

March 2012 No.450



Walking

*The Gazette and
Record of the Surrey
Walking Club*



Walkers on the long awaited Peter Selby
stroll (photo: J Elrick)

Welcome to Gazette no. 450 – 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. Any material Emailed to p.crane7w@hotmail.co.uk 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 www.surreywalkingclub.org.uk .

Welcome to new member:

Scott Stewart

Congratulations to Pam Ficken on being elected as Chair of the RWA's International Committee. Also congratulations to Sandra Brown on being elected as the first female Captain of the Centurions.

Our President, Nolan is abroad at this time and will save his comments until the next edition.

Chris Melia, a former member of years ago has contacted us. He says "Back in the sixties my father, brother and myself were members, however due to family problems we all went our separate ways. I have just returned from New Zealand to visit my brother John and we started to reminisce about the past. .At the time we were members we remember Paul Nihill very well and raced with him and I remember that I nearly beat him to win the Christmas Cup but Paul overtook me and I ended up third. My father was a president of the club and also a Centurion and was famous for finishing the Brighton to London and back wearing a Potato sack as his attendant did not turn up. The Sack was obtained I believe by Peter Selby who was his cycle attendant and was trying to obtain dry clothing by knocking on

doors as the weather turned extremely wet during the race. My brother and I were I believe the first of the youth section and my father was involved in trying to arrange school boy races. We both remember racing and strolling with Dickie Green, the captain, Peter Selby, Walling Bryant and many more.

I am trying to formulate my late father's roll in the club which I can hand down to my children and would be pleased for any archive information you could forward. I would also be interested in re-joining the club to take part in strolls (as I am nearly 60 my racing days are long over).

Keith Fraser

Keith has been a member of Surrey Walking Club for 50 years this year. He has written his reflections for us.

My first club race was the Warlingham in 1962, then I Joined and did the Selsdon circular. My last race was the Christmas Cup in 1976, by which time I knew that I should retire from racing. A pulled muscle in a rash attempt to run 400 metres had not helped. I wanted to do the London to Brighton but was so far gone after the Hastings to Brighton in 1963 that I was not prepared to risk the extra distance.

My tally of strolls was about 20. The first was from Epsom Downs to Betchworth in 1962. The last was from East Grinstead to Coleman's Hatch in 2001 but I had to bow out before the end as I was already wetter than wet and the rain did not stop. It so happens that both those strolls were conducted by Peter Selby.

Membership of the club offered not only the stimulus of racing and strolling it also enabled me to make some good friends and to meet some fascinating

people. To be short here are my memories of 3 of them. Edgar Frost was the one who persuaded me to join the club. In his younger days he had been quite fast and when I joined he could still do 6 miles in the hour provided it was not a too hilly course, but then too much weight and too many cigarettes took their toll. He was a marvellous companion on strolls with a tendency to make slightly risqué remarks.

Fred Nickolls always seemed to be walking or running. He must have clocked up an impressive mileage over the years. As a race walker he had considerable achievements over distances from 2 to 100 miles. He was a keen stroller who liked to have his umbrella with him. I think it was Fred who came out with the memorable remark “on a clear day you can see Edgar.”

I believe Walling Bryant was given his first name because he was born in Wallington, so I should have been called Ken as I was born in Kensington! When I joined Walling seemed to have been Strolls Secretary from the beginning of time and he continued for many years. I always saw him as a walking Ordnance Survey map. He knew the location of every stile and right of way. He also led the carol singing at the pre-Christmas stroll. Then there were those extraordinary elongated rolls called banjos he used to take on all strolls. They always attracted a great deal of interest.

Committee meetings may have gone on too long as some loved the sound of their own voices, but it was a great day for the club when women were finally allowed to join. I think only one member resigned in protest. Women like Sandra Brown, with her successes in ultra-long distance walks, and many others have contributed a lot to the club in the last 30 years.

RACE REPORTS

18-20 November– No Finish Line 24 hrs and 8 day races, Monaco

The furthest achievement was Richard Brown's 416 miles in the 8 day event in Monaco. We can admire his determination in making 15th place although in the M65 group now. Sandra again gave an excellent performance to finish 2nd woman however this was a mixed running and walking event and the first lady, a runner, was a mere 6.4 miles ahead at the finish. Also walking was Kathy Crilley who broke 90 miles in the 24 hours – her best for some years.

8 days: 15. **Richard Brown** 670.024km or 416.33 miles.

24 hours: 1st man completed 136.7 miles (runner); 1st Woman 118.612 miles (runner); 2nd woman **Sandra Brown** 112.224 miles; 3rd Woman **Kathy Crilley** 90.496 mls.

18 November Hadrians Wall Walk, Bowness to Solway:

2 teams of 4 attempted to complete the 84 hilly miles from Bowness to Solway taking in parts of the Hadrian's Wall. One team included our very experienced Chris Flint and both teams finished close to each other and inside their 30 mile limit even if slower than their original aim of a world record which was soon realized to be unobtainable on this occasion.

C.Flint 29 hrs 50 min.

3 December – Cambridge Harriers Winter League 5km, Bexley:

After two weeks away from racing about 25 visited the pleasant Kent town of Bexley for the second race of the series. It was a relatively warm afternoon with the odd gust of cold wind - almost ideal racing conditions and most seemed keen to push on hard after the break. Although not at full speed yet Shaun Lightman moved from the rear of the field to sail past the other three Surrey Members to finish 5th man and break his 30 minute target by a few seconds. This was among his best of recent times as was Hannell's. Dave Delaney once again gave a good account of himself with his best time since his return to the sport.

1. C.Curbishley (M&M) 24.38; 2.S.Uttley (If) 25.53; 3. S.Allen (Barn) 26.48; 5. **S.Lightman** 29.55; 6. **P.Hannell** 30.11; 8. **P.King** 31.15; 9. **D.Delaney** 32.25.

10 December: Christmas Cup 5km,

The third of this season's races was the Christmas Cup – a lighthearted handicap event over 5km. The festive season brought out the usual Christmas hats etc. by some of the more adventurous while the rest raced as competitively as ever. The field of 32 for what was once a small Club race, but now attracts many visitors, was a record for the event and the weather, while not warm, was pleasant enough. The course is not easy with two sharp short hills and one long slightly up-hill drag and most were slower than the previous week at Bexley. The Club members were particularly pleased to see Lyn Atterbury over from Poland and taking the Cup for a handicap victory with a fast time 15 seconds ahead of Shaun Lightman.

SWC had the winner, Mark Easton, after a tight contest with Portuguese international, Francisco Reis competing for Ilford. SWC itself had 16 out again a record for recent times with several not seen for a while. Joining Lyn in the handicap frame were Mark Easton and Kevin Burnett in third - all performing well.

Men:

1(2). **M.Easton** 24.06; 2. F.Reis (Ilf) 24.15; 3. S.Uttley (Ilf) 26.08; 4. S.Allen (Bar) 26.44; 5. G.Thomas (Ton) 28.32 6. R.Elmsley (Stey) 29.05; 7(1). **L.Atterbury** 29.24; 8(4). **S.Lightman** 29.39 9. R.Penfold (Stey) 30.06; 10. L.Legon (Bexley) 30.32; 11(11) **M.Harran** 30.38; 12(6). **P.Hannell** 31.00; 13(4) **I.Statter** 31.09; 14(9). **P.King** 30.30; 15C.Lawton(Bel) 30.40 16(16)**C.Flint** 32.12; 17(12). **D.Delaney** 33.25 18(15). **D.Crane** 34.02; 19(14). **P.Crane** 34.05; 20(7). **A.Statter** 34.23; 21(13). **D.Hoben** 34.38; 22 D.Sutcliffe (Bed) 37.10; 23 B.Hercock (Enf) 38.08; 24. M.Barnbrook (Ilf) 38.40; 25(3). **K.Burnett** 39.12 ; 26. D.Ainsworth (Ilf) 39.48; 27(8). **B.Imber** 41.23.

Women:

1. H.Middleton (E&H) 28.35; 2. C.Cotterill (Ton) 31.19; 3. A.Martin (Unatt) 34.07; 4. G.Legon (Bex) 36.58; 5(10). **K.Crilly** 37.15.



Mark Easton, winner of the Christmas Cup

(photo Maggie Easton)

17 December – Alf Palmer 5km, Horsham Track

The clash of fixtures saw members divided. The usual demands of Christmas shopping and sub-zero temperatures at dawn did not deter everyone with a field of about 20. The track at Horsham had to be cleared of ice but by the start the temperature was not too cold with some sun and hats, gloves and extra layers were shed by many. As usual Ian Richards of Steyning soon pulled clear of the field only to slow allowing Jonathan Hobbs to close to 21 seconds. Of the SWC men David Crane was the first home and the most improved over last week's race over the same distance but no hills gaining almost 2 minutes.

1. I.Richards (Steyn) 25.11 2. J.Hobbs (Ashf) 25.32;
3. S.Allen (Barn) 26.28; 10. **D.Crane** 32.16; 12.
P.Crane 33.37; 13. **D.Delaney** 33.57.

17 December: Ilford 5 MIs, Redbridge Cycle Track:

Ilford AC's Xmas event over 5 miles enjoyed similar weak winter sunshine, third time lucky for Ilford AC as the previous two years' events had been canceled due to heavy snow.

The race was won by recent Commonwealth Games athlete Dom King from Colchester AC who will be among the contenders to take part in London 2012, in an excellent time of 36:18, just outside seven minute mile pace. After a gap of nearly four minutes ex Portuguese international Francisco Reis from the host club who has had plenty of outright wins in 2011 came in second place, and after another similar gap, Steve Uttley also from the host club completed the top three. We were represented by Mick Harran and David Hoben. Mick Harran, who has had a very successful 2011 over all distances, had to work hard to be in the top half of the field just in front of leading lady and long distance activist Cath Duhig from Ryston Runners, there were other former internationals among the finishers in addition.

It was felt that the new course, although lacking the hills of the traditional pre-Xmas 10k, being on a traffic free circuit and a perfect tarmac surface, was the one more likely to secure the future of this event although unfortunately the necessity of avoiding the traffic has meant removing it from public view..

1 Dom King (Col) 36.18; 2 F.Reis (Ilf) 40.17; 3. S.Uttley (Ilf) 43.23; 9. **M.Harran** 50.50; 14. **D.Hoben** 56.47.

26 December Preston Park 5.5 Miles, Brighton

Three members visited Preston Park on Boxing Day for the annual four laps of this race which is followed by a running race over the same course. The weather was warm for the time of year and dry. Ian Richards of Steyning sped off at the start never to be challenged. A surprise second place was David Hoben initially. He was soon passed by Richard Elmsley, Shaun Lightman and Ron Penfold. Richard and Shaun battled for the first lap Richard gaining 30 yards on the hill at the back of the course. However Shaun held Richard and gradually closed the gap until by the beginning of the third lap they were neck and neck. On the flat Shaun drew away and eventually finished some 47 secs ahead of Richard. Further down in the field Dave Delaney held Ann Belchambers to 20 yards and, although he could not maintain the pace on the final lap and Anne finished 66 secs ahead, David had the best relative time of the SWC contingent. Dave Hoben faded somewhat after his fast start. After the race it was pointed out that Shaun is now in his 7th decade of racing!

1 I.Richards (Steyn)45.14 2 **S.Lightman** 54.02
3. R.Elmsley (Steyn) 54.49; 4. R.Penfold (Stey) 55.35;
5. A.Belchambers 59.31; 6. **D.Delaney** 60.47;
7.**D.Hoben** 63.07.

7 January SRWA & Open 10k, Selsdon:

Once again our 4th winter race was used for the Southern Area Championship and though this high level event attracted a rather smaller turnout than the earlier races though a total of 30 was a fair number. Roger Michell travelled all the way from his Shropshire for the Surrey team but was, for the first time in very many years, unfortunately disqualified leaving Shaun Lightman to lead SWC home. Having recently felt signs of injury he started towards the back of the field but the last couple of the 7 laps saw him accelerate to gain 5 or 6 places. The best Club performance was probably Dave Delaney's which represented an improvement on his recent average while most were slower on this course where the undulations slow all but the fittest.

Men: 1.F.Reis (Ilf) 50.04; 2. J.Ball (Steyn) 53.40; 3. S.Uttley (Ilf) 53.47; 4. S.Allen (Bar) 57.08; 5 S.Allen (Ilf) 59.18; 6 R.Elmsley (Ste) 59.49; 7. A.Thomson (E&H) 60.15 8. A.Ellam (E&H) 60.25; 9. R.Penfold (Steyning) 61.00 ; 10. **S.Lightman** 62.48; 11. S.Pender (E&H) 62.54; 12. **P.King** 63.07 13. M.Bradley (E&H) 63.55; 14. **P.Hannell** 64.04; 15. **G.Macdonald** 66.25; 16. **D.Delaney** 69.30; 17 **T.Sliwerski** 70.54 18.Barnbrook (Ilf) 75.45; 19. B.Hercock (E&H) 78.58.

Teams: 1 Ilfd 11; 2 Stey 136; 3 Enfd127; 4. SWC 114

Women: 1. D.Bradley (Ton) 57.36; 2. G.Narvliene (ESM) 59.25; 3. K.Duhig (Ryst) 63.04; 4. M.Noel (Belg) 63.41; 5. A.Belchambers (Steyn) 65.09; 6. S.Barnett (Enf) 66.15; 7. L.Spinks (Enf) 68.04; 8. A.Martin (PadW) 73.21; 9. N.Grimsey (Enf) 74.58; 10. **K.Crilly** 76.14; 11. G.Legon (Bex) 77.34;

14 January – Steyning 15km:

We had 4 representatives at the very pleasant little Sussex town of Steyning taking part in its by no means flat 15km venture into the countryside north of the centre. This was almost as many as the host club although most Clubs were missing some prominent names and total turnout was much less than usual. Perhaps overnight temperatures of around -5 degrees may have put many off although a little sun brought the afternoon up to slightly cold but not unbearable by the start. Shaun Lightman, once again, led us home after a modest start. Not far behind at the mid-point turn he was soon by Hannell gaining further two places in the last third of the race. While ostensibly taking it easy, his surge in the second half encouraged by those just ahead yielded the best relative performance as Hannell desperately tried to hold the gap. While Chris Flint struggled a little today, Dave Delaney kept the difference down to a couple of minutes and gave the best performance among the SWC contingent after Shaun.

1. I.Richards (Ste) 76.04 2 J.Ball (Ste) 77.57; 3. J.Hobbs (Ash) 83.42 7 **S.Lightman** 90.17; 10. **P.Hannell** 92.48; 13. **C.Flnt** 98.33; 14. **D.Delaney** 102.20.

21 January Enfield 5 Miles Donkey Lane

On a sunny but blustery afternoon just under 50 participants returned to the traditional course at Donkey Lane where the refurbished changing rooms and café were admired by all. This was the first of a series of races and saw a convincing win by Neringa Aidietyte of Ilford AC with clubmate Francisco Reis second. SWC fielded 7 walkers – 6 men and Kathy Crilley. Shaun Lightman made a steady start for two of the five laps before pushing hard and moving confidently through the field to finish 14th. A long way back Chris Flint confidently plugged on, clearly not race fit, to finish a place ahead of Micky Harran, who was closing rapidly in the final stages. It was good to see Steve Crane working hard to get back to fitness and his father, Peter, and Kathy Crilley completing our finishers. David Crane walked the first 3 miles with his brother but was taken ill and had to retire. Paul King had a good race representing Belgrave Harriers, his first claim club. 46 finished and again the whole event including the post-race presentation to individual and team winners from the 2011 series was carefully choreographed by Ron Wallwork.

Men:

1. F.Reis (Ilf) 39.48; 2. F.Deuter (Hill) 40.48; 3 J.Ball (Steyn) 42.13 12 **S.Lightman** 49.13 **P.King** 50.22; 18. **C.Flint** 51.34; 19. **M.Harran** 51.45; 22. **S.Crane** 53.24; 25. **P.Crane** 55.46.

Women:

1. N.Aidietyte (Ilf) 37.29; 2. H.Middleton (E&H) 47.50; 3. C.Duhig (Ryst) 49.58; 11. **K.Crilley** 59.32.

25 March – Leicester 15 miles:

Two Club members took part in Leicester Walking Club's 15 mile championships. The day was very bright and spring-like, ideal conditions for walkers to sample the lanes and idyllic rural scenery on an out and back course that was far from flat and fast. Iain Thomson was reasonably pleased to do a time of 2:55 not far outside this best for the distance as hills don't appear to present a problem to him, a little longer than last year due to concerns over route finding. David Hoben went round with Shaun Lightman's daughter, Sarah, who had achieved a big success in the club's Lingfield 100 miles. The race was won for the 16th year in succession by former international Chris Berwick representing the host club

1 C.Berwick (Leic WC) 2.29.04; =2 C.Vesty (Leic WC) & S.Pender (E&H) 2.46.41 5. **I.Thomson** 2.55.43; 7. **D.Hoben** 3.14.06.

Future races

23 May	Johnson Bowl 4 miles	B&B HQ	7.30
6 June	3 kms Champs.	Norman Park	7.30
22 Aug	5kms Open	Norman Park	7.30
13 Oct	Gazette Cup 4 mls	HQ	2.30
3 Nov	Alec Potton 7mls	HQ	2.30
8 Dec	Christmas Cup 5 kms	HQ	2.30

STROLLS REPORTS

Saturday 18 December Tattenham Corner to Betchworth

Conductor: Peter Selby

At last our retiring President was able to conduct the stroll that he had been threatening for some years. In 2010 the very prolonged snowfalls resulted in the cancellation of the jaunt at very short notice via an Email to Gail Elrick who was in Buenos Aires at the time! No such problems this time however although the conductor decided to do a further recce a couple of days beforehand and was confronted by a relatively deep level of snow on the North Downs which covered and froze the pond at Walton on the Hill. An exciting prelude.

A goodly band set off from Tattenham Corner in reasonable weather having been delayed by ten minutes due to the conductor being late. A good omen for a potentially catastrophic day.

The early morning nip soon disappeared and it was reasonably mild but very wet underfoot as the party made its way past Nohome Farm and on to the North Downs at Buckland Hill. No real events to speak of in the first session but the views were good from the back of Reigate and Colley Hill although somewhat intruded by the selfish erection of a very tall close-board fence along one of the private properties.

The conductor first took this stroll fifty years ago as a raw eighteen year old and remembers the Dolphin pub as a pleasant log-fired ale house but renowned for an excellent game of darts. Five decades later it has become one of the high spots in the area and as

we arrived it was evident that every bar, and there were about six, was full of hikers, bikers and drivers, so much so that there was no food.

Our arrival at the Dolphin was made more poignant as we met Pam Ficken and Bob Dobson. Bob had travelled up from Wales the previous day and both had motored down from Cambridge. Stan Saunders was so keen to see the Conductor that he had booked in to the locality for the whole weekend having travelled from Northampton and he and Selby shared many a memory of previous strolls although both are now quite deaf! Selby recalls how when he first strolled with the club in the fifties and sixties that he walked with a lot of old men, although they were younger than he is now. So he knows what it feels like to have trouble hearing and struggling to get up a hill.

The throng gathered round for the afternoon session, which meant surmounting the North Downs again up one of the steepest faces possible. We had a pleasant wander across Walton Heath by the golf course, through Walton village and back across Epsom Downs to Tattenham Corner. The station was reached just as darkness fell following some 29 kms of very heavy going.

The Conductor was delighted that he had been able to repeat what had always been one of his favourite walks, although not perhaps one of the most picturesque and now somewhat spoiled by the incessant din from the M25.

The weather stayed reasonably kind – a few showers in the afternoon – but the company made up for any other problems encountered. The Conductor was delighted to have the company of John and Gail Elrick, who acted both as support for navigation and

also a sort of Ofsted checking on the Conductor's competence, particularly after his two previous poor attempts at leading a club stroll. Others who turned out for the fun and did the walk were Debbie and colleague who were visitors, Corinne Thompson, Manjinder Sidhu, Bernard Imber, Lawrence Foe and David Hoben. Much discussion took place on world affairs but more importantly on the future club strolls.

Your Conductor must offer an apology that the lunchtime break did not prove as seasonal as would have been hoped. As the pub was packed, finding a seat was difficult, let alone there being no food available. It is hoped to repeat the occasion next year when all the crinkles have been ironed out and a few route variations completed.

Although half a century elapsed between the conductor first taking this stroll and this most recent event memories came flooding back – the only sad factor being that the infernal M25 now blasts a constant corridor of noise through what used to be the tranquil North Downs; but as they say, that is progress.

7 January 2012 – Putney Bridge to Kingston (linear)

Conductors: John and Gail Elrick.

Distance 19 miles.

Participants (20) - Paula Buckton, Jennifer Caddy, Susan Cannell, Kate Copeland, Peter Crane, Marc Domingue, Gail Elrick, John Elrick, Laurence Foe, Jill Goddard, Janette Henderson, Tricia Hewlett, Frederick Knight, Lynne McKenzie, Joelle Paul, Dorothy Shepherd, Corinne Thompson, Paul Tilley, Dave Williams and Debbie.

This stroll followed the Beverly Brook Walk from Putney to Richmond Park and then left the Brook to cross Ham Common to Teddington for lunch followed by an afternoon route around Bushy Park and Home Park. It was a good stroll to fit in just after Christmas and the New Year when everyone wanted exercise and daylight was at a premium.

We began by following the River Thames upstream of Putney to pick up the start of the Beverly Brook Walk just past Leaders Gardens and opposite Fulham Football ground. The name of the Walk is thought to come from Beavers' Ley (a place where badgers live) and it is marked by a distinctive purple waymark disc showing a deer in silhouette. The route took us past Barn Elms playing fields and towards Barnes Common where public toilets were available, then over Palewell Common with a good view of the imposing Bank of England Sports Ground. We entered the Roehampton Gate at Richmond Park, turning immediately left to follow the Brook as far as the Robin Hood Gate. Along this stretch we joined up with Peter Crane who had arranged to see us there.

At this point we left the Brook and skirted the Isabella Plantation to head towards the Ham Gate. This stretch was an opportunity to see the deer and appreciate the relative Saturday morning quiet of the open parkland.

We meandered through the short but confusing paths of the wooded part of Ham Common to emerge opposite St. Andrew's Church and then on to the open area with its small, picturesque village pond. From there it was a short walk over Teddington Lock and up the High Street to stop for lunch. After some market testing before the stroll the conductors had opted for the 'The Adelaide Arms' as the pub stop which provided a good range of beer and unexpectedly good food.

After lunch we crossed Bushy Park into Hampton Court where we took advantage of the absence of visitors to visit the formal gardens and the vine. From there we embarked on a circular route through Home Park to Kingston Bridge and back along the river towpath, returning to Bushy Park for tea at the Pheasantry tea room. Dusk was descending as we left the park via the Hampton Wick Gate and headed back to Kingston Bridge and the railway station. A good winter's walk in our local area enjoyed by 20 strollers.

Future Strolls

Saturday 7 April. Alton to Farnham (linear).

Conductor **Jill Goddard**.

Start **Alton** station 10.09 (London Waterloo 08.13, change Woking). Return trains from Farnham 8 and 38 mins past the hour and trains back to Alton at 19 and 49 minutes past the hour (journey time 20 mins).

Route description –As many missed out on this great walk in February due to snow, Jill will kindly repeat it. We do hope you can make it! Takes in beautiful countryside between Alton and Farnham. Lunch at Chequers Inn, Well and tea at Church Crookham.

Explorer 144 and 145, approx 20 miles

**Saturday 21 April. Hitchin Rural Perambulation.
Conductor Nigel Schofield**

Start **Hitchin** Station at 09.22 (Kings Cross 08.53 fast). Return trains to Kings Cross: Fast on the hour and on the half hour, slow on 04 and 34 minutes past.

Route Description - Undulating in parts, but not difficult, with some fine views north from eastern outliers of the Chilterns. The route starts off to the west and north of Hitchin and then via Purwell, Great and Little Wymondley, Titmore Green, Chapel Foot, St Pauls Walden, Whitwell (fresh watercress!!), Kings Walden, Ley Green, Offley, Pirton, Ickniel Way, Westmill, Oughton Head Spring and back to Hitchin Town Centre (historic market town) and the station. No pub lunch, but route passes The Plough at Ley Green, where strollers can have a drink (beer - McMullens) and join the others at picnic spot 200 yards away. There is also a coffee stop (St Pauls Walden Church) and tea break on the Ickniel Way – both al fresco.

Landranger 166, Explorer 193, approx. 20 miles.

Sunday 13 May. A walk through time in Epping Forest and the Lee Valley. Conductor Janette Henderson .

Start **Epping** tube station 09.26 (Central line – London Liverpool Street 08.51 – but any starting point on the Central Line will do). Regular return trains every 10 mins.

Route description - Taking a break from her studies at Bristol University, Janette will be leading this walk in Epping Forest and the Lee Valley. Given her interest in archaeology, this will take in a number of features of historical interest along the way, including two iron

age hill forts, a second world war anti-tank defence, the site of the factory which made the iconic Enfield rifles and the remains of Waltham Abbey. And, of course, there will be quite a bit of walking too! The location of the lunch stop is still to be confirmed, but further details will be provided closer to the time.

Explorer 174. Approx 20 miles.

Saturday 26 May. Arundel circular. Conductor **Jennifer Caddy.**

Start **Arundel** station 09.28 (London Victoria 08.02).
Return trains 12, 46 mins past the hour.

Route description - North through Arundel past the castle, through Arundel Park to the River Arun then to Amberley. Lunch stop Amberley, pub or picnic on banks of the Arun. Afternoon route goes east on the South Downs Way, then SW to Wepham Down to join the Monarch's Way, to the River Arun again and back into Arundel.

Explorer 121, approx 20 miles

Sunday, 10 June. Great Missenden Circular.

Conductors **Gail and John Elrick** . Start Great **Missenden** station at 09:08 (London Marylebone at 08:27). Return trains at 19 minutes past the hour.

Route description: Morning route by way of Bryant's Bottom and Speen to Princes Risborough for lunch. After lunch we ascend Whiteleaf Hill and follow the Ridgeway Path via the Boer War Monument at Coombe Hill to Wendover (possible tea). Return to Great Missenden via Dunsmore.

Explorers 181 and 172 . Distance app. 20 miles.

Saturday 23 June. Two Loops Round Liphook.

Conductor **Glenys Kirkpatrick**.

Start **Liphook** station 09.00 (Waterloo at 08.00, change at Haslemere). Return trains 09 minutes past the hour.

Route description - taking in the best of the varied countryside around Liphook, gentle slopes. Lunch to be decided but will be a pub or café along the route. There will also be tea and cakes at Glenys' house at the end for those who wish (well worth stopping for in my experience! – Janette, Strolls Sec).

Explorer 133, approx. 20 miles

Details of strolls may change and it is wise to check with the conductor in the week before.