

Autumn 2015 No.461

*The Gazette and Record of the
Surrey Walking Club*



The Club gained the silver medals in the National 10 kms with David, Malcolm and Carlos being the scoring team.

Welcome to Gazette no. 461

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:

Carlos Cobo-Corrales

Colin Harding

I regret to have to let you know that Colin Harding died in March.

Colin would have been 74 around the time of his death. He joined SWC in 1958, walked successfully as a Junior and Senior and served the Club well as Ho. Secretary and Schools Secretary. As many of you will know he had been seriously ill from cancer a few years ago and though in remission was not very well when we last saw him at Gazette night 2013. He was quiet and very well-liked by all those who met him and we shall all miss him at Gazette night. Gazette Night will be on 21 November at Blackheath & Bromley HQ, Hayes Kent. This is a social evening with a buffet meal auction and raffle to raise funds for the cost of this, your Club magazine. To book places and for further details contact Trevor Sliwerski (contact details on back cover.)

RACE RESULTS

2 June Veterans AC 5 miles Walk incl. Championship, Battersea Park;

A field of 14 started on a typically pleasant sunny evening . This included three Club members of whom Shaun Lightman was the most successful with a gold medal for first M70. Having another event on the next day somewhat limited his effort but he was still achieved a good time. Over 3 minutes later and recovering from his recent 90 miles in Holland came Chris Flint with a slightly slow time in an isolated position. David Hoben's time, a little time after Chris was his best this year.

1. S.Allen (Barn 1st M55) 43.55; 2. P.Ryan (Ilf 1st M60) 44.55; 3. J.Hall (Belg M65) 46.24; 9. **S.Lightman** (1st M70) 50.26; 11. **C.Flint** (2nd M70) 54.01; 13. **D.Hoben** (3rd M60) 56.45.

3 June - SWC/BBHAC Track 3km Champs, Norman Park

Most of the field were SWC. However in terms of performance it was Geraldine Legon from Bexley whose huge pb was the most successful with David Crane who won the race very clearly was also well above expectation. Another good time was Angela Martin's as she beat David to win the handicap by just one second. Shaun Lightman won the Blackheath Championship in a time slightly down on his recent 3kms but not bad after a hard race the day before.

Men

1. **D.Crane** 14.53.6; 2. **M.Martin** 16.26; 3. **S.Lightman** 18.07; 4. **D.Maskell** 18.32; 5. P.Watts (Swan) 18.56.3; 6. **D.Hoben** 20.42.1; 7. **N.Simmons** 23.32.5.

Women

1. **A.Martin** 18.33; 2. G.Legon 18.50.9.

6 June Moulton 5 Miles, Moulton:

The weather conditions were cool with a helpful breeze on this popular out and back undulating course. Dominic King (Colchester Harriers), preparing for an international 50km, went into a commanding lead from the gun and finished in a course record under 34 minutes. Junior International Callum Wilkinson (Enfield Harriers/1st Suffolk) and Francisco Reis (Ilford AC) completed the frame. First home for Surrey was David Crane. He set off with the very fit Steve Allen (Barnet AC) and dropped him by 2 miles. He then passed Stuart LeNoury (Sarnia Guernsey) to finish in a personal best of 42m 17s. Malcolm Martin had a close battle with Steve Uttley (IlfordAC) with Stuart just dropping Malcolm in the last mile. Malcolm's wife, Angela, who is currently getting faster nearly every race, started ambitiously quickly with Shaun Lightman and Dan Mascall. Shaun and Dan dropped her just after the first mile but she then had a race long battle with Olga Sinkevics (Sarnia Guernsey) and ended up with a personal best by a considerable margin. Meanwhile Shaun and Dan walked together until the turn at half way when Shaun forged ahead and began chasing a group consisting of Maureen Noel (Belgrave) Amos Seddon (Enfield) and Helen Middleton also of Enfield. However they managed to keep Shaun at bay. He finished in a time exceeding expectation in spite of his previous races. Chris Flint and David Hoben walked solid races but were mainly by themselves. Chris finished in 30th position in 53m 15s and David was 41st in 56m 24s. 68 competitors completed the course.

Men

1. Dom King (Col H) 33.58; 2. C.Wilkinson (E&H) 35.42; 3. F.Reis (If) 39.43; 5. **D.Crane** 41.51; 11. **M.Martin** 44 .45; 19. **S.Lightman** 50.04; 20. **D.Maskell** 51.09; 26. **C.Flnt** 53.31; 37. **D.Hoben** 57.24;

Women

1. S.Hales (Stey) 42.45; 2.M.Noel(Belg) 48.59; 3. H.Middleton (E&H) 49.29; 4. **A.Martin** 51.29.

7 June Surrey & Sussex Masters 3km Track Championship, Ewell Court;

Although many took part in the big race at Moulton on Saturday several still turned out on the Sunday for the friendly County Masters event. The very pleasant venue at Ewell Court was not as well supported as usual and as those attending were spread across the age groups all won their own group. Despite the previous day's exertions David Hoben was very near his usual time. Chris Flint however was only a minute ahead of David having raced a lot recently. They were joined by Spanish guest Carlos Cobo-Corales who has now joined SWC while studying in the county and as a younger and fitter athlete easily won the race.

1. **C.Cobo-Corrales (M35)** 16.17.8; 2. A.Millbank (Hern H 1st M50) 17.29; 3. **C.Flint** (1st M70) 19.31.1; 5. **D.Hoben** (1st M60) 20.30.9.

12 June - SCVAC Masters T&F League Match 2km, Bromley

Several SWC members turned out for their track and field clubs. Both the women's and the men's event saw the Martins, well to the fore with Angela winning in her best 2km time as her run of good form continues. Malcolm was second in the men's race - again with a pb in line with his recent performances over other distances. Shaun Lightman also won his race even as an M70 in the M35 race! His time was also near his last few 2ks despite the fact of easily breaking clear of the 2nd in his group and able to relax a little in the last laps with another race next day. All were able to contribute well to their respective Club's points score. The two races saw over 30 walking, as nearly all clubs had representatives.

Men

1. C.Hobbs (Ashf 1st M50) 9.56.1; 2. **M.Martin** (2nd M50) 10.34.8; 4. **S.Lightman** (1st M35) 11.46.3; .

Women

1. **A.Martin** (1st W50) 12.14.4; 2. G.Legon (2nd W50) 12.40.6;

13 June - Jack Fitzgerald 10.3 km, Tilgate Park, Crawley :

A dozen competing over this distance were joined by half a dozen youngsters doing 5km. Conditions were almost ideal for racing – cool and dry on a flat path around the lake. Despite racing the previous day Malcolm was rewarded by a victory in a time equivalent to 56 m 10s for 10km and still in line with other events. Davids Hoben and Delaney finished down the field but only 7 seconds apart as Delaney gradually caught up with Hoben after a cautious start but was unable to quite overtake. Cobo Corales was 4th overall and rather isolated while Shaun Lightman felt the effects of the previous evening's win but still was not far from his current form. Just in front of Shaun was Dan Maskell who had been concerned over his fitness but in fact was able to pull away from Shaun by almost a minute on this occasion. All enjoyed the hospitality of the adjacent Golf Club as they discussed the excellent times of the youngsters whose fast times enabled them to lap many of the seniors despite only doing 5km.

1. **M.Martin** 58.10; 2. R.Elmsley (Steyn) 64.03; 3. **C.Cobo-Corrales** 64.33; 5. **D.Maskell** 66.56; 6. **S.Lightman** 67.51; 8. **D.Hoben** 75.14; 9. **D.Delaney** 75.21.

20 June BMAF Road Walk 5km Championships, Horwich:

This race included a three nation veterans international. Shaun Lightman helped England to a win with 262.8 points over Ireland, 234.98 points and Scotland, 212.6 points.

Roger Michell, had a race long battle with a group of walkers and gained second place in the group at 3km which he held to the finish. His time was 29m 03s. Shaun was dropped by a group and had a lonely race but on the last of three laps he held off fast finishing John Constantinou of Birchfield. He finished with a time of 30m 33s as his performances continue to return to 2014 levels.

R.Michell (M65) 29.03; **S.Lightman** (M70) 30.33;

28 June– RWA National 10km, Hillingdon Cycle Track

Over recent years this has been a good event for S WC and 2015 was certainly no exception. The field of 40 was not of the proper size but was a definite improvement on recent years and there were more than usual Club teams which made silver medals in the men's race more meaningful. The team which occupied consecutive places from 7th to 9th were only 1 point behind Steyning's winning pack. First home, in a personal best was a very fit David Crane. He had to actually restrain his efforts to ensure compliance with the very strict judging appropriate to the event. Having started with an even faster bunch he let them go but still held his position to finish just after the first woman home. Not far behind came Malcolm Martin in a time not far from his best and at a well-judged even pace. Having been beaten by Malcolm earlier in the week new member Carlos Cobo-Corrales from Spain tried to stay with his clubmate. He only fell back a little in the last third but refused to relax and achieved a best less than 50 seconds down. Shaun Lightman started fairly cautiously and while having to give way to the excellent Arthur Thompson stayed near his group only slowing a little when his place was secure on the last few laps. His time continued to follow his recent improvements in a race where the conditions and the competition gave the majority of the field better than average times. SWC also had two ladies with contrasting outcomes. Angela Martin achieved a pb to break 66 minutes. Well down the field Sandra Campbell returned to competition after injury but still not free from back pain and we look forward to her getting back to previous and better times.

Men

1. F.Reis (Ilf) 50.00; 2. F.Deuter (Hill) 51.57; 3. I.Richards (Steyn) 52.52; 7. **D.Crane** 55.27; 8. **M.Martin** 56.14; 9. **C.Cobo-Corrales** 56.39; 17. **S.Lightman** 63.52; 19. **P.Gaston** 65.57;

Women

1. R.Collins (North Down) 55.01 2. K.Donaldson (Leic WC) 57.12; 3. P.Cummings (AFD) 60.09 6. **A.Martin** 65.58; 12. **S.Campbell** 77.06.

24 June -Blackheath & Bromley/SWC Johnson Bowl 4 miles, Bromley;

SWC took over the organisation of their 110 year old match with Blackheath and Bromley as it moved from the public road to the wide path inside Norman Park, Bromley. All of the joint members were out with Nolan Simmons making a welcome return. Blackheath's President, Dave Cordell, who had not race walked before and four non-BBHAC SWC joined them to make a double figure field on a very pleasant evening. The winner was not a surprise as Malcolm Martin was up to recent performances to beat Carlos Cobo-Corrales by over a minute on this new course which most found slightly slow. This was a very friendly competition and several of the earlier finishers joined Dave to encourage him as he completed his last lap.

1. **M.Martin** 35.27; 2. **C.Cobo-Corrales** 36.44; 3. **R.Michell** 38.13; 4. **S.Lightman** 41.01; 5. **A.Martin** 42.38; 6. **C.Flint** 42.51; 7. **P.Hannell** 44.10; 8. **D.Hoben** 45.27; 9. **N.Simmons** 50.49; 10. **D.Cordell (B&B)** 58.16;

20/21 June Parish Walk 85 miles, Isle of Man:

Kathy Crilley attempt her first IoM Parishes walk over 85 miles and have a considerable success in finishing over an hour inside the 24 hour time limit and in the 3rd quarter of the field. This is a remarkable event with most of the field of nearly 200 coming from the Island. Among the few mainland entrants was the well-known Ed Shillabeer from Ilford AC, now almost 76, and in the first half of the finishers and inside 21 hours.

Men

R.Gerrard (IOM Vet) 14.40.08;

Women

9. J.Morgan (W35) 16.38.14; 130. **K.Crilley** (W65) 22.54.08.

7 July –Bill Collins Memorial 3km, Tonbridge ,

The Bill Collins Memorial 3km was held on a path in the pleasant surroundings of Tonbridge School with a field of 11 including some youngsters doing 1km or 2km. Although not a fast course, the 500 metre out and back laps gave plenty of opportunity for all of racers to both encourage and to attempt to catch the others. The two senior women out, Angela Martin and Bexley's Geraldine Legon, used this inspiration to record better than expected times. While Shaun Lightman pushed on hard and got a result was up to scratch, the remainder struggled.

1. **M.Martin** 16.14; 2. O.Hopkins (M&M) 17.25; 3. **S.Lightman** 18.05; 5. **D.Maskell** 18.31; 6. **A.Martin** 18.37; 7. G.Legon (Bexley) 19.28; 8. **P.Hannell** 19.54; 9. **D.Hoben** 20.45.

8 July - Lewes Development Race 2km, Lewes Track :

The next day saw a short development race down in Lewes and SWC had three out including Dan Maskell who had raced the previous evening. Dan in fact had a considerably better time favouring the even track surface to the somewhat uneven footpath. He had the benefit of strong competition as his club-mate, Paul Gaston, finished only a second behind. Two-thirds of the field were young newcomers to the sport, coached by SWC's Peter Selby, which was most encouraging, including the winner, Ollie Hopkins from ,

1. O.Hopkins (M&M) 11.10; 2. **D.Maskell** 11.56; 3. **P.Gaston** 11.57.

4 July Kent Young Athletes League Under 15 2km, Erith ,

Shaun Lightman saw one of his coaching group, Isabelle Bridge from Blackheath & Bromley, competing in the Kent Young Athletes League in a very creditable manner. She finished in 3rd place against tough competition and her time was a personal best. She is improving, under Shaun's guidance, in terms of both style and speed.

12 July - Southern Inter-Counties 3km Walk, Crawley ;

The track walk had good field of over 20 with the best athletes selected by their County Team managers. There was a strong SWC contingent appearing for their individual counties.

Angela and Malcolm Martin both appeared for Kent and both achieved personal bests in this competitive race. The other SWC competitors found the event more difficult as many of the field were somewhat younger but Dan Maskell and Paul Gaston had a good competition with each other to finish within 10 seconds of each other. Mick Harran is returning from injury but pushed on as well as possible for his County.

Men:

1. Dom King (Essex/Col H) 12.13.9; 2. L.Legon (Kent/Cam H) 13.30.52; 3. F.Reis (Middlesex/Ilf M50) 13.55.66; 5. **M.Martin** (Kent) 15.45.11; 13. **D.Maskell** (Sussex) 18.24.7; 14. P.Gaston (Sussex 18.31; 15. **M.Harran** (Surrey) 19.29.3.

Women:

1. G.Narviliene (Middlesex/Belg 14.30.79; 2. H.Butcher (Kent/Camb H 15.12.05; 3. M.Noel (Middlesex/Belg W50) 18.19.8; 4. **A.Martin** (Kent) 18.27.2.

14 July - Veterans AC 5 Mile Walk, Battersea

The majority of the field of 12 were SWC members. Shaun Lightman had the best race up in 3rd position and faster than his last race in this series. Chis Flint and Mick Harran had a race-long battle with Mick outsprinting Chris by 20 metres at the finish but the latter improving his time over the course. Further back David Hoben was not far behind Peter Hannell and Paul King and made his best time for the series this year. It was good to see Paul again after a long break.

1. M.Culshaw (BelgM45) 48.00; 2. G.Smith (E&H M55) 48.52; 3. **S.Lightman** (M70) 50.05; 4. **D.Maskell** (M65) 52.12; 5. **M.Harran** (M75) 53.02; 6. **C.Flint** (M70) 53.09; 7. **P.Hannell** (M70) 55.42; 8. **P.King** (M60) 55.53; 10. **D.Hoben** (M60) 56.24; 11. **D.Delaney** (M70) 57.55.

19 July - British Veterans Inter-Area Match 2km Walk, Solihull

Four members appeared for the Area Masters Clubs for the usual very friendly competition. Although not as hot as recently with the full sun moderated by a cool wind, the contrast with the shade temperature made this an uncomfortable race. As it happens all four were 3rd in the age group events they appeared in but while Angela was very slightly down on previous 2km times Sandra Campbell scored a personal best well in line with her times over other distances. Sandra also appeared for VAC in the 4 x 100 relay. Shaun Lightman was much the fastest of the SWC in a similar time to the past two years at this race as he was narrowly beaten by an Eastern Counties competitor. Peter Hannell whose style has been handicapped by injury, was pleased to survive the strict judging enforced for this match as the SWC all contributed equally to their team's scores.

Men:

1. M.Williams (Tam M50) 9.18.41; 2. C.Hobbs (Ash M60) 9.48.4; 3. P.Bozko (Bir M65) 11.06.84; 6. **S.Lightman** (VAC 3rd M50 group M70) 11.46.1; 7. **P.Hannell** (VAC 3rd M50 group M70) 13.14.44.

Women:

1. C.Dyall (Nun W35) 11.13.16; 2. A.Wheeler (Leic WC W55) 11.40.95; 3. C.Duhig (Ryst W60) 12.07.48; 4. **A.Martin** (SCVAC 3rd W50 group) 12.25.59; 7. **S.Campbell** (VAC 3rd W35 group W45) 14.13.29.

25/26 July National Masters Championships 3 & 5km Walks, Alexander Park, Birmingham ;

In the most important Masters event in the Country we were represented by Angela & Malcolm Martin and Roger Michell. The field was in top form with most going on to the World equivalent next week in Lyon, France but the weather was wet and most unfriendly for a mid-summer track race. There

were two races here – the 3km and the 5km with similar competitors and similar results. Malcolm in the M60s won two golds in times a little below his recent good form but clearly sufficient for the job. Angela also came with the same result and similar levels of performance. Roger was however in a different situation as, once again, the M65 group was the strongest by far. Despite a good performance in the 5km and a slightly poorer 3km reached the virtual podium but in the Bronze position.

3km Men

1. F.Reis (Ilf 1st M50) 13.38.13; 2. M.Williams (Tam 2nd M50) 14.02.99; 6. **M.Martin** (1st M60) 16.22.77; 9. **R.Michell** (3rd M65) 17.16.66.

Women

1. H.Carr (N.Z. Gst W65) 17.04.51; 2. C.Duhig (Ryst 1st W60) 18.22.4; 6. **A.Martin** (1st W50) 19.08.21.

5km Men

1. F.Reis (Ilf 1st M50) 23.24.64; 2. M.Williams (Tam 2nd M50) 24.06.48; 3. I.Richards (Steyn 1st M65) 24.59.66; 5. **M.Martin** (1st M60) 27.44.31; 9. **R.Michell** (3rd M65) 28.52.89.

Women

1.H.Carr (NZ.Gst W65) 17.04.5; 2. C.Duhig (Ryst 1st W60) 31.21.7; 3. L.Hall (Ash1st W55) 31.36.4; 4. **A.Martin** (1st W50) 32.28

1 August London Inter-Club Competition 5k Hendon

It was very hot, not so much in absolute terms, but with no wind half an hour of strenuous activity at noon became very draining. SWC had three out here..Dan Maskell and David Hoben both toiled in the sun but with slightly disappointing times. Peter Hannell, struggling with injury, was pleased with a slight improvement as he and Sean Pender were neck and neck right through until a last sprint took Sean away by a few seconds. He competition spurred both on to better times.

1. F.Deuter (Hill) 24. 44.5; 2. S.AllenB (Barn) 27.23.1; 3. J.Ralph (E&H) 28.28.5; 9. **D.Maskell** 32.10.8; 13. **P.Hannell** 33.05.7; 17. **D.Hoben** 35.45.2.

5 August – SWC Open 5km, Tonbridge Track :

For the first time Surrey Walking Club's Open 5km was held at Tonbridge School Track and, in ideal if warm conditions, it proved a most pleasant event. 7 SWC members were present as the race incorporated the last of the 2014/15 year's points completion – the Albury Cup. They were joined by 4 members of other Clubs for this Open event including young international Cameron Corbishley who unsurprisingly won in an excellent time inside 21 ½ minutes and not far from his best. Exactly 4 minutes later Surrey's first man, David Crane, broke his personal best yet again and second in the handicap. The handicap winner was no surprise as Mick Harran, who has been struggling a little lately, managed to hold Dan Maskell and outsprint him in the last few metres. All of the competitors were near their expectation hence the handicap was quite close and though Shan Lightman was down the handicap this was not a poor race as he fought to hold young Ollie Hopkins.

(Handicap positions in brackets for SWC members)

1. C.Corbishley (M&M) 21.27; 2(2). **D.Crane** 25.17; 3.
E.Ghose (Ton) 29.12; 4. O.Hopkins (Lewes) 29.58; 5(6).
S.Lightman 30.43; 6(1); **M.Harran** 31.43; 7(4). **D.Maskell**
31.46; 8(5). **C.Flint** 32.43; 9. **P.Hannell** 33.14; 10(3).
D.Hoben 35.10; 11. S.Cartwright (Col H 36.47.

6-14 August World Masters Championships 3/5/10km Lyon, France

About 20 GB walkers traveled to Lyon, France for the World Masters Championships – rather less than usual despite the relatively local staging. Among these were our current usual trio of Angela & Malcolm Martin and Roger Michell. The first event, the 5km, was exceptionally hot and times were about a minute up across the field with Angela suffering twice as much. By the much cooler 20km when times were good, as expected for such a major event, Angela managed a personal best. Malcolm's positions were good being well in the top half in the 5 and 10 and the first third for the 20km. Roger had a

good 5km in the heat but was disappointed with the 20km. As may be seen from the results all of the fields were quite large reaching almost 40 in some cases and the top places saw quite amazing times in some cases. GB men's excellent M65 team did not win this time as their star athlete, Ian Richards of Steyning, won gold in the 5km but then struggled with injury and could not compete in the 20km.

5km M60 (32)

1. P.Brochot (Fr) 24.40.79; 2. M.Ignacio (Spain) 25.03.02 13. **M.Martin** 27.57.22.

5km M65 (29)

1. I.Richards (Steyn) 25.03.7; 2. C.Lopez (Mexico) 25.17.82; 9. **R.Michell** 29.50.12.

5km W50 (27)

1. L.Van Buren (S.Africa) 26.40.56; 2. S.Sevellec (France) 26.55.04; 22. **A.Martin** 33.44.92.

10km M60 (35)

1. P.Brochot (France) 50.08; 2. M.Ignacio (Spain) 50.24; 15. **M.Martin** 59.16.

10km M65 (39)

1. C.Lopez (Mexico) 51.47; 2. A.Jamieson (Australia) 52.35; 19. **R.Michell** 61.46.

10km W50 (26)

1. L.Van Buren (S.Africa) 54.12; 2. A.Le Mouroux (Fr) 54.37; 16. **A.Martin** 67.34.

20km M60 (24)

1. P.Brochot (France) 106 48; 2. D.Guebet (France) 108.05; 8. **M.Martin** 122.04.

20km M65 (24)

1. C.Lopez (Mexico) 113.21; 2. E.Formentin (Italy) 117.23; 11. **R.Michell** 133.31.

20km W50 (19)

1.L.Van Buren (S.Africa) 111.14; 2. A.Le Mouroux (France) 112.51; 16. **A.Martin** 139.24.

15/16 August – National 100 miles, Isle of Man

This incorporated the RWA Long Distance Championships. It was a very well organised event with great community involvement. Over 100 entered the main race with another 7 doing the shorter 20 miles. There was a Community Challenge team in the 100 and this was composed of 50 locals who each walked one 2 mile lap. They just made the 100 miles inside the 24 hour limit. SWC had 3 distance specialists taking part. Sandra Brown did another fine performance coming 6th overall and 3rd lady while husband Richard came 10th overall and 7th man. Their times were more than respectable for their age group. Thirdly Chris Flint fought bravely against his stomach problems and completed 47 of the 50 laps but was later diagnosed with an infected knee joint. Surrey was the 2nd team from the UK after Manx Harriers with women and men counting together as usual for Centurion races. Local people were out in the streets and in front of their houses and some younger ones chalked encouraging remarks and pictures on the streets of the old town of Castletown. It showed what can be done when a community gets involved. Many IoM people of all sizes and ages started the 20 miles at 8.00pm on the Sunday morning. Walking is really alive and well and will be for the future thanks to the vision on all involved and their commitment to race-walking.

Women

1(3). J.Morgan (IoM Vets) 20.23.11; 2(5). K.Chiarello (Italy) 20.36.14; 3(6). **S.Brown** 20.57.26.

Men

1(1). V.Lynch (Manx) 19.14.21; 2(2). M.Bonney (France) 20.17.11; 3(4). A.Titley. (UK) 20.23.11; 7(10). **R.Brown** 21.45.23; 36(49) **C.Flnt** 94 miles 23.43.50;

18 August Vets AC 5 miles, Battersea Park:

The last of the 2015 series of Veterans AC 5 milers in Battersea Park was due to several factors rather down in numbers with 11 out, the majority being SWC. Shaun Lightman was somewhat isolated but recorded a fair time as he filled 3rd place as first SWC man. The evening saw typical sunny summer weather after earlier rain but the course was hampered by barriers due to various road works so time generally were not fast and David Hoben probably the best outcome compared with recent races although down on the last Battersea race.

The results of the various Veterans' League 2km races have come to light with Kevin Burnett and David Hoben doing their bit for their Track & Field Clubs. Both raised their game for the occasion.

1. M.Culshaw (Belg M45) 47.12; 2. J.Hall (Belg M65) 48.20; 3. **S.Lightman** 50.29; 5. **D.Maskell** 51.54; 6. **M.Harran** 53.21; 7. **P.Hannell** 55.06; 8. **P.King** 55.45; 10. **D.Hoben** 57.12; 11. **D.Delaney** 57.21.

29 August LICC 5km Walk, Allianz,

The latest LICC 5km race at the Allianz Stadium was held on 29th August where the weather was warm and humid. Two SWC members Shaun Lightman and Dan Mascall were among the 27 starters in this event. Shaun finished in 6th position in 30m 53s. After the initial rush he shadowed Maureen Noel (Belgrave Harriers), who had recently returned from the Veteran World Championship in Lyon (France). At 2km they passed Helen Middleton (Enfield). At 3 km Maureen drew away to finish in 30m 30s. Shaun was caught by Amos Seddon (Enfield) who passed him in the last 50m. Shaun finished 6th in a season's best of 30m 53s.

Dan Mascall had a race long battle with Dave Kates. Together they were dropped by Amos Seddon as the latter closed down

Shaun's lead. In the last 400m lap they caught Helen Middleton but she drew away to finish 4 seconds in front of Dan who managed to outsprint Dave in the last 100m.

1. S.AllenB (Barn) 27.47; 2. J.Hall (Belg) 27.54; 3. J.Ralph (E&H) 28.45; 6. **S.Lightman** 30.53; 8. **D.Maskell** 31.28.

29 August Hendon Vets AC Championship 3km, Ewell

Due to an unfortunate clash of dates the VAC T&F Championships were held the same day as the LICC race, which is a bigger event, so the Ewell 3km walk was rather poorly attended with only five out. As it happens Peter Hannell was there and able to take advantage of the situation to score a rare win. This was, however, not easy as Peter Watts, a younger, fitter novice from Swanley AC, made a good effort to hang on and a little more specific training might reverse the placings next time. David Hoben was the only other SWC man and he walked an isolated race but this did not prevent a slightly better than expected time which happened to be almost equal to last year's at the parallel event.

1. **P.Hannell** 19.11; 2. P.Watts (Swanley M60) 19.45; 3. **D.Hoben** 20.32;

Other Results

**29 June SCVAC League South West London Div match,
Walton 13. K.Burnett (M75) 15.26.3.**

**13 July SCVAC League South London Div match,
Croydon 3. D.Hoben (M60) 13.30.**

**15 August Southern Area Track & Field Championships
3/5 km, Ashford : 4. S.Lightman (1st Senior/M70) 31.16.5.**

Kathy Crilley, took part in the French 6 day race completing 213 miles in 27th position. This averaged 35 miles a day – a great effort.

Future Club Races

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

STROLLS REPORTS

Sunday 24 May Surrey Hills and Commons

19 miles Conductor: Jennifer Caddy

Participants: Chris, Don, Jill, Manjinder, Rachael

We set off in sunshine and walked briskly as the good weather was unlikely to last. Rain was forecast from midday. However, though clouds gathered and rain looked imminent, none fell. Footpaths were dry apart from a short section of one that is always water-logged in winter. This remained very muddy but we were able to avoid it by following a new route up the adjacent bank—where we encountered nettles instead. My legs fizzed (Jill's description) until the next day.

The walk started from Godalming railway station. Engineering work meant that buses replaced trains from Guildford. Fortunately, by the time we returned to the station, the service was back to normal.

From the station we headed for the River Wey Navigation and walked NE along the tow path before crossing over a bridge to Tannachie. Here we turned right on a bridleway that took us past Catteshall Manor. We continued south and near Thorncombe Street joined a minor road that led us to the eastern entrance of Winkworth Arboretum. Notable trees in blossom were azaleas and a handkerchief tree. We stopped at the NT cafe for refreshment. I accidentally broke a plate as I tried to prise the largest scone from underneath the pile of them.

After Winkworth Arboretum we continued towards Hambledon and came to the only muddy path. We reached Witley, our stop for lunch, at about 12.30. Four ate picnics by the church; the other two went into the pub for food. While those sitting on a grassy bank in the graveyard ate their lunch, the vicar approached and asked if they were the four ladies waiting for

the 12 o'clock wedding. (Our attire suggested otherwise.) The wedding had been postponed to 2 o'clock she told us. Shortly after that another woman appeared and sat down next to us. She had come to oversee the young members of the choir (St Thomas-on-The Bourne, Farnham) which had started to arrive for the wedding. She produced a picnic from her bag and ate with us. Smartly dressed wedding guests then gradually arrived (many of the men wore kilts) and headed for the pub.

Meanwhile the two in our group in the pub, after 45 minutes, had yet to be served. The pub was busy so service was slow. They suggested that the rest of us set off without them; they could find their way back to the station. Expecting rain at any minute, the four of us decided to do so and left without them.

We headed west, crossed Mare Hill and the southern part of Witley Common, passed Gosden Mill, crossed the A3 by a bridge, entered Thursley National Nature Reserve and turned NE on a bridleway that took us past Hammer Pond and Forked Pond. Shortly after Forked Pond we turned east on a bridleway to Rodborough Common, walked over Mousehill Down, crossed over the A3 again and headed for Eashing.

As rain had looked likely since lunchtime we kept up a good pace. By now we were thirsty so we stopped for a drink at The Stag. We sat outside under cover as clouds darkened; but there was no rain. After 25 minutes, cooler, cleaner and refreshed, we resumed the walk and reached the station half an hour later 11minutes before the hourly train was due.



A rest break on the Surrey Hills and Commons stroll
(photo Jennifer Caddy)

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

Three walkers (Laurence Foe, Casilda Prophet & Keith Lane) joined Gregory at an overcast but warm Southminster Station to stretch their legs in the mids of Essex.

The route started on a number of roads and farm tracks, but soon we were able to get onto grass. We skirted the westerly edge of Tillingham, where we joined the St Peters Way.

The gentle undulating route crossed a mix of open agricultural land and wooded areas. Many fields with sown crops had large cracks in the parched earth, which meant we had to concentrate on our steps rather than enjoy the scenery.

Energy levels were low as we entered Mundon (after approx. 13miles), but a stop at the White Horse enabled Laurence & Gregory to fill their boots with a huge plate of a 3 meat Sunday Roast.

As we left Mundon the cloud cover broke and we were subjected to sunny spells for the remainder of the walk. We bid Adieu to the St Peters Way not long after leaving Mundon, and proceeded on local tracks before passing through Cold Norton, while observing a front garden with what appeared to be a fully working small gauge train track with signal box and sidings.

We joined the disused rail track which would have been a link from South Woodham to Maldon in former years. We passed through both a golf course and nature reserve.

All walkers were safely delivered to the station, in good time before the return train.

Sunday, 21 June Princes Risborough Circular

Conductors: John and Gail Elrick - Participants: Dave, Kate, Machiko, Paul, Rachel, Scott and Vala Distance 19 miles

The idea for this stroll came from the launch in 2013 of the new Outer Aylesbury Ring (OAR). The OAR is a 53 miles route, devised by the local Ramblers, which takes in the higher ground on the outside of the original Aylesbury Ring to produce a walk with good views through pleasant countryside and pretty villages. Our original idea was to follow a wide loop through Haddenham and Chearsley, head clockwise down to Ellesborough and return to Princes Risborough. Having sorted out the myriad of local footpaths in the Aylesbury Vale and tested various pubs we decided that given that several footpaths were rather overgrown a slightly smaller loop would be better. This stopped at Ford for lunch, headed down to Ellesborough church for the all important tea and returned over Beacon Hill and Whiteleaf Hill.

We thought our work was over but then the real problems began! A week before the stroll we discovered the pub at Ford, the 'Dinton Hermit', had closed. From the outside it looked normal until you realised that no one was around and the pub door was locked. We did not have time to change the route and with no one to stop us using the tables and benches in the beer garden, we asked strollers to bring a picnic lunch and kept our fingers crossed for good weather. The evening before the stroll we were startled to receive an e-mail from Dave Williams (well done Dave!) telling us that Princes Risborough station would be served by a coach link due to engineering works. This was very frustrating as several earlier checks had not revealed any planned works. A hasty e-mail to strollers told them that the start would be delayed from 09.30 a.m. to 10.00 a.m. But at 10.00 a.m. the following morning no coach had arrived. After consulting the awaiting strollers (who had driven to the start) we decided to wait a bit longer and when the coach finally arrived at 10.25 a.m. we met Paul and Machiko who were pleasantly surprised to find us still waiting for them! We learnt that the

coach driver had got lost, his usual job being driving in Wales rather than the Chilterns!

With route and lunch stop sorted and all the strollers together, we set off on a lovely stroll. A brief stop was made on the way out from Princes Risborough to view Amy Johnson's house where she lived from 1937/38. We headed north through fields and farmland to Aston Sandford from where we turned east to reach Ford for our picnic lunch in the eerily quiet and empty beer garden. The short lunch break enabled us to catch up some time and we made good headway on tracks and open meadows to Ellesborough and tea in the church. We relaxed over cakes and tea before climbing the 82 steps to the top of the church tower to view the surrounding panorama. We managed to get another visitor, despite being exhausted from the climb, to take a photo of us (see below).



From tea we continued south over Beacon Hill to Whiteleaf Hill from where we obtained more views over the Aylesbury Vale before descending back to Princes Risborough station. A stroll with fraught beginnings but a fine result!

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

The Stroll consisted of a trek from Swanley Station to Sole Street Station, a distance of 19 miles and was conducted by Keith Lane. 8 Strollers joined Keith; John & Gail, Casilda, Manjinder, Corrine, Dave W, Paul L and Neil. The heavy rain predicted to start at 2pm started at 11am and finished at 2pm leaving a dry and pleasant afternoon. The route passes through picturesque countryside using mostly underused footpaths.

Leaving Swanley through a green space between a housing estate and the A20 we crossed the A20 and followed local footpaths to pass under the M25 to The Bird of Prey Centre and to Eynsford where we passed through the churchyard and two military graves of soldiers killed in Afghanistan. We climbed up the steepest hill of the day out of the Darent Valley to West Kingsdown to eventually enter Church Wood and pass the church of Edmund King & Martyr with a most ancient Yew Tree outside the West Door. Almost nothing is known about the life of Edmund King & Martyr (not many people know that).

Walking across the golf fairways of the London Golf Club and a large field with a dodgy stile we arrived at the village of Stansted where most strollers huddled under a tree to try and keep their sandwiches and themselves dry before retiring to The Blacksmith's Arms.

Stansted is a tiny village with only 200 residents. In addition to the pub and a village Hall the village comprises a large church which has recently been enlarged by the building of a church hall. This takes up part of the churchyard but a 1934 headstone with a "well done you loyal and faithful servant" dedication to a wife has been left undisturbed. In 2007 the company who produce Skymap for British Airways confused the village with the London airport of Stansted and the police

shot a man dead (but the incidents were not connected as far as the author knows).

Leaving the churchyard the route transverses a beautiful valley and up a hill to the village of Fairseat and onto the road to Vigo and Trottiscliffe. However, we took a footpath heading north through Hodsoll Street and to Ilfield Road, a sunken green lane leading to Meopham where we headed south east to pass the Amazon & Tiger pub and followed the Weald Way including along the "Bowling Alley" to Luddesdown and to Sole Street station where we had time for a drink in the Railway Inn and a chat with the police attending the scene of malicious damage to the Station's Booking Hall door.

The statistics of this stroll are:

Overall distance 19 miles
Distance to lunch 9 miles
Height ascended 2000 ft
Height descended 1940 ft
Maximum height 692 ft
Minimum height 127 ft

Keith Lane

Strolls Fixtures

Sunday 13 September. Southease to Seaford (Linear). Conductor: Janette Henderson/Platt . Back on the programme by special request from Manjinder! Start Southease station 10:09 (London Victoria 08:47, change at Lewes). Return trains from Seaford 27 and 57 minutes past the hour. Get return ticket to Seaford. Note: Parking very limited at Southease so advise parking at Lewes and getting train one stop to Southease.

Route description: In the morning we take the South Downs Way to Alfriston for lunch (a few Bronze Age round barrows on the way and glorious views left and right), where there is a choice of pubs and teashops to suit most tastes. After lunch we make our way via the Long Man of Wilmington and Friston Forest to Exceat for tea (again some lovely views, including a white horse carved into the hillside). Our route then goes via Cuckmere Haven and over Seaford Head (great views of the Seven Sisters behind) before ending at Seaford station.
Explorer 123. Distance approx. 20 miles.

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

Route description: 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. There follows 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.