

# Summer 2012 No.451

---



Walking

*The Gazette and Record  
of the Surrey Walking Club*



Teamwork in the National 20kms with Mick Harran, Chris Flint and Peter Hannell encouraging one another. With Shaun Lightman they secured 3<sup>rd</sup> team place.

**Welcome to Gazette no. 451** – 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](mailto: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](http://www.surreywalkingclub.org.uk) .

We wish our President well after his recent operation which went well, but he is currently not very mobile.

### **Gazette Night**

This will be held on **Saturday 24 November 6.30pm at Blackheath & Bromley HQ, Hayes Kent.**

Gazette Night is our main social event of the year. It takes the form of a buffet supper with an entertaining auction where members and guests bring items to be sold. You may be able to pick up a useful Christmas present or an item of Club memorabilia. A raffle is held and all funds raised go towards the cost of producing this, your Club magazine. If you have not been before why not give it a try. Tickets at £12.50 will be available from Trevor Sliwerski, our Social Secretary, whose contact details are on the back cover.

## **Clothing**

We now have Surrey Walking Club printed fleeces available from our President at £17.50 in various sizes. These are proving popular with those who have already purchased them and are a good advert for the club.

**Ken Mason** is doing a sponsored London to Brighton in August in Aid of the St Martin-in-the-Fields' work with homeless people. The Charity has some resonance with Ken's own family. As Ken cannot walk very far his 'Brighton' will be 54 miles in a local gym and he will be on a rowing machine for 6 sets of 9 miles on a particular day. If you would like to support Ken please let him know.

## **Ray Hague**

It is sad to report the recent death of Ray Hague after a period of illness. Ray was a very active racing and strolling member of this club and the Stock Exchange in the late 1970's and 80's. He continued to be a generous donor and supporter of the Club.

Ken Matthews is the RWA President this year and the Club has made a £50 donation to the President's Appeal Fund.

Any claims for expenses should be submitted to the Treasurer, John Elrick, well before the end of August.

In March Richard & Sandra Brown completed a 100 miles run/walk along the Thames Trail from Richmond to Oxford [103m in fact], ie very largely off road. This event was organised by Centurion Running. The event was much more like an LDWA walk than a racewalk.

## **Presidents Comments**

Apologies for not producing the President's address before I left for my holiday in January. I must thank Peter Selby for nominating me for the job as President, in the year of the Olympics. I must also thank Peter for presiding over the club activities and for all the other work that he has done over the last three years. I hope I can emulate this.

This is my second term and I was looking forward to helping the club in the national and open events by competing or just supporting the members. However this was not to be, as I have to undergo a hip replacement operation on 24<sup>th</sup> May.

We are still very short of younger members but our team of veterans is doing the club proud, placing in the various events (especially the nationals) in which they have competed. One of our team members, Roger Michel, who has been performing very well for the team, unfortunately had a mild stroke, but has since recovered. He will be taking a rest from strenuous activities for a while. We wish him all the very best for the future. Also, Jack Fitzgerald has not been very well of late. He was hospitalised. It is reported that he is in good spirits but would welcome any members and friends to brighten his days. I would like to congratulate Mark Easton who has been appointed as President Elect of the Race Walking Association. The strolling section seems to be going from strength to strength every year, which the Elricks must be very pleased with.

We are hoping that in the Olympic walks GB will be represented by a good number to put some pride back into race walking. We also hope that the walks leave a great impression on the public; especially on youngsters who might decide to become involved in the sport, benefitting walking in general and our club in particular. Therefore, because of the Olympics, race walking could rise again to its former glory.

Nolan Simmons - President (May 2012)

## RACE RESULTS

### 4 March – National 10miles, Coventry

A full team at the National 10 miles Championship was in itself an achievement and 4<sup>th</sup> team is as good as we could expect and not too far from bronze medals. Shaun Lightman's sub 100 minute performance was clearly the best but all members showed an improvement on recent results as befits a major championship. 13 repetitions of the ¾ mile laps was none too easy in the damp windy conditions although the worst of the weather thankfully started to moderate as the race begun. After a fairly steady start, Shaun overtook Peter Hannell at about half-way and pulled gradually away for a few laps before changing gear and pulling back several of the field to build a gap of half a lap by the finish. The other three members drew slowly apart during the first half but slightly closed by the end.

1. T.Bosworth (Ton) 70.07; 2. S.Kollmorgen (Belg) 80.08; 3. F.Reis (Ilf) 81.59; 14. **S.Lightman** 99.35; 18. **P.Hannell** 104.05; 19. **P.King** 105.02; 20. **C.Flint** 105.15.

Teams: Ilford 281 pts; Belgrave 273 pts; Enfield 254 pts and SWC 248 pts.

### 10 March Bexley League 5km

The race saw Mark Easton race for the first time for a couple of months to win the race in a time rather ahead of recent results although this could not be said of the rest of the team.

1. **M.Easton** 23.31; 2. C.Curbishley (M&M) 24.04; 3.P.Barnard (E&H) 25.38; 8. **C.Flint** 31.19; 9.**D.Delaney** 33.59.

## **11 March VAC/SCVAC Indoor Championship 3km, Lee Valley**

This was a specialist event indoors on the artificial Lee Valley track with a strong field. A win in the M65 group flattered Hannell, who would have found half minute quicker a more fitting effort.

1. F.Reis (Ilf 1<sup>st</sup> M50) 13.54; 2. I.Richards (Steyn 1<sup>st</sup> M60) 14.39.7; 3. J.Hall (Belg 2<sup>nd</sup> M60) 15.29.7; 8.**P.Hannell** (1<sup>st</sup> M65) 17.54.7.

## **18 March – National Masters Indoor 3km Walk Championship, Lee Valley**

The climax of the 2011/12 British indoor Masters season, the national championship, was the only event this weekend and we had only one representative – Peter Hannell – at this high quality event. The winners of both the Men's and Women's events were both excellent in both style and speed showing the large crowd of Masters taking part in the whole range of athletic events what race walking should be especially as they both belonged to the younger Master's age groups. Amazingly it was the M75 group who has the most entrants with five on the programme, including the current world record holder, so demonstrating the health benefits of race walking. Hannell finished with a time not far from expectation, although by no means as fast as should be achievable, but had the satisfaction of turning the tables on the second in his group, Keith Richards from Coventry, who had beaten him in last summer's outdoor championship.

1. S.Kollmorgen (Belg 1<sup>st</sup> M40) 13.52.99; 2. J.Hall (Belg 1<sup>st</sup> M60) 15.16.1; 3. S.Allen (Barn 1<sup>st</sup> M55) 15.44.8; 6. **P.Hannell** (1<sup>st</sup> M65) 17.38.8;

## **24 March – Slater/Bryce Track 10km, Horsham**

The first outdoor Track race of the Spring was held by Steyning AC at the Horsham track with three members enjoying a warm visit to Sussex for this annual memorial race. The relatively hot March sunshine was something of a shock to the performance of many in the field although Shaun Lightman in 8<sup>th</sup> position and first man home for the club lost only a minute or so on his expected one hour target. The field ahead contained a number of strong and younger walkers but Shaun was undeterred by some inevitable lapping and indeed easily lapped a struggling Peter Hannell himself. Chris Flint started a few minutes late due to traffic problems during a long drive from home but his relative performance was the least affected by the temperature as he was allowed to join the race a lap and a half behind Hannell. The strange result was that the latter was beaten on time by Chris without ever seeing his clubmate, who was catching him from behind, taking part.

1. I.Richards (Stey) 49.38.7; 2. J.Ball (Stey) 52.28; 3. J.Hall (Belg) 54.46; 8. **S.Lightman** 61.31; 10. **C.Flnt** 64.48; 11. **P.Hannell** 65.20.

## **31 March – Pat Furey 5mls, Lee Valley**

The slightly cooler weather led to some good performances in this popular event despite a brisk breeze. The winner of the race Neringa Aidietyte led the whole way and won by over two minutes. The compensation for the rest was that they had been beaten by one of her country's team at the forthcoming London Olympics. Further down the field Shaun Lightman had a race long battle with Alan Ellam Enfield, Abdi Berleen Ilford and Helen Middleton Enfield. Alan Ellam got away on the last lap but Shaun held off a fast finishing Abdi and Helen. Shaun's time was his best since 2010 and a considerable improvement on recent performances which have themselves

been mostly on the up. David Crane showed an even greater move up in times almost breaking 49 minutes with brother Stephen also returning to form a little while father, Peter, couldn't quite hold Stephen but also had a good race. Another three Surrey Walking Club members in the field gave a good representation of 7 in all and a complete if rather lowly team position of 6<sup>th</sup>.

1. N.Aidietyte (Ilf W) 37.10; 2. F.Reis (Ilf) 39.17; 3.F.Deuter (Hill) 40.09; 15. **S.Lightman** 46.08; 22.**D.Crane** 49.07; 23. **P.King** 49.22; 24. **M.Harran** 50.36; 29. **S.Crane** 53.17; 30. **P.Crane** 54.31; 35. **D.Hoben** 57.23.

Teams: 1.Ilford A, 2. Enfield, 3. Hillingdon, 4.Belgrave, 6. Surrey WC and 7. Ilford B

### **17 April – Vets AC 5 miles, Battersea Park**

The new season of monthly 5 milers at Battersea began with a rather poor field perhaps due to expected rain – which came but went 5 minutes before the start. We were well represented with 5 out of the 8 starters although some were feeling the effects of the previous weekend's National 20 km. Only the winner from Ilford was not affected having missed the 20km and Peter Hannell who seemed to find a relatively good 20km an inspiration this time. Of the rest only David Hoben, who also missed the 20km was up to his usual standard probably encouraged by being nearer than usual to those struggling in front.

1. P.Ryan (Ilf ) 43.36; 2. S.Allen (Barn) 46.20; 3. **P.Hannell** 49.45; 4. **P.King** 50.39; 5. **C.Flint** 52.46; 6. **M.Harran** 57.28; 7. **D.Hoben** 57.34.

## 14 April – National 20km, Redbridge Cycle Track

A good day for the club – they had a full team with backup for the National 20km Championships, the whole contingent completed with no non-finishers, they came away with bronze team medals whilst Sandra Brown won an individual bronze with a British W60 record and to complete the day the club was presented with the Race Walking Association's annual trophy for the most improved Club for 2011. In addition to the main 3 to score team they also won the Nijmegen Shield for the first team of four. Sandra's W60 record of 1-59-37 in fact was subsequently revealed to not be a new record as one of her own superior previous performances (1-55-34), thought not to have been recognised, has in fact been ratified. The race itself was held over 20 single kilo laps in temperate but slightly windy conditions with what is now the usual entry across the 6 races held including 2, 3, 5 and 10 km events for the younger age groups. At the front two of the country's fastest young men, Ben Wears and Tom Bosworth fought it out to finish inside 90 minutes and only 20 seconds apart. It was no surprise that Sandra finished some 10 minutes ahead of the Club's first man, Mick Harran, as she broke the 2 hour barrier and found 12.5 miles a trifle compared with her more usual 100 miles. Mick had a very even paced race as he sensibly retained his effort right through the race and was able to keep away from a chasing Shaun Lightman on the last lap. Shaun, who had been suffering a slight injury coming into the race, started at the back of the field but speeded up during the third quarter to pass the rest of the men's team apart from Harran

1. B.Wears (Redc) 89.33; 2.T.Bosworth (Ton) 89.52 3. S.Kollmorgen (Belg) 99.54; 16. **M.Harran** 130.10 17. **S.Lightman** 130.44; 19. **P.King** 131.23; 20.**P.Hannell** 134.06; 21. **C.Flint** 135.21 22.**G.Macdonald** 146.40.

**Women:**

1. N.Aidietyte (Ilf W) 98.21; 2. R.Collins (M&M) 117.34 ; 3. **S.Brown** 119.37.

**Men Teams:** 1. Ilford 264 pts, 2. Belgrave 260 pts, 3. **Surrey WC** 247pts.



Sandra Brown walking in the National 20kms at Redbridge Cycle Circuit, where she came third.

## **25 April – Vets AC 10km Track Championships, Battersea Park**

The first important track race of the year, including County Senior and Area Veteran championships was rather down in numbers with the heavy showers over several days putting off many from what is usually a pleasant Spring evening. In spite of the wind and rain, often heavy at times, Surrey Walking Club had four entries and there were some good times recorded. Shaun Lightman was pleased to break the hour for the first time in a while to become 1st VAC M65 but not fast enough to achieve 1st Middlesex, just one place behind county champion John Hall. Also Mick Harran continued his form for the season and became 1st for the County of Surrey just outside his one hour target, only slightly behind police champion Gary Smith from Enfield AC. Making the rest of the line-up were Chris Flint, 2nd VAC M65 and David Hoben 1st VAC M55 and 2nd for Surrey County. Sole representative of the ladies was Maureen Noel in a fine time of 62.11 when she had only just run in London Marathon 2 days earlier in a very respectable time.

11. S.AllenB (Barn M55) 55.32; 2. J.Hall (Belg M60) 55.58; 3. **S.Lightman** (M65) 59.57; 5. **M.Harran** (M70) 61.43; 7. **C.Flint** (M65) 62.57; 8. **D.Hoben** (M55) 73.38;

## **28 April Enfield League 5 miles**

Only the Crane family turned out for this one. An excellent result for David bringing him well inside the hour (equivalent calculation) for 10km. Also a little better for Steven and Peter.

1. F.Deuter (Hill) 39.20; 2. F.Reis (Ilf) 39.41; 3. S.Uttley (Ilf) 42.48; 8 **D.Crane** 46.43; 15 **S.Crane** 52.02 17 **P.Crane** 54.00.

## **28 April SCVAC Track League 2km, Sutcliffe Park**

This event was for athletes representing their track clubs, where a quick 5 laps were required. Shaun Lightman turned out for Blackheath Harriers and performed even better than 2 days earlier following a very fast first lap in 2 minutes 2 seconds. Hanging on successfully to second place as the appreciably younger leader held his pace Shaun held off 3<sup>rd</sup> placed Noel Carmody from Cambridge Harriers. Although late on the evening of a wet and windy day the conditions were in fact ideally cool and dry.

1. C.Hobbs (M&M M55) 10.20; 2. **S.Lightman** (BBHAC/Sy WC M65) 10.47; 3. N.Carmody (Camb H M55) 10.54; 4. **G.Macdonald** (Ashf/Sy WC M50) 12.05;

## **7 May – Pednor 5 miles, Chesham**

The usual bank holiday Monday afternoon spin round the hilly rural lanes of Buckinghamshire saw three members of Surrey Walking Club in action in the unexpected spring sunshine.

The race was comfortably won by former Portuguese international Francisco Reis of Ilford AC, his two fellow team mates coming in equal second. SWC's own Mick Harran and Chris Flint were highly placed in the first ten of about thirty starters, and achieved times hardly any different from recent form on much faster and flatter courses. The field was reasonably large as this event also doubled up as the Bucks County 5 mile Championships and there were participants not normally seen in other road races.

1. F.Reis(If) 41.52; 2. S.Uttley(If ) 44.19; 3.P.Ryan (If) 44.19; 4. S.Allen (Barn) 45.32; 7.**M.Harran** 51.04; 8. **C.Flnt** 51.22; 13..**D.Hoben** 57 18.

### **13 May Surrey County T&F Champs 3km walk,**

The race was held as usual at Kingsmeadow Track in warm conditions with a slight cool breeze with a modest field with the Boys/Men's race being all Surrey Walking Club. Despite the poor showing the event was keenly contested with the first three home inside 10 seconds. Ian Statter led from gun to tape with Peter Hannell doing his best to hold the gap. Despite being well clear of Chris Flint at the halfway point the latter's strength soon told and he easily passed Hannell as he accelerated to try to catch Statter in the final straight only just failing and giving the crowds a spectacle. Not far behind Andrew performed well in spite of injury to take the Under-17 Gold medal. Further back John May, who had competed in these Championships in 1948 (Great Britain's last Olympic year) almost matched his own M80 UK record.

1. **I.Statter** 18.00; 2. **C.Flint** 18.01; 3. **P.Hannell** 18.09; 4. **A.Statter** 18.56; 5. **J.May** 23.16.

### **15 May Veterans AC 5 miles, Battersea Park**

Another day of mixed weather saw a small field for this event with only 3 members this time but at least the number from other clubs had improved. David Hoben had the best race as he strove to hold Iain Thompson within sight as the latter was down a minute or so down on recent performances while David was not far from his average. Our first member was Paul King who was also outside of his 50 minute target. In fact only the winner Francisco Reis and Ian Richards from Steyning in second place produced improved performances as we wait for the more encouraging Spring weather which generally makes these evenings such a pleasure.

1. **I.Richards** (Steyn M60) 39.07; 2. **P.Ryan** (Ilf M55) 43.07; 3. **S.Allen** (Barn M55) 45.36; 5. **P.King** (M60) 51.18 7.  
**I.Thomson** (M60) 56.39 8.**D.Hoben** (M55) 58.00 .

## **20 May London 10 kms Championships, Victoria Park**

The postponed London Championships saw poor numbers. Surrey WC only had 4 but at least fielding a full team which came home second. In this case the club's performances were much better with the two members of the Crane family both improving. David in particular had his best ever placing in these Championships and as he yet again cut his time.

1. F.Reis (Ilf) 50.51; 2. J.Ball (Stey) 52.47 3 S.Uttley (Ilf) 55.41  
4. **D.Crane** 58.13; 5. **P.King** 63.41; 7. **M.Harran** 65.56; 8.  
**S.Crane** 67.17.

## **23 May Johnson Bowl 4 miles, Hayes, Kent**

The Johnson Bowl, one of Blackheath & Bromley's oldest Trophies was competed for over the current 4 mile hilly course in Hayes Kent. A field of 10, the best for some years, 7 of whom were ours including 3 who were also B&B, set up the first sharp hill. For a while there was a group of 4 at the front including fast improving David Crane and Shaun Lightman, the first B & B, but this soon divided into 2 + 2 as David chased welcome visitor Steve Allen. Determined to get his name back on the Cup after some years of other winners, Shaun ignored the warm conditions and soon was in clear 3<sup>rd</sup> and successful in his quest as Peter Hannell failed to hold Chris Flint in 5<sup>th</sup>. David's time was well up on most of his last few races and matched his excellent London 10km performance the previous weekend. David Hoben's also performed well as he tried to hold David Delaney.

1. S.Allen (Bar) 35.41 2 **D.Crane** 36.13 3 **S.Lightman** 37.35;  
4. D.Bradley (Ton) 38.27; 5. **C.Flint** 40.22 6. **P.Hannell** 41.17;  
7. **A.Harran** 43.56; 8. **D.Delaney** 44.01; 9. **D.Hoben** 44.39;  
10. G.Legon (Bexley) 47.17.

## **26/27 May Schiedam Ultra-distance Weekend 100 miles, Holland**

Six Surrey Walking Club long distance specialists travelled to Schiedam in Holland for a weekend of various distance races. The weather was extremely hot for the time of year which accounted for some slow times. The Club's foremost distance walker, Sandra Brown, seemed less affected by the conditions as she was first to 100 miles of all the UK and Continental walkers, men and women – a tremendous achievement for a W60 competitor. Behind her Chris Flint in 8<sup>th</sup> did not quite make the 100 miles within the 24 hour limit but 93 miles was not bad in the heat. Ian Thomson struggled on for nearly 22 hours to make a creditable 65 miles as he gets more experience of the long events. Kathy Crilley was not so lucky having to break during the race with heat stroke but was able to bravely resume later and completed over 50 miles within 24 hours. In the “shorter” 50 km event David Hoben was also in difficulties with heat and muscular difficulties but managed the 31 miles to finish in the top half of the 50 km field with several not making the distance.

**100 miles:** 1. **S.Brown** 20 hr 30 min 23 sec; 8. **C.Flint** 93.3 miles in 24 hr 4 min 38 sec; 28. **I.Thomson** 65.9 miles in 21 hr 35 min 39 sec; (33.) **K.Crilley** 50.6 miles in 23 hr 59 min 28 sec.

**50 km:** 6. **D.Hoben** 8 hr 11 min 12 sec.

## 26 May Surrey County Vets 3kms Champs, Ewell Court

The race was held in warm conditions but with a slight cooling breeze. Unfortunately other races took away a number of possible competitors to leave just four, all of whom were ours. Unusually Mick Harran was unable to close down Hannell's early lead with the latter inside his 18 minute target. The best performance came from 80 year old John May who carved a few more seconds from his own County age-group record.

1.**P.Hannell** (M65) 17.52; 2.**M.Harran** (M70) 18.05;  
3.**K.Burnett** (M70) 22.03 4.**J.May** (M80) 23.05.

## 6 June Surrey Walking Club & Blackheath and Bromley Joint 3km Championships, Norman Park

A double figure turn-out made a worthwhile race although hopes of more Blackheath non-walkers trying this event were disappointed. After a showery unpleasant day the race was held in sunshine with only a slight breeze. The race saw all competitors produce reasonable performances and two excellent times from the first two home. In second place David Crane produced a further significant improvement to a personal best inside fifteen and a half minutes. Unsurprisingly this gave him not only the Club championship but also victory in the handicap. Joint member Shaun Lightman, second SWC, won the Blackheath championship in a best time for 3km for some years to catch up with his recent form at other distances. Although somewhat slower, Kevin Burnett had a good race to push Shaun into third in the handicap.

1. B.Parsons (Ton) 14.38.3; 2.(1.) **D.Crane** 15.23; 3.(3.)  
**S.Lightman** 16.42.1; 4.(5.) **P.Hannell**) 17.50.6;  
5.S.Hollingdale (BB) 19.35.9; 6.(6.) **D.Delaney** 19.43.8; 7.  
**A.Pickering** (B&B) 20.11.6; 8. A.Martin (Padd W) 20.24.1;  
9.(4.) **D.Hoben** 20.42.9; 10.(2.) **K.Burnett** 22.29.5.  
(SWC handicap in brackets)

## 2 June Moulton 5 miles, Suffolk

In what has become one of the most popular Race Walking events of the year 68 faced the starter for the Moulton 5 miles in Suffolk. The weather was cool with a fresh easterly breeze which was against the competitors on the way out but against them on the return journey. Soon after the start the field was fairly evenly spread out with Francisco Reis (Ilford AC) with Deuter Fabian (Hillingdon AC) Phil Barnard (Ilford AC) and Jonathan Hobbs (Ashford AC) contending the lead. At half way Jonathan Hobbs dropped back as did Phil Barnard with Francisco Reis just heading of a fast finishing Fabian Deuter to win. The Surrey Team were led home by David Crane who had a race long battle with Chris Hobbs and Steve Uttley. Steve managed to edge ahead but David got the better of Chris Hobbs. Further down the field Shaun Lightman started with Diane Bradley Martin Fisher and Steve Allen. Steve and Martin proved too strong for Shaun but he managed to build up a lead over Diane Bradley by the finish. Chris Flint started steadily – he is still recovering from last week's 100 miles. He was just beaten by Sean Pender (Enfield) but managed to get the better of Callum Wilkinson ( Moulton). Dave Delaney had a race long battle with Jon May and Diana Braverman just losing out to both. He was closely followed by Peter Crane who walked well to close on Dave Delaney at the end. Son Steve Crane began well but faded after 2 miles and was overtaken in the last mile by former Olympic Silver medallist Paul Nihill. As a result Surrey W.C. finished third team.

1. F.Reis (Ilf) 39.25; 2. F.Deuter (Hill) 39.32; 3. P.Barnard (Ilf) 41.21; 4. J.Hobbs (Ashf ) 42.25; 10. **D.Crane** 44.19; 16. **S.Lightman** 46.42; 26. **C.Flnt** 51.22; 37. **D.Delaney** 54.59; 38. **P.Crane** 55.06; 52. **P.Nihill** 59.58; 53. **S.Crane** 61.29.

**Teams:** 3. Surrey Walking Club

## **10 June Downham Market 10/20km**

This was the second staging of the Downham Market 10 and 20km walks in the pleasant, almost traffic free residential roads of the historic market town. We had 2 entries in the longer race which also doubled as British Masters Championships and was judged accordingly on strict international rules . The race was headed by 2 Yorkshiremen, long distance specialists Richard Spenceley from Yorkshire Race Walking Club who only qualified as 100 miles in 24 hours less than 2 years ago & Peter Ryan from Ilford AC who both achieved sub 2 hours in the strong sunshine. First to complete for SWC was 2nd claimer Paul King closely followed by prolific long distance racer Chris Flint in his 3rd race since his successful 24 hour ultra in Rotterdam 2 weeks previously. In the accompanying 10k race also on the same circuit doing 4 large laps were Dave Delaney and David Hoben who were satisfied with their positions if not their times and this was won by former Portuguese international Francisco Reis from Ilford AC.

### **20km including National Vets Championship.**

1.R.Spenceley (Yorks WC 1<sup>st</sup> M45) 113.34; 2. P.Ryan (Ilf 1<sup>st</sup> M55) 117.33; 3. A.Thomson (Enf 1<sup>st</sup> M75) 121.19; 6. **P.King** (Bel/SWC 1<sup>st</sup> M60)132.05; 7. **C.Flnt** (SWC 2<sup>nd</sup> M65) 133.30.

### **10km:**

1. F.Reis (Ilf) 51.08; 2. A.Seddon (E&H) 61.58; 4.**D.Delaney** 70.47; 9. **D.Hoben** 74.33.

## **16 June – LICC 5 km, Copthall Stadium**

The second London Inter-Club Competition Open meeting 5km walk which, included in the Enfield League series, attracted a field of almost 30. The race was easily won by Lithuanian Olympic walker, Neringa Aidetyte, who lapped all but one of the field at least once. This despite quite a strong wind, which seemed to add about half a minute to times and caused a little unsteadiness on the home straight for some. We had a small expeditionary force of three across the river and all were quite successful in the conditions. David Hoben who made his 11 minute mile target and dropped the competitor who was with him mid-way by half a minute. Mick Harran caught and overtook Hannell in the last two laps.

1 F.Deuter (Hil)24.17 2 S.Uttley(Ilf) 26.08 3. S.Allen(Bar) 27.08  
9.**M.Harran** 30.25 10.**P.Hannell** 30.36 21 **D.Hoben** 34.23.

### **Women:**

1.N.Aidetyte (Ilf) 22.48 2.H.Middleton (E&H) 28.27

## **Other Results**

21 May SCVAC League, 2km 1. I.Statter 12.17.2; 4. D.Hoben  
14.04.9.

6 June Vets AC 3kms West London C.Flint 18.40

## **Club Race Fixtures**

<b>22 Aug</b>	<b>5kms Open</b>	<b>Norman Park</b>	<b>7.30</b>
<b>13 Oct</b>	<b>Gazette Cup 4 mls</b>	<b>HQ</b>	<b>2.30</b>
<b>3 Nov</b>	<b>Alec Potton 7mls</b>	<b>HQ</b>	<b>2.30</b>
<b>8 Dec</b>	<b>Christmas Cup 5 kms</b>	<b>HQ</b>	<b>2.30</b>
<b>5 Jan</b>	<b>Open 10kms</b>	<b>HQ</b>	<b>2.30</b>

## **STROLLS REPORTS**

**Sunday 18 March 2012, Mothering Sunday**

**Conductor: Jennifer Caddy**

**19 miles**

It was a good day, better than expected, thanks mainly to the weather. Apart from a brief shower at lunchtime when those who weren't in the pub were in a bus shelter, the day stayed dry and, a bonus, the sun shone for most of it.

Nineteen people and one dog set off from Godalming station and headed E to eventually reach Shamley Green, the lunch stop. We passed banks of daffodils, trees with blossom, and lambs in fields. On top of Hydon's Ball we stopped for a drink and to admire the view. We continued to Winkworth Arboretum, through this to Thorncombe Street and up the hill behind it. There were good views from the top of this towards Bramley and Guildford.

After lunch we headed E uphill before turning N. In the distance we could see Chinthurst Hill and the tower at the top. A stile in a chain link fence worried the owner of the dog because she thought it would need help to get over it. However, as soon as she let it off the lead in preparation for this, the dog promptly leapt over the fence.

Soon after we came across another obstacle which was a problem for us rather than the dog. Part of a laurel had fallen across a narrow section of footpath completely blocking it and the view. I managed to force my way through. The person behind me, being smaller and lighter, thought laterally and bypassed it by squeezing through the wire fence at the side having, bravely, checked that it wasn't electrified. With team work the others followed suit.

Reaching Wonersh, having passed the large buildings of St John's Seminary and Barnett Conference Centre, we

continued through Bramley to cross the A281 and branched off by the golf course. The path from now on was downhill towards the Wey Navigation and along this for tea and crumpets at Hector's on the Wey at the back of the Farncombe Boathouse. The proprietors were preparing to close at 4pm but kindly stayed open an extra half hour for us.

Leaving our thanks and small piles of mud, we continued along the canal past the newly renovated Jack Phillips memorial (wireless operator of the Titanic) to reach Godalming station in time for the 4.55pm train.

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

'Where have all the walkers gone?'

I was joined by Dorothy and Joelle at Hitchin Station at 9.22, no calls on the mobile, so off we went, The Three Musketeers. Warm and sunny start, lots of chat, with Nigel giving a pot pourri of information on local points of interest (know all!), fresh watercress and rhubarb at Whitwell, but as per the weather forecast the clouds rolled in at about midday and we were at picnic lunch for the second rain shower of the day at Ley Green. Luck was with us as we could sit within the framework of the playground slide and shelter from the rain. The sun shone all the way back to Hitchin, with rain showers falling to our left and right we arrived back at Hitchin Station at 17.45. However, the Leader had his just desserts with a five minute hail storm as he walked home across the meadows. Thanks to Dave Williams who joined me on the final route check at the end of March, a wet afternoon.

## **Sunday 13 May, Epping Forest Circular**

**Conductor:** Janette Henderson

**Participants:** Sharron Henderson, Freddie Knight, Simon Lloyd, Lilian Chelli and Martha Wright (guest)

Despite some problems with the Central Line, six strollers including the conductor managed to find their way to Epping on a sunny Sunday morning in May. They were rewarded with glorious weather all day, all the more welcome after the heavy rain of the previous weeks (though all that rain did mean that it was rather muddy underfoot).

It was to be a day of history/archaeology as well as walking. The morning route took in a large chunk of Epping Forest, a former Royal hunting forest. Passing marshals who were setting up markers for that day's family fun run, the group made their way into the forest along a broad track which took them to the first archaeological site of the day – Amesbury Banks, an iron age hill fort hidden among the trees just off the track. Legend has it that it was the site of Boudicca's last stand against the Romans.

Hot on the heels of Amesbury Banks came the next historical site of the day – a WW2 anti-tank trap that formed part of the Outer London Defence ring which encircled London through a network of anti-tank traps (basically a big ditch and earthwork bank in a long continuous line), pill boxes and natural obstacles like rivers.

More forest tracks were then taken before the second iron age hill fort of the day was reached at Loughton Camp. This hill fort also has a legend associated with it – this time that Dick Turpin had a hideout there.

After a succession of more forest tracks (all bar the last one being the ones the conductor intended!) the group said goodbye to the forest and, after the conductor had figured out where the last track had deposited them, rejoined the intended route down to Enfield Lock via Sewardstone. The route provided some beautiful views over Enfield, Cheshunt and the surrounding countryside, as well as a quick glimpse of Canary Wharf, picturesquely framed by trees. Needless to say, a couple of historic sites were also taken in on the way. The first was a WW2 memorial to the 184<sup>th</sup> AAA battalion, a

US army battalion which manned an anti-aircraft artillery post on Lippitt's Hill (where we were at the time) during the war, and the second was the remains of the Small Arms factory on Enfield Island (now used as offices and a gym). This was a government-owned Factory (closed in 1988) which produced rifles, muskets and swords from 1816. It is particularly famous as the place where the Lee-Enfield rifle was produced, an iconic rifle used by the British army in the early part of the 20<sup>th</sup> century.

A short hop along the canal (an offshoot of the Lee Navigation) then took the group to lunch at the Greyhound, Enfield Lock, a welcome chance to rehydrate after a hot morning's walk. After lunch Simon left us to take the train back home from Enfield Lock station (he was flying to Turkey the next morning so could not stay for the whole day). The remaining five then made their way along the Lee Navigation to Waltham Abbey, where more history awaited them. Waltham Abbey was one of the first abbeys in England, founded in 1030 by the Anglo-Saxons to house a holy cross which pilgrims flocked to see, making it one of the biggest and wealthiest abbeys on the country. King Harold is said to have been buried in the Apse after his defeat at the Battle of Hastings. The nave of the abbey church remains (mainly dating from the Norman rebuilding and later extension by Henry II) and has a glorious Norman interior. Sadly, the group could only view this from a small window in the door as a special service was taking place for the Knights Templars of Hertfordshire. Still it was quite a sight seeing the Knights Templar in all their finery, and listening to some beautiful singing by a female soloist.

Dragging themselves away, the group had a quick look at the old medieval main street of Waltham Abbey before making their way out of the town, via the pretty Abbey Gardens. The rest of the afternoon took in rolling countryside, roughly parallel to the M25, which was lushly green (and yellow from the fields of rape) after all that rain. Along the way the group passed a couple of obelisks and a rotunda related to Warlies Park which was laid out as a landscape park in the early 18<sup>th</sup> century (and is now owned by the Corporation of London, like

Epping Forest). A little further on, the ruins of Copped Hall (parts of which date from the 16<sup>th</sup> century) could be seen standing on a hill overlooking the M25. Soon after a herd of around 50 deer was spotted in the field just to the left of the route – what a sight and they noticed us and ran for cover! It was then a short ‘hop and a skip’ back into Epping and, retracing part of the morning route through the town, the group reached the station almost dead on 6pm. Freddie informed us that we had actually walked 18 miles not 20 (just shows how accurate measuring the distance by using cotton on a map is!) and had spent a total of 2 hours 50 minutes having lunch, stopping to taking in the sights, water, chocolate brownies and the like – but I think all agreed that it was well worth it.

### **Arundel Circular**

**Saturday 26 May 2012**

**Conductor:** Jennifer Caddy

19 miles

Sunshine, greenness and good views were the features of the day. Five of us (and two small dogs) set off from Arundel station towards the town to join the Monarch’s Way along the banks of the River Arun to Warningcamp. To the NW, impressive to see, was Arundel Castle, the seat of the Dukes of Norfolk for 400 years. Founded in 1067, damaged in the Civil War, it was restored in the 18th and 19th centuries.

Also visible from the river was the Cathedral Church of Our Lady and St Philip Howard, an imposing French Gothic building. Dedicated in 1873, it was designated a cathedral in 1965. Philip Howard (1557-1595) was the 20th Earl of Arundel. He was imprisoned in the Tower of London for high treason and died there, ten years later, of dysentery.

The Monarch’s Way is a 615 mile long-distance footpath based on the escape route taken by Charles II in 1651 after his defeat by Cromwell’s forces at the Battle of Worcester. It ends at Shoreham-by-Sea the place where, after six weeks

on the run, he eventually secured a boat to take him to France.

Branching off the MW in woodland, we encountered a group of highly-strung horses whose riders struggled to control them. One horse preferred to travel sideways. Horses safely out of the way, we continued alongside gallops, gradually uphill, to Wepham Down and the South Downs Way. Soaring above fields was a red kite.

Shortly before reaching the SDW, we paused for a drink by a convenient seat--the rusty skeleton of a WW2 tank, riddled with bullet holes. On the SDW, with superb views all round including the sea and Arundel Castle to the S, we headed W towards Amberley. Reaching the village we stopped here for lunch (12.45) rather than the intended place at least half an hour further on. This proved unfortunate because the pub was shut so we made do with the tea shop. When we reached the intended place by the River Arun we stopped there for more drink--pints rather than cups. Better refreshed, we continued along by the Arun to N Stoke, then S Stoke, before rejoining the MW as it entered Arundel Park. Following this we reached the N end of Arundel and walked past the cathedral and the castle and then through the town to the station, stopping once again for more refreshment. (It was a hot day).

## **Future Strolls**

**Sunday 8 July.** Southease to Seaford (linear). Conductor **Janette Henderson** (0208 542 7546, mobile on the day 07967 552494).

Start **Southease** station 10.02 (London Victoria 08.47, change Lewes). Return trains from Seaford 27 and 57 minutes past the hour, changing at Lewes. Car drivers are advised to park at Lewes as parking at Southease is extremely limited. Explorer 16, approx 20 miles

**Sunday 22 July.** Return of the Three Hills Stroll (circular from Dorking). Conductor **Don Bolton**  
Start **Dorking** Station at 09.36 (London Victoria 08.38). Return trains at 8, 16 and 46 minutes past the hour from Dorking.  
Explorer 145 & 146, approx. 23 miles.

**Sunday 12 August.** Leatherhead Circular. Conductor **Lilian Chelli**  
Start **Leatherhead** station 09.28 (London Victoria 08.38).  
Regular return trains to Victoria or Waterloo.  
Explorer 146. Approx 20 miles.

**Saturday 25 August.** Hastings Circular. Conductor **Peter Crane.** Start Hastings station 09.59 (Charing Cross 08.15, Waterloo East 08.18, London Bridge 08.23). Return trains 50 minutes past each hour..  
Explorer 124 & 125, approx 19-20 miles

**Sunday 9 September.** Chilterns loop, a circular stroll from Chesham. Conductor **Janette Henderson** Start Chesham station 09.43 (Baker Street station 08.45, Metropolitan Line tube). Return trains 25 and 55 minutes past the hour.  
Explorer 181, approx 18 miles

**Saturday 22 September.** Brighton circular. Conductor **Chris Dent** Start **Brighton** station 08.57 (London Victoria at 08.06).  
Regular return trains from Brighton (several an hour).  
Explorer 122, approx. 23 miles

**Sunday 8 July.** Southease to Seaford (linear). Conductor **Janette Henderson**  
Start **Southease** station 10.02 (London Victoria 08.47, change Lewes). Return trains from Seaford 27 and 57 minutes past the hour, changing at Lewes. Car drivers advised to park at Lewes. Parking at Southease is limited.  
Explorer 16, approx 20 miles