

December 2015 No.462

*The Gazette and Record of the
Surrey Walking Club*



Walking



This poppy was seen on the November stroll in Langley Vale.
Out of season but very appropriate to the stroll in memory of
those SWC members who died in World War 1
(See report inside) (photo: Sally Adams)

Merry Christmas and A Happy New Year to All

Welcome to Gazette no. 462

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 .

AGM

Officers were re-elected at the AGM. Peter Selby was elected as Assistant Race Secretary. Peter Crane was elected as President for 2015/16 and Trevor Sliwerski was thanked for his service in this role over the past two years. All those who attended the AGM were committee members and it would be good to see other members present if possible in future. Any member who would like to receive minutes of future committee meetings should let Peter Hannell know.

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.

Ken Best

We are very sorry to hear of the death of Ken, who was a very distinguished member of the Club since 1952. He was our oldest member. He served the Club in many roles and was President. He had an active and successful career in race walking and continued to serve until recent years judging at Club races and encouraging younger walkers. A fuller obituary will appear in the next issue.

Kathy LoRaso

We are also very sorry to hear of the death of Kathy after a long illness. She had been a member since 1999 and did a fair share of leading strolls for us. Several members attended the Mass and woodland burial in a tree filled glade in the Chilterns on a warm sunny August day.

Club Clothing is available from Nolan Simmons

Vests - £12.00 Fleeces - £17.50

Sweatshirts - £12.00 Ties - £ 2.50

Coaching

Both Peter Selby and Shaun Lightman are qualified coaches and are actively involved in coaching. Any member needing coaching is invited to contact them for help.

Gazette Night

Our annual social event at Hayes was another successful evening enjoyed by 33 members and friends. This included a delicious buffet supper and an auction in which our two auctioneers Roger Michell and Malcolm Wishart competed to raise the most towards the Gazette Fund. Together with the raffle the net profit was £310 exactly. Thanks to the auctioneers and to Trevor for organising the event.

HON. SECRETARY'S REPORT FOR THE YEAR TO AUGUST 2015

2014/15 has again seen some success for Surrey Walking Club with the racing side again winning National Championship medals and with and the Strollers holding a range of walks with variable but generally good numbers. On the negative side all but two of the new elections have all been over 50 and only one racing member. On the other hand the newer and younger members have continued to improve rapidly so participation in Club, National and Open events has held up despite the natural decline or cessation of several at the other end of the age span. The Club does however contribute to the essential introduction of youngsters to race-walking by way of its coaches being involved with the youth of other clubs and by providing the competition possibilities of our promotions. Nationally views vary – there are undoubtedly several somewhat isolated groups of young people and they show improving standards but for the rest there unfortunately continues a sense of decline and lack of new blood.

At the beginning of the year we had 139 members and have since elected 8 new applicants but only one is on the racing side. There have been 3 deaths, 2 resignations and we have deleted 2 names for non-payment of subscriptions. The net result has been a increase in membership of 1 to 140 at the end of August. Thomas Brownlee died at 76 having been a member for over 20 years, Colin Harding was 73 and had been ill for some years but had been to Gazette Night not too long ago. He had been a member for well over 50 years. The third loss was stroller Kathy LoRaso at an untimely 59 after 15 years of membership. Ken Best's recent death fell outside of the 2014/15 year will be included for 2015/16.

Surrey Walking Club held six races this year, in several locations including the new venue of inside Norman Park. The number of competitors was similar to previous years. The Albury Cup handicap competition resulted in an emphatic win for David Crane. The challenge for the coming year is to find a venue for some of the winter races, where we can race on a Saturday. We have formally taken over the organisation of Blackheath & Bromley's Johnson Bowl which was very successfully held in Norman Park this year.

A team silver in the National 10 km, Bronze in the 20km and a win in the poorly attended London 10km does not appear quite as good as some previous years but in fact it was good to see much bigger fields and more teams which in fact made our positions within the longer lists more meaningful and impressive. The National 50kms had no SWC entries while the National 100 miles was completed by only two competitors - Sandra and Richard Brown inside 24 hours although 3rd and 7th respectively were great performances. Our third and only other competitor, Chris Flint managed over 94 miles – his best for some time – but resulted in a severe knee injury recovery from which is expected to be long and painful. David Crane and Malcolm Martin also continue to shine in Open races.

The Strolls side of our Club continues to flourish with generally good numbers and a continuing variety of routes. Some of the newer members are eagerly joining the band of leaders thus adding to areas covered. Although no weekend event was held it is intended to resume this popular feature in 2016. Our Strollers have also been active in assisting the London LDWA and Gail Elrick is the current National President.

This year over £300 was raised by the Gazette Night Auction at Blackheath & Bromley's HQ in Hayes. As usual Trevor

Sliwerki put on a great event aided for the first time by two auctioneers as Roger Michell joined Malcolm Wishart and the usual long evening was enlivened by their contrasting styles. We are grateful to all three for a very spirited event.

Gazette Editor Peter Crane produced the normal quota of issues and as always continues to successfully strive for more varied content and excellence of end-product. Meanwhile Mark Easton, our Webmaster, continues to regularly update the events and results on the Club website. Members are encouraged to visit the site regularly and also sign up and participate in our Facebook page. The latter provides the possibility of intra-club debate of SWC issues on an ongoing basis as well as updating members on current events however it is still under-used in terms of participation and readership.

Your Committee has met bi-monthly, under the Chairmanship of our President, Trevor Sliwerski. There have been no major crises and the routine decisions and actions have proceeded in a straightforward manner. We trust the membership has found their stewardship of the Club satisfactory. Outside of normal business, Gail Elrick has worked hard on the Club's involvement in the nation's remembrance of World War One a hundred years ago. Our connection with this terrible event was the loss of some 29 members of SWC in the Great War. The Club membership has, with Gail's extensive research and assistance, contributed to a new Woodland Trust planting near Langley Vale, Epsom, in honour of those, including the SWC members, who gave their lives.

We are sure the 2015/16 year will continue to bring success to the Club but the longer term problems continue to haunt us as we appear to be approaching a brick wall where, nationally,

the number of events and participants will reduce to unsustainable levels. Let us hope that that the widespread desire for improvement, which is beginning to bear fruit will put race walking back to a sustainable level. One hopeful aspect of the overall situation is the publicity being given to walking for its health benefits – benefits which so many of both the adult and child population are in great obvious need.

Peter Hannell

Captain's Report 2014/15

I would like to congratulate our racing members, who have kept numbers up in most of the Open, Club, Vets, Masters, National and Overseas Races.

We started the year by finishing 3rd team in the SWRA 10km race and followed this by being the first and only team to win the London Road Walking Championship. The National 10 miles championship was cancelled this year due to the small number of competitors entered. In the National 20km the club placed 3rd in the RWA championship and were 2nd team in the Southern Area. In the National 10km, we again did very well, placing 2nd team in the British Athletics and RWA championships. Our placing three members: Dave Crane, Martin Malcolm and our new member Carlos Cobo-Corralee, from Spain, who recently joined the club, and was in the team, closed in behind each other. David Crane who produced a PB on the day and led the team home in the National 10km, wins the E.C.Webb Trophy. David produced his best performance in the club 7miles to surprise Mark Easton by winning the club race and breaking his winning record.

Again it was good to see the ladies team out again. In the SWRA 10km, the two Sandras, Brown and Campbell, placed 1st team for the club. We had Angela Martin placing 3rd and gaining a bronze medal in the National 20km. No success this time in the National 10km for the team. Sandra Brown, the Ultra distance specialist, placed 6th overall in the National 100 miles in the Isle of Man and was 3rd woman home in the event. Sandra again wins the club long distance award, - the Freddie Blackmore Trophy - and with a mixed team, which includes Richard Brown, gained 2nd team. Overseas, the 24 hour race in Bourges saw Sandra Brown excelling with well over 100 miles placing 2nd woman and 6th overall in the race. Sandra receives the Harry Preston Cup.

In the European Masters Indoor Championship, in Poland, we had Martin and Angela Martin and Roger Michel competing. We had success with Malcolm gaining individual silver and bronze medals and a bronze team medal. Roger gained gold and bronze team medals.

I must say that with most of our members over 35yrs of age+, we keep punching above our weight. I would like to thank all of our members that competed in all race walking events.

It has been a great year for the club. Congratulations to one and all for the coming year.

Nolan Simmons

HON. TREASURER'S REPORT 2014-2015

The Club finished the 2014-2015 accounting year with a total net deficit of £149.95 and total net assets of £10,800.54. This compares with a net deficit of £471.68 and total net assets of £10,986.49 in the previous year (2013-14). The funds therefore increased in 2014-15 by £321.73. This was caused by an increase in receipts (up by £50.80) and a decrease in payments (down by £270.93).

Points to note are that:

- Members' subscriptions held up well, although there was a reduction in donations. The Club received £650.00 (2013-14: £640.00) in annual subscriptions and £565.00 (2013-14: £621.50) in donations. Thanks are due to the Membership Secretary.
- The 2014 Gazette Night made a net surplus of £326.33 (2013-14: £283.50). Thanks are due to the Social Secretary.
- Net race costs decreased to £38.00 (2013-14: £372.30) mainly because in the previous year (2013-14) we had made a £100.00 final payment to Norman Park and incurred higher than usual engraving costs.
- Administrative costs were £898.02 (2013-14: £934.33). Accommodation charges at UJC remained fixed for 2015, other regular payments varied (EA affiliation fees increased but web site costs reduced), and there was a one-off Club donation to the Woodland Trust (Langley Vale Appeal).
- 'Gazette' costs (three editions) were £670.04 (2013-14: £613.62) The increase may have been due to the extra cost of using colour.

John Elrick

(Full accounts are available from the Treasurer)

RACE RESULTS

6 September Jim Sharlott 10kms Leicester

This race was held on the Abbey Park circuit over nearly 14 laps. There was bright warm sunshine but the field of 20 was smaller than usual but was drawn from far and wide.

Portuguese international Francisco Reis took a commanding lead from the start with Ian Richards (Steyping) in 2nd and John Hall (Belgrave) 3rd. Further down the field Roger Michell had a race long battle with Peter Boszko (Birmingham) and Scotland's Andrew Frazer. Just after half way he was dropped by both but still ahead of Surrey's other competitor, Shaun Lightman, who closely shadowed Maureen Noel (Belgrave) Arthur Thompson (Enfield) and Colin Vesty (Leicester). After 4 laps, they dropped Shaun who then had an isolated 10 laps to finish in 11th position in 64 min 21 sec. Once again Roger suffered from a full turn-out of the top M65s to achieve only 4th after a good race while Shaun was round about the time he expected and was in gold medal position.

1. F.Reis (Ilf M55) 49.07; 2. I.Richards (Stey M65) 50.26; 3. J.Hall (Bel M65) 56.33; 7. **R.Michell** (4th M65) 61.02; 11. **S.Lightman** (1st M70) 64.21.

4-6 September – Sarnia WC Church to Church 19.4m and 3km track walk, Guernsey

Eleven finishers for the full 19.4 miles is down on previous years but the Island's friendly spirit remains intact. Only David Hoben made the trip and although a cold contributed to a 30 minute increase on his excellent time from last year. The spectators around the course were treated to an interesting battle as two past winners, Jim Ball from Steyning and local man Stuart Le Noury, exchanged places several times. At ten miles Jim was 3 minutes clear as he pushed on over the hilly section but the last quarter saw Stuart close. The pace finally told on Jim, who was struggling as his rival swept by, and the local man's experience allowed him a 70 second win.

3km track walk (4/9)

1 S.LeNoury (Sarnia) 15.27; 2. J.Ball (Stey) 16.04; 3. P.Lockwood (Sarnia) 17.26; 9. **D.Hoben** 20.40.

Church to Church 19.4m (6/9)

1 S.LeNoury (Sarn) 3.21.31; 2 J.Ball (Stey) 3.22.41; 3. G.Jones (Cov) 3.32.02; 11. **D.Hoben** 4.37.45.

26 September Enfield 1 Hour, Hemel Hempstead

This attracted most of the regular South East competitors including four from SWC. Both Angela and Malcolm Martin not only were present but also both recorded personal bests. Malcolm, in 3rd place, also beat his best at 10km as he almost made the 11 km mark while Angela broke 9km. Mick Harran was also on good form while David Hoben recovering from recent long distance events was only a little down on form.

1 F.Reis (If) 11.904 km 2 F.Deuter (Hil) 10.966 km; 3. **M.Martin** 10.945 km; 11. **M.Harran** 9.117 km; 17. **D.Hoben** 8.214 km.

Women

1 M.Noel (Bel) 9.704 km; 2 H.Middleton (E&H) 9.526 km; 3 A.Jones (Steyn) 9.104 km; 4 **A.Martin** 9.045 km.

27 September Gazette Cup 4 miles Addiscombe

The previous event prevented the usual field appearing for the Gazette Cup, the first race of the 2015/16 season. Conditions were ideal with beautiful autumn sunshine but not too hot as a small field but friendly pack set out. The best competition was between the first two who soon left the rest behind only to lap the rear few as they approached the finish. Mark Easton and the slightly younger David Crane were well matched and whilst handicapped to be separated by only 10 seconds Mark managed to stretch his slight lead to 20 in spite of David pushing hard to close the gap on the last lap. The incorporated handicap for the Jubilee Cup was won by next man home, Dan Maskell, overcoming Marks effort by 40 seconds in net times. He left Mick Harran and the rest of the field after the first two laps and was not to be reeled in. The only, but very welcome, visitor was Geraldine Legon from Bexley was also the only one to go faster than expected on this, not easy course.

1(2). **M.Easton** 33.34; 2(3). **D.Crane** 33.59; 3(1). **D.Maskell** 41.32; 4(4). **M.Harran** 43.27; 5. G.Legon (Bexley) 43.53; 6. **P.Hannell** 43.59 (SWC Handicap position in brackets)

4 October– RWA Festival of Race Walking 20km, Hillingdon

4th October saw the first Hillingdon Festival of Race Walking run by the English RWA to provide more high quality competition including, primarily, the National 50km championship but with supporting races at 5, 10, 15 and 20km. The event included international competitors from Romania, Latvia and Poland.

Surrey Walking Club's interest was in the 20 km with husband and wife team Angela and Malcolm Martin competing. Angela began cautiously but by 5km had caught the Abingdon pair Noel Blatchford and Judy Howard of Abingdon. Angela remained with them until 15km when she made a break and finished in 2hr 22m 53s. some 1.5 minutes ahead of the Abingdon pair and only just below her best. Husband Malcolm early on was with a large group consisting of Richard Creer and fast competitors both in the 50km and 20km. Eventually Richard in the 20km made a break followed by Malcolm with Richard winning 4 minutes in front of Malcolm. The latter's excellent 2nd place also meant another a personal best by almost a minute.

20 km Men

1. R.Creer (Unatt) 111.57; 2. **M.Martin** 115.46.

20 km Women

1 J.Atkinson (M&C) 93.43; 2 B.Davies (Card) 96.7; 3. A.Arsin (Romania) 102.25; 7. **A.Martin** 142.53.

10 October Enfield League 5 miles Yacht Handicap, Lee Valley

This was a yacht handicap. This type of event is usually inspiring as all competitors can see someone slightly slower in front of them and so put in a hard effort to catch them before the finish. This 5 mile race was no exception and several, including the fastest, Francisco Reis, achieved personal bests. SWC had seven out of the 37 starters. First home in the handicap, and in terms of actual time was David Crane who came from third last starter to third finisher in an even more improved time than Francisco. The winner of the handicap, the very popular Dave Ainsworth from Ilford AC, was among the first starters holding that position with no-one to chase for his entire 65 minutes. SWC's next fastest time again in a personal best for 5 miles was Dan Maskell who on this occasion beat Shaun Lightman's time although the latter was well up the handicap after a strong effort. Mick Harran was, also unusually, behind Peter Hannell in both handicap and actual times. Peter was, with only half a mile to go up in 2nd position only to have five more, faster, men fly past before the end. Dave Delaney unfortunately started late so was soon left by the fast men he started with and had a lonely race but still recorded a better than expected time.

1(6). F.Reis (Ilf) 38.50; 2(2). F.Deuter (Hill) 40.52; 3(3). **D.Crane** 41.17; 12(26). **D.Maskell** 50.40; 13(11). **S.Lightman** 50.58; 23(7). **P.Hannell** 53.23; 25(27). **M.Harran** 53.42; 30(32) **D.Delaney** 56.45; 31(33); **D.Hoben** 58.10. List in actual time order with handicap positions in brackets.

17 October – Cambridge Harriers Open Race Walks 3,5,10km, Sutcliffe Park, Eltham

The traditional series of four races in the Cambridge Harriers League has, due to increasing traffic, been replaced by one race in Sutcliffe Park this year. This was a much bigger event as it incorporated an Under 17 international match between Ireland and England. This was a very successful venture as teams together with many parents came from across the two countries. The match was won by England but there were many good performances and several personal bests on both sides. As the judging was as strict as required for the high level of the races there were more veterans watching than walking. SWC had three out. First home was Shaun Lightman who was in good form and easily broke his 64 minute target despite being isolated for the whole race. Angela Martin and Paul King similarly had little competition with Angela only a few seconds from breaking 67 minutes.

10 km 1. L.Legon (CambH) 50.41; 2. J.Mooney (Ire) 51.04 3. J.Hobbs (Ashf) 52.49; 7. **S.Lightman** 63.34; 8. **P.King** 69.04.
10 km Women 7. **A.Martin** 67.05.

Other results

13 Sept Surrey/Sussex 3km Track Championship

3. **P.Gaston** (Sx M65) 18.18.9.

17 October Leicester Topham 7 Miles 6. **D.Hoben** 83.25.

22 November Midland League 5 kms Coventry 6. **R.Michell** 30.01; 8. **D.Maskell** 30.57.

24 October– Steyning Open 10km:

The weather was not promising for the annual walk in the pleasant if somewhat hilly lanes of Sussex however the rain held off and the temperature was ideal for the strenuous effort. As usual this exactly measured undulating course saw surprisingly good times from most of the field. There were almost 20 out and they were fairly evenly spread so most had competitors in view to chase and this may have contributed to the standard. The race incorporates a form of self-handicapping where all set a target time which is low enough to stretch themselves and Paul Gaston won this as he and Dan Maskell battled for the whole race and finished just 4 seconds apart. Dan won the battle but Paul finished just 2 seconds outside their joint 64 minute target to win the Handicap competition while Dan “bust” it by 2 seconds and under the unique rules was out. Dan was the fastest of our 7 men out and also showed the best form. Shaun Lightman started well but slightly slowed on the return journey for fear of “busting” his somewhat easy self-target In fact he was over a minute too slow. Mick Harran also walked well not far behind these three as he started conservatively but overtook three on the return journey. Dave Delaney and David Hoben were also quite close with the former in front but the latter showing more improvement but not enough to get near his over-ambitious target. As usual all were treated to the Steyning hospitality as this friendly event lived up to its reputation.

1. I.Richards (Steyn) 50.17; 2. J.Ball (Stey) 57.23; 3. G.Chapman (Headn) 58.36; 4. **D.Maskell** 63.58; 5. **P.Gaston** 64.02; 6. **S.Lightman** 65.39; 8. **M.Harran** 66.37; 10. **P.Hannell** 67.46; 11. **D.Delaney** 71.02 12. **D.Hoben** 72.30.

1 November Alec Potton Memorial 7 mls, Addiscombe

The second of our annual cycle of races was held in sunny weather and relative warmth for November. The 7 miles is, these days, a step up from the 5km and 5 miles raced by most over the previous summer months. In addition the course included 8 ascents of the hill so the race was somewhat of a challenge but attracted the majority of the Club's regular male walkers. The women's field included all of the visitors but none of the Club's female racers. Having won the Club Championship for an incredible past 33 years all eyes were on former international Mark Easton and fast improving David Crane at the front of the race. In the event David pulled away on the second lap and, while Mark was more than a minute quicker the last year, David was a massive five minutes up and finished 3 minutes clear to claim the championship. In doing so he also beat the handicapper to take home the Handicap salver. These two were also more than 10 minutes clear of the field and naturally David recorded the leading relative performance. Dan Maskell in third was also in good form as he managed to beat Shaun Lightman this time. Mark and Shaun, although behind their opponents, still walked well up to their current levels while further down Paul King had a good race as he battled with visitor Fiona Bishop from Aldershot finishing only 3 seconds ahead.

Men

1. **D.Crane** 57.04; 2 **M.Easton** 60.11; 3. **D.Maskell** 72.43
4 **S.Lightman** 74.04; 5 **P.King** 75.38; 6. **P.Hannell** 77.32
7. **D.Delaney** 80.15; 8. **D.Hoben** 82.22.

Women

1. F.Bishop (AFD) 75.41; 2. A.Jones (Steyn) 76.05; 3.
G.Legon (Bexley) 79.21.

14 November – Enfield 7 miles, Lee Valley:

The 89th Enfield 7 miles was held at Lee Valley stadium in wet and windy conditions which did little to slow the competitors in fact times were on average up over a minute with many up twice this amount. A total of 50 faced the starter despite the weather. Several international competitors led the race including Dominic King (Colchester AC) who has just broken the 4hr barrier for 50km and thus opening the way for a place in the Rio Olympic Games. Dominic with his twin brother Daniel (Colchester AC) and Callum Wilkinson (Enfield) led from the beginning. Callum made a decisive break and went on to win.

Further down the field SWC Members were in a bunch consisting of Dan Maskell, Shaun Lightman and Paul Gaston with Ken Bobbett (Hillingdon AC) and Amos Seddon (Enfield AC) and Paul King (Belgrave/SWC). The group was headed by different individuals, and they made up ground on Maureen Noel (Belgrave Harriers). After the first lap Paul Gaston was dropped and he lost two places to Glyn Jones (Coventry Godiva Harriers) and Arthur Thompson (Enfield Harriers). Meanwhile Amos, Ken and Maureen pushed ahead leaving Dan and Shaun to a real ding dong battle. Dan forged ahead just before the end of the second lap. However Shaun drew level and went ahead in the last mile only for Dan to overtake him on the last hill but Shaun came back to pass him in the last quarter of the mile.

Unsurprisingly these two recorded the best SWC performances against form.

A Veterans AC race was held in conjunction. Shaun was first M70 with Dave Delaney 3rd in the same category. Paul King was first in his age-group. Dan Mascall was 2nd in the M65. Angela Martin was intending to treat the race more as a training session however she was involved in a competition with Fiona Bishop (Woking AC) in the last half mile she broke away and finished in another personal best. In the team competition Surrey were 5th, some way behind the leaders with two in the first three, but a good effort for an event so far from home for all of the SWC team members.

1. C.Wilkinson (E&H) 47.28; 2. Dan King (Col H) 48.57; 3. Dom King (Col H) 49.11; 18. **S.Lightman** 70.29; 19. **D.Maskell** 70.35; 22. **P.Gaston** 73.24; 26. **P.King** 75.22; 29. **D.Delaney** 79.33; 30. **D.Hoben** 80.29.

Women

1. E.Achurch (Leic WC) 59.29; 2. P.Cummings (AFD) 65.54; 3. H.Middleton (E&H) 69.34; 5. **A.Martin** 73.41.

Teams

1st Enfield Harriers, 52 points 2nd Steyning AC, 79
3rd Belgrave Harriers, 83 5th Surrey Walking Club, 101.

28 November –Enfield League 10km, Hillingdon

The last Enfield race of the year was held in cold and windy conditions in with most times down a minute or so down. This together with an isolated second place for the whole race did not prevent Malcolm Martin racing solidly for a sub 56 minute time near his best. Spanish based Carlos Cobo-Corrales went off with Steve Uttley and Penny Cummings but was dropped at halfway. However he held on gamely to finish just behind them. Ann Jones (Steyning), Paul King and Peter Hannell raced together for the first 2km then Paul forged ahead of Ann to finish in a season's best whilst Peter was dropped but finished no further behind Paul than usual. In the last 400m Peter was overtaken by fast finishing Dan Maskell who, having had a desperate race to get to the start line, had been forced to start slowly.

1.F.Reis (Ilf) 50.57; 2. **M.Martin** 55.49; 3. G.Chapman (Head) 57.39; 5. **C.Cobo-Corrales** 58.56; 12. **P.King** 65.31; 14. **D.Maskell** 66.58; 15. **P.Hannell** 67.00; 17. **M.Harran** 69.54; 18. **D.Hoben** 73.22.



Malcolm Martin showed fitness in placing 2nd in the last Enfield League race at Hillingdon. (photo: Mark Easton)

5 December Christmas Cup: Tonbridge School Track

The 5km track championship for the Christmas Cup was held in blustery conditions. This included shorter races for newer walkers. Visitor, Francisco Reis, took a lead from the gun, followed by David Crane and Malcolm Martin. David chased Francisco keeping his lead to under 15secs and was gaining on him when with 4 laps remaining Francisco suddenly retired injured. David went on to win in a personal best. He was followed by Malcolm who missed his target of 27m by just 3 seconds. Malcolm's wife, Angela, was with Paul Gaston who drew ahead to but Angela held on to finish in a personal best. A battle was developing between Peter Hannell and Mick Harran when just after 2 km Peter had an unscheduled stop, leaving Mick to finish ahead. At the rear of the field David Hoben and David Delaney were together for the first 2km when Delaney surged ahead. Other notable performances was a good race by Olly Hopkins (Lewes AC U17) who again broke 30m. Once again it was David Crane who had the best race to also win the Handicap from Angela Martin. The wind affected times by about a minute for most of the field.

1km Men

1. A.Childs (Maidstone & Medway U11) 7.55 .

Women

1. A.Hussain (Lewes U13) 7.03; 2. K.Stringer (Maidstone & Medway U11) 7.18; 3. M.Hussain (Lewes U13) 7.29.

3km

1 J.Childs (M&M U15B) 17.40. 1. H.Childs (Unatt W40) 23.13.

5km (SWC handicap in brackets)

Men

1(1). **D.Crane** 25.01; 2(3). **M.Martin** 27.03; 3. O.Hopkins (Lewes) 29.23; 4(4). **P.Gaston** 31.53; 5. R.Penfold (Steyn) 32.17; 6. B.Kirkdale (Hastings Runners) 33.11; 7(7). **M.Harran** 33.49; 8(6). **D.Delaney** 34.59; 9(5). **D.Hoben** 35.47

Women1. F.Bishop (AFD) 32.04; 2. A.Ingham (Lewes) 32.15; 3(2). **A.Martin** 32.20.

STROLL REPORTS

13 September Southease to Seaford

Conductor: Janette Platt (Henderson)

Participants: Manjinder Sidhu, Claire Kirkbride, Machiko Crane and Kevin McGowan

A select group of strollers set out from Southease station on what was forecasted to be a wet day. Some heavy drizzle was encountered in the morning but by the afternoon it had all cleared up and meant that the far ranging views which are a feature of this walk could be experienced to their full.

The morning route followed the South Downs Way as far as Alfriston for lunch, with the conductor pointing out the odd Bronze Age round barrow on the way (for those who are interested: Bronze Age – 2000-600BC). On the way we passed a number of runners who were clearly involved in some kind of organised event. We also passed a sign saying 'photographer ahead' but were disappointed that he did not want to take a photo of us. He was apparently there to take photos of participants in a horse riding event later on (event heaven on the South Downs that morning clearly!)

The conductor was going to add an extra loop just before Alfriston but after a quick consultation with the others decided against that given the rain. One of the joys of Alfriston is that there are so many places to eat and drink. Those with sandwiches made their way to the church to eat them nearby and then the girls all met up in one of the many tea shops (where Janette & Claire had lunch) while Kevin went to the pub.

After lunch we made a quick detour to the Green to search out a great chocolate shop recommended by Claire, only to find out they had stopped making chocolates for the summer (very odd!). So off we set up the hill (briefly) on the South Downs Way again before heading off downhill to view the Long Man of Wilmington, who seemed to have been fairly recently cleaned up.

After this it was back up hill again, briefly through a rather overgrown brambly bit of path, passing a Neolithic long barrow (Neolithic – 4000-2000BC) before reaching the trip point on top of Wilmington Hill. On the way up we had great views of Eastbourne and beyond. After this we made our way south, gently downhill, towards Winchester's Pond, with great views of the sea ahead and also of the White Horse on the other side of the Cuckmere valley. This, like the Long Man, looked like it had received a fairly recent face lift. We then headed down to Charlestone Bottom and eventually up the steps at the end (and then almost immediately down again) before heading to the tea shop at Exceat for tea and cake. This has seemingly changed hands since the conductor's last visit and now is waitress service only (which slows things down a bit) but does have the advantage of more regular hours than it used to have.

The final stretch took us along the river to Cuckmere Haven and then up and over Seaford Head before the long walk to the station along the seafront at Seaford. It has become traditional for Janette & Manjinder to do most of the walk up Seaford Head backwards (taking care not to walk into any rabbit holes on the way!) to take advantage of the glorious views of the Seven Sisters, which are at their best at this time

of day. The others gamely took part in this curious activity too (some more assiduously than others...) and a great laugh was had by all. The final prehistoric feature of note was the Iron Age hill fort on top of Seaford Head, whose ramparts the footpath crosses (Iron Age – 600BC – 43AD).

Thanks to all participants for their great company and good humour!

13 October 2015 A Very Good Walk

Conductor: Keith Lane

Strollers: John & Gail, Casilda, Machiko, Dave, Kate, Lynne, Nicole, Paul

The Route: An undulating stroll following The Vanguard Way through passages and byways of Croydon, to Lloyd Park, Littleheath Woods, Selsdon Wood, Chelsham and Nore Hill to the North Downs for a picnic lunch (10 miles). In the afternoon the route went through Titsey Woods, Watts Hill, The Chart to Limpsfield Chart for a tea/beer stop at The Carpenters Arms, (14 miles). The total ascent over the course of the route was 2,240 feet.

Stroll description: The stroll date coincided with Susan Cannell's birthday and although she was not well enough to join us she saw us off at East Croydon Station with a large box of biscuits which John manfully carried and handed round at our morning refreshment break in Chelsham.

Following this the scenery opened up to undulating fields before we reached the North Downs where we had a 'Friends of the M25 picnic' before spending too long before finally crossing it and leaving the noise pollution behind. When we reached The Carpenters Arms the biscuit stop was long past us but Lynne produced two excellent cakes which made the Stroll a real treat. Arriving at Edenbridge by 17:00 we were in good time to catch the rail replacement bus to Oxted where we had 5 minutes to catch the train to London.

Weather: After cold start sunny warm but with cool ENE wind.

Conclusion: Waymark signs along the route carried the Acronym VGW which the conductor explained meant a Very Good Walk. In terms of very good refreshments, very good company, very good humour, very good scenery and very good weather the signs did accurately describe the Stroll.

PS: Hey John what happened to the rest of the biscuits?



John displays the large box of biscuits donated by Susan.

Sunday, 8 November - World War One Memorial Circular

(Distance: 17 miles)

Conductors: John and Gail Elrick

Participants: Corinne, Charlie, Chris, Dave, David, Jerome, Kate, Kathy, Keith, Laurence, Mick, Nigel, Paul, Peter C, Peter H, Rachel, Sally and Sheila

The idea for this walk combined two strands of activity: the research work done by Gail over the last year on the impact of the Great War on the Club, particularly the deaths on active service of 29 Club members, and the Woodland Trust's work to create a World War One Centenary Wood at Langley Vale, Epsom. The conductors decided to show strollers the work-in-progress at Langley Vale and to lay a memorial wreath for the 29 members who fell in WW1. The chosen date was Remembrance Sunday, 8 November. Gail's articles appeared in the *Gazette* numbers 459 and 460.

At Tattenham Corner station we welcomed strollers and racewalkers and the large group headed over Epsom race course to gain the first views over Langley Vale. From a distance the white plastic tubes around the young trees looked eerily like graveyard crosses. So far volunteers have planted 8,000 trees as the first tranche of 200,000 trees to be planted over the next few years. The Woodland Trust project is being aided by donations with Club members having donated £450-00 to our own Appeal. The Woodland Trust suggests a donation of £15-00 per memorial tree so we fixed on this as a target figure as being sufficient to plant 29 trees in memory each of the SWC members who died in the Great War.

We were virtually at Headley village when the church clock struck 1100 hours and we paused in a convenient quiet glade for the two minutes' silence. We continued westwards along the Gallops on the top of Mickleham Downs and turned south

west to descend sharply to White Hill car park before ascending again to Juniper Top with a beautiful panorama. Entering the woods we eventually crossed Donkey Green to reach the National Trust Café for lunch.

Up to this point Gail had been carrying (with help from Rachel) the memorial wreath which she had made herself with 29 poppies and the names and details of the 29 Club members who fell in the Great War. We had identified St. Andrew's Church, Box Hill village as the most suitable place for laying the wreath because the war memorial is outside and easy to access and the Rector had given us permission to use it. Gail went ahead with the wreath along the road as the rest of the group took the longer footpath along the North Downs Way and, upon emerging at the village, we could see that Gail had placed the wreath at the base of the war memorial. After a brief period to reflect on the fallen men the wreath commemorated, to take photographs and to try and tie the wreath to the monument (as it seemed in imminent danger of being taken by the wind), we returned to the road and proceeded to Headley Heath.

At Headley Heath we took a route which allowed us to see the mixture of open heathland and woodland, and emerged at the car park to take tea outdoors at the mobile café parked there. Tea was enhanced by the Marks and Spencer biscuits carried by John and by a delicious cake carried by Kate. Given the relatively mild weather and the need to press on, this proved a better option (suggested by David) than the conductors' original idea of having tea at Headley Village Store. We returned to Headley Church, went under the M25 and, as the day drew in, stopped for a final look at the Langley Vale trees. We followed a different footpath than earlier in the day which allowed us to step into the fields to see the new trees close up. Sally, who must have amazing eyesight, spotted a live poppy (see cover photo) in the gathering gloom – an appropriate symbol for a day of remembrance. Continuing around the edge

of Epsom race course we reached Tattenham Corner in time for the 1715 train back to London.

Our thanks to all those who donated money, attended the stroll or expressed their interest in the Club's Langley Vale Appeal and also to Gail for her extensive research work and for her idea to make a wreath and lay it on Remembrance Sunday.



Site of the Memorial Wood



the poppy wreath

Strolls Fixtures

Saturday 2 January. Thames Path, Richmond Park and Wimbledon Common to Wimbledon (Linear). Conductor Chris Dent Start Putney Bridge station 09:45 (District Line). Regular trains or tube to Central London from Wimbledon.

Route description: This stroll follows the Thames Path westwards to lunch at Richmond (many eateries). Then uphill to Richmond Park and into Wimbledon Common. Tea in Wimbledon Village finishing at Wimbledon Station for trains to Central London.

Explorer 161. Distance 16 miles.

Saturday 16 January. Farnham Circular. Conductor Jill Goddard. Start at Farnham station 09:25 (London Waterloo 08:23), Return trains 28 and 58 minutes past each hour.

Route description: A walk exploring many of the heaths and commons of south Farnham. We start out on the North Downs Way and then head over the Bourne Woods, across Frensham and Hankley Commons to Tilford for lunch. The afternoon takes us out to Puttenham Common and then back on a further stretch of the North Downs Way.

Explorer 145. Distance approx. 18 miles.

Sunday 7 February. Hounslow West to Wimbledon (Linear). Conductor **Kevin McGivern** Start Hounslow West tube station 09:35 (London Victoria 08:49). Regular tubes and trains return from Wimbledon.

Route description: The morning route takes us across Hounslow Heath through Crane Park to Bushy Park and our lunchtime stop at Hampton Court Palace (picnic, café or pubs). In the afternoon we walk through Home Park skirting Kingston and through Latchmere Park to King Henry's Mound in Richmond Park. From there we make a beeline for the Windmill Tearooms on Wimbledon Common and finally down to Wimbledon Station.

Explorer 161. Distance 17.5 miles.

Saturday 20 February. Petersfield to Rowlands Castle (Linear). Conductor Janette Henderson. Start Petersfield station 09:31 (London Waterloo 08.30). Return trains from Rowlands Castle 46 minutes past each hour.

Route description: The morning route takes us via the Hangers Way to Buriton, then onto Chalton and Finchdean for lunch. Afternoon takes in cute church at Old Idsworth before making our way via West Marden to Stoughton. Here we join the Monarch's Way to finish at Rowlands Castle (with possible tea stop on the way). Some lovely views (weather permitting) both morning and afternoon.

Explorer 120. Distance approx. 18 miles.

Saturday 5th March. Spring in the North Downs, a Circular Walk from Otford station. Conductor Jerome Ripp. Start Otford Station 08:56 (London Victoria 08:22). Frequent return trains to London Victoria.

Route description: A hilly route partly following the North Downs Way exploring the villages and woodland to the north. The lunch stop will be in Trosley Country Park with opportunities for exploration. Possible tea stop in Shoreham.

Explorer 147. Distance approx. 20 miles.

Saturday 19 March. Eastbourne Circular. Conductor Clare Kirkbride. Start at Eastbourne station 09:46 (London Victoria 08:17). Two return trains an hour to London Victoria, a further two for return via Brighton.

Route description: Starts through historic Meads district of Eastbourne with spectacular route mostly on the South Downs including the iconic Seven Sisters. Lunch in Alfriston: pub/ cafés/picnic. Bring a torch in case of late finish.

Explorer OL 25. Distance approx. 21 miles.