

July 2014 No.457

*The Gazette and Record of the
Surrey Walking Club*



Walking



Roger Michell led the Club to victory in the National 10 miles

Welcome to Gazette no. 457 – This is your club magazine. As Editor I welcome any contributions. Letters, news, comments, photos or reports are all welcome. Any material Emailed to p.crane7w@hotmail.co.uk would be welcome. Thanks for all contributions. This magazine is also accessible on our website www.surreywalkingclub.org.uk .

Facebook

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

We welcome the following new members

Keith Lane Neil Cook Jerry O'Connor

It is sad to report the passing of Arthur Goodwin. Arthur was a regular racing man back in the 70's.

Congratulations to Sandra Brown on the confirmation of a GB W65 record in the 3kms at Norman Park where she beat the previous record by 40 seconds. At the other end of the distance scale she achieved a W65 best over 100 miles at Schiedam in hot and humid conditions.

Gazette Night

Gazette night is due to be held on 28 November at Hayes as usual. The cost is £12.50 preferably paid in advance by cheque to Trevor Sliwerski at his home address. Early confirmation if you are coming or not would help save him ringing around chasing for replies

President's Report

The club has had an active time on both the racing and strolling sides. On the racing side the club has had lots of good performances in various races. Congratulations to both men and the women who were members of the successful teams winning both the National 10 miles and the National 20 kms demonstrating our strength in depth compared to other clubs. Whilst it is good to see some of our stalwarts such as Shaun Lightman continuing to race well it is really gratifying to see the major efforts being made by the Martins both Angela and Malcolm who are regularly leading the clubs walkers home.

A very good performance was posted by Sandra Brown in the National 20km in Sheffield where she was 3rd in the ladies race and set a new British W65 time. The major project being worked on by various members of the club is the SWC 100 mile race for 2015. Whilst never having personally done a hundred from hearing of all the work involved it could well be easier to walk it than to be one of the organisers. That would concur with my first Brighton where I seconded someone on a bicycle with a racing saddle, an experience never to be repeated.

From hearing the strolls reports it seems that a good core of members turn out on a regular basis notwithstanding leaders having to be very aware of the rain that deluged us in the early part of the year and make changes as appropriate.

On the social side there are no members celebrating 50 years membership this year but Gazette Night will be on the 28th of November at our usual venue. Let's hope that after the good performances in the first half of the year the good fortune holds for the second half.

RACE RESULTS

15 February SCVAC 3km Walk Indoor Champs Lee Valley

The miserable weather conditions made the Southern Counties Veterans Athletic Club's Indoor Championship a much more attractive alternative this week although travel difficulties limited the field to 9 with Surrey Walking Club providing almost half. The M55 group were the most numerous and in 2nd place and 3rd overall SWC's Malcolm Martin was most successful with another pb while wife Angela was first woman in a time very near to her best too. New walker Sandra Campbell had her first experience of walking on a steeply banked indoor track but her time was not too far from her other short races.

1 J.Hall (BelM65) 15.49.9; 2 S.Allen (BarM55) 15.58.2
3. **M.Martin** (M55) 16.10.1; 4. **D.Maskell** (M65) 18.29.2.

Women

1 **A.Martin** (W45) 19.30.97; 2 P.Abbott (E&HW50) 20.48.16;
3. **S.Campbell** (W45) 22.54.93.

15 February Leicester WC Open 15 miles:

David Hoben travelled up to Leicester for their famous 15 mile race although a poor field of 4 on this occasion may mark its last race. Sarah Lightman, daughter of Shaun Lightman, walked a convincing win, a personal best and a fast time with her coach, former international Chris Berwick, also another notch in her training build up towards this year's National 100 miles at Southend. All the walkers in this small event had experienced a wind assisted race in the first half of this out and back hilly course along Leicestershire's quiet country roads and suffered strong headwinds and rain on the return

leg, although not the same extremes as recently in southern Britain. SWC's entrant David Hoben also had a pb but had an unexpected delay of a few minutes as a tree with storm damage was about to topple on to the course and the road was temporarily closed.

The previous week Sarah had been second in the Midland women's 5km (31 min 7 sec) having recently also won the Women's section of her club's 10 miles (106 min). Her last 7 races have seen personal bests on every occasion! David was also rewarded with a good time in spite of the awful weather.

1. Sarah Lightman & C. Berwick (Leic WC) 2.49.0;
3. S. Pender (E&H) 3.4.0; 4. **D. Hoben** 3.9.0.

22 February Enfield Harriers 5m League, Lee Valley

Although dry and sunny as the Enfield race returned to its historic venue at the park in Donkey Lane, the strong breeze and twisting course increased times by an average of about a minute. In spite of this Malcolm Martin produced another p.b. for 5 miles to head the 9 strong Surrey Walking Club contingent as 9th in a total field of around 60. Although the last of the 5 laps saw some slowing he had managed to hold the two in front for the previous 4 miles. Chris Flint a little further back had a long battle with Steyning's Anne Jones losing out by only 7 seconds and recording a good time in spite of the wind. Sandra Campbell almost managed to hold Ilford's Mick Barnbrook and stayed 20 seconds ahead of Kath Crilley.

Men

1. C. Corbishley (M&M) 38.29; 2. F. Reis (Ilf) 40.35;
3. F. Deuter (Hill) 42.09; 9. **M. Martin** 45.34;
16. **S. Lightman** 50.21; 18. **P. King** (Belg) 51.35;
21. **C. Flint** 53.0; 30. **D. Delaney** 54.35; 32. **P. Crane**
56.48; 39. **D. Hoben** 57.52.

Women

1. H.Butcher (Cam H) 47.43; 2. R.Crossnan (Belg) 49 34;
3. M.Noel (Belg) 51.08; 11. **S.Campbell** 61.41;
13.**K.Crilly** 62.03 .

23 February Veterans' Inter-Area Match 2km Walk, Lee Valley Stadium :

A keenly contested Inter-Area match indoors at Lee Valley with 4 SWC representing their area clubs – Shaun Lightman, Sandra Campbell and Peter Hannell walking for Vets AC and Angela Martin for Southern Vets. Angela's time was by far the best performance at new distance and difficult indoor track worth among her best. Shaun, easily SWC's fastest, also was ahead of equivalent recent times for other events and although faced with much younger competition scored well for Vets AC whose team 3rd place was most satisfactory.

1. F.Reis (Ilf M50) 9.6.2; 2. S.Allen (Bar M55) 10.24.5;
3.P.Bozko (Bir M60) 10.59.4; 5. **S.Lightman** (M70 [3rd M35 race])) 11.34.5 ; 7. **P.Hannell** (M70 [4th M35 race])) 12.12.5;

Women: 1. A.Wheeler (Leic WC W55) 11.19.2;
2.H.Middleton (E&H W50) 12.8.0; 3. C.Duhig (Ryst W55) 12.18.2; 4. **A.Martin** (W45 [2nd W35 race])) 12.20.3;
6.**S.Campbell** (W45 [4th W35 race])) 14.36.3.

Match Result:

Combined Men & Women – 1st Eastern Vets 512 pts; 2nd Southern Vets 511 pts; 3rd Vets AC 399 pts; 4th Midland Vets 316 pts; 5th Northern Vets 278 pts; 6th Wales 237 pts
7th Northern Ireland 69 pts; 8th South West Vets 66 pts.

9 March – British Vets 3km Indoor Champs, Lee Valley

There was an unfortunate clash of events as the National RWA 10 miles was fixed on the same day as the National Veterans Indoor championships although arrangements were made to take part in both events with the latter race starting before 10am and the locations not too far apart. The relatively slow decline in performance with age means several of the strong club team competitors are prominent in the middle reaches of the Veteran scene. Three of our members thus reappeared in the afternoon with Roger Michell much the most prominent. Although third in the extremely competitive M65 group for the 3km his time was good with no suggestion that he was holding back for the afternoon. Once again it was the Martins that provided the best SWC performances with both achieving best times and both showing the same improvement over recent races. The performance of the event was a world M65 record from Steyning's Ian Richards in 2nd overall. Sandra Campbell also had a successful race as she improves in this new event for her. Peter Hannell's Gold medal resulted from a shortage of M70's although the time showed some improvement.

Men

1. F.Reis (Ilf 1st M50) 14.13.39; 2. I.Richards (Steyn 1st M65) 14.29.6 (World Rec);3. J.Hall (Belg 2nd M65) 15.33.33; 4. **M.Martin** (1stM55) 15.47.5 6. **R.Michell** (3rdM65) 16.35.1 8. **P.Hannell** (1st M70) 18.09.4 .

Women

1. N.Blatchford (Ab1stW65) 18.14.9; 2. **A.Martin** (1st W45) 18.33.2; 3. C.Duhig (RysW55) 18.57.1 6. **S.Campbell** (2ndW45) 21.56.7.

9 March National RWA 10m Champs, Victoria Park:

The 10 miles saw a men's team victory for Surrey Walking Club with the Club having nine out in all although two were unfortunately disqualified from a very strictly judged event and Chris Flint's time was made 8 minutes longer by a late start. Although the front of the race saw high quality athletes, both men and women, their times were down somewhat with international races imminent. SWC's finishers were headed by W60 Sandra Brown easily breaking 100 minutes and winning the overall bronze medal while Roger Mitchell, in his second race, just 18 seconds ahead of Shaun Lightman with both achieving similarly good times. The third team member, Mick Harran, also achieved a better time having battled on despite several minor but distracting style warnings but no actual penalties. Sandra Campbell also kept going well, though slightly outside of the official limit, and was timed in a reasonable time especially as this was her second event. It was a remarkably warm event in what was an extreme popular public park but unfortunately the course will not be used again as the local authorities are about to impose a very high charge on such athletic events. 25 finishers was a very poor result for such a high profile event but this will not be improved by such discouragement from the council on a course which has often been very popular.

1. Dom King (Col H) 78.17; 2. Dan King (Col H) 79.04;
3. I. Richards (Stey) 79.30; 11. **R. Michell** 103.07;
12. **S. Lightman** 103.15; 14. **P. King** (Belg) 107.15;
15. **M. Harran** 108.07; 20. **C. Flint** 119.41 (-8m late start)

Women

1. G. Narviliene (Belg) 92.28; 2. F. McGorum (P'broke) 93.38;
3. **S. Brown** 98.19. **S. Campbell** 123. 54 (after time limit)

15 March – Slater/Bryce Memorial 10km, Horsham

In a winter of extremes this Saturday turned out very hot for the time of year with little wind and overall conditions which were conducive to excellent spirits and good times. A field of 16 was a little down on previous years but Surrey Walking Club's share of 6 was good for a race so far from London. Once again it was Malcolm Martin up in 4th and with another personal best ahead of the SWC party in position and performance having held on to those in 2nd and 3rd positions for most of the race only losing 150 metres or so over the last few laps as Steve Allen of Barnet and John Hall of Belgrave both achieved improved times themselves. Ahead of them the winner, 65 year old Ian Richards from Steyning, who had the previous week achieved a world age record, was a little dissatisfied with 'only' 51 minutes 10 seconds. Next Surrey man was Shaun Lightman in line with recent performances but just lapping newcomer Paul Gaston and Peter Hannell with the former also breaking his best for the distance by over two minutes. Although the other SWC were a little down in times overall it was a good day for the Club as all enjoyed the cheerful atmosphere and the subsequent friendly presentation.

1. I.Richards (Stey) 51.10.7. 2. S.Allen (Barn) 54.21.5;
3.J.Hall (Belg) 54.30.3; 4. **M.Martin** 55.16.8; 6. **S.Lightman**
61.54.3; 8. **P.Gaston** 64.30; 9. **P.Hannell** 64.31.3;
10.**M.Harran** 65.30; 11. **D.Hoben** 73.16.7.

15 March Herts/Kent/Middlesex 1km Indoor Champs

Angela and Malcolm Martin travelled to Lee Valley for a local inter-counties indoor 1km championship where both raced over the shortest competition distance. Over only 1km times are difficult to compare but both were well up with other recent times and 5 short flat out laps on a banked surface is certainly a difficult test.

1. L.Legon (Camb H) 4.25.34; 2. S.Lewis-Ward (Camb H) 4.47.39; 3. C.Hobbs (Ashf) 4.50.35; 4. **M.Martin** 5.08.41; 7.**A.Martin** 6.07.23

22 March – Pat Furey 5 miles, Enfield :

The weather was bright and cool with a strong breeze initially against the competitors on each of the 5 laps. 1st home for the club was Malcolm Martin who had a battle with Rebecca Collins (North Downs AC) Rebecca drew ahead in the last 200m straight. He also defeated John Hall (Belgrave), who had been 50 seconds ahead over 10km two weeks ago. He finished in a personal best of 43m 46s. Second home for the club was Shaun Lightman. He began with Andrew Cox and Ken Bobbett but they dropped him after the first of 5 laps. By half way he was caught by Arthur Thompson but Arthur took a tumble with 1½ laps to cover. Shaun the caught Stuart Bennett (Ilford) and eventually passed him in the last 300 yards to finish in 48m 38s one of his fastest time of late. Third home was Dan Maskell who was with Arthur for the first three laps then Arthur made his move to catch Shaun leaving Dan in an isolated 13th position in 49m 56s. Dan is still recovering from a hospital operation. Fourth was Angela Martin in 52m 19s which was also a PB. Fifth for the club in 9th woman was Sandra Campbell. She

started fast but faded a little during the race however she achieved two objectives. Firstly she beat Mick Barnbrook, who she had been near in recent races, and, secondly, to beat 5 miles in the hour. She achieved both finishing in a PB of 59m 28s to break the hour comfortably and so was presented with the appropriate standard badge.

Men

1. C.Wilkinson (E&H) 39 .25; 2. F.Deuter (Hill) 40.16;
3.F.Reis(Ilf) 40.41 5. **M.Martin** 43.46 10. **S.Lightman** 48.38
13. **D.Maskell** 49.56.

Women

1. G.Narviliene (Belg) 42.57 2. R.Collins (N Downs W) 43.42; 3.
M.Noel(Bel) 50.26 5. **A.Martin** 52.19 12. **S.Campbell** 59.28.

27 March World Masters Indoor Championships, Budapest

Roger Michell walked at the World indoor Masters in Hungary in a small but very successful British group of walkers. His 16 minutes 16.04 seconds for 3km indoors was three quarters of a minute better than might have been expected so represented an excellent peak for this major event giving him 5th M65 This age group is currently extremely strong in Britain with 1st, 2nd and 6th also filled by GBR walkers.

29 March – SRWA 10km Road Champs, Sutcliffe Park

Recently this event has been held within or own Open 10km but this year Cambridge Harriers hosted a dedicated event on a new course. As a race this was very pleasant – the weather was slightly windy but sunny and warm, the course had two good straight flats and just enough incline on the rest to make it interesting and good competition down the field. However race numbers were disappointing. Even SWC only had a bare minimum of 3 women and 3 men although they won the men's race and would have won the women's two but were placed second as Sandra Campbell could not score for SWC temporarily due to a technicality. The best result was Sandra Brown's victory in the women's race well inside the hour, despite being the oldest in the race, while Malcolm Martin was in bronze medal position in the men's event. The best performance came from Christ Flint who had great competition from Anne Jones of Steyning and recorded a good time thus winning the SWC handicap. Sandra Campbell and Paul King also did well. In spite of a lack of numbers and other minor problems it was an enjoyable event which may be repeated.

(SWC Handicap in brackets):

Men

1. T.Jones (Steyn) 53.10; 2. C.Hobbs (Ashf 53.24; 3(6)**M.Martin** 57.32; 4(3). **P.King** (Bel) 64.07; 5(1). **C.Flint** 65.24 6(-). **P.Hannell** 65.38.

Women

1(4). **S.Brown** 58.59; 2. P.Cummings (AFD) 61.08; 3. R.Crossnan (Belg) 61.37; 6(5). **A.Martin** 68.04; 8(2)**S.Campbell** 74.23.

5 April National 20 kms Sheffield

This race was poorly supported for a National but for the Club successful with a full team in both Men's and Women's events, with both being victorious – the men also winning the four to score competition. Sandra Brown had the outstanding performance as she was first home having passed Malcolm Martin mid-race. She was rewarded by breaking the W65 age group record by over 14 minutes. Malcolm did a pb for the distance. The course was a cycle track with an excellent surface, facilities and a slight gradient, but it was quite windy with rain threatening. Paul King, Chris Flint and Sandra Campbell also had good races.

Men

1. B. Wears (Redc) 93.33 2. F. Bernabe (Spain) 95.34 3. R. Gerrard (IOM) 118.11 10. **M. Martin** 122.20 12. **P. King** 133.21 13. **S. Lightman** 134.56 14. **C. Flint** 137.11 16. **P. Hannell** 139.10

Women

1. M. Turner (IOM) 110.37 2. A. Barber (Hyde Pk) 115.21 3. **S. Brown** 119.15 4. **A. Martin** 142.34 5. **S. Campbell** 158.30

21 April – Tonbridge AC Open Meeting 3km :

Tonbridge's usual Easter Open meeting included a well-supported walk with over 30 across all of the age groups and plenty of young talent. In beautiful Spring weather it was a pleasure to be racing. Although none of the performances were exceptional it was satisfactory start to the track season and Shaun, first home in 11th was near recent form and after a steady start and finding the lack of short, fast races making the middle hard work. Peter Crane made a welcome appearance after less regular racing

1. G.Thomas(Ton) 14.06.4; 2. L.Legon (CambH) 14 21.7; 3. H.Butcher (CambH G) 14.56; 11. **S.Lightman** 17 29; 15. **P.Hannell** 19.01; 18. **P.Crane** 20.20.

21 April London Inter-banks 5km, Lee Valley

This race saw new bests for 5km from Angela and Malcolm Martin while Dan Maskell was racing well after an enforced break.

Men:

1. C.Wilkinson (E&H) 24.03; 2. F.Reis (If) 24.20; 3. P.Ryan(If) 26.22; 5. **M.Martin** 27.50; 9 **D.Maskell** 30.39

Women:

1. H.Middleton (E&H) 31.58; 2. **A.Martin** 32.21; 3. F.Bishop (AFD) 32.42.

28 April Veterans League 2km, Bexley

Malcolm and Angela Martin represented Paddock Wood with Angela guesting and Shaun Lightman and Peter Hannell representing Blackheath and Bromley. All were competing in younger age groups than their birth certificates show especially with M70 Shaun in the M35 race and coming fourth overall in a field of about 30. The most surprising thing was that, although many were the normal novices to race walking and just out to score points, the standard was high and with age on their side and a little training many were quite near the more 'professional' walkers. Angela turned in her fastest time for this distance while Malcolm, new to this event, judged the pace well and not attempting to go with the very fast winner kept well clear of the rest.

1. C.Hobbs (Ashf) 9.49.3; 2. **M.Martin** 10.26.6; 4. **S.Lightman** 11.34.6; 7. **P.Hannell** 12.07; 11. **A.Martin** 12.24.

30 April VAC Vets 10km incorporating Surrey, Herts and Middlesex Senior Championships, Battersea

County championships over 10km held within the usual Veterans Athletic Club event and the judging of the higher level demanded of such events. All successfully held their style and generally times were good on an ideal spring evening in the Battersea Park track. The winner, M65 Ian Richards, was in good form to clearly break 50 minutes while Mick Harran was the most improved SWC man just passing Enfield's Sean Pender in the latter part of the race. In his second race in three days, Shaun Lightman was first Surrey finisher in a time also ahead of recent levels and his record for this race in the last few years. Separating Shaun and Mick, was Dan Maskell who set off with a relatively fast group including Shaun and successfully beat them all apart

from his SWC colleague. Lightman and Harran both became champions for their respective Counties.

Men:

1. I.Richards (Steyn M65) 49.49.4; 2. S.AllenB (Barn M55) 55.49; 3. S.Bennett (IlfM55) 58.07; 5. **S.Lightman** (1st M70) 61.52; 6. **D.Maskell** (2nd M65) 62.44; 8. **M.Harran** (2nd M75) 63.54; 10. **P.King** (2nd M60) 64.07; 11. **P.Hannell** (2nd M70) 64.41; 12. **C.Flint** (3rd M65) 65.14; 14. **D.Delaney** (3rd M70) 69.37.

County positions: S.Lightman - 1st Middlesex; M.Harran - 1st Surrey ; 10. P.King – 2nd Surrey; P.Hannell – 3rd Surrey; 12. C.Flint 4th Surrey; D.Delaney 5th Surrey.

11 May Pednor 5 Mile Race Walk, Chesham

This is one of the favourite Open events of the year in the South East and attracted over 40 to the beautiful countryside on Bank Holiday Monday. The not-easy two lap course saw many of the top performers recording times not far from times on flatter courses. This included Malcolm Martin up in 5th and beating some other racers for the first time while wife Angela, 4th in the women's section was slightly ahead of recent performances. Just 6 seconds behind, Chris Flint found the speed difficult to maintain over the hilly course although he held off Mick Harran thus reversing their positions on the previous Wednesday at Battersea. Not far behind these in race position were David Delaney and David Hoben both finding the course hard or perhaps paying too much attention to the attractive surroundings!

1. F.Reis (Ilf) 40.26; 2. F.Deuter (Hill) 42.59; 3. P.Ryan (Ilf) 44.17 5. **M.Martin** 45.32; 14. **D.Maskell** 49.30; 22. **C.Flint**

53.02; 23. **M.Harran** 53.43; 25. **D.Delaney** 56.14; 28. **D.Hoben** 59.02.

Women:

1. M.Noel (Belg) 51.10; 2. H.Middleton (E&H) 52.15; 3. F.Bishop (AFD) 52.55; 4. **A.Martin** 52.56.

13 May Veterans AC 5 mile Road Walk, Battersea Park:

This was due to be the second race of the Summer 2014 season although cancellation of the April race made this our first visit of the year to this attractive course on the 1.75 mile loop of the road inside the edge of the Park. Perhaps the previous cancellation had put off a number of competitors in the run held in parallel but the walk field was not far from its usual level at 13. Those not attending missed the very pleasant conditions prevailing with the usual accompaniment of numerous casual runners and cyclists enjoying the sunshine but not interfering with the race. Half of the field were Surrey Walking Club members the first of these home was Shaun Lightman. Shaun started steadily from towards the back only to finish the last circuit at great pace having overtaken 7 competitors and reached 4th place but was unable to raise his pace in the last sprint and ended 6th. Immediately behind him in both position and relative performance came Dan Maskell who had started quickly with a large group of seven and held his place in the middle of the group as it split and was only overtaken by Shaun. The rest of the team were around their expected times although David Hoben had the best result while Sandra Campbell, behind David, slowly improves and beat the hour by more than half a minute.

1. T.Jones (Stey) 42.05; 2. P.Ryan (Ilf) 42.23; 3. J.Hall (Belg) 46.34; 6. **S.Lightman** 47.21; 7. **D.Maskell** 50.18; 9. **P.King** 50.48; 10. **P.Hannell** 52.02; 11. **C.Flint** 52.16; 12. **D.Hoben** 56.17; 13. **S.Campbell** 59.29.

24/25 May 3km track Walking Championships, Middlesex at Lee Valley and Surrey at KINGSMEADOW

This year the County Championships have been held three weeks later than usual and various members took part in their county meeting over the two days which experienced very different weather conditions. On Saturday Shaun Lightman was the Club's only representative at the Middlesex version where it was cool and breezy after heavy overnight rain for the 6 contestants. The first and second places were well clear of each other and of the rest, both being, by coincidence, European internationals from Portugal and Lithuania with the latter, Grazina Narviliene, having represented her country at the London Olympics. Third and fourth places saw much more of a battle with Shaun in the lead early on but Artur Domingos coming past to lead by some 20 metres mid-race. Shaun's experience told in the last third and he regained the lead with 600 metres to go and held a convincing lead of 10 seconds at the finish not far from his 17 minute target. At Kingston the field was the same size with half female including the convincing winner, Penelope Cummings representing her track club, Herne Hill Harriers. Conditions were very different with the hot sunny weather normally expected for these Championships and not seen enough this year to prepare the athletes, although the winner scored a personal best to break 17 minutes. The men's champion was

SWC's Mick Harran who beat Peter Hannell in a similar manner to Shaun at Lee Valley except he left it until 150 metres to go before comfortably coming past Hannell by 5 seconds at the end. Both missed the 18 minute target but Harran's performance was slightly ahead of recent results. Feeling the heat and unused to the sprint distance SWC's newcomer to race-walking, Sandra Campbell, was unable to avoid last place but battled on and should get nearer to 21 minutes as she improves and becomes more used to the event and the heat.

3km track Walking Championships, Middlesex

1. F.Reis (Ilf) 14.8.3; 2. G.Narviliene (Belg W) 14.44.7; 3. **S.Lightman** 17.10.5.

3km track Walking Championship, Surrey :

Men:

1.**M.Harran** 18.17.8; 2. **P.Hannell** 18.22.8; 3. **C.Flint** 18.52

Women:

1. P.Cummings (HHH) 16.48; 2. F.Bishop (AFD) 19.04; 3. **S.Campbell** 21.47.

25 May Kent County T&F Champs, Ashford:

Just the two Martins from SWC with Malcolm not far off his best 3km while Angela beat her Norman Park time and among her best times.

Men:

1.C.Corbishley (M&M) 13.11.63; 2. G.Thomas (Ton) 13.48.36; 3. C.Hobbs (Ashf) 14.56.65; 6.(3rd Sen) **M.Martin** 16.11.09.

Women:

1. S.Lewis-Ward (Camb H) 14.57.01; 2. H.Butcher (Camb H) 15.05.8; 3. E.Butcher (Camb H) 17.22.96; 6. (3rd Sen) **A.Martin** 19.15.56.

31 May Moulton 5 miles

The weather was overcast with a light breeze. 54 tackled the course which was the usual uphill outward bound and obviously downhill on the return. Surrey Walking Club had six in the field which was won by Dominic King of Colchester of Colchester who led from the beginning to finish in 36m 01s. Not too far down the field was SWC's Malcolm Martin who had a race long battle with Steve Allen (Barnet and District) with Steve just edging ahead to gain 7 secs from Malcolm by the tape but Malcolm not far from his best for the distance. Dan Maskell once again held faster walkers for as long as possible and although not able to stay with them at the end he finished in only just outside his 5 miles best. Shaun Lightman started tentatively behind Dave Hoben but came through overtaking several in the latter stages to finish inside 50m 30s. Mick Harran finished in 25th place having a steady race throughout in 52m 09s. Angela Martin had a race long battle with Elizabeth Blakie of Ryston to overhauled Elizabeth in the return half to finish 5th woman just outside 54m minutes. With many ex-internationals watching and the organiser, Ron Wallwork, and his wife Joan, celebrating their Golden wedding it was a particularly memorable event.

Men:

1. Dom King (Col H) 36.01; 2. C.Wilkinson (E&H) 38.11; 3. F.Reis (Ilf) 40.03; 9. **M.Martin** 44.27; 15. **D.Maskell** 49.12; 17. **S.Lightman** 50.22c; 20. **M.Harran** 52.09; 22. **D.Hoben**

55.31.

Women:

1. H.Middleton (E&H) 50.47; 2. C.Duhig (Ryst) 51.27; 3. A.Jones (Steyn) 51.42; 5. **A.Martin** 54.08.

1 June Surrey Vets, Sussex Vets and Vets AC, Championships, Ewell

There was a fairly good turnout in the Surrey County Veteran's Championship on a very pleasant Sunday at Ewell Court. The event was expanded to include not only the Sussex Championship as in 2013, but also the Veteran's AC Championship. The clash with Moulton the previous day thus did not crush numbers at this event and in fact 4 walkers did both. At the front Gary Witton from Steyning lapped all but 3 of the rest to break 14 minutes and help set a good pace for 65 year old Ian Richards of Steyning 13 seconds behind in a time which clearly beat the world age best although lack of sufficient top level officials will deny verification. There were 4 Surrey Walking Club in the men's event with 3 first County age group medals and David Hoben having the best performance near his best for the distance. Not put off by naturally lagging the field 83 year-old John May came home in a satisfactory time though short of training.

1. G.Witton (Worth 1st Sx/VAC M40) 13.59.6; 2. I.Richards (Steyn 1st Sx/VAC M65) 14.12.7; 3. T.Jones (Steyn 1st Sx/VAC M55) 15.33; 4. **P.Hannell** (1st Sy/VAC M70) 18.27.2; 5. **D.Hoben** (Sy/VAC 1st M60) 20.30.2; 7. **K.Burnett** (2nd Sy/VAC M70) 22.54.7; 8. **J.May** (1st Sy/VAC M80) 25.06.6.

4 June Surrey Walking Club & Blackheath & Bromley 3km Track Walk Champs, Norman Park

Eight walkers faced the starter although the black clouds, in what had been a clear blue sky most of the day, were sharing the competitors' attention. There was a strong breeze however and in fact the rain held off. There were none of the usual Blackheath novice walkers and no guests so the whole field were Surrey Walking Club members although two were second claim Blackheath & Bromley. These included Shaun Lightman who was second in the race to take the B&B championship in a good time missing his target 17 minutes by only 1 second. His race was made easier as he was able to leave the next walker earlier on than expected and ended 40 metres clear. This in no way diminishes the performance of the overall 3rd placer who was none other than 100 mile specialist Sandra Brown who was facing her regular distance the following week-end. Her time still wasn't too bad anyway as she managed to set a new age-group British record for 3km – 1/54th of 100 miles. The winner of the race and the SWC Championship, was Malcolm Martin with, yet again, a good time not far off his 3km best. The race incorporated an SWC handicap and while Shaun and Malcolm walked well their times adjusted by their handicaps left them 2nd and 3rd respectively behind handicap winner Peter Crane. Peter, who finished not far behind Angela, benefited from the competition to beat his last 3km half a minute. 4th in the handicap was Sandra Campbell with a new p.b. for 3km and a time in line with her races over other distances.

SWC Handicap in brackets:

Men:

1(3). **M.Martin** 15.51.8; 2(2). **S.Lightman** 17.01.2; 3(7). **D.Maskell** 18.22.9; 4(-). **P.Hannell** 18.41.9; 5(1). **P.Crane** 19.47.1; 6(6). **K.Burnett** 22.55.4.

Women:

1(5). **S.Brown** (W65 BR rec) 17.15.1; 2(8). **A.Martin** 19.35.1; 3(4).
S.Campbell 21.20.5.

6/7 June Dutch 100 miles, Rotterdam

This was a major 100 miles in Rotterdam where Sandra Brown was 1st woman and 3rd overall and only 3 minutes behind 2nd. The conditions were hot and humid and up to 30 C at times but they battled on including 82.82 miles by Chris Flint and 58.11 miles by Kathy Crilley who retired unwell after nearly 22 hours. A separate 50km race where only half the starters managed to finish saw David Hoben as winner in a time limited by the conditions to 7 hrs 33 min 37 sec.

Chris Flint insists that, as his 24 hour time was in fact for slightly less than 100 miles, he should not be unfairly praised!

1. J.Waddington (IOM Vet) 20.06.53; 2. J.Mients (RWV,Holland) 21.16.34; 3. **S.Brown** 21.19.17; 22 **C.Flint** (13.724kms) 23.59.33; 39 **K.Crilley**(93.513km) 16.02.41

10 June Veterans AC 5 mile League, Battersea

The June VAC League 5 miles in Battersea Park saw a field of 17 – not bad number for the series but this was the 2014 Championship edition a few more might have turned out. Surrey Walking Club's contingent of 9 enjoyed a warm sunny evening weather which these events usually enjoy. Shaun Lightman was the first SWC up in 5th having started fairly quickly and held pace as others weakened and caught some of those ahead including Dan Maskell. Both enjoyed improved performances although Dan's was the larger relative gain. Several of the rest found the combination of several other races and the temperature taxing and were down on their

bests although the last two of the team provided noteworthy performances with John May winning the M80 section inside 72 minutes and Kevin Burnett forsaking the parallel running event to record a time almost 2 minutes ahead of expectation. As usual several age-group medals went to SWC members including gold for Shaun and John.

1P.Ryan (Ilf guest) 43.12; 2, J.Hall (Belg guest) 47.11; 3. A.Thomson (E&H 1st M75) 47.19; 5. **S.Lightman** (1st M70) 48.24; 6. **D.Maskell** (1st M65) 49.34; 8. **P.King** (2ndM60) 51.47; 10. **P.Hannell** (2nd M70) 52.28; 11. **M.Harran** (2nd M75) 54.23; 12. **C.Flint** (2nd M65) 55.41; 14. **D.Hoben** (3rd M60) 58.34; 15. **K.Burnett** (3rd M70) 63.12; 16. **J.May** (1st M80) 71.53.

14 June Jack Fitzgerald Memorial 10.3 Km Road Race, Tilgate Park, Crawley

The second running of the VAC's Jack Fitzgerald Memorial 10km on a picturesque course in Crawley's Park had almost 20 out with a few choosing the shorter 6km alternative. The main race of 10.325 metres was well supported by SWC who had the winner in Malcolm Martin – his first victory in such an event – and second place with David Crane who returned to racewalking with a time not too far from those before his break. Malcolm's time equivalent to 10km in 54:20 represents a best over the distance.

1. **M.Martin** 56.18; 2. **D.Crane** 56.44; 3. S.Allen (Barn) 59.22; 6. **D.Maskell** 65.40; 7. **P.Gaston** 67.09 8. **M.Harran** 67.51; 9. **P.Hannell** 68.04; 10. **A.Martin** 71.44; 11. **D.Hoben** 73.46; 12. **S.Campbell** 77.32.

25 June – Johnson Bowl 4 miles, Blackheath & Bromley HAC, Hayes, Kent

This race has been held by Blackheath & Bromley Harriers and its previous incarnations for 110 years although now four rather than seven miles of racewalking. It also incorporates a match with Surrey walking Club and this year all 10 competitors were SWC members including just three who were also Blackheath members and competing for the BBHAC championship. Despite the inclusion of a not insignificant hill on all four laps, times were good especially for the winner, Malcolm Martin, whose best for the course exceed last year by 6 minutes and even taking account of his subsequent improvements over all distances was 3 minutes under what might have been expected. At the other end of the field, though not last, Sandra Campbell, an even newer recruit to the club was also over a minute quicker than last year. The winner of the BBHAC race was Shaun Lightman who prevented the race from becoming a procession as he easily moved from 10 to 9 minutes on the last lap passing several others on the way.

1. M.Martin 31.44; **2. S.Lightman** 38.59; **3. D.Maskell** 39.21; **4. M.Harran** 40.38; **5. P.Hannell** 40.47; **6. C.Flint** 41.13; **7. A.Martin** 43.33; **8. D.Hoben** 45.22; **9. S.Campbell** 45.33; **10. K.Burnett** 51.38.

15 June National Veterans 5km Road walk Championship, Horwich

Two Surrey men, Roger Michell and Shaun Lightman, lined up in Horwich near Manchester for the National Veterans 5km road walk championships. The weather conditions were cool with a slight drizzle. Roger was with a group of 4

people and at 4 km surged ahead to finish 6th while a little behind him, Shaun drew away from a group on the first lap and finished in 11th. In the age related competition Shaun was third.

6 **R.Michell**(M65) 28.14 11. **S.Lightman**
(M70)29.37

28 June LICC/Enfield League 5km,Copthall Stadium

A trip to the Allianz Park, home of Saracens Rugby Union Club but still incorporating Copthall Athletics Track saw over 20 taking part in an Enfield League/ LICC 5km race. The beautiful weather for the 4 miles was replaced by intermittent heavy showers but this did not dampen the spirits of the contestants who in the main returned good times especially, once again, Malcolm whose time took 2 minutes off his personal best and whose 2nd place represented an easy victory over several walkers who have been ahead until recently. Shaun Lightman was also in good form and did not employ the cautious start recently necessitated by slight injuries and thus was came in at his best 5km for a considerable time. At the risk of being repetitive the other SWC member showing good for was again Sandra who reduced her best by nearly 2 minutes. Besides these three another four SWC members turned out including Angela Martin whose performance was below her best but showed a return to her form a few months ago.

1. F.Reis (If) 24.11; 2. **M.Martin** 25.19; 3. S.Uttley (If) 26.25; 7. **S.Lightman**) 29.05; 12. **P.Hannell** 31.25; 13. **M.Harran** 32.02; 16. **A.Martin** 33.02; 22. **S.Campbell** 36.33.

Other Results

Two members took to running in March in the demanding Hastings Half Marathon. David Crane 1.41.27 and Paul Gaston 1.50.54.

1 March Molly Barnett 10 kms Coventry S Lightman 61.26

1 May Haywards Heath 1km Crawley C Cheeseman 5.11.6 D
Hoben 6.35.3

19 May Veterans 2km Croydon Davd Hoben 2nd 13.13.5

24 May Middx 3k S Lightman 17.10.5

4 June Oxford 3kms Champs D.Hoben 20.32.4

Future Club Races

20 August – Club 5kms Tonbridge 7pm

28 Sept. – Gazette Cup 4 mls – Sandilands 2pm

2 November – Alec Potton 7 mls – Sandilands 2pm

STROLL REPORTS

23 March Darent Valley Path Dartford to Sevenoaks

Conductor: Paul Lawrence - c 22 miles

Strollers: Adam Charles, Corinne Thompson, Dave Williams, Dorothy Shepherd, Gail Elrick, Jane Rosoux, Jerry O'Connor, Joelle Paul, John Elrick, Kate Copeland, Laurence Foe, Leo Kruis, Marc Domingue, Paul Tilley, Neil Cook, Richard Levett and Vala West



A healthy number of strollers enjoy the Darent Valley Path
(photo: Gail Elrick)

The route traced the central section of the River Darent between its source near Westerham and the Thames north of Dartford. The morning walk followed the waymarked Darent

Valley Path south out of Dartford initially in pleasant parks and on riverside into fields and woods with easy gradients. Reaching the more rural Shoreham Valley, we passed Lullingstone Castle, a Roman villa site and historic railway viaducts and watermills.

After lunch at Lullingstone Park Visitor Centre we left the Valley walk to take a hillier loop into the back valleys and ancient woods upto Romney Street, returning to Shoreham village to resume the Darent Valley Path towards Offord. The final walk section to Sevenoaks passed ponds and lakes that feed the Darent River.

3 May -Alton Figure of Eight

Conductor: Kevin McGivern - c 22 miles



Strollers strung out as they walk the figure of eight

A fresh bright day saw 11 walkers depart from Alton railway station on Saturday 3rd May for their 22 miles circular stroll via the Hangers Way (muddy at times), Hawkley (for lunch) and yet more hangers, copses, meadows in the afternoon.

The strollers, Chris, Don, Dorothy, Jane, Jill, Joelle, Kate, Leo, Lynne, Nicole and Kevin enjoyed a gradually warming day walking through fields of lush grass and wild flowers with an abundance of English Bluebells interspersed with Wild Garlic in the damper areas of the Hangers Way.

After lunch and/or drinks at the Hawkley Inn we continued on our Figure of Eight walk at a slightly more leisurely pace enjoying the warm dry day, so refreshing after our wet winter, with crystal clear views, through and beside fields of sheep and cattle with their young ... our only hiccup being a very muddy area in the region of Chapel Farm.

22 June Guildford Circular

Conductor Jennifer Caddy - Distance 19 miles

It was a hot sunny day. Thirteen set off from Guildford railway station. Ten arrived back eight hours later, the other three having dropped out voluntarily before lunch.

We walked via the underpass to the east side of the River Wey past some of the town's sculptures: Masquerade by the Electric Theatre, The Boatman by the Town Wharf, and Alice and the White Rabbit by Millmead. The White Rabbit's hole was full of gravel, dumped there when the river flooded the area in January.

We continued along the towpath to the North Downs Way, crossed the river and followed the NDW to Halfpenny Lane at

the edge of Chantry Wood. Here we turned SW through the wood to emerge at the scouts' camp, paused to refill our bottles from their drinking water tap, then continued on the footpath along the ridge on the south side. From here we could see as far as the South Downs. Further along, at the viewpoint overlooking Shalford we stopped briefly for refreshment. The spires of Charterhouse were visible from here.

Retracing our steps for a short way we then descended to pass Manor Farm and walked by the side of a field which two weeks earlier had been ablaze with red poppies. Rounding a corner we could see Guildford Cathedral.

The route took us through Shalford, past the NT Shalford Mill, across the A281, through Shalford water meadows to the River Wey Navigation. Heading south along the towpath we reached the Downs Link which we followed before turning off to head for and up Chinthurst Hill.

On the top of this was a small monument erected to commemorate the Queen's 2012 Jubilee. This gave distances to notable landmarks. Several remarked that our progress seemed an illusion; we were still only three miles from Guildford.

Descending the hill, almost sliding down one section where heavy rain had created a gully, we rejoined the Downs Link and continued along this to Blackheath where we stopped briefly at the War Memorial. The church of St Martha-on-the-hill was visible in the distance on the NDW, a reminder that we still weren't far from Guildford.

We then crossed Blackheath to emerge (as I'd intended) at Broomfields on the east side. From here we crossed a field to Brook, joined Ponds Lane and the byway where we passed a pen of goats, to reach Shere on time just before 2pm. We'd walked 13 miles and completed 2/3 of the walk.

Shere was our lunch stop: pub, picnic or Dabbling Duck cafe. We refilled our bottles from a drinking water tap outside the cafe.

We left Shere 50 minutes later to walk past the village's allotments, through Silver Wood, past the landfill site (now full and being capped) to join the NDW and climb up St Marth's Hill to the church. Here was a table with refreshments on offer— hot or cold drinks and biscuits (unfortunately no cake)—in exchange for donations to the church. This provided a welcome break. We ate, drank and admired the views.

Setting off again we marched west downhill on the NDW, branched off on a footpath towards Pewley Down and climbed to the top of this. At the western edge of Pewley Down we reached the road, Pewley Hill, and walked along the pavement past Semaphore House, the site of one of the Semaphore Towers. Guildford Cathedral once again came into view.

We continued down the hill into Guildford and walked past the Surrey Scholar, another of the town's sculptures, at the bottom of the High Street. It was almost 5pm, the time when my parking ticket expired. The parking fees were complicated and I'd been unable to get the meter to extend my time. The thought of a fine had enabled me to walk briskly all day. Those of us who'd parked in the same car park reached our cars with one minute to spare.

Strolls July to September 2014

Sunday 13 July. Sandy to Hitchin (linear). Conductor **Chris Dent**. Start Sandy station at **10:07** (London Kings Cross 09:23). Frequent return trains from Hitchin to London Kings Cross (and to Sandy 52 minutes past each hour - plus an extra one at 18.18).

*Route description: The morning session takes in the Greensand Ridge Walk and John Bunyan Trail before stopping for a picnic/pub **lunch (location TBC)**. In the afternoon we continue to follow the John Bunyan Trail, with a stop along the way for **afternoon tea**.*

Explorers 193 & 208, approx. 16 miles.

Saturday 26 July. Godalming circular. Conductor: **Jennifer Caddy**. Start **Godalming** station **09:00** (08:15 from Waterloo). Return trains 25 and 53 minutes past the hour.

*Route description: In the morning we head south towards Witley and Sandhills and then across fields to reach **Grayswood for lunch**. Picnic on the village green or eat in the Wheatsheaf Inn. After lunch we return via Chiddingfold and Wormley and **stop in Godalming** (if time permits) for tea and cake.*

Explorer 133, approx. 20 miles.

Sunday 10 August. Princes Risborough to High Wycombe **(linear)**. Conductor **Gregory Noble** . Start **Princes Risborough** station at **08:54** (London Marylebone 08:15). There are approx. four fast/local return trains from High Wycombe per hour.

*Route description: A route that flirts with the Ridgeway National Trail, Icknield Way Path, South Bucks Way and local footpaths in a clockwise loop for the morning. We admire the views from Beacon Hill but bypass Coombe Hill's Monument. At Bryant's Bottom we have **lunch** at **The Gate**. The afternoon provides a wooded walk through Naphill Common before we follow the undulations of the Chilterns to discover the well hidden Hughenden Manor, the country home of former Prime Minister Benjamin Disraeli. There is the **option for a brief stop** at the National Trust's Tea Shop.*

Explorers 181 & 172, approx. 19 miles.

Sunday 24 August. Guildford circular. Conductors **John & Gail Elrick**. Meet **Guildford** station at **09:12** (London Waterloo 08:30). Frequent return trains to London Waterloo.

*Route description: We leave Guildford via Pewley Down where we should get extensive views of the surrounding countryside from the top, then descend and then return to the tops at Chinthurst Hill. We use much of the Greensand Way to reach the White Horse at **Hascombe for lunch**. After lunch we wend our way to Farncombe for **tea at Hectors** then follow the Wey Navigation back to Guildford.*

Mainly on Explorer 145, approx. 20 miles.

Saturday 6 September. Coulsdon South circular.

Conductor **Lilian Chelli** . Start **Coulsdon South** station at **09:30** (London Bridge 09:03). There are frequent return trains from Coulsdon South.

*Route description: A stroll through unspoilt countryside close to central London. In the morning we walk through Happy Valley to Chaldon church. We then cross Alderstead Heath and walk through fields and woods to **Mogador** where we have **lunch**. In the afternoon we cross Banstead Heath and walk through the Long Plantation and Banstead Wood to reach the **tea** stop in **Banstead Village**. An undemanding route after tea returns us to Coulsdon South where there are frequent trains back to Central London.*

Explorer 146 and Landranger 187, approx. 20 miles.

Saturday 20 September. Winchester circular.

Conductor **Jill Goddard** . Start **Winchester** station **09:48** (London Waterloo 08:39). Frequent return trains to London Waterloo.

*Route description: Leaving Winchester, we join the start of the South Downs Way and on to the rolling farmland around Cheesefoot Hill and the attractive villages of Titchborne and Cheriton. After **lunch** at the National Trust property of **Hampton Ampner** we will take paths through woods and fields on to St Catherine's Hill and then the water meadows back to Winchester.*

Explorer 132. Distance approx. 20+ miles.