

June 2015 No.460

*The Gazette and Record of the
Surrey Walking Club*



Walking



Dan Maskell leads our winning team in the London 10 kms

Welcome to Gazette no. 460

As Editor I welcome any contributions. Letters, news, comments, photos and reports are all welcome. Any material Emailed to p.crane7w@hotmail.co.uk would be welcome.

Thanks for all contributions. This magazine and much other interesting information is also accessible on our website www.surreywalkingclub.org.uk .

Facebook

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

New Members

We welcome the following new members:

Ian Habisrittinger,

Norma Newman,

Roger Wane,

Resignations have been received from Glenys Kirkpatrick and Sima Patel

We have received the sad news of the death of Thomas Brownlee at the age of 75. Thomas enjoyed the company of our strollers and took part in the Nijmegen Marches.

Investigations are being made about the possibility of returning to Monks Hill Sports Centre, which has now been refurbished.

Congratulations to Gail Elrick on being elected as Chair of the LDWA.

Surrey Walking Club has won cups for being the best overall team in National Championships. The men have won the Hammond Cup

and the ladies won the Thayer Cup. Congratulations to all who made up our winning teams.

Keith Fraser has reached the grand age of 90, which he describes as “the age of opportunity”. His tip for a long life is to follow the example of Felix the Cat and “keep on walking”!

WW1 Memorial (part 2) - by Gail Elrick

In the last edition of the Gazette I listed the 29 Club Members who died in WW1 and gave a commentary of how the Club coped with this up to October 1915. This article continues the commentary until the end of the war.

In the Gazette of **October 1916** the Club President spoke nostalgically of the *‘faces they would see no more....but the memory of them will be lasting, and what better death would they have chosen, than the glorious one for their country.’* He also mentioned decorations for Captain of the Club, Serjeant Edward Knapp and for Major Wallis of the Military Cross.

Obituaries were given for Bernard Chapman (24), Frederick Hunt (24), Edwin Spalding, Robert Sutcliffe (37) and Arthur Taylor (24). Like quite a few of the SWC members Arthur Taylor worked in a bank (Parr's Bank). In his obituary he was said *‘to have been one of England's most promising walkers.... In a 10 mile race in April 1913 he came 1st in a time of 1 hour, 26 minutes 45 2/5 seconds beating some of the finest walkers of the day.During the summers of 1913 and 1914 he carried the Swastika * to the fore in many short distance races’.*



Serjeant Arthur A. Taylor – London Scottish

The Gazette was a useful information exchange for members serving away. Pioneer E.C. Horton wrote; *' it will interest the boys to know I was refused as unfit for service (eyesight trouble) twice, and appealing against the second decision, which happened at Clipstone Camp, was given my papers to try my luck with the M.O. I was told I only had five minutes to catch him at the hospital three-quarters a mile away. Well I can tell you I did walk, and uniform is not exactly what you can call cool attire for speed work.*

I felt decidedly hot when I caught sight of the M.O. across a parade ground leaving the hospital. He heard my steps behind him and waited for me to catch up with him. He smiled when he heard my appeal, and examined me there and then. When I told him of my walking abilities he was astonished. He

remarked that I was the first athlete he had examined whose heart and pulse were normal, especially so, as the state of the heat in which I arrived would have disclosed any trouble. He had no hesitation in overlooking my sight and endorsing my papers for active service in the field. This shows that race walking cannot be harmful'. (Horton survived the war).

A special issue of the **Gazette in June 1917** gave the total number of members then dead at 17. Particularly poignant, especially for his anxious family, was that of Charles Robertson (25) who had been reported earlier as dead, then reported wounded in a German hospital but subsequently died from his wounds. A big blow to the Club was also the death of the Club Captain, Serjeant Edward Knapp (33). Knapp had earlier been awarded the Distinguished Conduct Medal, a 2nd level military decoration awarded to the other ranks of the British Army (the Victoria Cross was level 1). He received it *'for conspicuous gallantry after the explosion of two enemy mines. He took a party of bombers to assist another battalion and showed great pluck and determination.'*

Knapp was considered one of the builders of the Club, increasing numbers on the Sunday strolls from 3 to 4 to between 15 and 30 and was a regular attender at the Club's training spins and it seems he was a very popular person. At the end of the war the Club commissioned a special trophy in his name.

The Gazette issued in **February 1918** mourned the cumulative loss of 23 of its 110 serving members. Four obituaries were printed. George Coombes had joined the London Regiment in October 1914 but was invalided home in 1915. On recovery he obtained a commission and met his death during an attack on the chemical works at Roeux. Harold Saunders (27) from the Rifle Brigade had also been in France since 1914 but had returned to England as an instructor in *'recognition of his excellent work,'* so it was shock to find that he had died back in the battlefield. Harry Shattock (27) had also been wounded in 1916 and received a

commission in 1917 but was fatally wounded in France. The final obituary was for Francis Willis (39) who had been missing since 1916 and was presumed dead. He is remembered on the Thiepval Memorial in France.

But the end was in sight. It was a relief to look at the Gazette for **December 1918**. The Editor commented '*It seems almost unbelievable, but it is nevertheless true that the war is over and , and in a few months time the Surrey Walking Club will have the great re-union so long deferred and anxiously awaited*'. Even a stroll was organised from Croydon to Epsom.

Sadly the Gazette contained bad news of two members who had served throughout the war but did not make it to the end. H. B Banks had been mobilised at the start of the war he was due to go home for a month's leave when he was wounded in May and died the following day. Arthur Morton (38) was only released from civilian duties in 1917 arriving in France in June 1918 to die in the August.

Mention however must be made of Acting Major Grounds from the Tank Corps. Having been awarded the DSO in 1917 for conspicuous gallantry in 1918 he was awarded a bar to his DSO. This is the official report:

'During the night of August 10-11, 1918, during the operations near Proyart, Major Grounds had two sections of tanks co-operating with the 10th Australian Infantry brigade. Owing to the heavy machine-gun fire and darkness, the infantry suffered heavy casualties and considerable confusion was caused. The officer went forward with great personal risk and with a complete disregard for danger, to reorganise the column. This he did, keeping the leading tanks in action for one and a half hours after the infantry had withdrawn. He himself still remained out alone for some considerable time after the last tank had withdrawn to ensure getting accurate touch with the situation.

By his coolness and courage in the face of heavy machine-gun fire he was undoubtedly instrumental in effecting an orderly withdrawal.

The final roll call, as reported at the AGM in April 1919 was as follows:

- 65% of Club Members served in HM Forces
- 8 gained decorations
- Loss of 29 men (24% of the serving membership).

DONATIONS

We are still collecting for funds to plant trees in the memory of the SWC Members who served and died in WW1 in the new wood being created at Langley Vale near Epsom by the Woodland Trust. If interested you can donate on line at www.dedicatetrees.com or give a donation to the Hon. Treasurer, John Elrick

*The swastika was the club emblem used on club vests etc. until it was appropriated by another!

The photo below is one of a series of Harold Rhodes whose son has sent them to the Club. Harold was a prominent SWC member who was very active and successful on the roads in the late thirties and post-war period. More members may remember his younger brother, Gerry.



RACE RESULTS

8 February London 10k road championships:

Three Surrey men defended the London title at Hillingdon. First home was Dan Mascall in 6th position. From the gun, he was with a group consisting of Indigo Burgin, Abigail Jennings and Maureen Noel. At 3 km Indigo and Abigail had been dropped. Between 4 and 5km Dan gained a 20 metre lead over Maureen. For the next 6km Dan made strenuous efforts to increase his lead. However Maureen was able to match his efforts but failed to catch him by the finish. This was another good race from Dan as he steadily improves.

Further down the field Mick Harran managed to open a gap over Sean Pender (Enfield) but Sean overhauled him in the last lap. Dave Hoben who was isolated for most of the race, walked cautiously to successfully survive the strict judging and so was able to complete the team. This Surrey team retained the team title.

1. T.Snook (AFD) 52.16 ; 2. T.Jones (Stey) 52.51; 3. J.Ball (Stey) 55.32; 6. **D.Maskell** 63.58; 8. **M.Harran** 67.01; 10. **D.Hoben** 73.47.

Team: 1. Surrey Walking Club

14 February – Cambridge Harriers League, Bexley

This the third race of the high class Cambridge League 5kms was quite well supported despite the A grade judging which, in fact, produced no disqualifications - such was the high standard of walking styles. With 17 in the main 5km race of whom 5 were Surrey Walking Club supported by 9 juniors and their parents and coaches it was a lively crowd in the bright but not too cold afternoon. First home for SWC and up in fourth with a fast time was Malcolm Martin getting the better of John Hall by just 8 seconds. Dan Maskell and Peter Hannell were separated by a little more but still closer than usual as the former had to push on alone while the latter was

pushed all the way by Chris Flint and a couple of youngsters at different times.

1. I.Richards (Stey) 24.37; 2. J.Hobbs (Ashf) 24.53; 3. C.Hobbs (Ashf) 25.18; 4. **M.Martin** 26.46; 6. **D.Maskell** 30.56; 8. **P.Hannell** 31.42; 9. **C.Flint** 32.02; 10. **S.Lightman** 34.25.

21 February– Enfield League 5 miles ; SCVAC/VAC Indoor Championships (22/2), Lee Valley; Leicester 15 miles (14/2):

The weather was cold with a strong breeze which faced the competitors as they turned towards the end of each lap. First home was junior international, Cameron Corbishley (Medway). Malcolm Martin of Surrey had a long battle with Steve Allen (Barnet AC) and tried to drop him on several occasions, however Steve proved the stronger in the final few metres to edge Martin out by 7 secs. Further down the field Shaun Lightman started cautiously and accompanied Mick Harran for the first three of the five laps, when he drew away to overtake several competitors on the final two laps, just failing to catch Ron Penfold (Steyning AC) and Amos Seddon (Enfield AC). Mick Harran had a close contest edging ahead of Fiona Bishop by 9 secs. Malcolm's wife Angela started with Dave Hoben but drew well away by the finish. Dave Hoben was still chasing Andy Cox of Hillingdon but was outtalked by the stronger man. Kathy Crilley had a strong race to finish in 28th position in 60m 19s - a good preparation for the French National 24 hours championship in Bourges the following weekend.

1. C.Corbishley (M&M U20 M) 38 min 37 sec; 2. F.Reis (Ilf M50) 39 min 32 sec; 3. F.Deuter (Hill M35) 42 min 8 sec; 6. **M.Martin** (Sy WC M60) 44 min 27 sec; 15. **S.Lightman** (Sy WC M70) 52 min 7 sec; 18. **M.Harran** (Sy WC M75) 53 min 21 sec; 24. **A.Martin** (Sy WC W50) 56 min 23 sec; 26. **D.Hoben** (Sy WC M60) 57 min 59 sec; 28. **K.Crilley** (Sy WC W65) 1 hr 0 min 19 sec.

22 Feb SCVAC/VAC 3k Indoor Championships

On a cold wet day the athletes were happy to be indoors for this event as part of the annual full track and field meeting. However the steep bends, the strict championship rules and the speed required means the race was quite hard enough. Surrey Walking Club fielded three of the small field and the best race came from Malcolm Martin as he continued his recent good form to hold off very experienced Belgrave man, John Hall by one second in the end. His 2nd overall position was helped as the very clear early leader, Fransisco Reis, did not finish due to a mix-up concerning lap counting. Dan Maskell, Angela Martin and Peter Hannell all struggled to maintain pace and all finished $\frac{3}{4}$ of a minute down on what they expected but all satisfied the judges. The numbers meant all but Dan who was 2nd M65 was the only SWC not to win age group gold.

1. S.Allen (Barn 1st M55) 15.47.38; 2. **M.Martin** 1st M60) 15.54.61; 3. J.Hall (Belg 1st M65) 15.55.68 ; 4. **D.Maskell** (2nd M65) 18.40.24; 5. **P.Hannell** (1st M70) 19.26.6; 7. **A.Martin** (1st W50) 21.03.39

1 March Inter-Area Masters Indoor Champs 2km Lee Valley:

This was the national competition between the various area associations including Veterans AC, Southern Counties and Midland Masters. Four Surrey Walking Club members represented their various organisations with Angela Martin in the Southern team, Roger Michell in the Midlands and Sandra Campbell and Peter Hannell walking for Veterans AC. Of the four only Roger could be said to have excelled as he followed Chris Hobbs who was second. He did not manage to hold the younger man but his effort showed a significant improvement over recent performances and he held 3rd place. This bodes well for his forthcoming trip to Poland for the European Masters Indoor Championship. Angela, Sandra and Peter all walked with good style and avoided censure from the

judges. They improved on their previous indoor times but were down on their outdoor performances by roughly the same amount reflecting the difficulty of the steeply sloping bends.

Men:

1. F.Reis (Ilf M50) 9.00.79; 2. C.Hobbs (Ashf M55) 9.40.68; 3. **R.Michell** (M65)10.58.93; 8. **P.Hannell** (M70)12.44.41.

Women:

5. **A.Martin** (W50) 13.44.98; 6. **S.Campbell** (W45) 14.43.65.

8 March – Cambridge Harriers League 5km, Bexley:

Two Surrey members raced for the last of the 2014/5 series of this League race. Chris Flint battled with two under 17s - Indigo Burgin (Camb) and Colin Zack(AFD). He drew ahead of Indigo after she tripped on a pothole. At the same time Colin Zack drew ahead however Chris fought back and with a blistering last 800m managed to overhaul Zack at the finish. Further down the field Shaun Lightman, still coming back from serious medical issues, forged ahead of Bexley's Geraldine Legon on the first lap and caught Indigo Burgin with 600m remaining to finish in 33m 32s which was 53secs faster a than his previous performance on the same course.

At the presentation the organiser Noel Carmody from Cambridge Harriers announced that this would be the last Cambridge League Race due to increasing traffic on the course. Several Team Managers expressed their thanks for Noel's organisation over many years.

1. C.Corbishley (M&M) 23.29; 2. L.Legon (Camb H) 24.01c; 3. C.Snook (AFD) 24.57; 8. **C.Flnt** 32.38;; 10. **S.Lightman** 33.32 ;

28 Feb. Bourges 24 Hours :

The 24 hour race in Bourges, France saw Sandra Brown once again excelling with well over the 100 miles up in 2nd place with 180 km despite of her W65 status. The other SWC finisher was Kathy Crilley, sharing the same status and clearly passing the 80 mile point.

Women:

2.(6th overall) **S.Brown** (Sy WC W65) 112.13 miles; 11.

K.Crilley (Sy WC W65) 83.10 miles.

8 March – British Masters Indoor Championships 3km, Lee Valley

Two men and two women braved the top indoor masters' race for the UK Championship held, once again, at Lee Valley. Of these it was Roger Mitchell who used the nature of the event to produce a very good time and record a season's best. It was unfortunate however that, while the other three came away with gold medals, Roger came away empty-handed as he was only 4th in the most competitive age-group with the first three all of high quality and slightly younger. This was disappointing but takes nothing from his improvement and at least he was not last in the this, the largest group. Malcolm Martin fared best of the other three with a time much in line with other recent races and wife, Angela was not far off. Sandra Campbell continues to find the indoor banking difficult but still perseveres and won her age group.

Men:

1. F.Reis (Ilf 1st M50) 13.35.64; 2. I.Richards (Steyn 1st M65) 14.41.27; 3. S.Allen (Barn 1st M55) 15.26.4 5. **M.Martin** (1st M60) 16.01.86; 7. **R.Michell** (4th M65) 16.34.76.

Women:

1. C.Duhig (Ryst 1st W60) 18.52.32; 2. **A.Martin** (C 1st W50) 20.46.2; 3. **S.Campbell** (1st W45) 22.25.4.

14 March Steyning Slater/Bryce Track 10km, Horsham

Just over half of the field for the Slater Bryce 10km track race at Horsham were visitors from Surrey Walking Club on a rather cold and windy day. Numbers were about the same as last year at 14 with a wide range of speeds and a great deal of lapping which was excellently monitored by the home club, Steyning. The first two, Fransico Reis(Iford) and Ian Richards (Steyning) are prominent veterans preparing for the European Masters in Holland next week so nominally this was a training spin however current fitness and competition resulted in good times for both with the Reis failing to lap Richards despite a 12 year age gap. A couple of laps behind SWC's Malcolm Martin in 5th, also going to Holland, managed a fairly good time as he held onto Belgrave's John Hall for the entire race. In terms of performance pre-eminence went to Sandra Campbell whose solo effort was near her best for the distance and some minutes better than recent races. Chris Flint also had a good race in line with his recent improved times. Chris, like most of the field, benefitted from the close competition both ahead and behind him. David Hoben had one of his better races and a slow race from Peter Hannell gave him the chance to cut the ever diminishing gap between them to 500 metres.

1. F.Reis (If) 48.25.6; 2. I.Richards (Stey) 50.04.6; 3. S.Allen (Barn) 53.18.5 5. **M.Martin** 56.35.7; 7. **P.Gaston** 63.16.7; 8. **C.Flint** 65.55.5; 9. **M.Harran** 66.00; 10. **P.Hannell** 68.03; 12. **D.Hoben** 71.49; 13. **S.Campbell** 75.35.7;

21 March – Enfield League 5 miles Handicap,

The third race of this year's Enfield League was held on the "Yacht" basis with the slowest off first and all finishing around the same time if they just offset their handicap. This format alters the feel of the event significantly and is probably best suited to the slowest as they do not feel left behind from the start however the faster walkers are also often encouraged as they catch those in front. On this occasion the first two finishers were in the former category and managed very good times while the fourth placed was among the fastest and had the second highest handicap. Surrey Walking Club had 7 competitors out of a total of 37 and of these three finished in the top half of the field the best being Dan Maskell in 10th. This position properly reflected a very good performance around 2 minutes better than expected. Mick Harran and Kathy Crilley were not far behind with a good time from the latter as she made the most of an early start. Sandra Campbell had the best race of the whole field but the handicapper had accurately forecast this and she finished close to mid-field. Unfortunately the rest of the SWC team were less fortunate and were perhaps discouraged by somewhat heavy penalties. They were well down the finishers having caught nobody and been unable to prevent the faster racers coming past them. Of these David Hoben however was not put off and maintained a fair pace and reasonable time in spite of his final position.

Men:

1(6). C.Wilkinson (E&H) 35.58; 2(4). F.Deuter (Hill) 40.56;
3(7). J.Ball (Stey) 43.37; 8(10). **D.Maskell** 49.49; 12(13).
M.Harran 53.01 14(30). **C.Flint** 53.42; 16(32). **P.Hannell**
54. 33; 20(29). **D.Hoben** 56.43.

Women:

1(15). P.Cummings (AFD) 45.45; 2(5). M.Noel (Bel) 49.36;
3(20). H.Middleton (E&H) 50.26; 6(23). **S.Campbell** 57.47 ;
10(16). **K.Crilley** 60.05.

24/28 March – European Masters Indoor Championships, Torun, Poland :

Three Members travelled to Poland for the 2015 European Masters Indoor Championships which was a huge event covering all of the indoor athletics disciplines. Altogether 13 GBR athletes took part in the two walking events with the 3km on the indoor track and the 5km held on the road. The British highlight was a Championship best performance of 14 min 39.33 sec M65 3km from Steyning's Ian Richards. Malcolm Martin had an excellent trip with a silver medal and a very fast personal best time in the 5km as well as a bronze team medal and an individual bronze in the 3km. Roger Michell was in the very competitive M65 group with Ian and Belgrave's John Hall both in top form taking gold and bronze in both races. Roger however had good times, especially the 3km, and also picked up a gold team medal in the 5km. This team was exceptional in that Ian Richards excluded himself to form part of the M60 bronze team with Malcolm yet the remaining three British M65s were still clear winners. Angela Martin was one of only two British so there were no team possibilities but her times were both better than recently as she was clearly inspired by the general successes and was recognized by others as a hope for the future.

3km Indoors (24/3):

3. **M.Martin** (M60) 16.11.12; 6. **R.Michell** (M65) 16.28.17; 5. **A.Martin** (W50) 19.33.49.

5km Road(28/3):

2. **M.Martin** (M60) 26.35.7; 7. **R.Michell** (M65) 28.16; 6. **A.Martin** (W50) 34.15.4

6 April – Tonbridge AC Easter Monday Open Track 3km

Tonbridge AC held their annual Easter Monday Open meeting mainly aimed at the youngsters and including Walks at 1,2 and 3km. The weather was warm with a light breeze which was ideal for racing. Numbers for the meeting were good with a dozen in the 3km walk including five SWC. Of these Shaun Lightman and Angela Martin were probably the best performances. Malcolm Martin had the satisfaction of a win,

well clear of those behind. Most of the field were not far from the next in front of them so ensuring good competition. Shaun's effort kept him out of reach of clubmate Dan Maskell as they had a battle for two of the seven and half laps with Shaun forging ahead after 4 laps. He then challenged a junior from Lewes but just lost out in the last 300m. Angela successfully managed to hold Aldershot's Sue Davis to only just over 10 seconds ahead.

1. **M.Martin** 16.14.46; 2. L.Lewis_Ward (Camb H) 16.35.43; 3. M.Corbishley (M&M) 16.59.34 7. **S.Lightman**18.04.93; 8. **D.Maskell** 18.27.41; 10. **A.Martin** 19.42.69.11. **P.Crane** 20.20

11 April Development 5km Race, Lewes :

Saturday marked the first of a series of development races at Lewes in an effort to increase participation in race walking and, with over a dozen out including several newcomers, this was judged a successful start. The weather was cool with sunny periods. World Veteran Record holder Ian Richards went into an early commanding lead to finish almost a minute clear of Chris Hobbs. SWC had four out once again and it was good to see David Crane out again in his first race this year and up in 3rd place. On this occasion Dan Maskell and Paul Gaston had the better of Shaun Lightman who had also raced earlier in the day. Dan completed the race in 6th position in 31minutes 4 seconds. He had been caught by fellow club mate Paul Gaston in the first kilometre but then pulled away in the last kilometre. Paul finished just 4 seconds adrift. Shaun Lightman completed the course in 10th position nearly two minutes back feeling the effect of his previous effort.

1. I.Richards (Stey) 24.43; 2. C.Hobbs (Ash) 25.28; 3. **D.Crane** 26.34; 6. **D.Maskell** 31.04; 7. **P.Gaston** 31.07; 10. **S.Lightman** 32.57.

18 April – National 20km, Hillingdon Cycle Track

The 2015 National 20km Championships had competitors from many parts of England, Wales and the Isle of Man although not in great depth. The meeting covered not only the Senior 20km but shorter distances for the younger age groups down to the Under 13 2km. Surrey Walking Club had only four starters of whom one was disqualified but the Club still managed a bronze team medal and silver for the Southern Area incorporated race for the men and individual bronze for Angela Martin in the Southern Women's race. Standards were generally high although times were held back by a strong wind especially during the full 20km. For SWC, Angela walked strongly to achieve a personal best and was well in front of Peter Hannell up to the time the latter was removed from the race. Shaun Lightman and Chris Flint both struggled towards the end with Shaun taking it easy until half-way then accelerating to pass Chris and several others in the second 10km. His effort was probably too great for his current state of fitness but demonstrated his fighting spirit. Besides Angela's great time and in spite of the slightly distressed state of the men at the finish all three were well above recent form. The winner was Tom Bosworth, the current UK 10km record holder, who all were very pleased to see walking although he was using the event for training and at least 8 minutes below his potential was still some 10 minutes ahead of the silver medalist.

Men:

1. T.Bosworth (Ton) 89.16; 2. D.King (Col H) 99.26; 3. R.Gerrard (IOM Vet) 107.31; 13. **S.Lightman** 136.45 16. **C.Flnt** 139.33.

Women:

1. H.Lewis (P'broke) 103.36; 2. E.Achurch (Leic WC) 105.29; 3. B.Davies (Card) 107.29; 9. **A.Martin** 140.42.

14 April VAC 5 Miles, Battersea

The first of the 2015 VAC 5 mile series in Battersea Park. 7 SWC turned out in a field of 12 which is about the current norm. The winner was Ilford's Peter Ryan who was comfortably clear by a minute and half while the Club's first home was 5th in the best performance of the day as Dan Maskell battled with Belgrave's Maureen Noel and just lost out by just one second. Mick Harran and Chris Flint followed behind with the former having much the better race. Some way further back Sandra Campbell and Kathy Crilley were not too far apart with Kathy having a slightly better race.

1. P.Ryan (IlfM60) 44.57 2. J.Hall (Belg M65) 46.24; 3. M.Culshaw (Bel M45) 49.48; 5. **D.Maskell** 50.21 6. **M.Harran** 52.48; 7. **C.Flnt** 55.34; 9. **D.Hoben** 57.53; 10. **S.Campbell** 61.05; 11. **K.Crilley** 61.49; 12. **K.Burnett** 67.17.

26 April – National Veterans 20km, Downham Market

The National Veterans 20km away in Downham Market, which was held only two weeks after the Senior event and also was held on the same week-end as the London Marathon, was poorly attended. However two Surrey Walking Club members – Angela Martin and Chris Flint – ventured into Norfolk both having competed at Hillingdon and recorded similar times both to last week and to each other. In both cases their times were good although Angela's was very near her best and only achieved with considerable effort.

Men:

1. I.Richards (Steyn 1st M65) 115.29; 2. S.Allen (Bar 1st M55) 121.19; 3. J.Hall (Bel 2ndM65) 122.27; 8. **C.Flnt** 139.00.

Women:

1. C.Duhig (Ryst W60) 125.14; 2. **A.Martin** 140.45.

29 April Surrey/Middx/Herts and VAC Track 10km,

Veterans AC hosted the County Senior track 10km championships within their own event. As usual it was a pleasant evening in Battersea Park although only 10 started being almost outnumbered by helpers and officials. There were three Surrey men out and they started together for about 5 laps and finished in adjacent places. Shaun Lightman drew away and was well over half a lap ahead by the end while Chris Flint and Peter Hannell exchanged places several times but Chris finished 50 metres ahead. All recorded fairly good times compared with recent races with Shaun most improved as he gets back towards his form of six months ago.

1. S.Allen (Barn M55) 53.38.2; 2. J.Hall (Belg M65) 56.42.3; 3. A.Milbank (HHH M50) 62.13.3; 4. **S.Lightman** (M70) 63.59.3; 5. **C.Flint** (M70) 65.44.2; 6. **P.Hannell** (M70) 66.05.3.

Championship placings:

SL: 2nd Middlesex and 1st M70; CF: 1st Surrey County and 2nd M70; PH: 2nd Surrey and 3rd M70.

30 April Haywards Heath Open 1km Development Race :

Four members appeared at the excellent K2 track in Crawley as part of the Haywards Heath AC Open meeting where coach, Peter Selby, was able to add a short development race. The aim was to get novices involved and 3 of the 8 starters were indeed new to the event. The winner, young Ollie Hopkins, coached by Peter, was well clear of his elders in a personal best. All of ours performed well at this unusual distance for seniors. Mick Harran had the best race as he eventually got away from Dan Maskell but by only about 10 metres. Although a short race these 1kms are never easy as they involve about six minutes of flat –out speed.

1. O.Hopkins (M&M) 5.15.6; 2. **M.Harran** 5.44.5; 3. **D.Maskell** 5.46.9; 5. **P.Hannell** 6.14.8; 8. **D.Hoben** 6.32.2

4 May Pednor 5 miles, Chesham,

The very popular Pednor race in the very nice lanes of Chesham attracted over 40 walkers in addition to the large field for the run. The course is challenging with a steep hill around half-way. The SWC team of 4 seemed the least affected by the gradient and while many of the walkers were a minute or so below normal David Hoben, Chris Flint and Mick Harran were rather quicker. Dan Maskell who was first SWC home and in the top 10 was not far from his best while Mick was within half a minute behind.

1. F.Deuter (Hil) 42.44; 2. S.AllenB (Barn) 44.54; 3. J.Hall (Belg) 45.59; 9. **D.Maskell** 51.05; 11. **M.Harran** 52.20 14. **C.Flint** 53.49; 19. **D.Hoben** 56.37

12 May Veterans AC 5 miles Battersea Park,

This was the 2nd of the 5 mile series. It was the usual pleasant evening but the field was a disappointing 8 with various other important events over this period. First home was Mick Harran in a reasonable time even though isolated for much of the time and having started very fast. Chris Flint and Peter Hannell battled for the first three of the four laps with both failing to make a significant break however the last saw Chris keeping up his pace while Hannell fell back quickly to give the former a fairly good time. David Hoben, the last of the Surrey group finished with Kay Koeslag of Belgrave with David only a little down in a period of several long events.

1. M.Culshaw (Belg M45) 49.20; 2. M.Noel (Belg W50) 50.40; 3. **M.Harran** (M75) 52.12; 4. **C.Flint** (M70) 52.55; 5. **P.Hannell** (M70) 53.46; 7. **D.Hoben** (M60) 57.32.

15-17 May European Veterans Road Championships, Grossetto,

The biggest event of the period was the European Master Road Championship in Grossetto, Italy where there were two races at 10 and 30 (20 for women) kilometres. Malcolm and Angela Martin both did both of their races While Roger Michell did the 10km. SWC did not win any medals this time. Roger

and Malcolm both achieved quite good times in the 10 km but their good positions of 5th and 7th in fields of about 20 reflected the strength of the opposition . The same may be said of Angela in terms of position but as far as the time goes her time was very good, in fact, a personal best.

(Positions are within age group)

Men 10km

7. **M.Martin** (M60) 58.22; 5. **R.Michell** (M65) 59.49. First place M60 = 50:38 (FRA) and M65 = 51:50 (GBR)

Women 10 km

9. **A.Martin** (W50) 66.00. First place W50 = 56:12 (FRA)

Men 30km

4. **M.Martin** (M60) 3.07.53. First place M60 = 3:3:42 (FRA). GBR M65 team won gold medal.

Women 20km

5. **A.Martin** (W50) 142.44. First place W50 = 2:5:36 (BEL)

Other Results

25 January London Indoor 3kms M.Martin 15.59.3

A.Martin 20.09.2

1 February Midlands 10kms R.Michell 62.20

14 Feb. Leicester 15 miles: D.Hoben 3.4.15.

22Feb.Midland Indoor Open 3km:

R.Michell16.50.36.

1 March Molly Barnett 10km, Coventry

D.Maskell 65.52.

11 April Macclesfield Sheild 20km 12. D.Hoben 2.32.14.

26 April London Marathon D.Hoben 5.52.43

23 May Middlesex 3kms - 3. S Lightman 17.47.7

Future Club Races

24 June BBHAC Johnson Bowl 4 mls Bromley 7.30pm

5 August 5kms Tonbridge – track 7pm

27 Sept. Gazette Cup 4 mls Sandilands, Croydon 2pm

1 November Alec Potton 7 mls Sandilands, Croydon 2pm

5 December Christmas Cup 5kms Tonbridge track 12.00

STROLL REPORTS

8 February - Epping Circular

Conductor: Janette Platt (Henderson)

Participants: Dave Williams, Keith Lane, Joelle Paul, Corinne Thompson, Dorothy Shepherd, Neil Cook, Paul Tilley, Gill Morris and Machiko Crane

What a glorious day for a stroll. Bright sunshine greeted us all at Epping station for the start of the walk and stayed with us for the whole day. How lucky we all were! Sadly, the mud also stayed for us for the whole day and the conductor was informed by the group that it was the muddiest walk they had been on this year (but then the year is still very young!). Ah well, you can't have it all...

The morning route took us through Epping Forest, via two Iron Age hill forts (Amesbury Bank and Loughton Camp) and the remains of a tank trap (a long ditch and bank which would have been impassable for tanks) set up as part of the Stop

Line around London in WW2, which included pill boxes and natural barriers like rivers. Finally emerging from the forest near High Beach we made our way via some extremely muddy paths to Lippitts Hill where there is a police training camp and helipad (a helicopter passed over head as we made our way off the hill), as well as a very low key memorial to the American forces in WW2. From here we had good views over the Lea Valley and beyond.

After negotiating a deer track (intentionally followed by the conductor, honest!) through some access land on the side of Lippitts Hill (and thereby avoiding some extremely muddy bridleways – I had everyone's best interests at heart really!) we made our way via another small hill (which afforded a distant view of Waltham Abbey, gleaming white in the sunshine) to Enfield Island Village where we stopped to admire the remains of the Royal Enfield factory, which made Lea Enfield rifles but also, according to Neil (whose father used to work at the factory in Waltham Abbey and his father's friend used to work at the Royal Enfield factory), motorbikes and even sewing machines. Both this and the Waltham Abbey factory closed long ago, of course.

After this we made our way along a short stretch of the Lea Navigation to the Greyhound pub at Enfield Lock where we stopped for lunch. After lunch, Gill sadly had to leave us as she had pulled a muscle towards the end of the morning and thought it unwise to continue (probably a mud-related injury..).

The remaining nine continued along the Lea Navigation towing path to Waltham Abbey where we became tourists for 10-15 minutes to admire the remains of the abbey church, and the abbey gardens where the location of the chancel of the abbey can be made out in the grass, with a memorial to King

Harold II who was supposedly buried there. The conductor also took the group on a quick detour to see some of the fine medieval houses next to the abbey precinct, but was disappointed that some of the group seemed more interested in other more modern points of interest, like the pie and mash shop (you know who you are!).

Leaving Waltham Abbey we surprised a couple of deer out of hiding in some scrub by a rather soggy bit of path before making our way up the hill to Breaches Farm. A series of quiet lanes and muddy footpaths (even a caravan park!) were then taken before we stopped for 'tea' (well water) on a convenient recumbent tree (and a photo stop, courtesy of Keith). More mud had to be negotiated near Copt Hall before we made our way safely back to Epping and the tube station. Sadly, at that point the conductor realised she had to top up her Oyster card so had to wave goodbye to the others as they sped away on the tube. She only had to wait five minutes for the next one though, so no great hardship.

Thanks to all participants for their great company and to Neil in particular for sharing some interesting information about the area.

7 March Guildford Circular (Distance 20 miles)

Conductor: Jenny Caddy

Participants: Chris Ketteringham, Don Bolton, Gail Elrick, Ian Habisrittinger, Jill Goddard, John Elrick, Kate Copeland, Lynne McKenzie, Machiko Crane, Manjinder Sidhu, Neil Cook, Norma Newman and Roger Wane

The day was notable for sunshine, warmth and lack of mud. We met at Guildford train station and set off east towards Pewley Hill via the grounds of the Norman castle keep. Here we passed the remains of the medieval Royal Palace and the castle bowling green (18th century). Nearing the top of Pewley Hill we could see Semaphore House with its distinctive small tower. This was once part of the London to Portsmouth semaphore line built in the 19th century. It is now a private residence. Behind us was a good view of Guildford Cathedral.

From the top of Pewley Hill, on a clear day, Wembley Arch is visible. Haze obscured our view today. We continued east across the top of Pewley Down, reached One Tree Hill Road, crossed this and joined a narrow footpath on the left at the side of White Lane. This provided a few obstacles for us to climb over or through. Further along there was about 3/4 mile of muddy bridleway for us to negotiate (the only mud of the route) before we arrived at the visitor centre at Newlands Corner. It was busy. We stopped for ten minutes for refreshment and, having managed not to lose anyone in the crowds, set off fortified by Lynne's lemon drizzle cake.

Taking a byway downhill we reached Water Lane Cottages, turned east on a bridleway and then took a footpath that led past an old sandpit, now a full landfill site being capped ready for landscaping. We followed the footpath, crossed over the A248, continued through Silver Wood and reached a lane on the outskirts of Shere. Here we turned right, crossed a stream (the Tilling Bourne) and then turned right again on a footpath, part of the Shere Millennium Trail, that led uphill to Park Road. We turned left on the road then continued on a bridleway that took us to a railway line. Crossing the line by the level crossing we turned right past an enclosure of four goats and walked south along Ponds Lane, a byway.

Opposite Ponds Farm we headed east, briskly, on a footpath across a field full of young cows and reached Hound House Road by Drydown Farm. Here we turned right and then took a bridleway on the left by Cotterells Farm. This led across another field to Lawbrook Lane and then to Jesses Lane. Turning right on this minor road we reached a footpath that led south up a slope and across a field to another minor road, Pond Lane. We walked downhill on this road to Peaslake, our stop for lunch. A few bought food from the pub; the rest sat on benches in the sunshine and ate sandwiches amongst numerous cyclists who had also stopped for refreshment.

After lunch we set off west on a footpath to Lawbrook Lane, took a bridleway that led to Hound House Road, turned right then took a footpath on the left that led past Knowle Farm to Dicks Hill. Reaching a bridleway we turned right then turned left briefly before turning right on a footpath that went uphill to cross a byway and meet Winterfold Lane. We crossed this and came to Ride Lane, a byway in a gully. A footpath above this led north towards Farley Hall and Farley Green.

We continued across the green, turned left on a minor road and then branched right on a bridleway that led to and through Blackheath Forest. Near the car park we turned north to join the Downs Link and continued on this to St Martha's Hill and the North Downs Way.

At St Martha's Chapel we stopped to refresh ourselves and admire the view before continuing west towards Guildford. We crossed Halfpenny Lane, branched right on a bridleway and headed for Pewley Down. A footpath on the right took us to the top of the down. From here we continued west to meet the road, Pewley Hill, and walked downhill into the town arriving back at the station at 4.15pm.

12th April 2015 Chingford to Manor Park

Conductor: Keith Lane

Participants:

Jeanette Henderson, Dave Williams, Susan Cannell, Joelle Paul (joined at Waltham Abbey).



Weather:

Sunny warm day good visibility.

Conditions underfoot:

The week before the walk was mostly sunny & dry with only a shower the day before. In consequence the paths were firm underfoot with only isolated mud mostly along the Centenary Walk.

Refreshment stops:

A decision was made to lunch at Waltham Abbey despite arriving there at 11:45 (before the pubs opened) as everyone either had sandwiches or intended to lunch at a cafe. All agreed that the choice available was superior to High Beach. The Angel Pub was visited.

Ice cream stop at High Beach

The Larder at Butler's Retreat next to Queen Elizabeth's Hunting Lodge was a good tea stop. Real tea in real tea pots & welsh cakes provided by the conductor.

Highlights:

Pole Hill. Views of London & the Lea Valley. Two male geese fighting over a lady goose near Enfield Lock, ridge & furrows near the tea stop, walking through Epping forest without getting lost. The magnificent beech grove near High Beach. The ancient oak tree near Connaught Waters. Loughton Camp. The tea stop including M&S Welsh Cakes. Walking until we ran out of countryside. Being told where we were by a cyclist who thought we looked lost.

Hurst Green to Crowhurst Stroll 25 April 2015

Conductor: Lilian Chelli

Present: Machiko Crane, Robert Edwards, Gail and John Elrick, Robert Levett, Joelle Paul, Casilda Prophet, and Manjinder Sidhu

An encouraging turnout for a new stroll. We climbed to the Greensand Ridge, and followed a route through a secret gate to a stile leading into a field, with extensive views south over the Kent and Surrey countryside. We'd picked the right date to do the stroll, as the bluebells were at their best in Staffhurst Wood. Later, we admired the famous hollow yew tree in Crowhurst churchyard. It's thought to be over 4,000 years old. Lunch was at the Griffin at Crowhurst Lane End. Most strollers sampled the real ale provided by the pub.

We followed field paths in the afternoon, with just a short section of suburban road in the middle of the route. Tea was at Lamington Tea Room in Bletchingley High Street. This is an impressive looking place, with candelabras and chandeliers. Strollers were also impressed by the cakes available. After tea, we followed the Greensand Way back to Hurst Green, enjoying views of bluebells on the slopes to the left, and views of miles of unspoilt countryside to the right. A great stroll which the club should put on the programme again.

Distance: about 20 miles

FUTURE STROLLS

Sunday 21 June. Princes Risborough Circular. Conductors **Gail and John Elrick.** Start **Princes Risborough** station at **09:43** (London Marylebone 09:06).

*Route description: We have been intending to walk the new Outer Aylesbury Ring (OAR) since its launch in 2013. The OAR takes in the higher ground on the outside of the original Aylesbury Ring to produce a walk with good views through pleasant countryside, also passing through many delightful villages and towns. The stretch we intend to walk starts on the OAR from Princes Risborough to the village of **Chearsley** for **lunch**. We then leave the OAR for local footpaths to reach Ellesborough where we hope the local church will be providing teas. Here we re-join the OAR and return to Princes Risborough.*

Explorer 181 (mainly). Distance approx. 20 miles.

Sunday 5 July. Hassocks to Brighton (linear). Conductor **David Hoben**

Start at **Hassocks** station at 09:41 (London Victoria 08:32). Frequent return trains from Brighton.

Route description: In the morning we make our way via the Jack & Jill windmills and the South Downs Way to Falmer for lunch. In the afternoon we take the Rottingdean Windmill Marathon route to Rottingdean, followed by the Undercliff walk/Sustrans Route 2 to Brighton. Tea will be at Ovingdean.

Explorer 122. Distance approx. 19 miles.

Sunday 12 July. Southminster to South Woodham Ferrers (linear). Conductor: **Gregory Noble**

Start Southminster station at 09:37 (London Liverpool Street 08:14, change Wickford). Return trains from South Woodham Ferrers at 26 mins past each hour, change at Wickford. Get a return ticket to Southminster.

Route description: A stroll that encompasses a range of scenery from farmland, coastal marshland, rolling hills and disused rail track incorporating a nature reserve. We pick up the St Peter's Way early on, following it to Mundon where we have lunch at the White Horse Pub. We continue in a south westerly direction to reach South Woodham.

Explorers 176 & 175, approx 20 miles.

Sunday 26 July. Winchester circular. Conductor: **Jill Goddard.**

Start **Winchester** station 09.45 (London Waterloo 08.35). Return trains from Winchester at 24, 31 and 42 minutes past the hour.

Route: We leave Winchester on the South Down's Way to head up to Cheesefoot Hill where we pick up the King's Way and follow an undulating route through wood, down and farmland to reach the attractive village of Upham for lunch. The afternoon paths take us on parts of the Monarch Way and the Pilgrim's Trail via Owlesbury and St Catherine's Hill to return to Winchester through the College grounds.

Explorer 132. Approx 20 miles.

Sunday 9 August. Hever to Sevenoaks (Linear). Conductor
Lynne McKenzie

Start at **Hever Station** at 09.49 (London Bridge 08.34, change at East Croydon). Return from Sevenoaks to Charing Cross 00 & 30.

We walk from Hever to Leigh passing two castles, a stately home and the 3 lovely villages of Chiddingstone, Penhurst and Leigh. Lunch in Leigh either on the village green or the recently refurbished Fleur de Lis pub. On to the High Weald through the rolling tidal landscape. A sharp uphill takes us to the Greensand Way into Knole Park where we may have time for a tea stop before making our way into Sevenoaks and the train back to London.

Explorer 147. Distance approx 18 miles.

Sunday 23 August. Swanley to Sole Street (Linear).
Conductor **Keith Lane**

Start **Swanley** station at 09:37 (London Victoria 09:04). Return from Sole Street on the hour. **Buy a return to Sole Street.**

A picturesque walk around the Kent North Downs, comprising a hilly 9 mile route in the morning through Eynsford to Stansted for lunch (pub &/or picnic). In the afternoon the route passes through Meopham Green and Harvel for a tea stop before continuing to Luddesdown and the finish at Sole Street.

Explorer 147 & 148. Distance approx. 18 miles.

Sunday 13 September. Southease to Seaford (Linear).

Conductor: **Janette Henderson/Platt**

Start Southease station 10.09 (London Victoria 08.47, change Lewes). Return from Seaford 27 and 57 mins past the hour.

South Downs Way to Alfriston for lunch (bronze age round barrows and glorious views left and right), where there is a choice of pubs and teashops to suit most tastes. After lunch via the Long Man of Wilmington and Friston Forest to Exceat for tea (some lovely views, including a white horse carved into the hillside) then via Cuckmere Haven and over Seaford Head (great views of the Seven Sisters behind) before ending at Seaford station. Explorer 123, approx 20 miles.

Saturday 26 September. Brighton rock, beach and hills (nearly circular walk). Conductor: **Jerome Ripp**

Start at Moulescomb station at 09.15 (London Victoria 08.07 to Brighton 09.00 and change to local train at 09.10). Finish at Brighton at tea-time. Frequent return trains from Brighton.

We start at the north eastern suburbs of Brighton and immediately into the large open spaces of Hollingbury; the hilly section will take us to Poynings and the Devil's Dyke for lunch. Then a section round Fulking escarpment and a mediaeval village before the long descent to the sea and the Monarch's Way to finish at Brighton pier. Explorer 122.

Approx 20 miles