw him become the first British man to finish. The final time difference between Ian and Roger was only 24 minutes at peak finishing period of 21 to 22 hours they were separated by 8 others with Ian up to 5<sup>th</sup>. The third first claim SWC man was Chris Flint whose below par performance meant he managed only 97.6 miles but this was near enough to the 100 to score in the National RWA team event which we won. The last completed finisher was second claim member Paul King who got the loudest cheer finishing the less than 3 minutes inside the 24 hour limit after an amazingly fast last lap. An hour earlier our second female competitor, Sarah Lightman, completed well inside the time after a very strong and steady effort starting with laps around 15 minutes and hardly falling below 17. She now is a member of the Band of Centurions whose Centenary was also celebrated during this event.

Thanks are due to Mark Easton who put a tremendous amount of work into organizing a very successful event and also to our President and all the members and friends who helped in

many ways and without whom Mark would have had an impossible task.

**Men:** 1. B.Snoeren (Dak Drunen) 19.04.07; 2. R.Pistorius ( RWV Rotterdam) 20.26.26; 3. F.De Roeck ( RWV Rotterdam) 20.33.02; 4.E.Goeman (RWV) 20.33.02 5. **Ian Statter 21.12.25**; 6. K.Marshall (If) 21.25.20; 7. E.Voogt (RWV) 21.32.01; 8. Frans Derijcke (RWV) 21.32.01 9. R.Schoors(RWV) 21.32.02; 10. **Roger Michell 21.36.17**; 11. D.Jones (Redcar) 21.38.13; 12. F. van der Gulik (SVdeLAT Amsterdam) 22.40.19; 13. W.Vermuelen (SVdeLAT) 22.44.15; 14. W. van Cappelle (AVCiko Arnhem) 22.46.31; 15. J.Visser (RWV) 22.46.31; 16. K.Falconer (LDWA) 22.54.23; 17. A.Titley (IofM Vets) 22.57.05; 18.R.de Wolf (RWV) 22.58.02 19.M.Dekker (SVdeLAT) 23.09.07; 20. J.Koning (SVdeLAT) 23.23.26; 21.R.Wiche (RWV) 23.30.27; 22. P.van der Kroft (RWV) 23.30.27; 23. H. van Wakeren (AVUnitas-Sittard) 23.34.32; 24. M.Fisher (Redcar) 23.53.31; 25. R.Cnudde (OLAT St.Oedenrode) 23.54.30; 26. **Paul King (Belg) 23.57.20**; **Chris Flint 97.63 mls**; **Richard Brown 66.81 mls**; **David Hoben 34.81 mls**.

**Women: Sandra Brown 20.18.23**; 2. I.Klinkendon ( RWV Rotterdam) 21.04.02; 3. C.Mestdagh (RWV) 21.30.57; 4.W.Thurrell (LDWA) 21.33.35; 5.T.Williams (LDWA) 21.33.35; 7. **Sarah Lightman (Leic WC) 22.55.58**; 8.S.Beardsmore (unatt.) 23.23.43; 9.A.Alstrachen (Enf) 23.42.48; 10.M.Pemen (RWV) 23.48.37; **Victoria Brown 28.89 mls**; **Pam Ficken 24.15 mls**.



Sandra Brown finishing as first woman in the Lingfield  
100 miles

## **6 March – UKA and RWA National 10 miles Championships, Coventry**

The first National Championship of 2011, the 10 miles, was held over the usual fairly flat course within the University of Warwick. Although the field was not quite as large as might have been hoped all of the top names were there on this sunny but slightly cold afternoon. Following the final National of last year – the 10km – where we came away with an unexpected team gold, they had to settle for bronze this time. With many more teams out this was probably as great a surprise but well deserved by a good turnout and a determined effort from all with no disqualifications. The team this time included Shaun Lightman who was still around four minutes behind Roger Michell but held on well despite an enforced lack of training. However both Roger and Ian Statter, the last scorer, maintained their speed to the end. Although not scoring, Gary Macdonald and Peter Hannell held on well to back up the team. Second claimer Chris Flint once again had an excellent race to finish strongly not far behind Shaun.

1. A.Wright (Belg) 70.46; 2. Dan King (Col H) 72.34; 3. M.O'Kane (Cov) 72.59; 16. **R.Michell** 97.10; 22. **S.Lightman** 101.05; 24. **C.Flnt** 101.40; 25. **I.Statter** 102.42; 27. **P.Hannell** 104.21; 32. **G.Macdonald** 111.09.

1.Yorkshire RWC 257; 2. Redcar RWC 249 ; 3. Surrey Walking Club 237. 6 teams finished.



Shaun Lightman, Roger Michell and Ian Statter –  
3<sup>rd</sup> team in the National 10 miles

## **12 March Leicester 15 miles**

Iain Thomson chose a hard 15 miles as part of his training towards the 100 miles. Two of the eight starters including Sarah Lightman retired. The course includes long hills as it moves from the centre of the city to the higher surrounding country with wonderful views. The leader, local man, Chris Benn led from start to finish and was visible on the return leg as he accelerated down to the city again. At 5 ¼ miles an hour over the difficult terrain it was an encouraging performance and completed by the warm welcome of the locals during very welcome tea.

1.C.Benn ( Leic) 2.31.00; 2. M.Wall (Leic)  
2.37.03; 3. C.Vesty (Leic) 2.39. 43; 5.  
**I.Thomson** 2.51.39.

## **26 March – Slater-Bryce 10km, Horsham Track incorporating Sussex Championship:**

We were pleased to have an unusual outright victory this year, as happened last year, with international Mark Easton turning out to provide a not unexpected first place. Having let the leaders go for the first few laps while he settled into his first race for some time suddenly he was with and past the others. Not that it was effortless, as Steyning's excellent 60 year-old Ian Richards held the gap down to about half a lap. We look forward to Mark's appearance at a few more of these races during the Spring.

Meanwhile the rest of the Surrey team struggled on with a little less fluidity but with two good sub races. Shaun Lightman was not at his best but caught Peter Hannell just before halfway only to lose the lead few laps later and fought to stay within reach. With 5 laps to go his form returned and he passed again and drew away, only relenting on the last lap when out of danger. A couple of laps behind Dave Delaney walked a well judged race as he fell behind Peter Crane by 30 metres which he steadily pulled back in the second half and finally managed a two second victory.

1. **M.Easton** 49.49; 2. I.Richards (Steyn) 50.58;  
3. T.Jones (Steyn) 53.26; . 10.**S.Lightman**  
62.18; 11. **P.Hannell** 62.32; 12. **M.Harran** 63.25;  
14. **D.Delaney** 66.50 15. **P.Crane** 66.52.

## **9 April– Pat Furey Enfield League 5 miles, Lee Valley Stadium:**

Over 50 faced the starter for this popular 5 miler which, unusually, started with nearly a mile on the track as there was a Track & Field event being held on the same date so it was decided to make the walk part of the day's event. This gave the other athletes the opportunity to see a number of good standard walkers enjoying their event – some of the walkers probably being encouraged by the atmosphere to start somewhat quicker than usual before completing the last 4 miles on the road. Surrey Walking Club had 9 out, including Kath Crilley, the first of Surrey's female members to compete over a short distance for some time. The men's team members were pleased with 3<sup>rd</sup> team medals despite one or two being off form. First home for Surrey was Shaun Lighman who like most found the heat of a beautiful Spring day but battled on well. Likewise Mick Harran and Stephen Crane managed to keep up their pace in the latter stages as others faded.

1. F.Reis (Ilf ) 41.30; 2. S.Uttley (Ilf ) 42.57; 3. P.Barnard (E&H) 43.06; 14.**S.Lightman** 49.08; 20. **P.King** 50.45; 21. **M.Harran**) 51.04; 23. **P.Hannell** 52.07; 24. **S.Crane** 53.18; 27. **P.Crane** 53.35; 28. **D.Delaney** 53.54; 31. **D.Hoben** 58.09.

1.Ilford -10 points 2. Enfield – 51 points; 3. Surrey Walking Club – 82 points. 6 teams

### **Women:**

1. H.Middleton (E&H) 48.16; 2. A.Alstraken (E&H) 50.49; 3. A.Belchamers (Stey) 51.22; 10. **K.Crilley** 61.04.

### **9 April Chateau-Thierry,France 24 hours:**

In France, where race walking, especially over the longer distances, is much more popular, four members took part on a hard course but good weather. Richard Brown in 14<sup>th</sup> completed 110 miles around 5 miles further than wife Sandra who was unwell during the event but still managed 3<sup>rd</sup> woman. Kathy Crilley took part in the team of 3 event being one of a British team of women who were only about 2 miles short of Richard's distance to finish 6<sup>th</sup> team.

**Men:**1. David Regy (Ea Cergy Pontiose) 129.55 mls; 14. **Richard Brown** 110.14miles; 31. **Chris Flint** (SWC) 92.97 miles.

**Women:**1. Dominique Alverherne (Montpellier) 113.31 mls; 3.**Sandra Brown** 105.19 mls

### **Relay teams of 3:**

1. Limoges 132.50 miles; 6. GBR women (including **Kathy Crilley**, SWC) 108.45 miles

## **17 April – Downham Market 10-30km Races:**

A new promotion offering 10, 20 or 30km was held on a 2.5km loop in a quiet residential area of the pleasant country town of Downham Market. A field of about 30 appeared from a large radius on a very pleasant Sunday morning although the sun was a little too hot early on. This was not a flat course despite the general impression of the flat fenlands. Four members made the trip to East Anglia and two bronzes resulted although competition in the 10km which included Peter Hannell was much thinner. The strongest competition, including the rest of the SWC entries, was in the longest distance with 12 tiring laps with frequent corners on top of minor inclines. Paul King started strongly but within his limits with Chris Flint just behind. Chris had a disappointing race and fell 5 minutes behind by the finish while Paul continued his pace to pass several of those ahead and claim 3<sup>rd</sup> in a good time. Iain Thomson started steadily being unsure of his form over the distance but continued, with no great problem, to complete the distance in a fair time which can probably be improved with greater experience. Altogether it was a very friendly event which was very well organized.

### **10 km:**

1. F.Reis (Ilf) 53.39; 2. A.Ellam (E&H) 62.22; 3. **P.Hannell** 64.29.

### **30Km:**

1.S.Allen (Bar) 3.15.52; 2. M.Fisher (Red) 3.15.52; 3. **P.King** 3.23.50; 6. **C.Flint** 3.28.25; 8. **I.Thomson** 3.36.39.

### **16 April IX Zaniemysl International Walks and Polish Vets 10km Championships, Zaniemysl, Poland**

With a surface like a billiard table and as flat as a pancake, the Zaniemysl course has the reputation of being the fastest in Poland. A pleasant course too, on closed roads just a few meters from the centre of this small country town. The senior 20km event was used as a qualifying race for London 2012 and won in a fraction over 80 minutes. The slowest 20km walker recorded around 97 minutes. Seven men and one woman contested the Vets Championships (combined with a junior 10km) with your correspondent off the back of the field at the end of the first 1km lap yet still timed at 5.40. Lack of panic and some determination produced a very satisfactory result. Weather: around 14oC, partly cloudy, no wind.

Vets 10km: 5th Lyn Atterbury 58.43 (M60 Polish Championship Record)

## 19 April Vets AC 5 miles, Battersea Park

A warm Tuesday evening saw the first of the 2011 Veterans AC 5 mile road series including 10 Surrey members in a field of 14. Three or four other SWC regulars were missing so this was an excellent turnout with Mick Harran up in 3<sup>rd</sup> place. The best performances came from Peter Crane and Dave Delaney although Dave finished clearly behind Peter on this occasion. As this race was only two days after a hard 30km for Paul King and Chris Flint, it was unsurprising that their times were a little down for this race. As the 100 miles at Lingfield is not too far away in early July several, including Paul and Chris, are putting in the training miles as well as taking part in the current busy racing schedule over shorter distances. It was good to see two of our female members, Kathy Crilley and Pam Ficken also turning out for this event. We did not however see Ian Statter, another potential 100 miler, which was unsurprising after his excellent sub 5 hour racewalk in the London Marathon just two days earlier.

1.P.Ryan (Ilf M55) 43.45; 2.S.Allen (Barn) 47.10;  
3.**M.Harran** 50.32; 5 **P.King** 51.25; 6.**C.Flint**  
51.39; 7.**P.Crane** 51.55; 8.**D.Delaney** 53.39;  
9.**I.Thomson** 53. 58; 11. **D.Hoben** 57.08; 12.  
**K.Crilley** 61.02; 14eq. **J.May** 67.55 & **P.Ficken**  
67.55.

## **27 April VAC and County track 10km, Battersea**

A pleasant Spring evening at the Battersea Park Track saw 8 Surrey Walking Club members out including the winner Mark Easton who walked evenly and by himself for most of the way to comfortably sub 50 minutes. The next 3 Surrey men were quite closely bunched for 20 of the 25 laps when Mick Harran overtook the other two at speed and established a 45 second gap. Chris Flint and Peter Hannell had a good scrap with Hannell finally opening up a small gap in the last few laps, the two having been shoulder to shoulder until then. Just behind them Ian Statter was handicapped by starting slightly late and going initially too fast to make up the 30 second deficit. The most improved performance came from last SWC home, John May, who at 80 years broke the 80 minute barrier and was about 6 minutes better than last time.

1. **M.Easton** 49.25.6; 2. S.Allen (Barn) 54.22.9;  
3. J.Hall (Belg) 54.25.4; 8. **M.Harran** 61.13.5; 10.  
**P.Hannell** 61.58.2; 11. **C.Flint** 62.06; 13.  
**I.Statter** 63.54; 18. **D.Hoben** 71.34; 19. **K.Crilly**  
75.04; 21. **J.May** 79.44.7.

Surrey County 1.Easton, 2.Harran, 3. Hannell, 4.  
Flint, 5.Statter, 6.Hoben 7. May.

VAC M45 - 1.Easton; M50 - 3. Statter; M55 - 2.  
Hoben; M65 - 2. Hannell, 3.Flint; M80 - 1. May.

## **1 May National 20km, Redbridge Cycle Track**

The National 20km was held at Redbridge Cycle Track – a new venue where the course occupied only the fairly flat bottom section. An expected turnout of 6 Surrey Walking Club was eventually reduced to a bare minimum team of three who came away with National bronze medals after a brave race by all as they battled to all finish in a harshly judged race on a hot afternoon. The overall turnout of about 60 for all of the races was quite satisfactory but SWC were all towards the rear of the field which contained at the front most of the best walkers in the country. Best performance was undoubtedly Mick Harran's who, having started feeling it was not his race, in fact pushed on strongly without fading and obtained his 2 hours 10 minute target.

1. T.Bosworth (Ton) 90.13; 2. Dom King (Col H) 95.28; 3. P.Evenett (Red)98.27; 26. **M.Harran** 130.49; 29. **G.Macdonald** 135.42; 31. **S.Crane**147.03.

**Teams:** 1. Ilford 274 2. Enfield 257; 3. SWC 247

## **7 May Polish Open Vets 5000m Walk, Sopot,**

Just three vets lined up at 08.30 for the start of the 5000m walk. As sometimes happens in Poland we decided to do two races in one so everyone was timed at 3000m in addition to 5000m. Breakfast after the race.

**2 Lyn Atterbury (M60) 28.11 (3kms 16.59)**

## **2 May – Pednor 5 miles, Chiltern Harriers**

This event was attended by 3 Surrey Walking Club members in a field of 26. This single lap event on traffic free lanes is now one of the hilliest on the calendar, and the downhill sections, when they did come, were not helped by the blustery conditions which affected the National 20k the previous day and continued into Chris Flint achieved a creditable placing of fifth doing battle with recently qualified Australian Centurion Mark Wall from Leicester WC, with good competition at the front of the field where winner Francisco Reis had pulled out of the National 20k the previous day, and Mick Harran who also completed the 20k, finishing in the first half of the table, only 1 place behind Chris Flint on this occasion.

1. F.Reis (Ilf) 41.26 5. **C.Flnt** 51.08; 6. **M.Harran** 52.18; 14. **D.Hoben** 59.32.

## **16 May Southern Veterans League, Kent Div 2km, Sutcliffe Park:**

Friday saw another good race from Roger Michell in the very short 2km walk within the second Kent Vets League meeting. For tactical reasons the younger fitter athlete competed in the M50 group while Peter Hannell was in the M35 group, both being well outside of the actual ages. This did not stop Roger walking well within himself to easily win the race while Peter was some way behind but still ahead of the rest of the field.

1 **R.Michell** 11.11.5; 2. **P.Hannell** 11.38.8

## **15 May – Surrey County Senior Championships, Kingsmeadow ,**

During this busy period the main event is the County Championships with most Surrey Walking Club members competing at Kingsmeadow. On a mainly sunny but too warm a day the strange weather brought a strong breeze into the home straight and even a few drops of rain. Apart from one lady in the women's event, the field was all SWC with international Mark Easton bringing some quality to the race and lapping the field easily. The other medal positions were contested by Ian Statter and Peter Hannell together for all but the last 100 metres when Ian Pulled away by 4 seconds. Andrew Statter in the Under 15 Boys won that event finishing well ahead of David Hoben.

1. **M.Easton** 14.10.2; 2. **I.Statter** 17.25.1 sec; 3. **P.Hannell** 17.29.1; 4. **C.Flint** 17.59.4; 5. **D.Hoben** 20.55.2.

### **Under 15 Boys:**

1. **A.Statter** 19.10.1.

### **11 May Johnson Bowl 4 miles, Hayes,**

A reasonable field of competitors and supporters appeared for Blackheath and Bromley AC's Road Walk Championship for the Johnson Bowl and match against SWC, an event now about 130 years old. The President of BBHAC, Denis Lawrie, attended and was easily persuaded to take part although the race is not easy as its short 4 miles contains some steep hills. The winner and previous holder Roger Michell dully retained the Cup although he was pressed most of the way by young visitor, Ben Parsons, from Tonbridge. Due to the fact that several of the Surrey members are also members of Blackheath and Bromley, the match between the clubs is now no contest with SWC only members losing 11 points to 3.

1. **R.Michell** 35.31; 2. B.Parsons (Ton U17B) 35.46; 3. **M.Harran** 39.10; 4. **P.Hannell** 39.11; 5. **D.Delaney** 41.32; 6. **D.Hoben** 44.51; 7. D.Lawrie (B & B) 50.29; 8. **B.Imber** 50.41.

### **31 May VAC 5 miles, Battersea Park**

A busy week began with a very pleasant Summer evening in Battersea Park where a reasonable field of 14 completed the usual 3 laps mixing with a considerable number of Cyclists, runners and others at this busy venue. Times were generally a little down perhaps because the occasion seemed too pleasant for a very strenuous effort although our first man home, Chris Flint, was pleased with his third place leaving his usual rivals well beaten. Probably the

best relative performance came from Iain Thomson to finish just ahead of Peter Crane. 9 members in the field represented a good turnout for this popular series of races.

1 S.Allen (Ilf) 47.15. 2 S.Pender (Enf) 49.58; 3 **C.Flint** 50.07; 4. **P.Hannell** 50.31; 5. **P.King** 51.35; 6. **D.Delaney** 52.05; 7. **I.Thomson** 53.28; 8. **P.Crane** 53.44; 10. **D.Hoben** 58.40; 11. **K.Crilley** 59.29; 14. **J.May** 66.35.

**Men:**1. F.Reis (Ilf) 40.36; 2. S.Uttley (Ilf) 43.09; 3. T.Jones (Steyn) 43.40; 18.**D.Delaney** 51.59; 26. **S.Lightman** 56.40; 30. **D.Hoben** 57.32; 40. **P.Nihill** 60.28.

**Women:**1. D.Bradley (Ton) 45.28; 5. **K.Crilley** 59.26.

## **5 June SCVAC Champs, Ashford :**

The annual track championships of the Southern Area Veterans Athletic Club were held on a cold damp day at Ashford – quite a contrast to previous weeks in terms of weather. Perhaps the conditions put off some competitors as all of the events were poorly supported and only three took part in the 3km racewalk. In fact there were more judges than racers but fortunately no disqualifications despite strict surveillance. The winner's time was by far the best performance although the spread of age groups mean gold medals for all.

1. C.Hobbs (M&M M55) 15.42.2; 2. **P.Hannell** 17.45.6; 3. **G.Macdonald** 18.21.7.

## 4 June Moulton 5 mile Road Walk

A journey to the pleasant Suffolk countryside at Moulton where an excellent field of 60 raced over 5 miles in this combination of serious racing, fun walking and, where possible, recruiting effort into the band of racewalking enthusiasts. It was humid but still warm.

Although all outside of the first dozen they were all in the first third of the field of almost 100 with more in the shorter events. Dave Delaney made a further improvement in his comeback after a break. 6 miles an hour is clearly within reach. Behind him Shaun Lightman continues his steady recovery from injury while 1964 Olympic Silver medalist, Paul Nihil, enjoyed another infrequent race with little training but was only marginally outside of the hour – just behind Kathy Crilley who successfully broke that target.

1.F.Reis (Ilf) 40.36; 2.S.Uttley (Ilf) 43.09;  
3.T.Jones (Steyn) 43.40; 15.**D.Delaney** 51.59;  
23. **S.Lightman** 56.40; 25. **D.Hoben** 57.32; 30.  
**P.Nihill** 61.28.

### Women:

1. D.Bradley (Ton) 45.28; 2. H.Middleton (E&H) 47.38; 3. K.Duhig (Ryst) 48.49; 13. **K.Crilley** 59.26.

## **5 June British Masters Track 10km, Oxford**

We had only two representatives at the Horsepath Track for the National Masters track 10km. Roger Michell achieved an excellent sub 58 minute time to win his age group while Mick Harran also got a gold for the M70 group but was disappointed to have been significantly outside the hour.

1. M.Williams(Tam1<sup>st</sup>M45) 51.31; 2. T.Jones (Steyn 1<sup>st</sup> M50) 54.58 4. **R.Michell** (1<sup>st</sup>M60) 57.58; 9. **M.Harran** (1<sup>st</sup> M70) 63.27.

## **8 June VAC Open T&F meeting 3km Walk, Willesden**

This year Veterans AC added a 3km walk to their June open meeting which was held in Willesden. Four SWC made the short trip on a pleasant if slightly windy evening and though times were down a little all enjoyed the friendly club competition. This was in spite of some difficulty at the start as a casual runner tried to insist on his right to use the track even though it was on hire to VAC. Despite closing on the final lap Chris Flint did not quite catch Peter Hannell but was the nearest to his target time.

1. F.Reis (Ilf) 13.51; 2. S.Uttley (Ilf) 15.05; 3. A.Thomson (E&H) 17.25; 4. **P.Hannell** 17.53; 5. **C.Flnt** 18.11; 7. **D.Delaney** 19.04; 8. **D.Hoben** 20.45.

## **14 June Veterans AC 5 mile Road Championships, Battersea :**

This was the Championship event but unfortunately it did not match its usually large field with only 13 spread across the various age groups. Mick Harran and Chris Flint were both pleased to break the 50 minute barrier after a competitive outing with several others around the same mark.

1. S.Allen (1st M50) 45.42; 2. A.Thomson (E&H 1st M75) 47.59; 3. S.Pender (E&H 1st M55) 49.27; 4. **M.Harran** 49.44; 5. **C.Flint** (1st M65) 49.49; 6. **P.King** (1st M60) 51.45; 7. **D.Delaney** (2nd M65) 53.01; 8. **P.Crane** (3rd M65) 54.09; 10.**D.Hoben** (2nd M55) 56.34; 13. **J.May** (1st M80) 66.06.

## **18-19 June 2011 Polish Vets Championships, Zielona Gora,**

Zielona Gora is often one of the warmest places in Poland during the summer, but competitors at these championships enjoyed cool, showery weather. The walks were supported well with a dozen in each event. Your correspondent surprised himself, and also some of Poland's best veteran 1500m runners, by finishing second in the M60 category in this event, also recording reasonable results in the walks.

**Lyn Atterbury** 3km 16.33 4<sup>th</sup> (1<sup>st</sup> M60)  
4<sup>th</sup> 5kms 28.40 (1st M60)

## **25 June British Masters Track 3km Championship, Birmingham:**

### **Overall Men 35-69:**

1. M.Williams (TamM45) 14.05.; 2. S.Uttley (Ilf M50) 15.03.; 3. J.Hall (Bel M60) 15.35.

### **Men M65 Group:**

1. K.Richards (Cov) 17.27.7; 2. **P.Hannell 17.58.6**; 3.P.Howard (E&H) 20.30.6

## **9 July Southern Area Walking Association 20km Championship, Basildon**

Chris Flint did this event just 6 days after doing 100 miles. He was joined by Shaun Lightman and, while Shaun performed at least as well as he expected as he was recovering from injury, Chris, having started cautiously as one might have predicted, actually speeded up decisively in the second half to beat Shaun by more than four. Shaun's main rival was super vet Arthur Thompson and while Shaun got ahead at 10km, this was not the end of the story as Arthur revived sufficiently to end two minutes clear. The conditions were by no means ideal with wind, humidity and high June temperatures.

1. P.Ryan (Ilf ) 115.26; 2. J.Ralph (E&H) 121.39;  
3. K.Knight (SCVAC) 130.15; 4. **C.Flint 132.14**;  
7. **S.Lightman 136.59**.

SWC were second team in the SRWA  
champs.

## **16 July LICC and Enfield League 3km, Lee Valley:**

We had only two at this race this paucity was more than matched by the Clubs more local to Essex with a record 36 out. The 9 ladies and 27 men included half a dozen novices to race walking – a great sight for all of the spectators at this Track and Field event. Torrential rain fell for the whole 20 or so minutes with some easing towards the end. This seemed not to affect performances too much and David Hoben worked hard for a fairly good time although both Surrey members were looking for at least half a minute less.

1. F.Reis (Ilf) 13.44.5; 2. S.Davis (Ilf) 13.47.2; 3. S.Uttley (Ilf) 15.18.1; 11. **P.Hannell** 17.48.6; 21. **D.Hoben** 20.20.

## **26 July Veterans AC, 5 mile League Walk, Battersea**

The preceding day 7 Surrey men formed over half the field in the penultimate 5 miler of this Summer's Battersea races organized by Veterans AC. Again warmish, the evening saw great efforts by several including Surrey's own Mark Easton who's winning time was just short of his 40 minute target.

1. **M.Easton** 40.50; 2. S.Allen (Ilf) 49.35; 3. **M.Harran** 50.07; 5. **P.Hannell** 50.24; 6. **C.Flint** 51.19; 7. **I.Thomson** 54.23; 8. **D.Hoben** 56.46; 11. **K.Burnett** 64.04 .

## **27 July Surrey Walking Club and Blackheath & Bromley Harriers Athletic Club 3km Walk Championships, Norman Park, Bromley:**

The turnout was a little disappointing with less than 10 out and several regulars missing. This did not detract from a competitive race as Roger Michell soon pulled well clear but slowed a little towards the end giving Shaun Lightman an ultimately unsuccessful chance of catching him. Behind him Ian Statter could not hold on once passed by Shaun, while his son Andrew was the most successful racer. In achieving a 30 second personal best. He also won the Edgar Lloyd Cup for the first junior and the Wilmot Tankard for winning the handicap. The race temperature was warm though not excessive and the times generally good.

1(7). **R.Michell** 16.43.1; 2(3). **S.Lightman** 17.09.4; 3(4). **I.Statter** 17.37; 4(5). **P.Hannell** 18.09.8; 5(1). **A.Statter** (U15B) 18.29.4; 6. C.Cotterill (Ton U17G) 18.44; 7(2). **D.Hoben** 20.28.7. (SWC H'cp in Brackets)

## **23 July Hillingdon Half-Marathon Walk**

1. T.Jones (Steyn) 116.37; 2. S.Uttley (Ilf) 123.21; 3. J.Ralph (E&H) 127.01; 11. **M.Harran** 139.26; 12. **P.King** 142.21; 14. **S.Lightman** 143.19.

## **31 July Ilford League 5 mile Walk**

1. F.Reis (Ilf ) 41.48; 2. P.Gomez ( USA) 47.11; 3. A.Seddon (E&H) 48.26; 7. **S.Lightman** 51.20; 8. **P.Hannell** 52.07; 11. **D.Hoben** 57.27.

**Revised handicap positions from the Club 10miles held in conjunction with the race at Lee Valley on February 19.**

**1. Mick Harran 2. Chris Flint 3. David Hoben 4.Peter Crane 5.Shaun Lightman 6. Paul King.**

## **OTHER RESULTS**

17 April London Marathon 23,417 I.Statter  
4.59.23

25 April Tonbridge Open 3kms K.Burnett  
22.10.38

9 May Sthn Vets 2kms Kingsmeadow 1.I Statter  
11.35.7

9 May Sthn Vets 2kms Battersea 2. M.Harran  
11.38.9

13 May Euro Vets 10kms Thionville, France 3.  
J.May (M80) 81.35

14 June Steyning 3kms Horsham S.Lightman  
19.28

15 June Oxford Cty. 3kms D.Hoben 20.48

25 June Parishes 85 miles IofM I.Thompson 55  
mls in 14.50.41

5 July Woodford 5kms M.Harran 29.45

# **STROLLS REPORTS**

## **12 March Guildford Circular**

Conductor: Don Bolton

Thirteen of us assembled at Guildford Station Saturday 12th March shortly after 9am. I told everyone that the stroll would have a few hills, about 12 miles to lunch in Holmbury St. Mary and a further 9 to 9.5 miles back to Guildford. All of this was an under-estimate. We walked 13 very hilly miles to lunch and a further 10.3 miles in the afternoon with a total ascent/descent of 3828 ft!! One stroller left us at the lunch stop and just made the 13.29 bus back to Guildford.

After an efficiently served lunch 12 of us set off on the also hilly return trip to Guildford. The weather was very kind to us, a little overcast but sunny at times and great views throughout the day. It is usual that the conductor is thanked for leading the stroll but this group were very effusive in their thanks which shows that a stroll longer than the usual 20 miles is appreciated. I personally enjoy leading longer strolls but I will try to be more accurate in my pre-stroll blurb.

## **8 May The Risborough Rollercoaster**

Conductor: Nigel Schofield.

Participants: Kathy, Joelle, Varla, Susan, Nicole, Manjinder, Paul, Tim, Don, Laurence, and Dave

How appropriate that my first conductor role for SWC brought together a Dirty Dozen to ride the Risborough Rollercoaster! A glorious day (weather and scenery) and as promised the views were very good, clear air after overnight rain gave more than 35 miles visibility from Coombe Hill.

Despite delays due to signal failure at Wembley the 12 left Risborough Station at 10.15, sunny with 4/8ths cloud cover, blue sky and views of the Aylesbury Plain from the off. Eyes wide open as we stared through the Ercol showroom window at the precision of manufacture and classic design using beech and ash, no screws or nails. Onto the Chiltern Way via Bledlow Village, The Ridgeway and Chiltern Way, very good views from the top of Lodge Hill, elevenses and then onto Great Hampden via Loosey Row restored windmill to the Hampden Arms for lunch. Very good food enjoyed by an octet and the lemon sole was excellent as was London Pride and Adnams Very sunny after lunch, with a pleasant breeze, many bluebells, spring and winter wheat and the dreaded rape growing well. Onto the top of Coombe Hill via Low Scrubs and admire the beautiful restoration of the Boer War Monument and the long views northwards. Then up the scarp face of Beacon Hill for a tea stop,

followed by a group photograph underneath the CCTC for Chequers (Mr Cameron were you watching us?). One more ascent to the top of Whiteleaf Hill, views west to Didcot Power Station (too far to observe the Merry Go round of the coal trains) and a quick march down on the Ridgeway and back to Risborough Station with three minutes to spare for the train.

Thanks to Nicole I am able to confirm 20.3 miles and believe it or not 2528 feet of ascent. Thanks to everyone for their appreciation of the walk and my little bits of info along the route.

## **11 June Round trip from Farnham. Distance 20 miles.**

Conductor: David Watson. Participants Don Bolton, Jennifer Caddy, Susan Cannell, Nicole Carbonara, Mary Dumble, Raelene Edwards, Deepanjan Kanuengo, Chris Ketteringham, Freddy Knight, Lynne McKenzie, Joelle Paul, Corinne Thompson: , and for the afternnon Lyn Atterbury and Chris Dent.

The conductor was very fortunate to have been allocated the Saturday of the weekend as the weather was bright and sunny all day, pleasantly warm, whereas the following day the rain poured down all day. We set off through Farnham town in a northerly direction through the grounds of the parish church and the art college, and then west along St. Swithun's Way as far as Bentley. St. Swithun's Way runs all the way from Winchester to Farnham and is named after the

Bishop of Winchester who lived in the 9<sup>th</sup> Century. His humility caused him, when dying, to ask to be buried outside the church in a place which would be trodden on by passers-by. However, a century later when the new cathedral was being built, the new bishop decided to move his bones into a shrine within the cathedral, despite dire warnings that to move his bones would bring terrible storms. It apparently rained for forty days – hence the legend.

The route took us past some beautiful country houses. We crossed the A31 and the railway line at Bentley, and then walked south east through Alice Holt Forest and then east to our lunch stop at Dockenfield. One of our party asked me who Alice Holt was. As I couldn't give a satisfactory answer, I thought I would find out. Alice is a corruption of Alphege, who became Bishop of Winchester in 984 and owned the land. Holt is an ancient word for wood or forest. Alphege went on to become Archbishop of Canterbury and was later canonized.

The Bluebell in Dockenfield is a popular pub, so it was good to be there by 12.40 before the crowds arrived. It was a surprise to be joined by Lyn Atterbury, all the way from Poland for the weekend, and by Chris Dent. Chris explained his late start by telling of an encounter with a large rat. It was mischievously suggested that the 'rat' was a hangover from the night before. We were also joined for lunch by Roger and Chris Moss and by Tony Cartwright, Mary Dumble's partner. Tony, who achieved Centurion status at Ewhurst

in 1983, sadly is out of walking at present with a damaged knee.

Following a leisurely lunch we continued east and then south through Mill Court House and along the bank of a stream which brought us to Frensham Great Pond. Many of the party enjoyed ice creams at Frensham Pond Visitor Centre, while the conductor was treated to a welcome cup of tea.

Travelling north east we climbed the ridge from which good views of both the Great and the Little Pond can be enjoyed.

Continuing north east we came to Tilford where a cricket match was in progress. From Tilford we took the path due north, past Sheephatch Farm, and then Greensand Way. As we approached Mother Ludlam's Cave we encountered a large party of children accompanied by a man dressed as a wizard. At Mother Ludlam's Cave we met 'Mother Ludlam' herself, fully looking the part of a benign witch. Then past Moor Park we joined up with the North Downs Way and a very pleasant entrance to Farnham. I refer you to the report of the stroll led by Roger Moss last December for more information on Moor Park and Mother Ludlam.

Nicole, who carries her GPS, has kindly supplied an aerial view of the complete walk.

## **29 April to 2 May 2011 - Purbeck Weekend**

Sixteen strollers took advantage of the Royal Wedding extended holiday to enjoy a walking weekend in the Purbeck area of Dorset.

We were: Nicole Carbonara, Susan Cannell, Peter Crane, Chris Dent, Gail and John Elrick, Jill Goddard, Sharon Henderson, Christine Ketteringham, Paul Lawrence, Kathy Loraso, Nigel Schofield, Joelle Paul, David Watson, Richard and Sandra Brown.

Richard and Sandra, who live in the village of Worth Matravers, Purbeck, led three varied walks on Saturday-Monday.

After an enjoyable get-together at a bistro in Swanage on Friday evening, Saturday began with a ride on the heritage steam railway from seaside Swanage to the village of Corfe Castle. After briefly admiring the charming village [little changed over the centuries] and castle [a picturesque ruin now owned by the National Trust, having been captured by Cromwell and blown up during the English civil war in the 1640s], we set off westwards along the chalk ridge, passing the folly above the Elizabethan house, Creech Grange. At intervals on each walk, Richard entertained us with interesting information about the places we passed. Dropping south from the ridge, we took lunch in the thatched village of Kimmeridge before ascending to the ridge which overlooks the coast and path for the walk to Swyre Head and Kingston. This ridge, especially at the aptly-named Heaven's Gate, gives wonderful views along the coast to Weymouth and Portland,

enabling different geological formations and strata to be seen. Approaching the village of Kingston, the views of the largely hidden Encombe House and estate were another highlight of this walk. From Kingston, our route down the valley opened slowly to reveal the sea at Chapman's Pool with the cliffs of St Aldhelm's Head beyond.

Sandra ran on ahead to put the kettle on. En route to Worth Matravers, we were interested to learn that 2000 scientists had worked here on the top secret development of radar early in WW11. On arrival at the cottage, we were delighted to see Sylvia Nagarkar, a former active strolling member, who had driven over from Bournemouth to join us. Refreshed by tea in Richard and Sandra's garden, we strolled down the ancient ridge track, the Priest's Way, to return to Swanage – 18 miles in total. An enjoyable evening meal was taken in the Black Swan, one of Swanage's oldest pubs.

On Sunday, we headed easterly to climb the chalk ridge to Ballard Down and from there to Old Harry Rocks, once joined to Tennyson Down on the Isle of Wight, seen across the channel. Passing through Studland, with its Saxon and Norman village church, we saw the bunker from which Churchill and other top brass watched the rehearsal for the D Day landings in 1944. After coffee at a sea-shore cafe, we crossed the heath to the famous Agglestone – an iron-stone rock outcrop, which legend says was thrown by the devil from Portland and fell short of Salisbury cathedral. The heath land paths brought us again to Corfe Castle for a welcome stop at the village

bakery, before climbing and walking along the chalk ridge, Nine Barrows Down, to return to Swanage –23 miles, and another sunny day. Our evening watering hole was the Scott Arms at Kingston, with its great views of Corfe Castle. We were pleased to be joined by Sharon's brother. Monday morning saw us heading south along the SW coast path to the Victorian Durlston Castle with its Great Globe carved in Purbeck stone. Westwards along the cliffs, we passed a number of former cliff quarries from which the fine Purbeck stone was shipped to the city of London. Heading inland to the village of Worth Matravers, we enjoyed drinks, and some tried the home-made pasties, at the Square and Compass pub. The pub has remained unaltered over centuries, and has its own museum of fossils and finds from shipwrecks and local excavations. Heading back along the Iron Age track to Swanage, the party dispersed at the end of an enjoyable weekend in this attractive and interesting area.



Strollers on the Purbeck Weekend  
About to board the Swanage – Corfe Castle  
steam train. Yes, we did walk afterwards.  
LtoR: John Elrick, Peter Crane, Jill Goddard  
(kneeling), Chris Dent, Nicole Carbonara, Kathy  
Lo Raso, David Watson (behind), Sandra Brown,  
Nigel Schofield, Joelle Paul (hidden), Susan  
Cannell, Richard Brown, Chris Ketteringham and  
Gail Elrick.

## STROLLS FIXTURES

**Sunday 11 September.** Petersfield Circular.

Conductor **Jennifer Caddy** Start

**Petersfield** station at **09:39** (London Waterloo 08:30). Return trains 04 and 24 minutes past the hour.

*Route description. North on the Hangers Way, over the Shoulder of Mutton Hill, then through Hawkey to Empshott Green and Liss. **Lunch stop Liss.** Return to Petersfield via Sussex Border Path.*

Explorer 133, approx. 19 miles.

**Sunday 25 September.** Hastings Circular.

Conductor **Peter Crane** Start **Hastings**

station at **10:03** (Charing Cross 08:23 via Waterloo East and London Bridge).

*Route description. **Lunch at Icklesham.** Morning - mainly woodland and part of 1066 walk. Return via military canal and coast.*

Explorer 124, approx. 20 miles.

Further fixtures will be arranged and will be available on the website or from the Strolls Secretary, Janette Henderson.