

December 2011 No.449



Walking

*The Gazette and
Record of the Surrey
Walking Club*



Mick Harran, first M70 in the Masters 20kms, has been doing some great times (photo: Mark Easton)

PRESIDENT'S REPORT

It is a great honour to be offered, for the second time, the post as President of Surrey Walking Club. I enjoyed my first stint enormously and I hope I can do justice to the position the second time around.

I must thank Peter Selby for nominating me and also the Committee for their support. My aim will be to try and get younger people to take up race walking, but this is going to be a big ask.

Peter Selby must be praised for his efforts over the past three years, especially in the promotion of all the club events, including the junior events, which I hope will be continued. The racing members of the club are doing us proud.

I would like to express my gratitude to all the ladies for providing teas at the club races. Congratulations to John & Gail Elrick and to Janette Henderson, as they have energised the strolling programme, going from strength to strength.

I plan to be about as much as possible at the various club, open, and national events, watching the club members participate. Unfortunately I will be unable to take part myself at present, as all my years of walking and dancing in the streets in Trinidad and at Notting Hill Carnival have left me with a burnt out hip !

Next year, the London Olympic Year, will be very special. I wish everyone in the Surrey Walking Club a Merry Christmas and a Happy and Successful 2012.

Nolan

Welcome to Gazette no. 449 – This is your club magazine. As Editor I welcome any contributions. Letters, news, comments, photos or reports which could be of interest to other club members are all welcome. If you are able to Email any material to editor@surreywalkingclub.org.uk that would be welcome. Thanks for all contributions especially the reports of strolls which have always been popular with readers. This magazine is also accessible on our website. If you would prefer to read the magazine on the website www.surreywalkingclub.org.uk rather than receiving a hard copy please let me know. It will continue to be available in both forms.

Welcome to new members:

Glen Keegan
Philip Henwood

WEBSITE

There is lots of interesting information on our website www.surreywalkingclub.org.uk
Mark Easton can be contacted at webmaster@surreywalkingclub.org.uk

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

The year has been dominated by the staging of our regular four-yearly 100 miles race at the new venue of Lingfield Racecourse. After the event we can look back on a very successful occasion with 15 new Centurions, mainly among our Dutch friends, and a total of 33 completing the full distance. Both the Club, the visitors, officials and many others interested in race walking very much appreciated the work of the organiser, Mark Easton assisted by our President Peter Selby. In general the main feature of the racing side has been participation as the long serving regulars have been joined by several enthusiastic returners and newcomers so Surrey Walking Club's name has appeared on the results in good numbers far and wide. Meanwhile the Strolling members have enjoyed an excellent year with mainly good numbers and many new routes and leaders. We cannot be complacent as the lack of younger blood continues to be a serious worry and, while the Olympics have brought a much stronger National squad, the general regeneration of the sport in the UK remains slow and patchy.

At the beginning of the year we had 142 members and have since elected 7 new applicants, all of whom are Strollers. There have been two deaths, one resignation and we have deleted two names for non-payment of subscriptions. The net result has been a further increase in membership by 2 to 144 at the end of August. The deaths include that of much missed Brian Ficken who was mentioned in last year's report having passed on before the AGM. The only other loss has been another former President, Bernard Cotterill, who held the honour back in 1984 and was a member of the club for 55 years both as an active

racer in his younger days and subsequently a regular stroller until ill health made walking difficult. Since then he had been a familiar figure at the side of the road especially at LPR events. The sad closure of the London Vidarians Club due to dwindling numbers reminded us of our own ageing situation but also brought our team two more active racing men – John May and Chris Flint – as they switched their first claim status from LV to Surrey WC.

Our Race Secretary, Peter Selby once again organised our usual pattern of events at Selsdon and Norman Park in addition to his involvement in the 100 miles. Our Open 10km was, as has been the case for a few years now, used as the Southern Championship although this failed to bring as large a field as might have been hoped and in particular few SWC turned out. This was in contrast to our other Winter fixtures where good numbers of around 25, half of whom being SWC members, were typical. The Monks Hill Sports Centre had been deteriorating and we were fearful of closure but in fact the premises have been decorated and provide a cheerful and welcoming venue. Our Summer races at Norman Park were quite successful although a number of exterior factors somewhat reduced their profile. The major event was of course the organisation of the very successful 100 miles. The Club heartily congratulates Mark Easton on his brilliant job of putting together this very successful but also very complex event which had also been blessed with good weather. Towards the end of the last calendar year we were all pleased to hear of the award to Peter Selby of the Development Coach of the year for the Southern Area.

Yet again we have to report that our Captain, Nolan Simmons, was not able to race although he continues to support the team as often as possible. He started

his report by recalling what a year it has been – he felt that the racing members just carried on upwards from where they left off last year. The club competed in all the Nationals and were successful in all of them, gaining 1st, 2nd and (3) 3rd places. The teams were made up of different members but Roger Michel excelled himself in most of the events and was awarded the E.C. Webb Trophy for his performances in the National 10 miles and 10km. He was glad to see the racing members competing not only in the nationals but in the club, vets and open races where we have done very well also. Again Ian Statter has also competed in the short and long events and as a result he was awarded The Freddie Blackmore Trophy for his performance in the Club Open 100 miles, where he placed 5th and won a 1st RWA team medal. In the Ultra events Sandra Brown is our leading lady walker and her achievements, particularly in our own 100, continue to astound and make her new age group clearly inappropriate. She wins the overseas award, The Harry Preston Cup, for her performance in the Chateau - Thierry 24 hours. We have also Kathy Crilley and Chris Flint our new 1st Claim member who competes overseas as well and is now a fully-fledged member. Lyn Atterbury, who lives in Poland, still keeps the colours flying high and keeps us informed of his achievements. Andrew Statter is continuing his improvement at a rapid pace. Again he was awarded the Sydney Schofield Shield.

Our veteran walkers are doing us proud and should be congratulated on their performances, as sometimes they make up the majority of the fields. The Captain feels sad that he cannot help the teams as he is still not very well, with problems with right leg. He would like to congratulate all the racing members who have competed this year and hopes after our great results we will keep surprising ourselves.

Our new Strolls organiser, Janette Henderson, has done a great job in creating an updated programme and seeking out new leaders and routes. Her own enthusiasm appears to be infectious to the extent that new volunteers now often approach her. The split in duties between Jeanette Henderson with her innovative planning and Gail Elrick's membership and publicity role has worked well. It also has the advantage of providing cover for providing the very efficient travel updates. The Purbeck weekend led by Richard and Sandra Brown was fully subscribed at 16 and much appreciated by the attendees. In particular the planning and information provided by the host made the various routes particularly enjoyable.

Our Social Secretary, Trevor Sliwerski and auctioneer Malcolm Wishart provided the usual entertaining evening at the Blackheath & Bromley HAC Clubhouse in Hayes, Kent for Gazette Night. We were able to revert to the usual November schedule with 33 present including Trevor himself in spite of feeling unwell and subsequently being diagnosed with chicken pox. The event raised the good sum of almost £300 despite the slightly lower numbers. The end of May saw a second social event this year as we celebrated the 50 year membership of Colin Harding, Ken Mason and Peter Selby. Although numbers were a little less than hoped at 26, the evening was most enjoyable and we hope similar occasions will be possible for subsequent 50 year members.

Gazette Editor Peter Crane continues to provide the regular and, perhaps more importantly, the irregular and distant members, with this interesting record of the Club's activities and hopes to encourage more reports and pictures. The Club is most grateful to Peter and his production assistant, Penny Darton, as they perform their important roles.

Your Committee has met, under the Chairmanship of our President, Peter Selby on the usual monthly basis. The planning of the 100 continued from the previous year culminating in an event where there were virtually no organisational flaws occurred and we are very thankful to Mark and Peter for leading this huge feat. Mark has also been responsible for providing us with a unified website containing not only the Racing and Strolls programmes and reports but also the ability to convey up to date information. This has enabled Jeanette and Gail to give the current travel details which are so essential to the smooth running of our Strolls and so welcomed by the participants. Our change of Committee meeting venue to the Union Jack Club has worked satisfactorily. As a separate issue it is thought a reorganisation of frequency to 6 rather than 10 meetings a year is appropriate and in consequence next year's AGM will probably be held in November.

There is already great excitement, even if partially generated by the organisers, surrounding next year's London Olympics and consequently more interest in athletics and keeping fit. As fast walking is a prominent element of this interest we hope the Club will gain from it and we must work on ways in which we may promote this process. The Committee will doubtless be addressing this matter over the next few months. We look forward to 2011/12 as it will be an exciting time for sport and hope Surrey Walking Club is able to gain some longer term benefit from it.

Peter Hannell Hon. Secretary

RACE REPORTS

6 August – SWRA One Hour, Dartford

For a number of reasons the usually popular Southern Area One Hour race at Dartford was light on numbers, however two of SWC's current best team were there competing in the most crowded section of the field. Shaun Lightman started conservatively but came through to drop Dave Sharpe while not far behind Sharpe was almost caught by Chris Flint after a long battle. Lightman's competition was not over as Maureen Noel from Belgrave, caught him and only a strong effort enabled him to pull clear by two metres.

1. J.Hobbs (Ashf U20M) 11.522 km; 2. S.Uttley (Ilf M50) 11.088 km; 3. S.Allen (Barn M55) 10.609 km; 7. **S.Lightman** (Sy WC M65) 9.693 km; 9. C.Flint (Sy WC M65) 9.551 km.

7 August Inter-Area Veterans Match 2km Walk, Solihull:

This match, which took some away from the Dartford race, saw two Surrey men out competing for Veterans AC. This area club was fully represented in the men's walk although Peter Hannell could only manage third in the M65 section with the strongest competition in this group. David Hoben competing below his proper age group in the M35s had a better race finishing inside his 7 minute kilo target.

1. M.Williams (Tam M45) 9.11.8; 2. S.Allen (Barn M55) 10.36.2; **6. P.Hannell (M65) 11.48.6; 13. D.Hoben (M55) 13.56.6.**

10 August – Surrey Walking Club Open 5km Track Race, Norman Park:

Our only annual promotion is an Open 5km at Norman Park Track. This year the field of 12 was about the average with 5 being very welcome teenagers from the Tonbridge and the Bexley Clubs. It was the Tonbridge group who provided the best performances with an excellent 26 min 13 sec from Under 17 Ben Parsons and a personal best from Under 17 Catherine Cotterill. Four of the six Surrey faces formed a group of potentially similar racers and although all were ultimately a minute apart at the end provided quite a race over the first few laps. Shaun continued his return to form asserting his superiority from a slowish start to pull away from the others.

1. B.Parsons (Ton) 26.13; 2. **S.Lightman** 29.01; 3. **M.Harran** 29.58; 4. **P.Hannell** 30.19; 5 **C.Flint** 30.55; 6. C.Cotterill (Ton U17G) 31.21; . 7.**D.Hoben** 34.20; 8. G.Legon (Bex W50) 36.01 9. **K.Burnett** 37.56.

Junior 3km: 1. E.Symons (Ton U20W) 17.17; 2. L.Legon (BexU15B) 21.00; 3 G.Parsons (TonU15G) 21.41.

16 August – Veterans AC Summer 5km League, Battersea Park, London Inter-Club Competition 5km walk,

We were well represented at the last of the season's VAC league 5 miles races in Battersea Park, making up almost half of a reasonably sized field. Of the six SWC men three did particularly well. It was good to have the winner with the Club's fastest walker, Mark Easton, holding off second finisher, Steyning's Ian Richards, by 15 seconds and comfortably inside 40 minutes. Well up in sixth was M70 Mick Harran leaving those he would normally be near him and disappearing from sight. Chris Flint, who was 3 places behind Mick, similarly left King and Hannell far behind to get close to his 50 minute target.

1. **M.Easton** 39.45; 2. I.Richards (Steyn) 39.59; 3. P.Ryan (Ilf) 44.06; 6. **M.Harran** 48.25; 9. **C.Flint** 50.13; 11. **P.Hannell** 51.14; 12. **P.King** 53.21; 14. **D.Hoben** 59.32.

27 August Gdansk International Walks and Polish Vets 5km Championships

The hot weather (27oC) did not prevent a good standard being maintained in the Vets 5km. 17 men and 3 women started, with one DQ and one DNF. The 10km and 20km resulted in far slower times compared to previous years, with considerable numbers of DNFs. Your correspondent did not enjoy the heat. Having completed the first three laps at 28.10 pace, the last two were completed at 30.34 pace.

10 Lyn Atterbury 29.03 (1st M60)

1 October POLAND

Veterans Baltic Trophy Meeting, Sopot, Poland
5000m 3 Lyn Atterbury 28.19
3000m 3 Lyn Atterbury 17.12

Note: 3000m officially timed during the 5000m

20 August - London Inter-Club Competition 5km walk, Woodford :

Shaun Lightman joined David Hoben at Woodford for a London Inter-Club match with a field of 30 where he was pleased to record a time near his 30 minute target. David was not so lucky as a lap counting error by the officials, who were naturally under some difficulty with such a big field, forced him to complete an extra lap.

1. F.Reis (Ilf) 24.26; 2. J.Ralph (Chil) 28.03; 8.
S.Lightman 30.17; 30. **D.Hoben** 35.44.

28 August – Veterans AC T&F Championships 3km, Battersea Park

Mark lapped the entire field for this Championship event in a time a little off his recent best - unsurprisingly with no competition. The Club's next two finishers in 3rd and 4th had more of a race for the M65 gold but Shaun Lightman was comfortably clear having caught Peter Hannell before halfway. John May was slightly off his season's best but as the only M80 and oldest in the field had to contend with trailing the field and being just lapped for a third time by

Mark. Conditions were ideal with little wind and a light but cooling shower for the first lap or so.

1. **M.Easton** (M45) 14.12; 2 S.Allen (IfM50) 16.57; 3. **S.Lightman** (M65) 17.11; 4. **P.Hannell** (M65) 17.47; 11. **J.May** (M80) 23.42.

3 September – British Masters 10km Champs, Leicester

With the difficult choice between two important walking races several, including Surrey Walking Club's Roger Michell, visited both Leicester and Ashford. Shaun Lightman was also at the former for the British Masters 10km achieving an age-group Gold in the M65 while silver was Roger's M60 colour. With 24 out SWC's men were well placed although not winning a team medal due to the unfortunate disqualification of Lyn Atterbury who had travelled all the way from Poland for this event. The course was the usual park with a lap of just over a mile but little incline and a very good surface. A cool windy day was better for racing than watching.

1. T.Taylor (Bir) 48.48; 2. F.Reis (If M50) 49.56; 3. N.Duncan (Yorks RW U20M) 53.47; 8. **R.Michell** 57.42; 14. **S.Lightman** 61.36.

4 September Southern Veterans Athletics T & F League Final, 2km Walk, Ashford:

Humid and occasionally wet weather the order of the day. Both Roger Michell and Peter Hannell were

competing for their 1st claim track club, Blackheath, while Mick Harran represented Herne Hill. There being a shortage of younger veteran walkers, the Surrey contingent were allocated to the M35+ and M50+ groups in a strategic manner giving Roger full points in the M50s while 3rd in the M35s was as good as was likely given the strength of some of the other M35s. As it happens Herne Hill and Blackheath were at the time very close in the overall match and although both clubs achieved the same points over the two age group walks BHHAC could easily have gained considerably fewer points in an event where HHH are very strong. In fact the two BBHAC/SWC members performed in such a determined manner that this did not happen even though Mick did get away from Peter in the last lap.

1. G.Chapman (Head) 10.12.1; 2. W.Pauzers (Hern) 10.50.2; 3. **R.Michell** 10.56.2; 4. **M.Harran** 11.24.8; 6. **P.Hannell** 11.38.5.

2-4 September – Church to Church 19.4 miles Walk and 3km, Guernsey:

The first of the island races was held in warm sunshine which was remarkable as the two lap route round the bay was shrouded in low mist immediately before and after the race.

The list of starters included many more of those attending the much longer Sunday race which made the results more competitive and interesting.

The race was dominated by the host club Sarnia who held the top three places, and won by islander Stuart Le Noury who did a personal best. Dave Delaney, for Surrey Walking Club who was new to the Guernsey

races came in just inside 20 minutes and a second behind former Commonwealth athlete Dave Dorey.

1. S.Le Noury (Sarn) 13.59; 2. P.Lockwood (Sar) 15.24; 3.R.Elliot (Sar) 16.41; 9. **D.Delaney** 19 56 11. **D.Hoben** 20.40.

The second of the island races took place after a clearing up shower for a second time in sunshine but with a sea breeze which proved to be ideal conditions for the 29 starters. The race was won by islander Stuart Le Noury for the host club Sarnia who shed 16 minutes off his personal best and had been waiting for that win for a very long time, and had also won the much shorter race two days before. It was also something of a small nations match as Manxmen Vinny Lynch and Jock Waddington came in joint second place and gave the winner a good run for his money as they are both present day winners of the rather larger sister event 85 miles Parish Walk in the Isle of Man. Surrey Walking Club was represented by Dave Delaney and David Hoben who both were in the first half of the men's results table. This event is one of the few left in the racing calendar that are not on multi lap courses and is very scenic from the start and throughout.

1. S.Le Noury (Sarn) 3.05.54; 2=. V.Lynch & J.Waddington (IoM) 3.06.43; 9. **D.Hoben** 3.57 51; 12. **D.Delaney** 4.02.16.

11 September – National 10km, Victoria Park

We only had to travel to Victoria Park, Hackney for the 2011 National 10km championship, an event which has given them podium finishes over the past few years and once again they came away with in this accolade – 3rd this time. The field at the front was very fast thanks to 42 minute Canadian visitors who were joined by Micheal Doyle and Jamie Costin from Ireland and three more all inside 45 minutes. SWC's first man, Roger Michell, was well up to his recent speed 78 seconds inside the hour followed 5 positions later by Shaun Lightman about the same time outside of the same target. It is not an easy course with any lack of fitness penalised and Dave Delaney and David Hoben found the going hard but the third member of the scoring team, Mick Harran, showed no such effect to finish less than a minute behind Shaun.

1. E.Dunfee (Canada) 42.17; 2.I.Gomez (Canada) 42.22; 3. M.Doyle (Ireland) 42.39; 17. **R.Michell** 58.42; 22. **S.Lightman** 61.29; 23. **M.Harran** 62.21; 26. **I.Statter** 63.42; 31. **D.Delaney** 68.27; 32. **D.Hoben** 74.47.

Teams: Ilford A 270 points; Ilford B 250 points; 3. **Surrey Walking Club** 238 points.

18 September Enfield League 10/5 km, Hillingdon:

This time Mick was less than half a minute behind Shaun and a minute faster than in the National. Behind them the two Davids were again near each other a little further down the field and also faster than in Hackney with Hoben getting inside 71 minutes and not too far from his best times. The Club was particularly pleased to see their own Past President of the National Association, Pam Ficken, out in the 5km where she was not far from 4.5 mph speed walking with a small group of similarly paced competitors.

10kms 1. F.Reis (Ilf) 49.36; 2. S.Uttley (Ilf) 53.38; 3. S.Allen (Barn) 55.43; 9. **S.Lightman** 60.52; 10. **M.Harran** 61.15; 20. **D.Delaney** 67.48; 23. **D.Hoben** 70.59.

5 km 1.S.Allen (Ilf) 34.11; 4. **P.Ficken** 42.08. .

2 October – National 50km Walk, Northampton Racecourse:

While most of us in the Southern half of the UK were enjoying the unseasonably hot sunshine on this October Sunday those competing in the National 50km were certainly not. The course was up and down a narrow 500 metre stretch of pathway giving 50 repetitive 1km laps with two sharp 180 degree turns each. We had a full team of three out and, under the special scoring rules, came away with two silver team medals but none was happy with their performance nor indeed was even the race winner, Scott Davis from Ilford, with a time of 4¾ hours. The heat, a slight wind and the course combined to make this a very difficult race with all suffering. Our first man, Roger Michell, was the only one to complete the whole distance but in a time outside 6 hours - slower than his first 50km in the recent 100 miles. Chris Flint struggled until the 6 hour 15 minute time limit to finish only one lap short and far enough to be classified in the results while our third finisher Ian Statter was forced to retire with back problems around 30km. In all only half of a rather thin National Championship field completed and those who did deserve congratulation for sticking to their hard task.

1. S.Davis (Ilf) 4.45.22; 2. R.Spenceley (Yorks RWC) 5.32.53; 3. A.Edwards (Lanc WC) 5.37.27 9.
R.Michell 6.10.00; 23. **C.Flnt** Classified at 49km (6.13.42 -inside 6 hr 15 min limit).

Teams: 1. Ilford 299 pts; 2. **Surrey Walking Club** 185 pts.

8 October– Enfield 5 mls, Lee Valley:

The usual healthy number of 45 walkers toed the line at the Picketts Lock Sports Centre, Lee Valley, North - East London for the latest in the 2011 Enfield League 5 miles. Conditions were more or less perfect with little wind, no hot sunshine but not too cold. Times were generally good and Surrey Walking Club's first finisher Mick Harran was inside 48 minutes and near his best having other competitors all around him. Similarly David Hoben, although somewhat isolated, also made one of his best times and was in the upper 2/3 of the finishers with quite a few of the very welcome first timers behind him. The other two male members of SWC fared less well as they returned from a long break in Stephen Crane's case and a short one for Peter Hannell. Stephen may be excused as his absence relates to a very new family and perhaps we shall see his 25th position improve again, commitments permitting. SWC were also pleased to, once again, have a finisher in the women's race with Kathy Crilley in 9th and only a minute behind Stephen. Kathy had recently also taken part in the Roubaix 28 hours in France. She was one of three in the 5th women's team – The Lightening Ladies – who completed 193.6 km between them. This was a mere 10km behind 3rd - the Dutch team.

Men: 1. F.Reis (Ilf) 38.55; 2. T.Jones (Steyn) 40.44;
3. D.Fabian (Unattached) 40.56; 15. **M.Harran** 47.50;
21. **P.Hannell** 50.08; 23. **D.Hoben** 54.51; 25.
S.Crane 56.50.

Women: 1. S.Miles (Hill) 45.35 2. H.Middleton (E&H)
46.25; 3. B.Abdi (Ilf) 48.18; 9. **K.Crilley** 57.45.

15 October –Gazette Cup 4 mls, Selsdon:

Our first Club race of the new season was welcomed by pleasantly warm sunshine on our home course. The winner for the not so unlucky 13th times was Mark Easton in a time well inside 8 minute pace. The wins stretch back to 1985 when this short course enabled the young man to beat his more experienced clubmates. This time he was still in front of some of today's group of similarly aged young walkers among the visitors who made up exactly half of the field of 22. Among the other Club members the handicap winner who was judged to have had best performance was Dave Delaney who returned to the sport recently after a break of over 20 years and is still coming back to his current unknown potential. He formed one of a group of 7 Surrey members occupying consecutive positions in the middle of the list also including father and son Peter and Stephen Crane who finished within a few seconds of each other. Nearly a third of the field were women as the sport seems to be recently attracting more of this half of the population trying to get fitter and this race included several such relative newcomers.

1(4). **M.Easton** 31.34; 2. S.Uttley (Ilf) 33.20; 3. D.Bradley (Ton W) 36.39; 4. B.Parsons (Ton) 37.52; 5. H.Middleton (E&H W) 38.04; 6. G.Thomas (Ton) 38.32; 7. D.Sharpe (Ilf) 39.24; 8(3). **I.Statter** 39.34; 9. S.Pender (E&H) 26.12; 10(8). **P.Hannell** 40.57; 11(7). **C.Flint** 41.06 ; 12(10). **S.Crane** 43.13; 13(5). **P.Crane** 43.18; 14(1). **D.Delaney** 43.18; 15(11). **S.Lightman** 44. 21; 16(6). **D.Hoben** 44.21; 17. A.Martin (Padd Wood W) 45.04; 18. G.Legon (Bexley W) 47.27; 19(9). **K.Crilly** 47.38; 20. B.Hercock (E&H) 47.58; 21. K.Livermore (E&H) 53.48; 22(2). **P.Ficken** 53.48.

22 October – Cambridge Harriers League, Bexley

The first of the Winter's four Bexley league races was held in another Summer-like afternoon but cool enough to be perfect for this short, 5km, race which attracted a fairly good 20 in the senior event and another dozen in the shorter young age-group races. This league is deliberately to the strictest judging standard to give competitors the experience of Championship competition but on this occasion there was only one disqualification and all of the four Surrey Walking Club members finished satisfactorily. As it happens they also all finished consecutively filling positions 7 to 10 with Shaun Lightman a minute away from the others who all closed within 20 seconds. As usual for this short distance the start was furious and some paid for this later. Shaun caught Hannell after the first half of the four laps as he tried to hang onto a strong competitor from Steyning and though eventually falling back a little was pleased with a better time than recently. Hannell struggled to keep Shaun in sight while his clubmates, Mick Harran and Chris Flint, gradually closed from behind but just failed to catch him. The last two were a mere 6 seconds apart at the finish and all fairly satisfied with their times.

1. C.Curbishley (M&M) 23.41; 2. F.Reis (If) 24.23; 3. S.Uttley (If) 25.31; 7. **S.Lightman** 29.39; 8. **P.Hannell** 30.31; 9. **M.Harran** 30.46; 10. **C.Flint** 30.52.

29 October – Steyning AC 10km,

Another pleasantly warm Saturday provided the usual sight of Walkers starting out from the very centre of the Sussex village of Steyning. The out and back course always attracts a reasonable field despite the travel and with the leaves turning in colour they were rewarded with the most pleasant scenery – and a few hills. We contributed six to the total of around twenty. All of this pleasantry however did not distract the competitors pushing hard on this undulating journey with the first three SWC quite close in consecutive positions. Mick Harran started fast among the leaders and though losing out to these could not be caught by Chris Flint and Peter Hannell who had him in sight but out of reach for the whole race. At the three quarter point there is a particularly hard, long hill which usually defines the final outcome and while Harran and Hannell slowed, Flint's strength came into play but while breaking away from the latter he was unable to make enough ground on Harran who finished 40 seconds clear over the final stretch.

1. 1. T.Jones (Steyn) 52.58; 2. J.Ball (Steyn) 53.21; 3. S.Allen (Barn) 55.14; 6. **M.Harran** 62.21; 7. **C.Flint** 63.01; 8. **P.Hannell** 63.35; 11. **S.Lightman** 64.46; 12. **D.Delaney** 68.45 13. **D.Hoben** 71.36.

5 November – Alec Potton Memorial 7 mls

Held in honour of former President Alec Potton, a total field of 22 toed the line. There was a warm welcome for current Lithuanian international Neringa Aidietyte who has a 20km best just inside 94 minutes and provided the first female winner of this race. Mark Easton, who has now won this Club Championship almost 29 successive times, took the honour again in 3rd place overall a couple of minutes below his 56 minute target which would have brought him into competition for 2nd. Our most successful competitor was Kathy Crilley not only taking the ladies Club Championship but also finishing over two minutes ahead of the handicapper's expectation and winning that award too. The other net times were surprisingly close and most competitors had someone ahead to go for and pushed on hard for good times with Dave Delaney, second in the handicap, having, like Kathy, a particularly good race.

1. F.Reis (Ilf) 55.49; 2(7). **M.Easton** 57.49; 3. S.Uttley (Ilf) 60.22; 4. S.Allen (Barn) 63.13; 5. A.Thomson (E&H) 66.07; 6. M.Fisher (Redc) 67.24; 7. R.Penfold (Steyn) 68.17; 8. D.Sharpe (Ilf) 69.35; 9(4). **S.Lightman** 70.48; 10. S.Pender (E&H) 71.06; 11(3). **P.Hannell** 71.20; 12(6). **P.King** 71.42; 13(5). **I.Statter** 72.20; 14(2). **D.Delaney** 77.13; 15(8). **P.Crane** 77.28; 16. B.Hercock (E&H) 87.50.

Women:

1. N.Aidiete (Ilf) 54.10; 2. H.Middleton (E&H) 65.28; 3(1). **K.Crilley** 83.23; 4. G.Legon (Bexley) 91.04.

Junior 3km: 1. L.Legon (Bexley U15B) 18.07.

12 November – Enfield 7 miles, Picketts Lock:

Until 2010 the third November 7 miles race was the Belgrave, which had seen fields of two or three hundred in its heyday and attracted a national field, however last year saw the demise of this event. This has left Enfield to take over the mantle of the largest open race in the South and this year's start line of almost 70 went a good way to justify this position even though the distant visitors were few in number. Surrey Walking Club's contribution to this total was a creditable 9 and though lacking the fastest competitors required to challenge for team victory were satisfied with fourth. The large field avoided isolation for anybody and Shaun Lightman used this to improve on his time in the Club's own 7 by nearly four minutes. Slight injury held him back over the first half as he fell to the back of a group of four or five he was with during the first of the three laps. However some easing of the discomfort and the challenge those pulling away enabled him to advance his position sharply on the last lap and achieve his much improved time. Most of the rest also found the flat course and the high standard of the race the incentive to improve by a minute or two with Peter Crane having the biggest improvement after Shaun. The race incorporated various veteran championships with Shaun 1st M65 while Kathy Crilley took the Cup for the first female Centurion.

Men

1. Dom King (Col H) 49.29; 2. Dan King (Col H) 50.39
3. V.Mikelionis (Ilf) 54.43; 18. **S.Lightman** 67.00; 25.
P.Hannell 69.23; 28. **C.Flint** 70.29; 29. **P.King** 71.11;

36. **P.Crane** 75.06; 37. **I.Thomson** 76.33; 38.
S.Crane 79.40; 44. **D.Hoben** 86.53.

Teams: Ilford 17 points; Enfield 44; Steyning 55 and
Surrey WC 78.

Women:

1. N.Aidietyte (Ilf) 53.05; 2. H.Middleton (E&H) 64.40;
3. M.Noel (Belg) 69.35; 13. **K.Crilly** 81.30.

Other Results

20 August British Masters 20kms 7. M. Harran
2.11.30 (1st M70)

17 September Roubaix 24 hour relay K Crilly 61kms

24 September 50th Postmen 6 mls P. Nihill 74.06

28 September Ryan Cup 10kms Birmingham C.Flint
64.17

15 October Leicester 7 mls Sarah Lightman 72.08

FIXTURES

10 Dec Christmas Cup 5kms Monks Hill 2.30pm

7 Jan SRWA and Open 10kms Monks Hill 2pm

STROLLS REPORTS

7 August High Brooms to Tunbridge Wells, Conductor: Janette Henderson

Nine strollers joined the conductor on this stroll, despite there being a competing LDWA London Group walk that same day (something that I had tried to avoid, but a last minute change by the conductor of the LDWA walk meant there was a clash after all – gr...). Having said that, 10 is a very nice number for a stroll and so thanks to those strollers who chose the SWC stroll – by far the better option of course!

The morning route took us via some very rickety stiles to Southborough Common where we met the usual plethora of dog walkers. The group took a quick elevenses stop in the church yard of Bidborough Church, taking in the glorious views of rolling countryside to the west, before continuing on our way. Shortly afterwards the heavens opened and we all had to take shelter under a very large tree for what seemed like ages, but was probably only 5-10 minutes, while it absolutely bucketed down. As the rain eased off (slightly) we decided that it was time to move on down the pleasant, if slippery, path to the Medway (more dodgy stiles). The morning continued to alternate between sun and heavy showers as we made our way to Penshurst. Luckily we enjoyed a sunny spell so could appreciate the view of Penshurst Place as we swooped down the hill above it.

Lunch was at the Spotted Dog at Smart's Hill. Again, luckily the sun had come out and we could sit outside as there was no room whatsoever inside. And the sun stayed with us for the rest of the day, which was a huge relief for all!

The afternoon took in more rolling countryside and glorious views as we made our way once more across the Medway and then along a very overgrown path to Fordcombe. When the conductor had reccie'd the walk a little while ago she had made a mental note to bring a pair of secateurs to clear the way, but had promptly forgotten to do so on the day! At Fordcombe we made ourselves popular with the local cricket team by walking around the edge of the cricket pitch causing a slight break in play (we had no choice, honest, as our path lay that way!). After more lovely views over the Medway valley, an early tea was taken at Burrswood, an unusual venue for tea, in that it is a Christian hospital founded in 1948 (I think tea in a hospital, and a religious one at that, must be a first!). Again the sun was out and we could sit out on the terrace and survey the attractive, well manicured gardens of the hospital. Such a peaceful haven – until we arrived! I think we were the rowdiest group they had had in a long time.

Our way back to Tunbridge Wells followed the route of the Spa Valley Railway from Groombridge to Tunbridge Wells. Sadly, unlike the last time the group had done the walk, there were no steam trains to be seen on the railway as for some bizarre reason the railway was having a special 'diesel only' weekend. What a shame. On the plus side, the sewage works that we had to skirt on the way were not as smelly as last time – a relief to all our noses. Arriving at Tunbridge Wells, we all had time to take in a bit of history as we walked through the Pantiles, including taking a look at the Chalybeate Spring, discovered in the 17th century. It led to the development of the spa town – at its peak in the 18th & 19th centuries.

Thanks to all who came for making it such an enjoyable day. Total distance – approx 20 miles

11 September - Petersfield Circular, on a palindromic date, 11/9/11

Conductor: Jennifer Caddy.

There were seven on the walk of 19.5 miles.

Heavy rain at Haslemere on the train journey to the start was ominous but, by the time we reached Petersfield, it had stopped and there were patches of blue sky. Dark clouds lurked in the distance at times on the walk but most of the time we walked in sunshine. As long as we kept moving we stayed warm enough without jackets. Recent rain had left some footpaths muddy and slippery but no one fell over.

Cows were another potential hazard. A large herd in one field obligingly kept their distance. Those in another field, noted for their friskiness the previous week, spotted us too late to give chase. The walk wasn't without incident. One person fell into a ditch. She mistakenly thought that ground covered by shrubs was horizontal and ended up in a bed of nettles. Later she discovered that a wire fence was electrified.

Many of the numerous stiles were rickety and added problems of their own. Fortunately no one came to grief on any. Lunch was in Liss and afternoon tea (drinks and ice cream) was at the farm shop in Durleighmarsh.

The last part of the walk was across fields with long wet grass which turned out to be a bonus as it cleaned the mud off our boots.

25 September, 2011 Hastings Circular –

Conductor Peter Crane Dorothy Shepherd, Joelle Paul, David Hoben, Marc Domingue and Adam Charles.

We were blessed with an ideal autumn day as the six of us made our way up through Alexandra Park, voted the best park in the country in 2007, and through Old Roar Gill, which was as dry as I've ever seen it. We followed wooded footpaths to the north of Hastings and eventually out into open countryside to join the 1066 Country Walk. An untimely lapse in the Conductor's memory led to a wrong turn here, adding a kilometre or so, but we got back on track and into the verdant, rolling countryside of the Rother valley. We had our packed lunches at the Queens Head in Icklesham and it proved a good move not to risk waiting for a pub lunch as the place was heaving with those who had arrived by car to take lunch looking over the splendid valley views.

Then we made our way towards the coast and along part of the military canal, built in the first decade of the nineteenth century to assist in transport during the war against Napoleon's France. From Cliff End we climbed up the coastal path and saw how the soft cliffs at Fairlight are still falling into the sea. We enjoyed a refreshing tea stop at Fairlight, after a warm afternoon stretch, before making our way through Hastings Country Park and back to the station ten minutes before the next train back to London.