

February 2014 No.456

*The Gazette and Record of the
Surrey Walking Club*



Walking



Mark Easton during the Alec Potton Memorial 7 miles Club Championship which he won for an incredible 32nd time at our new Sandilands course.

(photo Maggie Easton)

Welcome to Gazette no. 456 – This is your club magazine. As Editor I welcome any contributions. Letters, news, comments, photos or reports are all welcome. Any material Emailed to p.crane7w@hotmail.co.uk would be welcome. Thanks for all contributions. This magazine is also accessible on our website www.surreywalkingclub.org.uk .

Facebook

We have a Facebook page which is being well used for sharing interesting information. We invite you to join by contacting Mark Easton, our webmaster.

We welcome the following new members

Paul Gaston

Sally Adams

Sadly we report that Jim Palmer has died. He was a member for many years, was a regular conductor and filled the job of strolls secretary for a time.

Gazette Night

Members and friends enjoyed the Annual Gazette Night at Hayes on 30 November. £228.00 was raised from the auction including £45 for a zoom lens not sold on the night but sold later on eBay by Malcolm Wishart, our auctioneer. £93.00 was raised by the raffle. After all ticket income and paying out expenses a profit of £283.50 was made towards the costs of producing this magazine.

President's Report

I was honoured by Nolan as his choice for President in 2014. It is the 2nd time and I guess with regret I am rather slower than during my previous period of office. I have set myself the target to do more races but so far with no great success as was disqualified for the first time in one of two races. On a much more upbeat note our race walkers did the club proud especially on the national scene. We were 3rd team in the National 10 miles in March, first team of 3 in the National 20km in Coventry and in July's national 50 km Sandra Brown set a world age best. This won her the Freddie Blackmore long distance performance trophy whilst David Crane took the E.C. Webb cup for his National 20km performance. We also won the McSweeney trophy for the best club in male Nationals & the Thayter trophy for the best combined men and women. Some members thankfully take on multiple roles for which we all should be very thankful not only in the club but on a wider stage with Mark Easton becoming the RWA President, our new race secretary, web master and photographer. Pam Ficken was voted International Chair which is not only an honour for her but for the club and we should applaud both her and Mark. As one of his jobs as Race Secretary Mark is already actively discussing the organisation of the 100 mile race for 2015 under the auspices of Surrey Walking Club. The strolling side seems to go from strength to strength with new members joining on a regular basis. Over the year we had 2 social events with the most important being the 50 year supper held in June to honour 5 members who had the exalted status being Keith Fraser, Peter Crane, Stan Saunders, Pat Browning & Malcolm Wishart. For each of them it was easy to find someone to sing their praises of their long standing loyalty to the club. 34 people attended and 33 attended Gazette Night in November when Malcolm did a sterling job parting people from their cash in aid of the Club magazine. Two sad notes of the year were that we had to say goodbye for an indeterminate period to our headquarters at Monks Hill due to redevelopment which will see us experiment with 3 new venues for our races. Finally it

is with deep regret that we lost stalwarts of the club in Ray Hague, Peter Saw, Mike Rowlands, Jim Palmer and lastly Molly Bryant who whilst not a member we all knew for so many years with much affection. Hopefully by the time the President has to put pen to paper the Club will have lots more success to look back on.

Annual Report 2012/13 ***Extracts from Hon. Secretary's Report***

2012/13 was quite a good year with the Strollers enjoying a varied and well supported programme and a successful weekend event. The racing side won a National Championship with some new walkers regularly competing. The RWA President was Mark Easton . We elected 7 new members and ended with 141 members, but no new racing members under 45..

Our winter programme followed its usual pattern for what turned out to be the last time at Monks Hill as the Sports Centre has been demolished. The races were fairly well supported. Three summer races were held, the 5kms being moved to a park circuit at Tonbridge School. All races were very efficiently organised by Peter Selby, who has now stepped down after many years of hard work for the Club. We won the National 20 kms with a team of David Crane, Roger Michell and Chris Flint. We were also 2nd in the National 10miles. Sandra Brown achieved a world best in the National 50 kms for the W60 age group.

Janette Henderson, supported by Gail Elrick, organised a strolls programme with a mixture of new and more traditional routes. There were a good number of participants in spite of the terrible weather in the Spring and Summer.

Another successful Gazette Night raised good funds, and Trevor Sliwerski also organised a Supper to celebrate 50 years membership for Keith Fraser, Peter Crane, Stan Saunders, Pat Browning and Malcolm Wishart.

Mark Easton continued to provide regular updates to the Club website and has also opened a Facebook page giving the

opportunity for Members to interact and bring matters of mutual interest and discussion.

We are sure that 2013/14 will bring more success to the Club but longer term problems continue to haunt us as we appear to be approaching a brick wall where the number of racing events and participants will reduce to unsustainable levels. Let us hope that the widespread desire for improvement begins to bear fruit.

From “Hon. Treasurers report 2012/13”

The Club finished the year with a small net surplus of £29.19 and total assets of £11,487.36. This was a marginal improvement on 2011/12. Subscriptions totalled £660 and donations £624.04. Administrative costs were £741.35. Copies of the full accounts are available from the Treasurer.

RACE REPORTS

28 September – Enfield League One Hour Race, Hemel Hempstead:

The field for this popular track event with over 30 starters was split into two sections. This had the advantage that all competitors not only raced themselves but also were able to support clubmates in the other section adding to the friendly atmosphere. We fielded six members with only Malcolm Martin in the faster race and he who recorded the best performance among the whole field as he achieved a big personal best. He might have expected to have been over half a lap short of 10km but in fact he was 142 metres over in a time equivalent to just over 59 minutes for 10km. This event is very much a love/hate format and while some competitors enjoy the close competition and the clear indication of their pace by the lap, others find it a very long hour spent in a repetitive and tiring manner. The result was that the slower SWC competitors were those racing below par while Dan Maskell and Peter Hannell, who were towards the front of the 'B' race were also those with the better performances together with Malcolm in the 'A' race. The former two raced not far apart in adjacent positions with the some exchange of positions in the first half but both holding pace sufficiently to avoid any others coming past. In spite of Dan racing with a slight cold he was still 3rd in his race with almost 6 miles.

Men

1. Richards (Steyn M65) 11.911 km; 2. F.Deuter (Hill) 11.701 km; 3. F.Reis (Ilf M50) 11.642km ; 9. **M.Martin** (Sy WC M55) 10.142km; 16. **D.Maskell** (Sy WC M65) 9.460 km; 17. **P.Hannell** (Sy WC M70) 9.438 km; 19. **M.Harran** (Sy WC M75) 9.237 km; 23. **D.Hoben** (Sy WC M60) 8.077 km.

Women

1. P.Cummings (AFD W40) 9.631 km; 2. C.Duhig (Ryst W55) 9.415 km; 3. A.Jones (Steyn W55) 9.324 km; 4. **A.Martin** (Sy WC W45) 8.695 km.

6 October – Gazette Cup 4 miles, Sandilands, Croydon:

Our 2013/14 road walking programme started with the scratch and handicap race for the Gazette and Jubilee Cup respectively. The winner of the Club race was once again Mark Easton for the 14th time. The outright winner was an under 20 guest from Tonbridge AC, Guy Thomas – the first winner of his age group for many years. With the demolition of the Monks Hill Sports Centre we were, for the first time, using what may well become our new home road course at the Addiscombe Cricket & Hockey Club near the centre of Croydon. The layout is roughly rectangular on quiet roads with a good surface and including some appreciable inclines during the 0.9 mile laps. The field was a healthy 23 including 5 women and a Club turnout of 13. Although the hills gave generally slightly slow times the Club Handicap was won by Dave Delaney, a minute or so inside expectation. It was good to see that several of the others in the top five handicap positions came from the group of new and improving entrants to race walking while second in the Club scratch race was the newly married David Crane after a short break from competition. Another very welcome return to racing was Club Captain Nolan Simmons after a long period of injury naturally slower than previously but making a great effort to get back.

Men (Handicap in brackets):

1. G.Thomas (Ton) 32.15; 2. **M.Easton** 33.00; 3. T.Jones (Steyn) 35.14; 4. L.Legon (Bexley) 36.43; 5. **D.Crane** 37.09; 6. **M.Martin** 38.16; 7(**3**). **D.Maskell** 39.52; 8. **M.Harran** 40.32; 9. S.Pender (E&H) 40.46; 10. **P.Hannell** 41.00 ; 11(**2**). **I.Statter** 41.05; 12(**1**). **D.Delaney** 42.36; 13. **D.Hoben** 45.04; 14. D.Stevens 46.26; 15. **N.Simmons** 50.53; 16. **K.Burnett** 51.57; 17. D.Ainsworth (Ilf 54.35; 18. B.Hercock (E&H) 55.52.

Women

1. A.Jones (Steyn) 41.52; 2. **A.Martin** 43.42; 3. N.Grimsey (E&H) 46.51; 4. G.Legon (Bexley) 48.58; 5. **K.Crilly** 49.23.

3 November Alec Potton Memorial 7 miles Championship, Sandilands, Croydon:

Our second visit to what may become the new base near the centre of Croydon was held in sunny weather with recent cold winds fortunately at a low level. The field of 22, more than half being Club members, was almost the same size as last year but of a higher standard with several of the newer members in the top half. The winner of the Club Championship for an incredible 32nd time was overall race winner Mark Easton. The only finisher to break the hour, Mark was never headed and eventually achieved a one minute forty second margin over Chris Hobbs of Ashford who himself had an excellent race. Further back there were several good battles as David Crane held off an improving Malcolm Martin while Shaun Lightman just beat Dan Maskell. After a slowish start Mick Harran overtook Peter Hannell on lap 4 of the 7 only to having to push hard on the last lap as he allowed Hannell to close. Among the best performances came from well down the field as Bexley's Geraldine Legon beat David Hoben by 8 seconds as the competition took both well inside recent results. As usual the post-race tea saw a good spirits and good food after a hard race on this hilly course.

Men

1(10). **M.Easton** 59.13; 2. C.Hobbs (Ashf) 60.53; 3. L.Legon (Bexley) 62.35; 4(13). **D.Crane** 66.19; 5(4). **M.Martin** 67.19; 6. A.Cox (Hill) 69.04; 7. S.Bennett (Ilf) 69.15; 8(7). **S.Lightman** 70.00; 9(2). **D.Maskell** 70.49; 10. S.Pender (E&H) 72.22; 11(9). **P.King** 72.58; 12(11) **M.Harran** 73.44; 13(8) **P.Hannell** 73.58; 14(12). **C.Flint** 75.00; 15(6). **D.Delaney** 77.14; 16(1). **D.Hoben** 79.34; 17. J.May (E&H) 87.41.

Women

1. P.Cummings (AFD) 72.20; 2(5). **A.Martin** 77.14; 3. G.Legon (Bexley) 79.26; 4. N.Grimsey (E&H) 83.35; 5(3). **K.Crilly** 86.35.

12 October – Enfield League 5.4 miles, Lee Valley:

Although billed as the usual five miles, the results and the times indicated that the distance was around 5.4 miles. A cloudy but mild October day avoided the forecast rain and provided benign conditions for the field of 36 including 9 Club members. The first two home were under 20 and 17 respectively which is a healthy sign with most of the rest of veteran age. Apart from the young winner's excellent improvement the best relative performance was yet another best from Malcolm Martin worth under 58 minutes for 10km. It was good to see both David and Stephen Crane out with the former ahead of recent times while the latter was not far off mid-field after a period away from walking.

Men

1. C.Wilkinson (E&H) 43.21; 2. L.Legon (Bexley) 46.21; 3. P.Ryan (Ilf) 46.38; 6. **D.Crane** 48.26; 9. **M.Martin** 49.18; 15. **D.Maskell** 53.34; 18. **M.Harran** 54.14; 20. **P.King** 55.50; 21. **S.Crane** 57.01 22. **D.Delaney** 57.19; 26. **D.Hoben** 60.38.

Women

1.S.Barnett (E&H) 57.08; 2. A.Jones (Steyn) 57.38; 3. **A.Martin** 58.36.

19 October – Cambridge Harriers 5km League, 5 km, Bexley:

A slightly smaller field of about 25 turned out for the first of the four 2013/14 Bexley League races on a day which had promised heavy showers but in fact was dry and mild for the race itself. Once again the field was led from the start by two youngsters with 3rd placed Chris Hobbs just about staying with Under 17 Luc Legon. Behind them by just two places was Shaun Lightman who made a moderate start but quickly sped up to reach 5th place just one place clear of Dan Maskell, both having a hard but successful race. Further down Paul King and Chris Flint were a little down on pace this week having both had hard, long races recently.

1. C.Corbishley (M&M) 23.26; 2. L.Legon (Bexley) 25.18; 3. C.Hobbs (Ashf) 25.19; 5. **S.Lightman** 29.27; 6. **D.Maskell** 30.29; 7. **P.Hannell** 30.39; 8. **P.King** 31.17; 10. **C.Flint** 32.59.

3 November – SWC Alec Potton Memorial 7 miles Championship, Sandilands, Croydon:

Our second visit to what may become our new base near the centre of Croydon was held in sunny weather with little wind. The field of 22, more than half being Club members, was of a higher standard than last year with several newer members in the top half. The winner of the Club Championship for an incredible 32nd time was overall race winner Mark Easton. Mark was never headed and eventually achieved a one minute forty second margin over Chris Hobbs of Ashford who himself had an excellent race. Further back there were several good battles as David Crane held off an improving Malcolm Martin while Shaun Lightman just beat Dan Maskell. After a slowish start Mick Harran overtook Peter Hannell on lap 4 of the 7 only to having to push hard on the last lap as he allowed Hannell to close. Among the best performances came from well down the field as Bexley's Geraldine Legon beat David Hoben by 8 seconds as the competition took both well inside recent results. As usual the post-race tea saw good spirits and good food after a hard race on this hilly course.

Men

1. M.Easton 59.13; 2. C.Hobbs (Ashf) 60.53; 3. L.Legon (Bexley) 62.35; 4. **D.Crane** 66.19; 5. **M.Martin** 67.19; 6. A.Cox (Hil) 69.04; 7. S.Bennett (Ilf) 69.15; 8. **S.Lightman** 70.00; 9. **D.Maskell** 70.49; 10. S.Pender (E&H) 72.22; 11. **P.King** 72.58; 12. **M.Harran** 73.44; 13. **P.Hannell** 73.58; 14. **C.Flint** 75.00; 15. **D.Delaney** 77.14; 16. **D.Hoben** 79.34; 17. J.May (E&H) 87.41.

Women

1. P.Cummings (AFD) 72.20; 2. **A.Martin** 77.14; 3. G.Legon (Bexley) 79.26; 4. N.Grimsey (E&H) 83.35 5. **K.Crilly** 86.35.



Malcolm Martin in the Alec Potton Memorial 7 miles on 3 November. He has made great progress in recent races recoding several pb's (photo Maggie Easton)

9 November – Enfield 7 miles, Lee Valley:

The Enfield Seven with its long and proud history of top class competitors and comparatively large fields attracted over 40 starters despite the cold wet and windy weather earlier in the day. For the race itself conditions were much more pleasant with little rain or wind and the mainly flat course saw good performances through the whole field. The winner, 16 year old Callum Wilkinson of Enfield & Harringey, was 16 seconds clear of 20 year old Jonathan Hobbs of Ashford although their times naturally did not match some of the previous winners who included Paul Nihill, Shaun Lightman and Mark Easton. SWC had ten out this time with two in the top twelve. David Crane in 10th did particularly well coming back towards his top form as he battled to stay with strong competition and beat his nearest rival by 6 seconds. Not far back was Malcolm Martin who continues to improve and might well have been up with David had the latter not improved himself. With nine in front of our first man and fourth in the lower part of the field we could not expect a prominent team place but fourth, not too far away from the first three, represented a pleasing outcome. Dan Maskell had a good race at more than 6mph, thus finishing in under 70 minutes. Further down the field saw solid packing from SWC and well ahead of the rear of the field. The ladies race was also quite well supported with 10 out and the first woman Lithuanian international Grazina Narviliene in 5th overall. SWC's first home was Angela Malcolm in 5th who, together with Kathy Crilley, also recorded improved times.

Men

1. C.Wilkinson (E&H) 57.46; 2. J.Hobbs (Ashf) 58.02; 3. .Deuter (Hill) 58.47; 9. **D.Crane** 62.42; 12. **M.Martin** 64.52; 18. **D.Maskell** 69.20; 24. **P.King** 70.57; 25. **P.Hannell** 72.30; 26. **C.Flint** 73.01; 27. **D.Delaney 74.53**; 29. **D.Hoben** 77.28.

Women

1. G.Narviliene (Belg) 60.17; 2. S.Beardsmore (E Vets) 71.02; 3 S.Barnett (E&H) 73.01; 5 **A.Martin** 75.45; 9 **K.Crilley** 85.17.

16 November – Steyning 10km:

What started as a frosty day in country regions like Steyning turned out to be a very pleasant sunny afternoon for November. With few of the home club taking part it was Surrey Walking Club who had the most in the field and the other visitors travelled considerable distances to this quiet and very pleasant country town. The competitor travelling farthest however was Mark Easton, who had the pleasure of leading the race into the fairly quiet country lanes and returning in the lead by two minutes. Although his time was reasonable Mark would have liked to have been a minute or so quicker especially as a good half of the field were a minute or so above their own expectations. Dan Maskell, in particular, was well up as he got even nearer to the hour mark for 10km and might have done so this time if the course had not been so hilly. Having drawn 30 metres clear of Peter Hannell at the turn of this out and back race, this stretched to 200 metres by the end. Incorporated into this race is a so called 'buster' handicap prize for which the entrants are self-handicapped and the nearest to their estimated time wins with the quirk that those who break their handicap are not eligible for the prize. The winner was David Hoben who almost achieved his 69 minute estimate and target which meant it was a good time in its own right. The win was made easier as over half of the rest raced so well they broke their handicap. The weather, the surroundings, the good times and the pleasant spirit made this once again an event not to be missed.

1. **M.Easton** 51.47; 2. T.Jones (Steyn) 53.49; 3. P.Ryan (Ilf 54.14; 7. **D.Maskell** 61.37; 8. **P.Hannell** 62.50; 12. **D.Delaney** 67.32; 13. **D.Hoben** 69.28.

30 November Hillingdon & BMAF 20km & Open 10km:

These races attracted about 45 in all despite the BMAF Championship, being held over what these days is regarded as a long distance at 20km. The weather was a little warmer than expected although it cooled considerably towards the end. Performances were generally good in the Veterans context. The 10km times were virtually spot on the expected time across all of the contestants. The best relative time in the was a personal best from Angela Martin by about 3 minutes over the 20km. Angela's husband was first Club man home in the main race in a very creditable time just below his best . 5th in his age-group reflected the fact that his age group had by far the largest and best quality entry. Shaun Lightman was a little further down the field due to recent injury so he accompanied his daughter Sarah (now a member of Leicester AC) who achieved a good personal best. The 10km race was judged on the slightly less strict "B" rules. Of the 6 SWC members in this race the first home was David Crane but it was Dan Maskell, who had the best performance.

20 km Men

1. I.Richards (Steyn) 108.32; 2. T.Jones (Steyn) 113.40; 3. S.Allen (Barn) 116.18; 9. **M.Martin** 125.34; 11. **P.King** 134.49; 14. **S.Lightman** 137.50.

20km Women

1. G.Narviliene (Belg 1st W40) 113.42; 2. K.Donaldson (Leic WC1st W45) 127.55; 3. M.Noel (Belg 1st W50) 128.44; 7. S.Lightman (Leic WC 2nd W40) 137.50; 8. **A.Martin** (2nd W45) 141.13.

10km Men

1. C.Wilkinson (E&H) 50.38; 2. F.Reis (Ilf) 53.23; 3. P.Ryan (Ilf) 56.40; 4. **D.Crane** 58.07; 8. **R.Michell** 61.24; 9. **D.Maskell** 61.47; 10. **C.Flint** 66.34; 16. **D.Hoben** 70.21; 17. D.Delaney 70.24.

10km Women 1. A.Vroobel (Hil) 66.25; 2. A.Jones (Steyn) 67.01; 3. L.Spinks (E&H) 70.36

7 December - Bexley League & VAC Championship 5km :

The race, the second of this season's Bexley League, high standard 5kms saw a slightly disappointing total of 25 starters but almost half were from the younger age-groups with the Under 15s doing only 2.5km. With little wind, the recent cold weather relented to merely cool making racing conditions ideal. This course as usual divided the field into a clear group who performed well using the long slightly downhill section to gain time and pushing hard up the slightly steeper hill to lose as little as possible. The rest enjoyed the easy part too much but slowed on the hill. In general the younger, faster competitors were in the first group while the large Surrey Walking group tended to be below par for various reasons. First home was Martin Malcolm in his best 5km time but not quite up to his recent longer distance standard. The next 5 men home were all SWC with Shaun Lightman and Peter Hannell in the next two slots – a situation that has not occurred for many months as they were together for the middle two of the four laps. Shaun managed to take 30 seconds out in the last lap having nursed a slight injury through the earlier part of the race. Angela Martin, 4th in the women's race, was unable to stay with Chris Flint and Mick Harran just ahead although both men had a difficult race and gave Angela an unexpected target.

(VAC Champs age positions shown for members)

Men

1 C.Corbishley (M&M) 23.06; 2 C.Wilkinson (E&H) 23.36; 3 L.Legon (Cam) 24.58; 6 **M.Martin** 28.45; 7. **S.Lightman** (1st M70) 30.02; 8. **P.Hannell** (2nd M70) 30.32; 9. **P.King** (1st M60) 31.08; 10. **C.Flint** (1st M65) 32.21; 11. **M.Harran** 33.09

Women

1 H.Butcher (Camb H) 26.38; 2. P.Cummings (AFD) 29.06; 3. M.Noel (Belg) 30.12; 4. A.Martin 33.31.

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14 December – Alf Palmer Memorial 5km, Horsham :

Almost 30 made their annual visit to Broadbridge Heath Stadium for an event commemorating Steyning AC's Alf Palmer. 20 competed in the main 5km race on a mild and dry December day with Under 17 Luc Legon finishing ahead of World Vets Champion and record holder Ian Richards. Dan Maskell was our first home and only just outside of the half-hour after a race-long tussle with Arthur Thomson. Dan's pb for this short distance event was up with his preferred longer races and heralds tough competition with several other club members around the same standard including Micky Harran who had the most improved time as he returns towards Dan's level after a number of factors have slowed him recently. Once again David Hoben and Peter Crane battled together with the former about 60 metres ahead at the end.

1L.Legon (CambH) 24.16.3; 2 I.Richards (Stey) 24.25.6; 3 F.Reis (Ilf) 24.50.6; 6. **D.Maskell** 30. 02.5 7. **P.Hannell** 30.46.7; 9. **M.Harran** 31.05.1; 10. **C.Flint** 32.18.2; 11. P.Gaston (Hast) 32.47.4; 12. **D.Hoben** 34.06.2; 13. **P.Crane** 34.27.9; 15. **S.Lightman** 36.58.3.

26 Dec. – Brighton&Hove AC 8.8km, Preston Park :

This popular Boxing Day annual event with both a run and a race walk is held over a hilly course which, with the winds this year, made it even tougher this year. The walking event was not as well supported as usual but with four Club members out we were well represented. For the first time Dan Maskell was first home and his performance was among the best. Last man home due to a long term injury was Shaun Lightman not far behind David Hoben.

1. I.Richards (Steyn) 46.32; 2. T.Jones (Steyn) 50.48; 3. **D.Maskell** 55.29; 4. P.Gaston (Hastings) 57.57; 1. A.Jones (Steyn) 59.16. 5. **D.Delaney** 60.17; 7. **D.Hoben** 64.03; 8. **S.Lightman** 65.33.

21 December –Christmas Cup 5km, Tonbridge :

Although we think it rains a lot we actually get wet racing on few occasions – this day was an exception! Although the rain was quite light there was a strong breeze and deep puddles made this most pleasant of park courses a most unattractive prospect. However there was a good spirit for the event and certainly afterwards back inside. Times were a little. Both the men's and women's races were won by youngsters although the front trio were not that far ahead of two slightly older competitors as David Crane battled to stay ahead of in-form Chris Hobbs. A fast finish from Chris denied David 3rd man but David 3rd in a very tight handicap for the Christmas Cup, the top four were all within 25 seconds. The winner was Peter Hannell. Other good times came from David Delaney and David Hoben determined not to let a little rain hold them back. Sponsorship was kindly provided from Pila, Poland via Lyn Atterbury. Unfortunately, partly due to the conditions this was not highlighted as much as it should have been, but we are very grateful to the sponsors.

Men

1. J.Hobbs (Ashf) 25.22; 2. L.Legon (Camb H) 26.32; 3. C.Hobbs (Ashf) 26.56; 4(3). **D.Crane** 27.30; 5(7). **M.Martin** 29.30; 6(1). **P.Hannell** 30.43; 7. R.Penfold (Steyn) 32.12; 8(6). **C.Flint** 32.30; 9(2). **D.Delaney** 32.44; 10(4). **D.Hoben** 33.59; 11(5). **P.Crane** 34.23; 12. D.Stevens (Stey) 35.15; 13(9). **S.Lightman** 35.44 14. S.Holliday (Ashf) 39.55;

Women

1. H.Butcher (Camb H) 26.35; 2. P.Cummings (AFD) 29.59; 3. A.Ingram (Lewes) 31.39; 4. L.Hall (Ashf) 31.57; 5(8). **A.Martin** 33.57; 6. G.Legon (Bexley) 36.09;

11 January - Cambridge Harriers League 5km, Bexley:

Much better weather for this race although there was a slight but cold wind. An excellent 22 minutes from the young winner, Cameron Corbishley, and a relatively even better time from 16 year old Luc Legon in 2nd. Not too far behind another best time from Malcolm Martin, who was well up with the two youngsters in terms of improvement. Although SWC's next man, Dan Maskell and Martin's wife Angela were both near to their best the rest of the Surrey contingent were somewhat below par as the field spread out and individuals became isolated.

Men

1. C. Corbishley (M&M) 22.10; 2. L. Legon (CambH) 24.05; 3. F. Reis (Ilf) 24.33; 8. **M. Martin** 27.18 ; 9. **D. Maskell** 30.16; 10. **S. Lightman** 30.43; 11. **P. King** 30.55; 12. **P. Hannell** 31.52; 13. **C. Flint** 32.26.

Women

1. S. Lewis-Ward (CambH) 26.48; 2 P. Cummings (AFD) 29.02; 3. M. Noel (Belg) 30.28; 6. **A. Martin** 33.27 sec; 7. G. Legon (Bexley) 34.56.

18 January – Enfield League 5 miles, Lee Valley

Enfield & Harringay held their first League fixture of the 2014 series on one of the few windless and dry days of this winter, so far, although there were slippery leaves in a few places on their Lee Valley Road course. The total field, including the younger groups racing a shorter distances, was almost 50 with 9 Club members out ranging from Malcolm Martin, getting into the top 10 with a big personal best for the distance, down right through the field. Dan Maskell was only a couple of minutes behind Malcolm, also in a pb. but the best overall improvement came from the middle of the field where Dave Delaney was 90 seconds ahead of recent form in a time he last recorded more than 2 years ago. Although Shaun Lightman was able to catch and pass Maskell by the half distance he could not hold Dan and was half a minute behind

by the finish but in a much better time after a period of persistent injury . Current President, Trevor Sliwerski, now appearing more regularly made a valiant effort to hold club mate Peter Crane but Peter pulled away with a good performance while Trevor slowed after a strong initial effort. At the subsequent presentation various 2013 year results were revealed and though our men's team was out of the frame Angela Martin was 3rd Lady with consistent and very regular good performances.

Men

1. C.Wilkinson (E&H) 38.54; 2. F.Reis (Ilf) 39.41; 3. I.Richards (Steyn) 40.21; 10. **M.Martin** 47.08; 14. **D.Maskell** 49.03; 16. **S.Lightman** 49.28; 18. **P.King** 50.37; 21. **D.Delaney** 52.52; 24. **P.Crane** 55.24; 28. **T.Sliwerski** 57.17.

Women

1. M.Noel (Belg) 49.36; 2. A.Jones (Steyn) 51.20; 3. H.Middleton (E&H) 51.53. 6. **A.Martin** 54.47; 11. **K.Crilly** 61.05.

25 January – Steyning 15km :

For various reasons numbers were a little down for this long-standing event involving a hilly out and back into the countryside north of the pleasant town of Steyning but rather surprisingly the elevation of the start and the turning point are almost the same. With five out we had a good share of the field with two comparatively new walkers, but experienced runners, naturally having the best races. The latest, Paul Gaston, a long distance performer, was the most improved while Dan Maskell enjoyed a hard race as he set off quickly and almost held the great Arthur Thompson. In position the two were separated by Shaun Lightman coming back to form as a cautious outward journey was followed a slightly quicker return

I.Richards (Steyn) 77.26; 2. T.Jones (Steyn) 86.27 ; 3. S.AllenB (Barn) 90.05 sec; 5. **D.Maskell** 93.59; 7. **S.Lightman** 97.42 ; 8. **P.Gaston** 99.00; 9. **P.Hannell** 100.25; 10. **D.Delaney** 105.57.

Other results

Other results

29 December Coventry 5 miles Sara.Lightman 51.38; Shaun Lightman 52.24

26 January London Indoor Games 3km, Lee Valley - Malcolm Martin 16.59; Angela Martin 19.29

2 February – London 5/10km Open Walks, Victoria Park,

These races were held in unusually mild weather. Besides London residents the races welcomed the several visitors. About 60 started including a few in the Under 15 races. We fielded ten including one second claimer with the first SWC home in the two main events being husband and wife Angela and Malcolm Martin with another personal best for Malcolm. It was a very good day for SWC with victory in the men's 10km and third in the women's 5. Shaun Lightman had a slightly better race than recently. Chris Flint had a good race as Peter Hannell, Mick Harran and Chris finished very close to each other after a tight last lap sprint. In the 5km Angela Martin broke 33 minutes for the first time and compared well with all of her other distances as she held on well to finish within 20 seconds of Abingdon's Noel Blatchford. Although not fielding a full team she and Sandra Campbell gained third place.

Senior Men (10km)

1. Dan King (Col H) 44.56; 2. S.Uttley (Ilf) 55.13; 3. S.Allen (Barn) 55.59; 5. **M.Martin** 57.53; 10. **S.Lightman** 62.23; 11. **D.Maskell** 63.03; 12. **P.King** 64.36; 13. **P.Hannell** 65.16; 15. **M.Harran** 65.29; 16. **C.Flint** 65.32; 23. **D.Hoben** 74.16.

Teams: 1. Surrey Walking Club, 2. Enfield & Harringay

Senior Women (5km)

1. G.Narviliene (Belg) 25.25; 2. P.Cummings (AFD) 29.21; 3. M.Noel(Bel) 31.06; 5. **A.Martin** 32.58; 12. **S.Campbell** 38 10

Teams: 1. Cambridge Harriers, 2. Belgrave 3. Surrey WC

Provisional Club Race Fixtures

4 June 3kms Championship - Norman Park Bromley
25 June 4 miles Johnson Bowl - Norman Park Bromley

Nijmegen to Rotterdam

On 21-22 September , Kathy Crilley and Sandra Brown, with Enfield's Sue Clements, joined 80 Dutch and Belgian walkers for the annual Nijmegen to Rotterdam 160kms/100 miles walk. This event is not a race. Like the LDWA 100 miles, the Nijmegen to Rotterdam walk makes a great journey across Holland from east to west, and has about 20 check-points en route at which drinks and food are available. The walk is mainly on minor roads, cycle/walking paths and reasonable foot-paths through woods, and isn't at all hilly! Participants not only start together, they re-group at the 6 main check-points en route, so that everyone finishes pretty much together in around 29 hours, inclusive of stops at check-points. The excellent support and care for the walkers en route help ensure that there are few retirements. At the finish, certificates are presented, and some of the participants have completed this walk an astonishing 30 – 40 times. This was Kathy's first participation and Sandra's second. Both had competed just the previous weekend in the 60th Roubaix 28 hours, Sandra completing over 200 kms, and Kathy completing 40 miles-worth of 3kms laps in the 24h relay. Though rather foot-sore, they walked together in good style and completed 100 miles.

The 2014 event will coincide with the centenary of 1914 and the 70th anniversary of 1944. Some Centurions plan to return to Nijmegen for this walk next year. Whether your usual interest is in the LDWA 100 miles or the Centurion 100 miles, it is worth considering this event as a different way to walk 100. Sandra and Kathy will be pleased to provide further information.

Stroll Reports

21 September - Petersfield's Southern Face

Conductor: Jerome Ripp

This was a joint stroll with the LDWA London Group at their request as one of their leaders was unable to lead their planned walk that weekend. Despite being joint with London Group it was not a large crowd, just an intimate group of 10.

As planned, we went along the Hangars way to Buriton then on to the South Downs way through Queen Elizabeth country park and the Staunton way to lunch at Finchdean. The afternoon section went along green lanes and field boundaries in a quiet area leading back up to the Downs and return to Petersfield for exactly 20 miles.



Varied stroll footwear as worn by John Elrick (l) and Don Bolton (r) *(photo Jenny Caddy)*

5 October - Rowlands Castle Circular (about 19 miles)

Conductor: Jennifer Caddy

Present: Gail & John Elrick, Don Bolton, Dave Hoben & Gill Morris

It was a good day--there was no rain and it was very warm for October. Paths were still dry, much to the disappointment of Don who had hoped that mud would tone down the colour of his new bright yellow trainers.

We set off from Rowlands Castle station and headed towards Stansted Forest which we skirted round on a footpath towards South Holt Farm and Old Idsworth Garden. Idsworth House was moved to the other side of the hill in 1850 when the railway line to Portsmouth was due to be built. The owner did not want trains passing near his home.

A quarter of a mile beyond the walled garden, isolated in a field, is the chapel of St Hubert. We stopped here for coffee and chatted to the women preparing the flowers for the following day's Harvest Festival service. The chapel is believed to have been built around 1053.

After a short stretch through woodland we crossed a minor road in time to avoid a large pack of cyclists, and headed uphill across a ploughed field. Fortunately, the soil must have been so dry that recent heavy rain had not left the surface a quagmire. We walked across with ease. Soon we reached a ridge and turned east. To the north we could see Ditcham Park School and the South Downs.

Passing through the hamlet of Eckensfield, we headed south towards Compton. At the top of Compton Down we could see the sea in Chichester Harbour and beyond that Hayling Island and the Isle of Wight. Later in the afternoon we could just make out the Spinnaker Tower in Portsmouth. At Compton we stopped for lunch. By now the sun was shining so we all

sat outside to eat, some with picnics, some with food from the village tearoom.

A steep climb up Telegraph Hill after lunch settled our stomachs. We made good progress and eventually joined the Monarch's Way in Stansted Park. Next to Stansted House is the Pavilion Tearoom--a place not to be missed. We stopped here for tea and cake, again sitting outside in the sunshine. We made the last two miles back to the station in record time and caught the 16.46 train with three minutes to spare.

19 October – Denham to High Wycombe

Conductor : Gregory Noble

Participants : Chris Dent, Corinne Thompson , Gillian Morris, Jane Rosoux, Manjinder Sidhu, Marc Domingue, Paul Tilley & Sally Adams

We enjoyed mild weather, albeit one short shower, and views just at the start of the autumnal leaf change season. Early on we passed through a field of coriander being harvested and the magnificent scent that hung in the air (The conductor learnt of the cleansing benefits of the herb on the stomach when taken with garlic).

Once the noise from the M40/M25 junction was behind us, we were able to enjoy the quiet of the Black Park Country Park as we picked up the Beeches Way.

The pretty village of Fulmer lead to the seemingly devastation of the environmentally managed Stoke Common, before the more aesthetically pleasing Farnham Common. An extended tour of Burnham Beeches Nature Reserve was received with

positive comments, and ensured a healthy appetite in time for the lunch stop at Littleworth Common.

Refreshed, we continued towards Wooburn in bright sunshine. We slipped virtually unnoticed through the alleyways of the sleepy settlement of Flackwell Heath, before descending to Sheepridge by way of superb views of distant hills and a field of white/yellow flowers.

Crossing a freshly ploughed field with clay like soil, sapped any energy the party may have had left, so we were pleased to have a steep descent to the start of the Rye Dyke and the flat of the well maintained local playing fields. Time was against us, so there was a 40min wait for the next train to Marylebone. This afforded us the opportunity to reflect on the day's events over a hot drink, and for some of the group, to contemplate more walking on the Sunday.

17 November - Down the Wandle and along a bit.....

Conductor: Janette Henderson

Participants: Sharron Henderson, Susan Cannell (and Sapphire), John Elrick, Dave Williams, Corinne Thompson, Marc Domingue, Carolyn Menzies

After the beautiful sun of the previous few days, it was sadly rather overcast for this stroll, though thankfully dry and warm for the time of year (so much so that we were able to sit outside for lunch). Despite the overcast conditions, though, eight strollers set out from East Croydon station to enjoy a history laden, a surprisingly green, stroll through South West London.

The historical tour started with Croydon Old Town, all that remains of the medieval town centre. Highlights along the way included the Old Palace, formerly the summer residence of Archbishops of Canterbury for over 500 years and now a rather select school, and a bit of more modern history - Reeves Corner which had a major place in news coverage of the 2011 riots when the furniture store was gutted by fire.

Passing by Croydon Minster we picked up the Wandle Trail (which we would follow all the way to Wandsworth) in the newly revamped Wandle Park. Here we had our first sight of the Wandle itself, looking very small and insignificant at this stage. There followed another walk along urban streets and across Purley Way (view of the Ikea twin towers to our right) before we met the Wandle again at Whaddon Ponds. Keeping close to the Wandle, we passed by Beddington Mill, a 19th century flour mill on the site of an earlier medieval water mill, before we eventually reached Carew Manor, home of the Carew family for 500 years before they lost it to gambling debts in 1859. A group photo was then taken by John on the terracotta bridge, installed by Canon Bridges over the Wandle. Canon Bridges was the local vicar who bought the parkland from the Carew family and the terracotta bridge is named after him.

A little further on we reached the picturesque Carshalton Ponds, which provided a scene was very reminiscent of the village that Carshalton once was. Soon afterwards John commented on how clean the Wandle was and how clear it was of rubbish, only to be met round the corner by a shopping trolley dumped in the middle of the river (typical!). This was thankfully the exception to the rule as the Wandle was mostly clean and rubbish free.

After passing by Ravenbury Mill, the last operational mill on the Wandle (it closed in the mid 20th century), we made our way through Morden Hall park to the old stables and walled garden (now the site of a National Trust tea shop and a garden centre) of Morden Hall. This was our lunch stop and also a chance for those in need to enjoy the eco-toilets installed recently by the National Trust (most notable, I am reliably informed, for the urinals). The grounds also included one of the remaining snuff mills which used to line the Wandle.

With the prospect of tea in Fulham Palace beckoning (served until 4pm), the group took just 45 minutes over lunch before beetling off down the Wandle again. Dave, in particular, was looking forward to his Earl Grey tea and we had promised him an extra strong one.

Soon we reached Merton Abbey Mills, site of the Liberty Print works until 1972, and now housing craft shops, cafes, a pub and a children's theatre. Our visit was accompanied by live music being performed in the middle of the craft market. Moving on, the conductor explained that the nearby Sainsbury's superstore was also the location of the remains of Merton Priory, where the Statutes of Merton were drawn up in the 13th century, marking the start of parliamentary democracy. William Morris also had a factory here, while Lord Nelson used to live nearby at Merton Place. Both are now long gone.

Passing close to the crossing of the Roman Stane Street over the Wandle (where the modern A24 crosses the river) we saw that it was somewhat busy around Merton Bus Garage, with a number of people sporting cameras. Was a celebrity due to pass by this point? Not exactly. Instead we saw a vintage

Route Master bus pass, and learnt that this was in honour of celebrations for the 100th anniversary of the Merton Bus Garage.

Taking to the Wandle Trail again, we passed by the site of Wimbledon Football Club's Plough Lane grounds, now a big development of flats, and the old Youngs Ram Brewery in Wandsworth, closed since 2006, but allegedly the oldest continuously operating brewery in Britain. Reaching the Thames and the end of the Wandle Trail, we then headed off westward on the Thames Path towards Putney, quite a contrast to the scenes along the Wandle, with very expensive houseboats moored alongside us on our right and expensive modern river view flats on our left.

Reaching Putney there was one more site of historic interest to take in before tea at Fulham Palace. St Mary's church Putney was where the Putney Debates of 1647 took place. These involved the Levellers and Cromwell's New Model Army who discussed the future of the constitution and paved the way for many civil liberties enjoyed today.

Sadly, on reaching Fulham Palace (home of the Bishop of London from the 11th century until 1975), Susan was unable to join us for tea as dogs were not allowed in the grounds, so she had to resort to the café in the nearby park. We joined her there later to say farewell as she and Carolyn left us to make their way on foot to Victoria.

Much to the disgust of Dave and joy of Corinne, our next landmark was Fulham's football ground, very much still in operation (though thankfully no match that day). After that, many miles of swanky riverside residences were passed by, old and new, before we finally made our way through Duke's Meadow (torches needed here) and then over Barnes Bridge

to the station home. With half an hour to go before the next train, we were left with no option but to visit a local hostelry for a farewell drink, not an altogether unwelcome way to end a stroll.



The Wandle Wanderers on the Terracotta Bridge

Carolyn Menzies, Dave Williams, Corrine Thompson, Marc Domingue, Janette and Sharron Henderson. In front are Susan Cannell and Sapphire

(photo Janette Henderson)

4 January – Thames Down Link and Hogsmill River – Kingston to Dorking (linear)

Conductors: John and Gail Elrick. Distance 16 miles.

Participants: Chris Dent, Jill Goddard, Joelle Paul, Dorothy Shepherd & Dave Williams

After reading about this walk in John Merrill's book *The Big Walks of London* (autographed at the 2012 LDWA AGM) we decided that it would make a good Winter stroll. So it proved in abundance! The preceding two weeks had given us winds and torrential rain and the weather forecast for the day promised more of the same.

Five hardy souls accompanied us for the day. The morning started dry and overcast but steady rain set in early on and continued until lunch. The conductors improvised where possible to avoid the very muddy and slippery stretches. We arrived at the William Bourne pub near Chessington looking very wet and muddy. We expected the landlady to give us short shrift but after exclaiming, "You must all be mad!", she led us into the dining room where we dried out and had lunch.

It was tempting to stay there but, with the rain abating somewhat, we headed through Horton Country Park and across Epsom and Ashted Commons. The leafy suburbs gave way to countryside with the last few miles taking us along Stane Street, across Mickleham Downs and descending through very slippery woodland to just outside Dorking.

The conductors had planned to finish with a cup of tea at Rykers Café but it was a sorry sight, having been flooded, along with the nearby Burford Bridge Hotel, when the River Mole burst its banks just before Xmas. We therefore continued to Dorking station where we were glad to find that the trains home were running normally.

FUTURE STROLLS

1 March Oxted to Greenwich Linear - Conductor Dave Williams. Oxted Station 9.00 (Victoria 8.23) Lunch – West Wickham - Tea – Bromley South - 21 miles

23 March Darent Valley Path (Dartford to Sevenoaks (linear)) – Conductor Paul Lawrence - Dartford Station 9.24 (Charing Cross 8.40) – Lunch – Lullingstone - 22 miles (shorter options 16 or 19 miles)

Further strolls will be available shortly on the website.