

Summer 2013 No.454



Walking

*The Gazette and Record of
the Surrey Walking Club*



Members of the third placed team with President Nolan and Pam Ficken after the race (see report)

LtoR: Peter Hannell, Dave Crane, Chris Flint, Pam, Mick Harran and Nolan. (Shaun had already left) (photo:Mark Easton)

Welcome to Gazette no. 454 – 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 members

Sandra Campbell
Jane Rosoux

JACK FITZGERALD

After being in and out of hospital for sometime, Jack Fitzgerald died on 13 May at a residential home in Putney where he moved after several weeks in St George's Hospital, Tooting. He was born 11 January 1923 and was elected to SWC in 1995 for race walking.

Though usually at the back of the field Jack was a very determined and enthusiastic competitor and always very friendly. He was an indefatigable ultra distance runner and race organiser. Jack was a very active participant in European and World Masters events and actually founder of the World Masters Association and a past chairman of Sutton and District Athletic Club. Our condolences go to his children and family.

50 years supper

About 40 members and friends gathered at Hayes to celebrate 50 years of membership of 5 members on 1 June. They are Pat Browning, Peter Crane, Keith Fraser, Stan Saunders and Malcolm Wishart. There can be few clubs who have any member of 50 years standing and to add 5 more to 9 who have already passed this marker is quite remarkable (Guinness Book of Records?). It certainly says a lot a Surrey Walking Club. A fine buffet meal was enjoyed by all. Tributes were given to each and there was, of course plenty of nostalgia.

PAUL NIHILL

Paul has announced his “official” retirement from athletics competition. He says that he has made more comebacks than Frank Sinatra having “retired” several times previously – the first being in 1959 at the age of 20!

He certainly leaves behind him an amazing record in race walking since first becoming a member of Surrey Walking Club in 1956. Nobody can forget his wonderful silver medal at the Tokyo Olympics 50kms in 1964 in a British Record time or his victory at the European 20kms at Athens in 1969, the year in which he was made UK Athlete of the Year. Paul also picked up the bronze medal in the European 20kms at Helsinki in 1971 in another British record time and in 1976 was awarded an MBE for services to sport in the same year that he became the first British male athlete to compete in four Olympic Games. He was a major contributor to Surrey Walking Club team victories in National events in the sixties and seventies.

Altogether Paul says that he competed in 600 race walking events between 1956 and 2013, of which he won 358! His last walk was the recent 5 miles event at Moulton (reported later in this edition). Unusually for an athlete of his calibre, he still chose to compete even when age meant he had no chance of winning the event. Paul has often been seen supporting others at the roadside in recent times and has well earned his rest.

RACE RESULTS

2 March – Cambridge Harriers League 5km, Bexley:

This was the last of the four 2012/13 winter season with points awards for the Junior age-groups and Seniors so there was good turnout particularly of youngsters. Although Surrey Walking Club had 5 out none were in the awards or the younger age groups and only one made the middle of the field unfortunately. Never the less it was encouraging to see several talented young walkers among the front of the various races. Shaun Lightman was first SWC right in the middle of the Men/U17B race having his best time here for three years and second best for nearly a decade as he started by matching some of the younger walkers early on only to find they stopped at half-way being competitors in the U15 2.5km event. He held his pace to get out of sight of Paul King and Peter Hannell as they competed with each other a couple of places behind and both also managed improved times on recent races. In fact the weather was ideal being dry and very cool with little wind so considerable improvements were seen by most

of the top half of the field. SWC's remaining two competitor, Chris Flint and David Delaney were less successful the former being markedly less competitive than usual.

1 C.Curbishley (M&M) 22.46; 2. F.Reis (Ilf) 23.52; 3. G.Thomas (Ton) 25.09; 9.**S.Lightman** 27.39; 11. **P.King** 30.18; 12. **P.Hannell** 30.28; 13. **C.Flint** 31.58
15. **D.Delaney** 33.41.

9 March – National 10 Miles Championship, Victoria Park, Hackney:

The return of winter weather greeted competitors at what has traditionally been the biggest event in the Race-Walking calendar. Although numbers were down the field did include 2012 Olympians Dom King and Neringa Aidietyte, 3rd and 1st respectively in their Victoria Park races. The men's winner Michael Doyle from Ireland, but representing the Ashford AC club, the winning team, was just outside of 70 minutes. Surrey Walking Club had 7 starters including second Claim, Paul King, who, coincidentally had the best race and held off Shaun Lightman who was hampered by a slight injury. First home for Surrey and up in 9th place was David Crane in his first race at the distance who was also not fully fit after a seasonal cold and had a somewhat isolated race. Both Chris Flint and Mick Harran started well only to suffer in the last two of the 10 laps but while Chris still managed a good time and held off Peter Hannell for the last SWC scorer, Mick was disappointed but still was slightly ahead of recent performances. Unfortunately David Hoben, who was out for longest in the lowering temperature was a couple of

minutes outside of the 2 hour time limit although his time was on a par with his best recent events.

1 M.Doyle (Ashford) 71.31; 2 Dan King (ColH) 72.54; 3 Dom King (ColH) 75.05; 9 **D.Crane** 95.26; 14 **P.King** 104.24; 15 **S.Lightman** 105.27; 17 **C.Flint** 107.18 18. **P.Hannell** 107.29; 20. **M.Harran** 108.16 .

Teams: 1. Ashford AC 11pts; 2. Ilford AC 30 pts; 3. Surrey Walking Club 41 pts; 4. Leicester WC 56 pts.

16 March – Enfield League Half-Marathon Walk, Hillingdon:

Race 2 of this year's Enfield League was won for the second time by Fabian Deuter of the host club in an excellent time a little over two hours. The conditions were a little less wintry than the previous few weeks, although the rain when it did come only affected those towards the back of the field. Throughout a strong blustery wind impeded times of most on a very exposed course, the race have only been previously held in the summer in pleasant conditions. Surrey Walking Club were represented by 3 members including second claimer Paul King who easily had the best time at 2:19 on the many gradients and loops of this circuit as a build up to this year's ultra-distance events. The cycle-track course, has been previously the training ground of Home Games Olympians Bradley Wiggins and Mark Cavendish. David Hoben and Dave Delaney were further back, but had others around with whom to do their personal battles. Both raced well and were up on recent times with Hoben doing particularly well to, very

unusually, beat Delaney. Callum Wilkinson of Enfield AC won the juniors 3km race in 14.29 which is a huge achievement for someone only in the sport for less than one year.

1. F.Deuter (Hill) 120.04; 2. P.Ryan (Ilf) 129.35; 3. J.Ralph (E&H) 131.43; 7. **P.King** 139.33; 15. **D.Hoben** 159.21; 16. **D.Delaney** 161.26.

21 March European Masters 3km Indoor Championships, San Sebastian

SWC had two men present in Spain both of who successfully negotiated the judging with Roger Michell obtaining bronze in the M65 group in a good time. Roger was also 3rd in the 5kms event, where he was part of the British team which won the gold medal. John May won the bronze medal in the M80 3kms. John's time was a minute or so below expectation but well done to both in such a high profile event.

European Masters Indoor 3km/5km Championships, San Sebastian, M65 group:
3. **R.Michell** 16.41.19 (3kms) / 28.41(5kms).
Men 80 group: 3. **J.May** 24.38.33.

6 April – Steyning AC Slater-Bryce Track 10km, Horsham

Steyning's popular Slater Bryce 10km plus shorter younger age races was quite well supported with a total field of 22, exactly half of whom were in the younger groups and , in many cases, the latter put in good times as the 2013 track season began. Although the previous

overnight temperatures were below zero, probably putting off some, the accompanying blue skies and sunshine produced merely cool conditions by race time. Surrey Walking Club had 4 out with varying performances. First home among them was Shaun Lightman who bearing in mind his second racing commitment of the weekend the next day managed a very even paced, fast training spin below his usual race times but enough to see him in at 3rd man and well clear of the his clubmates and the rest of the field. Peter Hannell just managed to hold off Chris Flint thus reversing their previous race while Mick Harran had a disappointing day outside of 65 minutes.

1. I.Richards (Stey) 49.48; 2. S.Allen (Barn) 55.29; 3. **S.Lightman** 62.20; 4. **P.Hannell** 64.08; 5. **C.Flint** 64.22; 7. **M.Harran** 65.13.

7 April - Veterans Inter-Area Indoor Match 2km, Lee Valley

This was the inaugural Inter Area Masters Indoor match at Lee Valley. The Southern Area Vets Club put out two of the best veterans walking at the moment, both fresh from the European Masters Indoor event. On the other hand Veterans AC put out two Surrey Walking Club members – Shaun Lightman and Peter Hannell - both competing against much younger men from the other areas. At the gun both SWC men had Eastern Vets competitors in their respective groups who, with great, if unrestrained enthusiasm, shot ahead of them but in both cases the Surrey men managed to claw back their second places behind the SCVAC stars. They thus both achieved satisfactory personal times and made a good contribution to the Vets AC team score who finished 3rd

of the six teams. Shaun Lightman was not quite at his fastest, being isolated after the initial battle, but still beat Peter Hannell comfortably although the gap was slightly less than recently.

Men 35-49 Race

1. F.Reis (SCVAC/IlfM50) 9.19.5; 2. **P.Hannell** (VAC M70) 11.47.4 3.D.Stephenson(EVAC) 12.05.

Men 50-59 Race

1. S.Allen (SCVAC M55)10.22.7; 2. **S.Lightman** (VACM65) 11.22.2; 3.K.Richards (MMAC/Cov M65) 11.48.1.

Men's Match: 1. SCVAC 240 pts; 2. EVAC 197; 3. VAC (inc. both SWC) 150; 4 MMAC 95; 5. SWVAC 39; 6. NIMAA 37. This was by far VAC's highest placing in the Vets Inter Area.

7 April – Pat Furey 5 miles, Lee Valley

The popular Pat Furey 5 mile road race, sponsored by the former Irish international, saw 49 toe the line at the track at Picketts Lock - the best turnout for some time with over a third being female.

In mild early spring weather with sunny periods the race was won by London 2012 Olympian Lithuanian Neringa Adityte from Ilford AC, with regular Enfield League winner Fabian Deuter from Hillingdon AC hot on her heels. Five SWC members took part with David Crane the first home with clearly the relative best performance. Once again he continued his good form of the season and came 4th man and 6th overall in convincingly under nine minute miling, leaving many accomplished walkers well behind him. SWC's own Olympian Shaun Lightman again performed well if a little slower than recently due

to frequent racing. Behind him and separated by just two women was second claimer, Paul King, who is in training for the National 20k and National 50ks at the moment so lacking in speed but still in pretty good form. Peter Crane was further back and had his best race for some months going under 55 minutes, with a fitness coming from his training and competing in the recent Hastings half marathon. David Hoben completed the line-up. The Surrey team was down in fifth which is down on recent outturns but indicated just how seriously the Enfield series is taken by the other clubs.

1. F.Deuter (Hill) 38.38; 2. C.Wilkinson (Enf) 41.30; 3. S.Uttley (Ilf) 43.25; 4.**D.Crane** 43.36; 13. **S.Lightman** 49.54; 14. **P.King** 50.24; 20. **P.Crane** 54.51 25. **D.Hoben** 57.03.

Mixed teams:

1. Ilford 209 pts; 2. Belgrave 200; 3. Enfield 195; 5. Surrey WC 156 (7 teams).

16 April – VAC 5 miles, Battersea Park

The Spring weather seemed arrive just to coincide with the first of the 2013 Veterans AC 5 mile league series in Battersea Park. As normal for the first race numbers were quite good with almost 20 out and these were fairly spread across the field which meant most had a target competitor to chase. The exception was the first man home, Ian Richards of Steyning AC, who at just 65 achieved inside 38 minutes and headed the field by 6 minutes apart from a non-veteran guest. 6 Club members were walking plus one officiating and one spectating. First home, in a time 3 minutes quicker than recent events converted to the same distance, was Shaun Lightman after a first half struggle with the world

beating 75 year-old Arthur Thompson who was 85 seconds adrift on this occasion. Behind him Paul King pushed Peter Hannell all the way and then managed to sprint into a 3 second lead at the end instead of the current norm of 30 seconds ahead. Although David Hoben was last SWC man home, he was only a minute adrift of Dave Delaney and showed signs of improvement towards his times a few years back.

1. I.Richards (Steyn M65) 37.42; 2. F.Deuter (Hill Guest) 38.08; 3. P.Ryan (Ilf M55) 43.57; 5. **S.Lightman** (M70) 46.07; 10. **P.King** (M60) 50.25; 11. **P.Hannell** (M70) 50.28; 12. **C.Flint** (M65) 52.06; 16. **D.Delaney** (M70) 56.27; 17. **D.Hoben** (M60) 57.35.

24 April – VAC, Surrey, Herts and Middx. Championships 10km, Tooting

It was a relatively warm mid-week 10km which saw 5 Club members out. As it happened none of the other Clubs in Surrey took part and all of the SWC members were Surrey qualified so the county and Club positions were the same. Paul King managed to establish a good gap against Chris Flint which the latter was unable to close although nearer to Paul than recently. Dave Delaney also had a good race being almost two minutes quicker than his last few races.

1. F.Deuter (Hill) 47.53; 2. S.Allen (Barn) 55.02; 3. J.Hall (Belg) 55.40.3; 7. **P.King** (1st Surrey County) 63.12; 8. **C.Flint** (2nd SC) 63.39; 11. **D.Delaney** (3rd SC) 69.03; 14 **D.Hoben** (4th SC) 73.22; 15 **K.Burnett** (5th SC) 80.53

27 April National 20km, Coventry

It was a rather cold, windy Sunday in Coventry. Of the 5 Surrey members only four were first claim so leaving the team vulnerable to non-completion with the strict judging applied at National level however Surrey were very pleased to win the National team race with 3 to score as well as the subsidiary 4 to score event. This was a step-up in distance for our first home, David Crane, and he was naturally somewhat cautious at the beginning. However he caught several during the latter stages to just hit two hours. Behind him Roger Michell also had a good race to easily break 130 minutes and get back to his form before a long, enforced break last year. Paul King pulled away from Chris Flint. Both achieved good times and left Peter Hannell some way behind although slightly ahead of expectation. Although SWC team members were not among the very fast leaders, the effort of getting a full team to travel was rewarded with a win over many Clubs with some faster individuals but struggling to complete good standard teams.

1. T.Bosworth (Ton) 87.49; 2. Dom King (Col H) 92.36; 3. J.Waddington (IOM Vet) 109.53; 12.

D.Crane 120.00; 15. **R.Michell** 128.26; 16.

P.King 129.00 . 18.**C.Flint** 131.24; 20. **P.Hannell** 135.37.

Teams 3 to score 1st **SWC** 255 pts; 2nd Leicester WC 243 pts; 3rd IOM vets 190 pts.

4 to score: 1st SWC.

28 April La Ronde des DUCS, 6 hour road race Dijon, France:

We had two entrants in the 6 hour companion race to the rather harder 24 hour La Ronde des DUCS race in Burgundy. The walkers were relieved not to have faced the heavy prolonged rain and temperatures little above zero of the previous day's 24 hour race start, but still had to contend with temperatures well below expectations on this scenic course based on and around a large lake with a small hill on each lap. Ultra-distance specialist Kathy Crilley was very pleased to gain second place and receive a trophy to add to her collection for achieving the marathon distance in spite of carrying injuries that day. David Hoben was not far behind with just over 24 miles - a very satisfactory outcome under the difficult conditions.

Women:

1.R Harbulot (Fr.) 45.929 k; 2.K. Crilley 42.704 k

Men:

1.B. Labarre (Fr.) 53.392 k; 9 D. Hoben 38.865 k

3 May – Kent Division, SCVAC League 2km Walk, Sutcliffe Park

For two SWC athletes it was the start of the 2013 Southern Veterans League (Kent division) representing their track and field club, Blackheath and Bromley Harriers AC. This league includes a 2km race walking event with a fair sized field of 14 representing two divisions and two age groups (35-50 and 50+) and 6 clubs in each division although many are taking part for the points rather than regular walkers. The race winner easily drew away from the rest after the first 200 metres while the two SWC men headed the rest with the much

younger, fitter but less experienced walkers holding on for as long as possible. Shaun was able to leave third man Peter Hannell by almost 100 metres in good style to win the M35 race. Hannell had a more strenuous time as the chasing pack dwindled but left one rival not far behind with both well cheered on by their own clubmates. By the last lap the gap was up to 10 metres but the rival closed this back down to a couple of strides with 100 to go and only a final sprint kept the Blackheath representative ahead at the line so the two SWC men scored only one short of the maximum points.

1.C.Hobbs (Ashf) 10.10.8; 2. **S.Lightman** 11.22.7; 3. **P.Hannell** 11.49.

6 May Pednor 5 miles,Chesham

In the beautiful Buckinghamshire countryside near Chesham there was a good field of over 40 walkers in addition to the larger number of runners in a separate race. SWC's David Crane had good race over this undulating course to finish 4th at the head of his normal group. In addition there is a separate competition for those doing both 5 mile walk and run events and David won this by a considerable margin. Chris Flint also walked and his time taking account of the course was well up on his recent best.

1. F.Deuter (Hill) 40.58; 2. F.Reis (Ilf) 42.13; 3. S.Uttley (Ilf) 44.08.4; 4. **D.Crane** 44.30.5; 13. **C.Flint** 52.12.
Combined Walk and Run- 1.**D.Crane** 82.35; 2. S.Allen(Barn) 88.48.

7 May VAC League 5 miles, Battersea Park:

This was the 2nd VAC league 5 miles. Only 35 seconds behind the winner Shaun Lightman had an excellent race to pull away from the much younger men around him early on. He was 5 seconds faster than last time which was itself a great performance as he uses the inspiration of a new age group to improve. As usual Surrey Walking Club comprised half of the field with Dave Delaney the only one beside Shaun to perform up to standard with the small field leaving most isolated on a very nice, sunny but not too warm evening.

1. S.Allen (Barn M55) 45.27; 2. **S.Lightman** (M70) 46.02; 3. S.Bennett (Ilf M50) 48.10; 5. **P.Hannell** (M70) 51.40; 6. **D.Delaney** (M70) 55.43; 7. **D.Hoben** (M60) 58.32; 9. **K.Burnett** (M70) 65.21.

26 May – Surrey County Championships 3km, Kingsmeadow

The Surrey County Championships seemed to be very crowded with very enthusiastic youngsters. The 3km walk was, like many senior events, rather down in numbers with 6 entries and 5 out but did have the advantage of quite closely matched competition. The first four were all together for the first lap or so before the winner, Kristine Belka, a comparative newcomer from AFD, gradually pulled away by 80 metres at the finish and a personal best. The three Surrey Walking Club men stayed fairly close with positions altering several times. Mick Harran finally broke clear with two laps to go which was somewhat disappointing to Peter Hannell who had been 20 metres ahead before Mick accelerated. Mick's time was well in line with recent

races while Peter's was much less so and Ian Statter, although a little down on last year's win was slightly up on his last race.

1. K.Belka (AFD W) 17.34.98; 2. **M.Harran** 18.02.89; 3. **P.Hannell** 18.16.1; 4. **I.Statter** 18.28.26.

1 June – Surrey and Sussex County Veterans Championships 3km, Ewell

The veterans' equivalent of last week's County Championship Surrey and Sussex was held as a combined event at the very pleasant Ewell Court track with the weather sunny but tempered by a cool breeze. Numbers were limited by a clash with the very popular Moulton race but was graced by the appearance of 1980 Olympian, Ian Richards, who having just entered the M65 group was eager to set a time for the 3km. In doing so he lapped the entire field to break the world age group record although there were insufficient judges of the right standard for ratification. Behind him Surrey Walking Club filled the entire Surrey Men's event with 3 out. Mick Harran and Peter Hannell replicated last week's positions with both improving their times but Mick's 12 second reduction taking him further ahead. John May was short of training and unable to match the M80 record he set last year.

1. I.Richards (Steyn M65) 14.19.6; 2. **M.Harran** (M75) 17.51.1; 3. **P.Hannell** (M70) 18.13.8; 5. **J.May** (M80) 25.01.6.

1 June - Moulton 5 miles

68 took part in the Moulton 5 miles and the younger age events. The weather conditions were similar to Ewell's with a cool breeze on the return journey on this hilly out and back course near Newmarket where the majority of competitors were inspired to exceed recent performances. This certainly included David Crane who finished a creditable 4th in a personal best time. Further down the field Shaun Lightman was with a group which included Ken Bobbett and John Constantinou. He was bested by both and overtaken by a fast finishing Arthur Thompson. Dave Delaney had an excellent race finishing about two minutes ahead of expectation. Peter Crane had a race long battle with Phil Goodwin but was just edged out to finish in 36th. He was closely followed by fellow club member Dave Hoben. New member, Sandra Campbell, just failed to break the hour but did a personal best while former Olympic Silver Medallist Paul Nihill finished in his best time for three years. To cap a good afternoon Surrey Walking Club finished in third Team position.

Men:

1. F.Reis (Ilf) 39.01; 2. M.Williams (Tam) 40.39; 3. S.Uttley (Ilf) 42.13; 4. **D.Crane** 42.36; **14. S.Lightman** 48.46; 15. **C.Flint** 52.35; 16. **D.Delaney** 53.51 29. **P.Crane** 55.47; 30. **D.Hoben** 56.37; 36. **P.Nihill** 58.36..

Women:

1. C.Duhig (Ryst) 49.12; 10. **S.Campbell** 60.22.

Team:

1. Ilford; 2. Enfield; 3. Surrey Walking Club.

5 June Blackheath & Bromley HAC's Johnson Bowl, West Wickham

Blackheath & BHAC's only Road Walking promotion was held for the Johnson Bowl which is well over 100 years old. The race was well supported by both regular Walkers from Blackheath, all members of SWC, and less experienced walkers including their current President Bob Cliff and Immediate Past-President Steve Hollingdale. In addition a couple of other SWC and several visitors turned out on a pleasant evening for racing. The Bowl was retained by Shaun Lightman but not before a spirited defence from former multiple winner Roger Michell who was forced to let Shaun go on the 3rd of the 4 laps. David Crane was clear race winner with a good time on this hilly course taking almost two minutes out of Barnet's Steve Allen – almost exactly the same gap as in the subsequent 20km but in the reverse order. It was the visitors who had the best races in improving their times but Sandra Campbell, a new SWC member, also improved. Behind Roger, Mick Harran and Peter Hannell were close over the first half until Mick got away but was almost caught again in the last 100m.

1. **D.Crane** 33.53; 2. S.Allen (Barn 35.45); 3.
S.Lightman (1st B&B) 37.25; 4. M.Martin(Ton) 37.30; 5
R.Michell 38.11; 6 **M.Harran** 39.45; 7 **P.Hannell** 39.50;
8. D.Maskell (Vets) 39.53; 9. R.Brown (B&B) 40.10; 10.
C.Flint 40.43; 11. A.Martin (Ton W) 42.28; 12.
D.Delaney 42.37; 13. R.Cliff (B&B) 43.40; 14.
S.Hollingdale (B&B) 43.45; 15. **D.Hoben** 44.53; 16.
A.Harran 45.47; 17. **S.Campbell** 46.15.

8 June Southern 20km, Enfield

The weather was cool, cloudy with sunny intervals with a strong north easterly breeze for the Southern Area 20km championships held in the Donkey Lane Park in Enfield. The field included a team of 3 Surrey Walking Club men. As the course is tree lined, the sun's appearance was somewhat tempered by shade. In the race Ilford's Francisco Reis quickly built up a commanding lead and was never headed as he finished with an excellent time not far off 100 minutes. David Crane was in the chasing group which was whittled down to David and Steve Allen (Barnet) by 10 km. At 15km Steve made a break and David gamely held on to third position only a minute over his National time. Further down the field Mick Harran and Shaun Lightman were in a group with Sean Pender and Noel Blatchford. Sean was dropped just before the 2 km point. Noel made a break at 3km and by 5km Shaun had dropped Mick and had caught Noel. Shaun then dropped Noel and eventually drew away to finish some two minutes ahead. Mick had a solid race to finish in 8th place. Surrey won the team prize.

1. F.Reis (Ilf) 100.47; 2. S.Allen (Barn) 119.22; 3. **D.Crane** 121.32; 4. **S.Lightman** 132.45; 8. **M.Harran** 135.50.

Teams:

1. Surrey Walking Club 40pts; 2. Ilford 36.

12 June –Blackheath & Bromley HAC/SWC 3km Walk Championships Johnson Bowl, Norman Park, Bromley

A cool, grey and showery evening saw a field of 6 SWC plus 2 visitors at Norman Park for the usual combined club championships. The competitors and officials in fact enjoyed a dry and pleasant event as the rain ceased just before the race begun. David Crane soon left the field behind to lap all but runner-up Shaun Lightman. David easily broke his fifteen and a half minute expectation as he continues to improve while Shaun started cautiously but picked up speed mid-race to leave Malcolm Martin and Peter Hannell half a lap behind. Not far behind them came Ian Statter, winner of the SWC handicap, showing some recovery towards normal form.

(SWC H'cp in brackets):

1(2). **D.Crane** 15.20.9; 2. **S.Lightman** (1st B&B) 17.08.8;
3. M.Martin (Padd) 17.56.3; 4. **P.Hannell** 18.08.6; 5(1).
I.Statter 18.24.1; 6. A.Martin (Padd W) 19 26.3; 7.
P.Crane 19.39.4; 8. **D.Hoben** 20.59.4.

16 June British Masters 5km, Horwich :

On a cool cloudy Sunday morning Roger Michell and Shaun Lightman lined up for this annual national 5km Veterans Event. An international flavour was given by two Irish walkers and a contingent from Scotland. After the gun Roger and Shaun formed part of the leading bunch for most of the three laps. At the summit of the High Street hill Pat Murphy of Castle Ireland Club with A Edwards Lancashire Walking Club had drawn away from a group consisting of five walkers. Over the next lap Roger dropped back with foot pain and Shaun was

dropped but held on to finish in 7th position in 29m 52s. Roger finished 9th in 30m 52s. Both Roger and Shaun won their respective age groups. Shaun also won the age adjusted race by 1/2 point.

1. P Murphy (Castle Ireland) 26.27; 2. A Edwards (Lancs WC) 27.01; 3. A. Fraser (Port. Scotland) 27.06; 7. **S Lightman** (1st M70) 29.32; 9. **R. Michell** (1stM65) 30.52.

18 June – Veterans AC 5 mile Annual Championship Race, Battersea Park

Although the field for the 2013 Championship Vets AC 5 mile walk was missing a few of the regulars, it was an improvement on last year and was, unusually for this year, greeted with a warm summer evening. Paul King and Peter Hannell were determined to work hard to achieve the 50 minute barrier that they had missed so far this season and the first lap saw them together and almost on schedule. Paul pushed on and, despite finding the step in temperature too much to maintain recent form, was only 43 seconds over his target. Chris Flint, was not far behind and began to close on Peter as the latter slowed and, though ending behind, beat his previous time on this course. 82 year-old John May had company towards the back of the field and achieved almost 4.5 miles an hour – much his best race this year.

1. I.Richards (Steyn 1st M65) 38.03; 2. P.Ryan (Ilf 1st M55) 44.00; 3. S.Allen (Barn 1st M55) 46.51; 6. **P.King** (2nd M60) 50.43; 7. **P.Hannell** (1st M70) 51.24; 9 **C.Flint** (2ndM65) 51.59; 13 **D.Hoben** (3rdM60) 59.25 15 **J.May** (1stM80) 69.00.

23 June British Masters Track 10km, Horspath Track, Oxford

Chris Flint and Peter Hannell appeared again at the very windy National Veterans Track 10km where both improved on recent races even though Chris did not match his excellent 20km in April. As usual Chris closed the gap which opened over the first mile although, like Battersea, Peter was able to find other racers just ahead and managed to use them to maintain sufficient pace to hold off Chris. This event saw several absent due to difficulties with the on-line entry system but some of the excellent current age group leaders were out including Chris's M65 group while the M70s were sparse. The wind reduced times by perhaps a minute so Flint's numerical result concealed a good effort for the Bronze medal. The retirement of former member Ed Shillabeer, who appeared capable of easily beating Hannell, left Peter with the M70 Gold.

1.F.Reis (Ilf 1stM50) 49.58; 2. I.Richards (Stey 1st M65) 51.07; 15. **P.Hannell** (1st M70) 64.08; 16. **C.Flint** (3rd M65) 65.08.

29 June LICC and Enfield League Race, Cophall:

The weather was warm with a chilly breeze on the back straight. At the gun Fabian Deuter took a commanding lead and went on to win in 24m 43.7s. The race for second and third places was a fight between Barnet's Steve Allen and David Crane. Just after half way Steve made a break which Dave could not match giving Steve 2nd place in 26m 36.5s. Dave fell away and was nearly

caught by Stuart Bennett of Ilford but rallied and finished a minute ahead.

Further down the field Shaun Lightman began conservatively but by halfway was into his competitive stride overtaking Steve Whelan, Malcolm Martin and John Ralph. Shaun finished just on the half-hour. Mick Harran had an unusual accident. He was overtaking a alker who trod on a sharp object which hit Mick above the ankle. He had to retire and go to hospital.

1 F.Deuter(Hill) 24.43 2 S.Allen(Barn) 26.36 3 **D.Crane** 27.02; 8 **S.Lightman** 30.00.

Other results

10 March British Masters Indoor 3km Championship
2.**G.Macdonald** 19.25.1

29 April South London Div, SCVAC 2km Walk, Kingston M50 group - 3. **D.Hoben** (M60) 13.29.3.

5 May Graham Mann 3km Handicap Road Walk, Guernsey 1. **M.Easton** 14.08;

11 May Southern Area one Hour, Sutcliffe Park –
C.Flint 9,385m

13 May Mid London Div., SCVAC League 2km Walk, Battersea Park M70 Group
M.Harran (M75) 11.58.4.

Future Races

20 Aug SWC Open Track 5kms Tonbridge 19.30

5October Gazette Cup 4mls – venue TBD

November ? 7 mls – venue TBD

21 December Christmas Cup 5kms Tonbridge

The First and the Last (A tale of two marathons)

Tanners Marathon 30 miles July 1972 Entry fee: 15p

This event had always appealed, read so much about it, Jennifer who had helped me through the closing stages of the Lyke Wake Walk came with me. Getting to the start wasn't easy, we did a 3 ½ miles walk to nearest station Carshalton Beeches, and caught the train to Leatherhead with one change, arriving at the Leatherhead FC start already 20 minutes late. The route with its coloured arrows seemed easy enough to follow, discovered later that John Westcott used to put them up and take them down all in one day, amazing. Checkpoint 1 was a very long way out to assist crowd control (it was big then) and we were warned of being behind time even at that stage. Through the drizzle, which was on and off all day, we got to the furthest checkpoint at St Martha's Church, fascinated to see how you could have a church with no road access of any kind, intrigues me still. After crossing the A25, busy there was no M25 then, the route went through the heavily wooded areas so much in demand for orienteering events, off to a checkpoint at Holmbury St

Mary youth hostel, and on Ranmore Common a checkpoint manned by Graham Peddie at Tanners Hatch, which was also a 2nd start in those days. We returned to Leatherhead FC to finish in over 11 hours, so no certificate then, the limit being 10 hours, and Jenny, who incidentally I never saw again had to rush to get her train to Rugby. Another year to wait to get inside 10 hours.

Tanners Marathon 30 miles (and final) July 2010 Entry fee: £3 (is inflation really 52%?)

The event this time as well as being the last was also day 2 of a double bill as the 500th edition of the Essex League was on the Saturday, both days exceedingly hot and sunny. Did a few miles with recent Centurion Steve Allen, and remainder with Philip Robinson who introduced himself as the grandson of Alan Virgo, who was on the Tanners Marathon Association Committee 1960-2010; like me in 1972 he had only done 2 big events previously. The route was meant to be a copy of the 1960 route as much as possible (like the 25th anniversary edition), and in addition included Blatchford Down and Steers Field, the two vast plots of land named after and dedicated to the 2 founder members of LDWA. The Peaslake Old Post Office and toposcope on Pitch Hill also had LDWA connections and were included on the way. We finished in 8:23, a personal best for me even if I had to wait 38 years for it.

20 miles: Jennifer Caddy

30 miles: Kathy Crilley, Chris Flint and family

Dave Williams, Paul Lawrence, John & Gail Elrick,
Laurence Foe

Strolls Reports

9 March Coulsdon South Conductor: Lilian Chelli

Present: Adam, Dorothy, Jenny, Joelle, and Manjinder

The mood of the party matched the name of the location as we walked up Happy Valley to Chaldon Church. There was time to study the church's medieval wall painting depicting heaven and hell. We then crossed Alderstead Heath, and dropped down to the busy Brighton Road near Hooley. We had a break for coffee at the Starbucks restaurant. Older members may be interested to know that this used to be the Little Chef where we had tea on the annual President's stroll. We crossed a secluded valley near Potter's Wood, and had lunch at the Sportsman in Mogador.

The afternoon route crossed Banstead Heath and the Surrey Downs golf course, and concluded with an almost continuous stretch of woodland including the Long Plantation, and Chipstead and Banstead Woods. The weather was mild, with mist clinging to the tops of the hills. We were made very welcome at the Café Italia in Banstead Village. Some strollers opted for cappuccino and ice cream, with others choosing the more traditional tea and toasted teacakes. Everyone was surprised at how much unspoilt countryside there was so close to London. After tea we crossed a few fields, and passed the Woodman pub, before descending to Coulsdon at about 6.00 pm. A very satisfactory stroll which the Club may wish to do again. Distance: 20 miles.

24 March Silchester Circular

Conductor: Janette Henderson

Participants: Sharron Henderson, Jill Goddard, Lilian Chelli, Susan Cannel, John & Gail Elrick, Simon Lloyd

A battered and bruised conductor (following a run in with a car while cycling a few days before) lead this stroll on a very cold, dull and overcast Sunday. Hardly the pleasant spring time stroll that was anticipated, it was extremely muddy underfoot, but at least it kept dry apart from the odd snow flake.

Having gathered at Mortimer station just before 10am, we headed over sloshy field paths and a very muddy track to the old Roman town of Silchester. Here we took a few minutes to admire its amphitheatre (coated in a light layer of snow) before walking along part of its perimeter walls and beside some of the remaining earthworks from the earlier iron age oppidum (the equivalent of a town in those days). Leaving Silchester we then headed north via an iron age hill fort hidden in the woods, the probable predecessor of the oppidum at Silchester. The plateau area between Silchester and Aldermaston was then crossed before dropping down to the Kennet Navigation and a walk along the towing path for a late lunch at the Row Barge in Woolhampton. Though the river was extremely full, luckily it had not broken its banks and flooded the tow path, but it was not far off doing this. The Row Barge is on the banks of the Kennet Navigation and is named after 19th century

passenger boats which plied their trade along the river here.

Simon had planned to leave us after lunch but then found there was no train for another couple of hours, so he stayed with us for another hour and took the train back from Aldermaston. After saying goodbye to Simon the remaining strollers crossed the very full Kennett Navigation again at Aldermaston Wharf and then had a muddy climb up to Padworth College which occupies Padworth House, a manor house dating back to the late 15th century. On the way, a couple of the party were harassed by a couple of over-friendly horses. After a quick stop to look at the outside of the 12th century Romanesque church of Padworth, we made our way along roads and more muddy tracks to the Elizabethan manor house of Ufton Court (which all agreed looked like it had been somewhat over-restored) and a little further on the moated earthwork remains of the medieval Ufton Robert manor house.

After that a series of roads (a few more than planned to give everyone relief from the incessant mud!) and wooded paths were followed across the plateau to Mortimer. In Mortimer we took time to look at the village pond which was one of many that in times gone by was used to water pack horses and later provided water for steam powered transport.

Sadly the conditions had meant slower going than anticipated so it was not possible to stop for tea in Mortimer, or to catch the 18.19 train from the station, so

it was a somewhat late end to the walk. All agreed that it was a pleasant walk in a new area, but one which would have been a whole lot better without the mud! Distance covered approx. 20 miles.



Silchester Stroll on 24 March. A cheery bunch despite the cold and generally wet conditions!

LtoR: Susan Cannel, Sharron Henderson, Simon Lloyd, Jill Goddard, Gail Elrick, Janette Platt & Lilian Chelli.

Photo; John Elrick

26 May Godalming circular

Conductor: Jenny Caddy - Distance: 18 miles

It was a sunny spring day, one that started cool and gradually warmed up--perfect for walking. Six of us set off from Godalming station at 9 am--Chris, Manjinda, Freddie, Leo, Simon and Jenny (leader). Few footpaths were muddy and it was a joy to walk in dry conditions.

The route was varied, more by accident than design, and took us through a fruit farm, through woodland, across a golf course, across fields and a common, past a village green where a cricket match was in progress (juniors) and along on the Greensand Way to Hascombe where we stopped for lunch. Those of us with a picnic sat on a bench in the sunshine by the village pond. A family of geese, two adults with five goslings, paddled across the water towards us and climbed onto the grass. The young stayed by the edge under the watchful eyes of their parents and foraged in the grass. Further round the pond three young moorhens searched for food on the bank.

Thanks to the late spring, bluebells were still in flower. Large areas of woodland were carpeted in blue and the effect was heightened by dappled sunlight and a backdrop of bright green fresh leaves. Other notable flowers throughout the walk were red campion, speedwell, yellow archangel, stitchwort, forget-me-not, cow parsley and buttercups.

Leaving Hascombe we continued on the GSW towards Bramley and passed through the Wintershall estate, the site of an annual play 'The Life of Christ' staged in June.

Two donkeys in a field came over to greet us. Half a mile later a large solitary bull paused from eating to look up at us as we passed by in the next field. A flimsy-looking fence separated the fields. The bull gave us a snort but stayed put.

The next inquisitive animal we encountered, in Thorncombe Street, was a pig in the middle of a small enclosure. It noticed us, more by sound than sight I imagine, and ambled over for a close inspection. The owner, who appeared by chance as we admired his pig, told us it was a Kunekune pig (pronounced cooney cooney). This breed, according to the British Kunekune Society, was introduced into Britain in 1992 from New Zealand. The pigs are small, have a placid friendly nature and love human company. They are popular with small-holders.

Some of us could have stayed longer with the pig--it did seem to appreciate our attention--but time spent with the pig meant less time for tea later so we pressed on past the edge of Winkworth Arboretum, up a slope and down the other side to Catteshall to join the tow path of the River Wey Navigation. By now it was 3.30 pm and we paused to consider stopping for tea. However, because there was a faint chance of reaching Godalming station in time for the next hourly train (3.56 pm), we set off at a brisk pace and arrived at the station with two minutes to spare.

09b, 10b are of goslings under watchful eye of parents
14b we shelter from the sun in the afternoon
01b is us on a bench on Hambledon Common
02e is a bug's eye view taken with delayed release,
camera balanced on a log.



LtoR: Freddie Knight, Chris Ketteringham, Jenny Caddy,
Majinder Sidhu, Leo Kruis and Simon Lloyd

9 June South Woodham Ferrers to Southminster - Conductor Gregory Noble

8 curious explorers (Joëlle Paul, Dorothy Shepherd, Freddie Knight, Paul Tilley, Dave Williams, Corinne Thompson, Nicole Carbonara & David Hoben) + Greg, set out from South Woodham Ferrers' Station at 09:17 to gain a better understanding of the pleasures of the Essex countryside (and meet the mysterious Gregory Noble). The grey cloud cover and cooling NE wind stayed with us all day, but failed to diminish the spirits. Points of amusement along the way included :

- three attempts by strollers to lead the group astray from the Conductors intended path
- two acts of chivalry by Dave & Freddie at different unsteady stiles
- Greg forgetting where the tea stop entrance was

The Conductor supplied tea & cakes 'on the house' at the Cap & Feathers, as a way of saying 'thank you for trusting me'.

We all arrived at Southminster with 9mins to spare, having catered for various needs : continuity of pace, speed, afternoon refreshment and having provided a clearer insight into the counties delights.

A job well done!

23 June Great Missenden to Lacey Green, near Princes Risborough (circular)

Conductors: John and Gail Elrick. Distance 20 miles.

Participants (5) - Gail Elrick, John Elrick, Dave Williams, Dorothy Shepherd and Joelle Paul.

There is much to be gained from walking in the Chilterns – easy access from London, unspoilt countryside with wide panoramas, few walkers and picturesque villages. The small group who did the stroll all felt that it met all these qualities with the added bonus of a sunny and dry day. Full marks to Dorothy and Joelle who missed the early (08:53) start from Great Missenden station and walked their own route to the pub stop at Lacey Green to meet up with us. Being the only other stroller at the start Dave remarked that he was getting his own guided walk!

The conductors and Dave headed westwards from Great Missenden to Prestwood, emerging on to the A4128 opposite Holy Trinity Church. A footpath running past one side of the church took us across meadows, with our first views of the sweeping valleys, and through Lawrence Grove Wood from where we dropped down on to the Hampden Road. Instead of going directly over the next hill to Bryant's Bottom (as we did on last year's stroll) the conductors turned left along Hampden Road and stopped for a short break at the picnic tables at

Prestwood Nature Reserve. We then climbed over the hill, dropped steeply down to cross Bryant's Bottom Road and uphill through Piggotts Wood to emerge in front of a house called 'Piggotts'. We speculated on who might own this property: with the name, the horse sculpture outside and the adjacent stables and paddocks one might think that it was something to do with the jockey Lester Piggott. Wrong – we could find no links to Lester but discovered that Eric Gill, sculptor and calligrapher, lived here from 1928 until his death in 1940 and is buried in Speen churchyard.

We continued through Speen and followed the long track through Monkton Wood to meet the lane at Lily Bank Farm from where we crossed fields to the lunch stop at 'The Whip Inn' at Lacey Green. The pub overlooks the local windmill which dates from around 1650 and continued as a working mill until 1915. Its prominent position meant that the mill was used as an observation tower in the Second World War, after which it entered a long period of neglect. Since the 1970s members of The Chiltern Society have restored it back to working order.

Having met up with Dorothy and Joelle we left the pub and joined the Ridgeway Path. The path headed up to the top of Brush Hill and Whiteleaf Hill, giving us clear, panoramic views and a chance to view the Neolithic barrow. The barrow, which was excavated in the 1930s, holds a commanding position on top of the hill. The usual afternoon

route on this stroll continues along the Ridgeway Path through the Chequers Estate and on to the top of Coombe Hill, but on this occasion the conductors came off the Ridgeway Path and dropped down to the main road. This meant that we could pick up the Aylesbury Ring to Ellesborough Church. This is the local church for any Prime Minister wishing to stroll over from Chequers on Sunday morning and, more importantly, the church provides tea and delicious home-made cakes on Sundays. We spent a very pleasant time relaxing in the church pews with our tea!

The Aylesbury Ring took us on to Wendover, whilst allowing us to view the distant Boer War Monument which can be seen for miles around on top of Coombe Hill.

From Wendover we headed south west through the woods via Dunsmore, picking up the South Bucks Way for the last few miles back to Great Missenden station. We finished in time for the rail travellers to catch the 18:49 train back to London.

Future Strolls

Thursday 11 to Sunday 14 July. Exmoor weekend.
Conductor Janette Henderson. Three days walking on Exmoor starting at Taunton. Sorry, fully booked.

Sunday 21 July. Dorking Circular. Conductor Don Bolton . Start Dorking station **09:26** (London Waterloo 08:33). Return trains 06 and 36 minutes past each hour. *Route description: From Dorking station we climb up to Box Hill via Pixhams and then out through Ashurst Rough and down to Juniper Bottom. We then go up White Hill and on to Headley Church. Crossing under the M25 we make our way to Walton on the Hill and The Sportsman for lunch. The afternoon route takes us over the M25 and down Colley Hill to join the Greensand Way. We stop for tea in the church hall at Brockham, before returning to Dorking station.* Explorer 146. Distance approx. 19 miles.

Saturday 3 August. Witley Circular. Conductor Janette Henderson. Start **Witley** station at 09:09 (London Waterloo 08.15). Return trains 45 minutes past each hour. *Route description: The morning route takes us via Hambledon Common to the pretty village of Hambledon and then in a roundabout way to Chiddingfold. We then cut across country via Langhurst Manor Farm and Prestwick for lunch at the Wheatsheaf in Grayswood. Those with sandwiches can eat them on the nearby village green. After lunch we have a steady climb up to the top of Gibbet Hill (which as the name suggests used to be the site of the local Gibbet), passing all that remains of the Temple of the Four Winds (built as a hunting lodge in 1905) on the way. Both afford some splendid views of the surrounding countryside. We then head west along the old turnpike from London to Portsmouth. On our right we have great views of the Devil's Punchbowl, and the now grassy swathe which used to be the old A3 before the Hindhead tunnel was built (what an*

improvement!). On reaching the view point near the NT Café (possible quick refreshment if needed) we head off down into the huge amphitheatre that marks the Devil's Punchbowl and on to the village of Thursley before turning our steps once more in the direction of Witley. Luckily an underpass has now been built under the A3 outside Thursley so again no need to dice with death to get across it – phew!

Explorer 133. Distance approx. 19 miles.

Sunday 18 August. Clandon Circular. Conductors

John & Gail Elrick. Start Clandon Station at 09:58 (Waterloo 08:57, change at Surbiton). Return trains (direct) at 57 minutes past each hour.

Route description: A very pretty stroll showing the best of Surrey. The morning stretch to Westcott takes us along the upper parts of the North Downs with, if clear, excellent views toward the South Downs. Lunch is at Westcott at the The Prince of Wales (simple pub food) or a picnic on the pleasant village green. The afternoon will include a pleasant walk along the valley bottom then returning to higher ground and Clandon Downs to return to the station via the golf course. Tea/afternoon refreshments can be taken in a pub en route (apologies no tea shop).

Explorers 145/146. Distance approx. 20 miles.

Sunday 8 September. Paddock Wood to Headcorn (linear). Conductor **Lilian Chelli.** Start Paddock Wood station at 09:23 (Charing Cross 08:38). Return trains

from Headcorn, calling at Paddock Wood, 14 and 46 minutes past each hour.

Route description: A well-established stroll through the orchards, hop gardens, and woods of Kent. In the morning, we climb to the picturesque village of Brenchley, and then follow the High Weald Landscape Trail to Goudhurst. After lunch, we walk through Old Park Wood, and pass through Colliers Green and Cranbrook Common to reach the tea stop at Sissinghurst Castle. The evening section is via Frittenden, along field paths and quiet lanes.

Landranger 188, Explorers 136 & 137, approx. 20 miles.

Saturday 21 September. Petersfield's southern face. Conductor **Jerome Ripp** Start **Petersfield** station 09:00 (Waterloo 08:00). Return trains three an hour.

Route description: The morning heads up into the South Downs and through the Queen Elizabeth Country Park before going over Windmill Hill and via Chalton to reach our lunch stop at The George in Finchdean. After lunch, a variety of mixed woodland and small hills gradually lead back up to the South Downs Way and our return to Petersfield for tea and the return train.

Explorers 133 and 120. Approx 20 miles.