

Autumn 2012 No.452



Walking

*The Gazette and Record
of the Surrey Walking Club*



Photo: Mark Easton

David Crane seen in the Enfield League 1 hour race at Hemel Hempstead has made great strides in his recent performances

PRESIDENT'S REPORT –2011-2012

At this time of year that we review the past season. I would like to thank the Vice Captain, Peter Hannell, for filling in for me when necessary during my absence caused by my operation.

On the whole, the club did very well this year in all of the Nationals in which we participated. Special thanks to the racing members who competed in the National 20km, where we placed 3rd Team and won the Nijmegen Shield for finishing with a team of four members. Unfortunately, Roger Michel one of our racing members, suffered a mild stroke early in the year. I am pleased to report that he has recovered and is back training. It was great to see David Crane, one of our younger members, stepping into Roger's shoes to lead the team home in the National 10km, where we finished 2nd. Congratulations also to Sandra Brown, stepping down from her usual ultra distance races in which she is always very successful, to compete in the Women's National 20km, performing excellently by placing came 3rd.

It was pleasing to see that Great Britain had representatives in the Men's 50km and the Women's 20km at the Olympics. We hope that in Rio in 2016, GB will field full teams in both the men's and women's events.

As my year as President draws to a close, I regret that I was unable to be fully active because of my hip replacement operation. I sincerely express thanks to the members of the Committee who provided assistance on numerous occasions.

Nolan Simmons.

**Contact Nolan if you wish to purchase a Club
fleece top. (£17.50)**

Welcome to Gazette no. 452 – 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. 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 .

We welcome new member

Jane Edwards 95 Newton Road, Newbury, Berkshire RG14
7DD

Sadly we report the death of Peter Saw who died, aged 67, on 6th August 2012. He had been a strolling member since February 2001. John and Gail Elrick attended the funeral with other strollers.

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.

REMINDER

AGM at Union Jack Club, Waterloo on 19 November 6.30pm

RACE REPORTS

19 June Vets AC 5 mile Championships, Battersea Park

As normal the June VAC 5 miles formed their Age-group Championship event although, unusually, it did not attract a big field. We supplied nearly half of the 12 competitors. The weather was a pleasant summer evening in the park although not too hot as Ian Richards immediately stormed off into the lead. He was soon lost to the sight of the rest of the walkers to complete a 10 minute margin of victory. Chris Flint sought to repeat his recent victories over Peter Hannell. Despite closing all the way and finishing only 14 seconds outside of the 50 minute mark Chris could not quite catch Peter who was just inside but both were satisfied with their efforts as 1st and 2nd M65s. Although unsurprisingly in last place, 81 year old John May was also in close competition with Enfield's Bernie Hercock and so registered a good time for first M80. Dave Hoben won the M55 group.

1. I.Richards (Stey M60) 35.57; 2. S.Allen (Ilf M50) 46.10;
3. A.Thomson (E&H M75) 46.22; 4. **P.Hannell** (M65) 49.52;
5. **C.Flint** (M65) 50.14; 6. **P.King** (M60) 50.59; 8. **D.Hoben**
(M55) 59.10; 10. **J.May** (M80) 66.35.

29 June- 01 July 2012 Polish Veterans Athletic Championships, Bialystok, Poland

The weather was very hot and humid - around 30oC - so times for most people were on the slow side. The walks were very well supported with about 20 out in each event, including three walkers from Austria. The atmosphere is always very relaxed and friendly, and in the Polish way of doing things there was non-stop music and commentary.

3000m Lyn Atterbury 17.24 (1st M65)
5000m Lyn Atterbury 30.00 (1st M65)
1500m(run) Lyn Atterbury 6.05 (1st M65)

3 July Veterans AC 5 mile League Race, Battersea Park

After a showery day the race was held in ideal dry but cool conditions but times were generally not as good as hoped with a lack of numbers although the M60 winner, Ian Richards from Steyning, achieved a very fast time. Surrey Walking Club's Mark Easton in second place was only 10 seconds down on his target 40 minutes while somewhat further back David Hoben was the only Surrey man with an improved time. Apart from the two competitors behind David who finished 15 seconds apart none of the rest was within about two minutes of the competitor ahead.

1. I.Richards (Stey M60) 36.22; 2. **M.Easton** (M45) 40.10;
3. S.Allen (Barn M55) 45.34; 6. **P.Hannell** (M65) 50.56;
7. **P.King** (M60) 52.19; 9. **D.Hoben** (M55) 58.44; .
11.**K.Burnett** (M70) 64.15.

11 July Veterans AC Track meeting 3km, Willesden

A pleasant evening punctuated by intermittent showers including the period of the event made for ideal racing conditions which resulted in slightly above averages performances for 5 of the field of 6. The exception was Chris Flint who was unable to chase down Peter Hannell as usual, the former probably having had an over ambitious programme recently. Even he was slightly faster than his last 3km which was itself further down against other distances. Surrey's third competitor, Dave Hoben was a little faster than last time but, with a lonely race and having been lapped by most of the rest, this was a spirited effort.

1. F.Reis (Ilf M50) 14.08.54; 2. S.Allen (Barn M55) 15.38.64;
3. R.Wild (Manx H) 16.16.84; 4. **P.Hannell** (M65) 17.40.87;
5. **C.Flnt** (M65) 18.31.62; 6. **D.Hoben** (M55) 20.36.35

14 July – British Masters 30km, Coventry

A busy week started with the difficult 30km (nearly 19 miles) National Masters event where long distance specialist, Chris Flint, was our only participant. He performed well with several other competitors of a similar age nearby but behind him by the end. Nevertheless he was 20 minutes behind the excellent 76 year old ex-international Arthur Thomson whose time was good enough to break the existing world age group record by 16 minutes.

1. I.Richards (Steyn 1st M60) 2 hr 49 min 35 sec; 2. F.Reis (Ilf 1st M50) 2 hr 52 min 27 sec; 3. S.Arnold (Nuneaton 1st M40) 3 hr 2 min 4 sec; 5. A.Thomson (E&H 1st M75 World Rec.) 3 hr 4 min 25 sec; 11. **C.Flnt** (Sy WC M65) 3 hr 24 min 48 sec.

18 July British Milers Club Track 1km Walk, Sutcliffe Park

Race walking was given welcome publicity and status by being included in the prestigious Sutcliffe Park British Milers Club meeting. A field of 11, half of whom were below 20 and the rest veterans of a similar speed, gave a good showing over a short one kilometre. Unusually our two representatives were fairly close with 1968 Olympian Shaun Lightman overtaking Peter Hannell early on but not managing to pull away by more than 10 metres at the end.

1. H.Butcher (Camb H U15G) 4.44; 2. S.Allen (Barn) 4.55.8; 3. L.Legon (Bexley U15B) 5.09 5. **S.Lightman** (M65) 5.31.1 ; 6. **P.Hannell** (M65) 5.35.

21 July British Masters Track 3km Walk, Derby

This race was switched to Derby from the usual Perry Bar, Birmingham stadium. Hannell had a somewhat mediocre championship race and an average time in the sudden midday heat but this did not prevent Arthur Thomson from breaking the world M75 3km record.

1. C.Thomson (SarniaM45) 14.37; 2. S.Allen (BarnM55) 15.29
3. J.Hall (Belg M60) 15.42; 4. A.Thomson (E&H M75 World Rec.) 16.16.83; 8. **P.Hannell** (2nd M65) 17.54.12.

17 July Woodford Open 3km,

It was good to see Mark Easton, turning out for the popular Woodford Open meeting which always includes a race walk. He faced strong competition from fellow ex- Portuguese international, Fransisco Reis. On this occasion both were near their 14 minute target but the Ilford man had the edge.

1. F.Reis (Ilf M50) 13.54.78; 2. **M.Easton** (M45) 14.10.66.

21 July Enfield League Half Marathon, Hillingdon

Now becoming a regular fixture the Enfield league half-marathon was held at Hillingdon cycle track. Although the field was down a little the standard was good at the front including Mick Harran, who achieved a reasonably good time. An extra 1.1 kilos beyond the usual 20km is not negligible and requires more preparation as seen by the slow times of those further down the field and the appreciable number who went for the 10 kilo distance which was also offered.

1. 1. F.Reis (Ilf) 120.12; 2. S.Uttley (Ilf) 120.14; 3. P.Ryan (Ilf) 126.00; 8. **M.Harran** 142.37 .

1 August Veterans AC League 5 miles, Battersea Park

The penultimate Summer League 5 miles was held on a pleasant evening, avoiding the showers which persisted all of the week. The field of 14 was almost the best of the season and exceeded the runners' entry in their parallel event. Our members filled half of the field including the winner, Mark Easton, who relinquished his usual position of photographer. The competitors were fairly evenly spread leading to isolated races for many although Chris Flint, Paul King and Enfield's Sean Pender formed a small bunch. This group could not hold Hannell's fast start and were unable to complete their usual practice of swooping past him en masse. Mark's winning time easily broke his 40 minute target giving a slight improvement on recent races. David Hoben did have Iain Thomson ahead of him and this may account for a better time than of late.

1. **M.Easton** (M45) 39.53; 2. S.Uttley (Ilf M55) 43.50; 3. J.Hall (Belg M60) 44.10; 6. **P.Hannell** (M65) 50.06; 7. **P.King** (M60) 51.04; 9. **C.Flint** (M65) 51.28; 11. **I.Thomson** (M60) 55.55; 12. **D.Hoben** (M55) 56.10; 13. **D.Delaney** (M65) 57.12.

15 August Vets AC Track Meeting 3km, Battersea Park

As previously this summer, VAC added a 3km walk to their monthly track meeting this week and in fact with a field of 9 it was easily the most popular event. On a pleasant but not too hot evening times were generally slightly better than usual with Shaun Lightman first club home in his best time for the distance for two years. The club filled all of the positions from 4th to 8th fairly evenly spread and David Hoben having the best comparative time after Shaun.

1. F.Reis (Ilf M50) 13.49.6; 2. S.Allen (Barn M55) 15.23.7; . 3.S.Allen (Ilf M50) 16.27.6; 4. **S.Lightman** (M65) 16.35.5; 5.**P.Hannell** (M65) 17.45.7; 6. **M.Harran** (M70) 18.14.9; 7. **C.Flint** (M65) 18.34.9; 8. **D.Hoben** (M55) 20.21.04.

7 August 2012 Friendship Walks, Enfield

This event was put on by 1966 Commonwealth Games 20 miles winner, Ron Wallwork, and Enfield & Haringey AC to give the race walking community the opportunity to welcome those interested in the sport, and coming to Britain from overseas for the Olympics. Although held in the middle of a working day during the Games week about 100 were present including several visitors and provided 1, 3 and 5 mile events. We were represented by six competitors with 5 in the main 5 miles and Tony Harran in the 3 miles. This somewhat festive event was taken more or less seriously by the field. Four of our group were fairly close in position a little down the field while Shaun Lightman was part of a large group who used the large number of walkers to provide excellent competition. After a moderate start Shaun drew away from those around and after the end of the first full lap, caught a bunch which included a girl from New Zealand and others who might have comfortably beaten him. However he in fact achieved a reasonable time by staying among the faster group despite given a wrong lap count and told he had 2 not 1 lap to go until Ilford's Steve Allen corrected the situation as the two battled to the end. Of the rest Dave Hoben came out last but with much the best comparative time improving most of his recent 5 mile times. Altogether it was a most successful and enjoyable venture.

5 miles

1. F.Reis (Ilf) 39.24; 2. C.Thomson (Sarnia) 39.47; I.Richards (Stey) 39.50; 12. **S.Lightman** 47.11; 23. **C.Flint** 51.24;. 24.**M.Harran** 51.47 27. **D.Delaney** 56.01; 28. **D.Hoben** 56.05.

3 miles

1. J.Taylor(Lou)30.16 2. **A.Harran** 33.21 3. J.Brock (S'end) 33.21.

18 August Enfield League Track 3km, Lee Valley

Yet another Enfield & Harringey AC race on the calendar as they continue to provide adequate opportunity for both established and new walkers to participate. This event coincided with the post-Olympic Join-In initiative and saw a few newcomers trying race walking for the first time. SWC had 3 out including David Crane in first place. Times were, on average, around 30 seconds down with a 31 degree temperature in the middle of a very hot day and a large number on the track. On this basis David's time may be regarded as in line with his previous improvement.

1. **D.Crane** 16.08 ; 2. N.Sylvester (AFD) 16.28; 3. J.Ralph (E&H) 16.40; 14. **M.Harran** 18.40; 19. **D.Hoben** 20.47.

22 August SWC 3km Open Walk, Norman Park

Surrey Walking Club's Open 3km was quite well supported and provided David Crane with his second win of the year and well away from the field.

1. **D.Crane** 16.01; 2. **S.Lightman** 17.00; 3. **P.Hannell** 17.40; 4. **S.Crane** 18.39; 5. C.Cotterill (Ton U20W) 19.05; 6. M.Martin (Padd W M50) 19.30.5; 7. A.Martin (Padd W W45) 19.30.6; 8. S.Hollingdale (B&B M55) 19.30.8; 9. **D.Delaney** 20.00.3; 10. **D.Hoben** 20.42 .

21 August VAC 5 miles Summer League, Battersea

We had another first, in his best time for some years, when Shaun Lightman won the last of VAC's 2012 Summer 5 mile series going under 44 minutes.

1. **S.Lightman** (M65) 43.51; 2. S.Allen (If M50) 45.54; 3. A.Thomson (E&H M75) 46.43; 4. **P.Hannell** (M65) 50.05; 7. **D.Hoben** (M55) 58.27.

26 August VAC 3km Track Walk, Battersea Park:

12 out including our top walker, Mark Easton, in first place recording a time in line with expectation. At the other end of the field, although not last, M80 John May, broke 23 minutes for the first time in this group.

1. **M.Easton** (M45) 14.15.6; 2. A.Thomson (E&H M75) 16.17; 3. **P.Hannell** (M65) 17.38; 8. **J.May** (M80) 22.58.6.

2 September Church to Church 19.4 mile Race, Guernsey

Two Club men contested the beautiful but rather difficult Church to Church 19.4 miles Open race in Guernsey. David Delaney was our first while David Hoben was just 5 minutes behind. This well organised and very friendly race was won by a relatively young Michael George who travelled all of the way from the Isle of Man to compete. On a warm day the event was a little light on numbers but the winner improved on his 2010 visit to move up the all-time list. Delaney's time was a minute nearer to the 4 hour barrier as he swapped positions with Hoben who slipped outside.

1. M.George (Manx) 2.51.2; 2. J.Ball (Steyn) 3.07.28; . 10. **D.Delaney** (M65) 4.01.10; 12. **D.Hoben** (M55) 4.06.41.

9 September Vet's UK Inter-Area Match 2kms, Solihull :

The Veterans AC team for the prestigious Inter-Counties Championship, which includes all regions of England, Wales and Northern Ireland, saw two SWC members up in Birmingham. Shaun Lightman was in 3rd overall to win the M60 group. This 2km sprint is short but challenging but both Shaun and Peter Hannell in the 35 group produced times up to other recent events. Although the front of the race was stretched out, the mid-field was very competitive and the three walkers chasing Peter were all within 15 seconds of his own time as a final effort just retained his position.

1. M.Williams (Midlands/Tam M45/1st in M35 race) 9.16;
2. S.Allen (South/Barn M55/ 1st in M50 race) 10.14.2;
3. **S.Lightman** (VAC/Sy WC M65/1st in M60 race) 11.00.5;
5. **P.Hannell** (VAC/Sy WC M65/3rd in M35 race) 11.34.4.

12 September Blackheath&Bromley 1 Hour Norman Park:

Blackheath & Bromley HAC welcomed four walkers to join their annual 1 hour race. What was unusual was that there were only four runners taking part. This probably had the beneficial effect of not including a few of the slower runners who the walkers may try to hold and ruin their chance by going too fast early on. In fact most set off and maintained a set rate and were rewarded with better times. The longest distance achieved was 10.818km by Shaun Lightman who moved fast and steady for most of the race but managed a few of the laps even faster. This was around 55 minute pace for the whole 10km. While David Hoben was a little down on normal both Peter Hannell and Mick Harran went well.

1. **S.Lightman** 10.818 km;
2. **P.Hannell** 9.835 km;
3. **M.Harran** 9.575 km;
4. **D.Hoben** 8.390 km.

29 September Enfield 1 Hour Walk, Hemel Hempstead

Half of the 6 man SWC contingent came from the Crane family with David within 100 yards of his best and Stephen halving his recent deficit behind his brother with a 10% improvement over his time a month or two ago. Their father, Peter, came in around his expectation while Mick Harran and Peter Hannell both showed a similar slight improvement with Mick comfortably accelerating in the last few laps to avoid being lapped by his clubmate.

1. F.Deuter (Hill) 12,073m; 2. F.Reis (Ilf) 11,429m; 3. S.Allen (Barn) 10,915m; 5. **D.Crane** 10,511m; 9. **S.Crane** 9,810m; 10. **P.Hannell** 9,717m; 14. **M.Harran** 9,383m; 20. **P.Crane** 8,559m; 22. **D.Hoben** 8,335m.

20 October - Steyning AC 10km:

Despite the fact of being held in a somewhat isolated Sussex village Steyning AC's usual 10km retained its faithful 17 starters perhaps because of the attractive course through the countryside – a rare scene nowadays. Although grey, cool and damp for the spectators and officials, it was ideal for the racers and several good times were achieved. The first of our 6 starters, Shaun achieved a time for 10km he has not managed for almost ten years and he beat super-vet Arthur Thomson in the process. Some five minutes later Mick Harran arrived having chased Peter Hannell all the way back and closed the gap down inside one and a half minutes. Peter Crane and David Delaney resumed their friendly rivalry to finish less than half a minute apart with Peter in front this time with the battle ensuring improved times for both.

1. I.Richards (Steyn) 48.26; 2. J.Ball (Steyn) 52.18; 3. T.Jones (Steyn) 53.50; 6. **S.Lightman** 57.30; 9. **P.Hannell** 62.41; 10. **M.Harran** 64.08; 14. **P.Crane** 66.40; 15. **D.Delaney** 67.06; 16. **D.Hoben** 72.52.

8 October Gazette Cup 4 miles

The first Club race of the 2012/13 season saw 29 out including 11 Club members. The outright winner was Mark Easton who was soon clear and finished 3 minutes ahead of 2nd having lapped half of the field over the four and a half circuits. The handicap results revealed Chris Flint winning the Gazette Cup with a time well inside 41 minutes over the hilly home course. Besides Mark and Chris, Paul King, who completed the handicap frame in 3rd also walked well and showed signs of returning to form after a couple of poor races and a quiet period. The race also included a remarkable anniversary as Club Past President, Peter Crane, celebrated the 50th anniversary of his taking part in the Gazette Cup race and was warmly congratulated on the event.

Club handicap positions in brackets

1. **M. Easton** 31.31 (2) 2.T.Jones (Stey) 34.28 3. **D.Crane** 34.48 (10) 4. L. Legon (Padd.W) 37.58 5. **S.Lightman** 38.23 (11) 6.M.Culshaw (Bel) 38.43 7. R.Emsley (Stey) 39.16 8.**M.Harran** 39.47 (5) 9. **P.King** 39.53 (3) 10.M.Noel W (Bel) 40.07 11.**I.Statter** 40.19 (6) 12.R.Crossan W (Bel) 40.31 13.S.Brown W (Bel) 40.40 14.A.Belchambers W (Stey) 40.43 15.**C.Flint** 40.46 (1) 16.T.Gillan W (Bel) 43.11 17. **D.Delaney** 43.49 (7) 18.**P.Crane** 44.03 (9) 19.G.Legon W (Bex) 44.31 20.**D.Hoben** (8) 44.32 21.S.McClelland W (Bel) 45.18 22.D.Stevens (Stey) 45.37 23.M.Barnbrook (Ilf) 46.54 24.D.Mascal (Unatt) 46.54 25.**K.Crilly** W 47.50 (4) 26.B.Hercock (Enf) 50.23 27.D.Ainsworth (Ilf) 52.02 28.K.Livermore (Enf) 52.39

14 October - Enfield 5 Mile Yacht Handicap Lee Valley

This race was staged in the "Yacht Handicap" format with the competitors with the slowest anticipated time off first and the fastest left around 25 minutes later. If performances were exactly in line with expectation the recorders would have seen all of the 45 who turned out arriving together. In fact they were spread over 8 minutes with 35 within a period of four minutes indicating the good job done by the handicapper. The system means a competitive race with nobody isolated for much of the race. David Delaney was the 10th to finish overall and the first of the 7 strong club contingent. Only 20 seconds behind was Peter Crane having been just 45 seconds ahead at the start and both finishing in the top quarter. Our fastest two racers were David Crane and Shaun Lightman, who set off 2 minutes ahead but finished 9 seconds behind although he picked up speed after a conservative start. Mick Harran finished between them from a lower handicap. Kathy Crilley had a good race while David Hoben was perhaps handicapped rather too heavily as a good 5 mile time left him well down the finishers. Conditions were cool with warm sunshine at times but a strong breeze on the return part of each lap.

1. F.Deuter (Hill) 37.29 [14]; 2. F.Reis (Ilf) 40.16 [36]; 3. J.Ball (Steyn) 40.41 [30]; 4. **D.Crane** 44.17 [27] 9.**S.Lightman** 46.31 [31]; 20. **M.Harran** 50.54 [29]; 25. **P.Crane** 52.51 [13]; 28. **D.Delaney** 53.18 [10]; 33. **D.Hoben** 56.29 [42]; . 40.**K.Crilley** 59.33 [35].Handicap positions in brackets.

Other results

25 August LICC 5km Track, Copthall: 5. **D.Hoben** 34.24.7.

FUTURE CLUB RACES

8 Dec	Christmas Cup 5 kms	HQ	2.30
5 Jan	Open 10kms	HQ	2.00

Long Distance

2012 saw SWC members involved in the organisation of 100 miles events to celebrate the Olympic Games and the Queen's Diamond Jubilee.

Long Distance Walkers' Association Games and Anniversary 100 miles, May 2012

May is traditionally the month of the LDWA 100 miles cross country event. For 2012, a special event was staged to celebrate both the Olympic Games being held in Britain and the 40th anniversary of the LDWA, founded in 1972 by Centurion Alan Blatchford and fellow Surrey-based walker Chris Steer. Starting in Stratford East London and finishing in Windsor, with the N Downs in between, the event linked several Games venues, as well as sites associated with the early years of the LDWA such as the remote Tanners Hatch youth hostel. Many SWC members took part in the organisation, support and walking of this very enjoyable and successful event. Gail and John Elrick and Paul Lawrence were closely involved in the organisation and planning of the event, and SWC members were to be seen all along the route providing much appreciated help and support to participants.

Much Wenlock Olympian 100 miles, July 2012

Readers may know of the role of the Shropshire village of Much Wenlock in the revival of the ancient Olympic Games. Much Wenlock's Olympian Games began in 1850, on the initiative of the local doctor who felt that local people would benefit from taking more exercise! Baron de Coubertin visited the Much Wenlock Games and was inspired by them to propose the revival of the Olympics in Athens in 1896. To celebrate the Games being held in Britain in 2012, SWC's Roger Michell, with other LDWA members, organised a cross country walk of 50 or 100 miles, as the final event of the 2012 Much Wenlock Olympian Games. Roger Michell, and Richard and Sandra Brown, were among those to walk the 100 mile route.

22/23 September Centurions' Diamond Jubilee and National 100 miles Race, Colchester

The 2012 Centurions' 100 miles event celebrated the Queen's Diamond Jubilee. SWC members were again to the fore. Chris Flint, helped by Kathy Crilley, put in much hard work over many months to make the event happen, as well as walking in this flagship long distance race-walking event, which this year also incorporated the RWA 50 kms championship. Many SWC members were in Colchester to help in various roles.

The event was held later in the year than usual making the night hours both colder and longer but the field of 35 was up to the normal level although only half last year's Centenary event. Among these were four club members including second claimer Paul King who was in trouble inside ten hours and retired after 40 miles. Chris Flint also did not manage the full 100 miles but at 92 had done sufficient to be classified as a finisher in 20th place. This leaves the inimitable couple, Sandra and Richard Brown who both finished well up the field. Once again it was Sandra who came in ahead around by 40 minutes this time as she took 3rd place overall and first lady.

Richard was 7th struggling after a brave effort but still took bronze as 3rd UK man.

1. Dom.King (Col H) 18.13.11; 2. G.Vermeir (RWV Rotterdam) 20.20.24; 3. **S.Brown** 20.45.03; 7. **R.Brown** 21.23.10; 20. **C.Flint** (92mls but classified) 23.13.14; 28. **P.King** (39mls) 9.20.00.

11 August 43th Death March 100km, Antwerp, Belgium

Although not a competitive race, three members took part in the 43rd annual Death March 100km in 24 hours endurance event near Antwerp in Belgium – one of several events across Europe in remembrance of the sufferings in WW2. Although this event is promoted as being non-competitive, times are recorded but not positions and, in fact, walkers are always looking for respectable performances with a large field going into five figures. The entire SWC group completed successfully with Kathy Crilley fastest at just over 16 hours in fine weather on tracks and byways.

K. Crilley (Sy WC W60) 16 hrs 7 min; **D.Hoben** (Sy WC M55) 17 hrs 33 min; 3. **S.Jones** (Sy WC M20) 19 hrs 6 min.

Congratulations to all SWC members involved in these great 2012 events!

STROLLS REPORTS

Southeast to Seaford, 8 July 2012

Conductor: Janette Henderson

Strollers: Susan Cannell (and dog), Carolyn Menzies, Freddie Knight, Manjinder Sidhu, Marc Domingue and Corinne Thompson

Despite the fact that it was the men's final at Wimbledon and the day's weather forecast did not look promising, six strollers joined the conductor for this walk (which surprised the conductor at least). However, all had made a wise decision to come, as we had quite a bit of sun during the day (interspersed by showers) compared to the soaking that most of London got, and Murray lost the Wimbledon final.

The day started off with a brisk climb to the top of the South Downs but then was very easy going along the top with great views left and right. In fact the sea in the distance to our right was strikingly blue. After a small detour off the South Downs Way we all made our way into Alfriston for lunch, most ending up in the Singing Kettle teashop whether or not they had brought their own food.

After lunch we were climbing again, this time to the top of Wilmington Hill via the Long Man (looking somewhat disappointingly unclear – all agreed it needed a bit of restoration). Sadly, at the top we were overtaken by a heavy rain shower, so the views from the top towards the sea were not as good as usual.

By the time we reached Charlestone Bottom (a name which greatly amused Freddie) the sun was out again giving us a very pleasant walk down the valley. It was a day of sun between heavy showers, though, so by the time we reached Exceat it was raining again. On a vote it was agreed to forego tea and push on. Susan managed to get an ice cream though – a very odd sight in the pouring rain!

Sadly, the conductor was not very popular by the time we reached Cuckmere Haven, since the path she took the group on proved to be very muddy and extremely slippery (as demonstrated by the conductor herself who fell flat on her

back at one point), but the reward at the end was a magnificent view of a sunny Seven Sisters from the beach. As has become traditional for the conductor and Manjinder on this stroll (well, they have done it twice!) they walked backwards up Seaford Head in order to enjoy the view of the Seven Sisters for as long as possible.

The party got rather strung out as we made our way at different speeds to the station, but we all ended up on the same train back to London, which made for a very sociable end to the walk (added to by the extremely chatty conductor).

10 June 2012 – Great Missenden to Princes Risborough (circular)

Conductors: John and Gail Elrick. *Distance 20 miles.*

Participants –Corinne Thompson and Manjinder Sidhu.

There is much to be gained from walking in the Chilterns – easy access from London, unspoilt countryside with plenty of footpaths, few walkers and picturesque villages. This stroll contained all these qualities, being helped considerably by what has become nowadays quite a rarity – a dry day! The conductors also wish to pay due homage to John Millington, once one of our most regular strollers and now no longer active, who originally designed and led this stroll. We took the essence of his route and put our stamp on it.

The stroll headed westwards from Great Missenden Station to Prestwood and on through woodland and fields to gain our first views of the sweeping Chiltern valleys. After a steep climb down to the small village (or hamlet) of Bryant's Bottom we headed through more woods to Speen. And down Lily Bottom Lane from where we crossed fields to the lunch stop at 'The Whip Inn' at Lacey Green. The pub overlooks the local windmill which apparently dates from around 1650. Since the 1970s, when the windmill was in a sad condition, members of The Chiltern Society have restored it back to working order. When we were there the sails of the windmill were still covered with bunting from the Queen's Jubilee celebrations. This conveniently located pub meant that we could avoid going all the way into Princes Risborough for lunch and,

instead, we were able to turn sharp right on to the Ridgeway Path and head up to the top of Whiteleaf Hill with its panoramic views. Our afternoon route along the Ridgeway Path took us to two significant landmarks, namely the Chequers Estate and the Boer War Monument on the top of Coombe Hill. Chequers was given by the then owners to the nation after the First World War to act as a country retreat for serving Prime Ministers. At 64 feet high the Boer War Monument can be seen for miles around on top of the summit of Coombe Hill. It was built in 1904, by public subscription, in memory of 148 men from Buckinghamshire who died during the Boer War. Restoration work in 2010 greatly improved its appearance and stability, including a new bronze name plaque containing corrections which brought the total number of names listed to 159.

Instead of heading down into Wendover for tea, the conductors opted for a short stop next to the Monument. From here it was possible to savour the impressive views before making a steep descent of the hill and following the South Bucks Way for the last few miles back to Great Missenden.

12 August Leatherhead to Brockham

Conductor: Lilian Chelli

There was an encouraging turnout of twelve for this new stroll in the Surrey Hills: John & Gail Elrick, Don Bolton, Sue Cannell, Jennifer Caddy, Kathy LoRaso, the 2 new ladies Bola and Tessa, Manjinder Sidhu, Denise Gabriel + Tilly the dog, Chris Ketteringham and Carol Buss. On a fine sunny morning, we headed for Norbury Park by way of Bocketts Farm. From the old youth hostel at Tanner's Hatch, we climbed to Ranmore Common. We crossed the River Mole by the stepping stones, and followed a riverside path to Betchworth Park. Lunch was at the Royal Oak in Brockham, with some strollers choosing to eat their sandwiches on the village green.

A steep climb to the top of the North Downs was rewarded with an extensive view of the countryside to the south. We followed a new National Trust trail across Headley Heath, with good views across to Mickleham Downs, and then climbed to the folly on Lodge Hill. The National Trust has replaced the old kiosk on Box Hill with a new I which has ample seating inside and outside, and a wide selection of traditional food and drink. After tea at the I, we bade farewell to Don Bolton and descended towards Westhumble station. Some of the group caught the train here and the rest followed an attractive low level path through the woods of Norbury Park and beside the River Mole to reach Leatherhead before 7.00 pm. Those finishing were John and Gail, Sue, Manjinder, Bola, Carol and Norma who joined us mid afternoon. Total distance 20 miles.

25 August Hastings Circular

Conductor: Peter Crane

Distance: not much short of 20 miles

The Conductor was joined at Hastings station by Greg Noble and John and Gail Elrick. Where were you? You don't know what you missed, but I will tell you a little of it.

In Summerfields Wood we saw the remains of the Roman bath (Victorian really) built by a wealthy landowner to entertain his guests. Also his walled garden, now being redeveloped and used as small allotments by local primary schools and community groups. We then went into Alexandra Park, voted the best park in the country back in 2007, and admired the well kept flower gardens. Out of town we climbed up nearly 200 steps onto West Hill, from where you can see the town and seafront stretched out below. Then down into the old town, where we passed the house where Dante Gabriel Rossetti and Lizzie Siddall lived when they stayed here. They were ringing the wedding bells for us as we passed through the churchyard and lych gate and up onto East Hill. The wind was blowing strongly but we had a good

view and it was still dry at this point. However we had the first shower as we passed through the country park. We proceeded up past North's Seat and along part of the 1066 route to Pett, where, now in glorious sunshine, we enjoyed our lunch time drinks and Greg particularly enjoyed his belly of pork and crackling with red cabbage etc. – on which he had to offer his congratulations to the chef. The Two Sawyers is a very nice little country pub.

Through the village of Pett we then advanced through woods and fields down into the Rother valley, where we enjoyed a pleasant stroll through the reeds by the waterside, espying a herd of deer on the hillside. Just as we turned onto the military canal, built in the early 19th century to try to keep out Napoleon – a quite unnecessary task, but a pleasant result for us now – the skies darkened the wind blew up again and soon we got rather soaked. Not the best timing as it is very open here. The rain ceased by the time we got down to Pett Level, from where we climbed up onto the coastal path which is part of the Saxon Shore Way. Then it was down to Fairlight village where the coastal path has had to be diverted due to coastal erosion clearly visible on the cliff face. Up back onto the coastal path and into Hastings Country Park again. This is a delightful area for walking and it also has a wonderful tea stop in the Coastguard Tea Rooms. Here we enjoyed each a different cake of choice with pots of tea.

The Conductor had planned to make our way back by going up and down the 3 glens, but partly as the Conductors back could not take the strain and partly as the steps would have been very slippery after rain, we walked back along the top and down into Hastings. Greg was in perfect time for the 6.50 train and while the Conductor could walk the short distance home, John and Gail went back to their car, all having agreed it was an enjoyable day and wishing you had been with us.

Chilterns Loop, 9 September 2012

Conductor: Janette Henderson

Strollers: Lilian Chelli, Chris Dent, Kate Copeland and Penny Cassell (welcomed back after many years absence)

Despite problems on the Bakerloo line (over-running engineering walks) four strollers, plus the conductor, made it to the start of the walk. It was a gloriously sunny day but the group were glad of the shade that the various woods along the route afforded as it was also very hot.

The morning route mainly followed the Chilterns Link, with one of two deviations along the way. One of these was through a beautifully kept set of allotments at Ballinger Common which Chris and Kate stopped to admire, trying to judge which was the best. A little later, the group debated whether one of the crops they passed through was flax or linseed. After initially opting for flax, by mid-afternoon, we had all decided it was flax, but looking it up on the internet later it seems they are one and the same thing! Amazing the kinds of things that can occupy one's mind!

Lunch was at Wendover and rather than going to the pub the group all joined the conductor in the chocolaterie (the conductor's usual eating place when in Wendover). It doesn't just do chocolate, but also does very good savoury snacks and cakes, which we all enjoyed immensely. At one point violence looked like it was on the cards, though, when one of the group ate three of the complementary chocolate buttons, when we had only been given one each! The situation was diffused by Chris who gave up the rights to his chocolate button!!! Thanks Chris! What a gent.

Penny left us at lunch to take the train back home from Wendover, and the remaining four set off for the afternoon's stroll, straight up to the top of Boddington Hill. Once there, the conductor tested Lilian's recall of Iron Age hill forts from the stroll in Epping Forest and she passed with flying colours (there is a hill fort hidden in the trees on top of Boddington Hill, very reminiscent of those in Epping Forest). Sorry to put you on the spot Lilian! Having climbed to the top of the hill, it was straight back down again (cruel) to take a series of field paths up and down dell to the next hill fort at Cholesbury.

After a quick tour of the hill fort, it was a short walk to the 'tea' stop at the pub in Hawkridge. Rather than tea, though, cold drinks were the order of the day (and fruit and nuts courtesy of Kate). As we drank we were entertained by the 'Jazztronics' (make of that what you will).

There was still a fair way to go after tea, with quite a bit of climbing, so off we went, taking in the lovely views of rolling countryside as we went. As is traditional, there was a last minute dash (literally) for the train at Chesham, which we all made in the nip of time (with about 1 minute to spare).

Thanks to all for their splendid company on the walk.

Henley Circular, 7 October 2012

Conductor: Janette Henderson

Strollers: John & Gail Elrick, Susan Cannell, Kate Copeland, Paul Tilley and Chris Ketteringham.

Guest speaker (a first for SWC?): Keith Dallimore

This stroll was advertised by the conductor as having 'some stonking views' so she was somewhat concerned to be surrounded by thick mist on the way. Would we be able to see those views? Luckily the fog lifted, so we could see the views (phew!), though it did remain somewhat hazy all day. It was clearly a popular day for walking in the Chilterns as, during the morning alone, we saw two sets of Duke of Edinburgh teenagers, heavily laden as they always are and three other more mature walking groups, one including our own Paul Lawrence (traitor!), walking at a very sedate pace. The morning route took us over rolling countryside, skirting Rotherfield Greys to Greys Court (too early for morning coffee sadly) and onto the rather romantic ruin of St James' church in Bix Bottom. Here we were met by one of the conductor's fellow (mature) archaeology students at Bristol University, Keith Dallimore, who had kindly offered to give the group a quick talk about St James church, based on a report that he had compiled on it for his MA.



Photo: John & Gail Elrick

Janette and her strollers with “speaker” Keith.

Taking our leave of the church and of Keith, we quickly made our way across (ie up and down) a couple more valleys to the Crown at Pishill for lunch. Though we were about $\frac{3}{4}$ hour later than booked there was still a table available for us, though the pub staff got rather upset when they caught some of the party eating their own sandwiches in the car park (who knows why, since they were sitting on logs on the edge of the car park, and not taking up any of the pub’s outside seats). The afternoon route began with a couple of steepish climbs across another couple of very pretty valleys (and the stonking

views were very much in evidence!) before descending into Turville (another stonking view!). Though it was tempting to do the steep climb up to the windmill above the village, the conductor had decided (purely in the interest of time of course!) to spare the group that final pull. The rest of the route took us down the valley via Skirmett and Hambledon, before returning to Henley along the banks of the Thames. For some reason lunch-time had marked the start of the 'will we make the earlier train?' worry routine (the earliest the conductor has experienced this particular SWC/LDWA phenomenon) and so the pressure was on to make sure the group kept up a good pace. The conductor set so good a pace, however that we actually got back to Henley with $\frac{3}{4}$ hour to spare for the 18.03 train, so had time for tea and cake in a chocolate-cum-tea shop close to the station. No-one seemed averse to maintaining this time-honoured SWC tradition.

Thanks to all who made it to the depths of the South Oxfordshire/Buckinghamshire countryside, including our guest speaker, Keith. Hope you all had a smooth return journey.

Future Strolls

Saturday 24 November – Horsley to Leatherhead via Effingham and Polesden Lacey - 17 miles **Conductor: Dave Williams**
Horsley station 9.18 (Waterloo 8.33)

Saturday 8 December – Farnham Circular **Conductor: Jill Goddard**
Farnham station 9.25 (Waterloo 8.30 change at Woking)
Lunch at Hindhead – Tea at Seale - 20 miles

Saturday 29 December – Godalming Circular **Conductor: Jenny Caddy**
Godalming station 9.33 (Waterloo 8.45)
Lunch at Grayswood, then via Chiddingfold and Wormley – 18 miles