

Spring 2016 No.463

*The Gazette and Record of the
Surrey Walking Club*



Walking



Malcolm Martin winning the Cecil Gittins Memorial 15 kms

(race photos – Mark Easton)

Welcome to Gazette no. 463

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 Member

We welcome Kathy Phillips,

Ken Best

In the last edition we reported the passing of Ken Best, one of our most prominent members for over half of the life of the Club. Ken joined SWC in 1952 and had a very active racing career into the 1960's. In 1953 he walked both the Hastings to Brighton (6hrs 50 mins) and the London to Brighton (9hrs 43 mins). He competed for the Club at all distances from 2 miles to 50 kms. His best 2 miles was in the Surrey County race in 1957 (16.15). This was the year in which he gained his 7 in the hour badge in the Civil Service championship (58.35). In 1959 he came 4th in a large field in the Gazette Cup race in 35.44. In 1961 he completed the Colchester to Ipswich 17 miles in 2.37.18. After ceasing to race Ken continued to serve the Club faithfully in judging and supporting the Club in many events. I remember the hospitality and support which he and his wife, Beryl gave to the Club at Basingstoke in 1971, when SWC won the Garnet Cup.

Ken made a distinguished contribution to the Club in many roles. He was Club Captain from 1954-1957 in which role the Gazette reported that his motto was "train hard." No doubt this contributed to what could be called the most successful years that followed for SWC. He was Hon. General Secretary from 1958-1963 and edited the Gazette from 1963-68. He was also rightly honoured by being elected President in 1965.

David Railton

After a long battle with cancer Dave passed away on NewYear's Day, aged 79. He was an active race walker for the Club and Stock Exchange. Dave joined SWC in 1976 and made good progress winning his first Christmas Cup race. He achieved good performances at a wide range of distances and counted for the Club in many team races. His best 7 miles time was 57.35 and he recorded a time of 83.35 in a GLC 10 miles race. He competed for Stock Exchange in the famous Airolo-Chiasso relays and sped along 30 kms in 2.37.55. He was a determined walker and I remember battling with him in a number of races notably a 5 miler in Battersea Park when he got the better of me by 4 seconds in 44.31 in 1985..

He completed 11 Stock Exchange London-to-Brighton Walks between 1974 and 1986. He won in 1982 beating 10 hours. His best time of 9.14.53 came in 1984 when 2nd. As well as long distance he could sprint; as shown when winning the 1981 Osborn Cup 5 Miles on a dip-finish when both he and Peter Selby sped over the line in 42.36. He raced regularly until the mid-80's.

Dave attended Gazette Night in 2014. He was very much a family man and his funeral was well attended by family and friends, including SWC and Stock Exchange walkers, including Pat Browning, Roger Lancefield, Pam Ficken, Chris Flint, Cyril Reebak, Trevor Sliwerski, and Peter Crane. (Peter Crane).

Neil Anthony

Neil died aged 53 on 3rd December in Bury St Edmunds. He joined as a junior member in 1976 having raced in the Schools League. He represented the Club in the National Boys 3kms, coming 28th in 16.50. He was a pupil at Royal Russell School where he was taught by Shaun Lightman.

The Club has received a £500 bequest from the estate of Colin Harding

Club Clothing is available from Nolan Simmons

Vests	- £12.00	Fleeces	- £17.50
Sweatshirts	- £12.00	Ties	- £ 2.50

RACE RESULTS

19 December – Steyning AC Alf Palmer 5km, Broadbridge Heath:

A record field of 49 athletes over four distances faced the starter on a warm Saturday in Horsham for the Steyning Alf Palmer races. This included 19 in shorter distances mainly for young walkers. The season of good cheer was evident in a number of Christmas hats and at the front of the race with Luc Legon (Cambridge) and Tim Snook (Aldershot) walking together to finish 1st equal. Surrey Walking Club had seven members out with Malcolm Martin leading home the team. By 2km he had opened a gap on Jim Ball of Steyning, but in the last 800m was unable to match Ball's surge. He was followed in the first few laps by a group consisting of Paul Gaston, Dan Maskell, Angela Martin and Peter Hannell and walkers from other clubs. Peter and Angela were soon dropped but Paul and Dan battled on with Paul eventually gaining the advantage. Angela maintained her pace and finally made ground on Fiona Bishop (Farnham, Aldershot and District). Angela finished just behind Fiona in 31m 58.3s - a personal best as she, at last, broke 32. Ron Penfold (Steyning) caught Peter Hannell and they battled for some 2km before Peter faded to be passed by fast finishing Mick Harran. Dave Hoben began with Martin Ford-Dunn (Steyning) but eventually led him home by 300m. In the shorter races Ethan Kitteridge finished 3km in 19m 47.7 followed by father, Mike. Whilst Mum and brother Finn completed their first 1km race in 7m 16.5 and 7m 48.9 respectively. The winter sun had failed to dry the many puddles with mud and leaves covering most of lane one. This probably accounted for the majority of slowish times in the 5km however it was remarkable that 4 out of the 9 women scored personal bests including Angela. Also the shorter races saw bests for half the field reflecting the good turnout and competition among the youngsters who, overall made up nearly half of the total.

Men (21)

1=, L.Legon (Camb H) 24 .11.5; 1=, T.Snook (AFD) 24.11.5 ; 3. F.Reis (If) 24. 39; 7. **M.Martin** 27.41; 12. **P.Gaston** 31.21; 13. **D.Maskell** 31.43; 14. **M.Harran** 32.0 7; 16. **P.Hannell** 32.29 20. **D.Hoben** 35 30.

Women (9)

1. E.Butcher (Camb H) 28.39.2; 2. P.Cummings (AFD) 29.15.2; 3. A.Jennings (AFD) 30.02; 5. **A.Martin** 31.58.

26 December – Preston Park Boxing Day 5.5 miles, Brighton:

In unseasonably warm weather five intrepid Surrey Walkers made their way to the South Coast on Boxing Day for the Preston Park 5 1/4 mile race. From the start Ian Richards (Steyning) took a commanding lead and was never headed. A group of four battled for second place. After the first of four laps Ron Penfold (Steyning) and Peter Hannell (Surrey) were dropped and Mick Harran and Dan Mascall (both Surrey) surged ahead with Mick making the pace. By the beginning of lap three Dan had dropped Mick. Ron Penfold was making a determined effort, he passed Mick and was making ground on Dan. However on the final hill Dan rallied to be 33 secs in front of Ron. Mick and Peter finished in that order as both struggled on the long hill that marks out this course. Among all of the SWC group it was Harran that had the best performance having raced with Dan on the flats in the first half. Further down the field we had the battle of the four Daves - Dave Hoben, Dave Delaney, Dave Stevens (Steyning) and Dave Boxall (Brighton). Hoben and Delaney were together until Hoben made an effort at the end of the first lap with Stevens and Boxall some way back. However Delaney caught Hoben and passed him on the third lap. Stevens stopped after two laps but Boxall made a considerable effort to catch Hoben but the latter proved to be too strong.

1. I.Richards (Steyn) 46.40; 2. **D.Maskell** 57.31; 3. R.Penfold (Steyn) 58.04; 4. **M.Harran** 58.45; 5. **P.Hannell** 61.31; 6. **D.Delaney** 63.20; 7. **D.Hoben** 63.25.

9 January 2016 Enfield League 5 miles, Enfield:

The first Enfield League was held on a cool Saturday afternoon at the Donkey Lane venue. The flat course consisted of 5 equal one mile laps. After the initial rush, Malcolm Martin of Surrey and Chris Hobbs took a commanding lead. A race long battle ensued with first one then the other trying to make a break. Finally after 4 1/2 miles Chris gained a 20m lead finishing in 43m 59s with Malcolm second in 44m 11s, not far from his best for the distance. Further down the field Dan Maskell was challenged by a group led by Surrey second claim Paul King . Paul almost caught Dan at half way however Dan increased the pace and opened up a good gap. He finished 10th overall in 52m 06s. Behind him a battle ensued consisting of Paul King, Mick Harran, Cath Duhig, Angela Martin and Ann Jones (Steyning). The group was eventually headed by fast finishing Mick Harran who , for a second consecutive race, improved his current form . With Paul King fading, Angela Martin was caught by Ann Jones but gamely held on to share an equal time. In 19th position was Chris Flint recovering from injury as he walked a solitary race but was pleased with his performance. Kathy Crilley, in her first race since the Roubaix 24hr relay, walked solidly but lost out to Jenny Middleton in the last lap. Prizes were

awarded for 2014-5 season. Surrey Walking were in 3rd place behind Hillingdon (2nd) and Enfield (1st). Dan Maskell was third best walker over all of the league races.

Men (16)

1.C.Hobbs (Ash) 43.59 2. **M.Martin** 44.11 3. S.Allen (Bar) 45.43; 8. **D.Maskell** 52.06; 10. **M.Harran** 52.34; 11. **P.King** 52.48 . 13 **C.Flint** 58.27.

Women (9)

1. P.Cummings (AFD) 48.03; 2. M.Noel (Belg) 50.47; 3. C.Duhig (Ryst) 52.39; 5. **A.Martin** 53.07; sec;; 8. **K.Crilly** 61.59.

16 January– 2016 SWRA 10km Championships + supporting distances, Sutcliffe Park, Bexley, 2015 Enfield League:

Surrey Walking Club men gained a convincing win over Ashford and Ilford Athletic Club with their Ladies second in the Race Walking Association Southern Area Championship. The competition was held at Sutcliffe Park last Saturday. First home for the Club was David Crane with an excellent 3rd in the men's event. He was with international Sophie Hales (Steyning) but, after the half way point, Sophie drew clear and in the latter stages young Jonathan Hobbs (Ashford) came through to achieve a 26 second advantage. Nevertheless David recorded a personal best in 51m 59s in a race held in excellent conditions with good competition and many good performances. Just behind him Jonathan's father Chris Hobbs (also Ashford) had another dour contest with Malcolm Martin following their epic of last Saturday. Malcolm was determined to get the better of Chris and held a 10 metre lead for most of the race however with 2km remaining Chris surged forward and passed Malcolm in the last kilometre to lead by 5 secs at the tape. Dan Maskell was with Maureen Noel (Belgrave) initially but she drew away, however, Dan made a sterling effort to catch her around the 5km mark but Maureen proved to be too strong. Dan in 8th position closed in for the winning team. Second claim Paul King gained a good lead over Angela Martin. However Angela fought back and passed Paul in the last 100m to gain a 3 sec advantage and a 26 second pb. Three places further Mick Harran had a lonely race as he could not hold the small group he was with for the first few laps to finish in 11th in 67m 06s. However having dropped Peter Hannell in the first few kilometres he was unaware of Peter's fast finish who was only 40 sec's behind in 12th position. Chris Flint still recovering from injury had a race long battle with Sean Pender (Enfield) but Sean gained the advantage in the last 2 km to finish in front by just under a minute. Kathy Crilly closed in the SWC ladies for second team place in 77m 43s. 2015 was a very successful year for Surrey Walking Club in the Enfield League with 3rd Team place out of a total of around 40 teams with more than

one member. Team and individual SWC results are shown below. Both Dan Maskell and Dave Hoben completed 9 out of the 11 races where the best 10 count for the overall results. Attendance as well as race position intentionally affects final positions so more frequent travellers to Lee Valley and Enfield dominate the higher ranks

Men (18)

T.Snook (AFD) 49.27; 2. F.Reis (SCVAC) 50.48; 3. J.Hobbs (Ashf) 51.33; 4. **D.Crane** 51.59; 6. **M.Martin** 54.20; 9. **D.Maskell** 64.55; 11. **P.King** 65.35; 12. **M.Harran** 67.06; 13. **P.Hannell** 67.46; 15. **C.Flint** 71.08;

Teams: SWC (75), Ashford (71) and Ilford (53).

Women

1. S.Hales (Steyn) 50.59; 2. P.Cummings (AFD) 58.56; 3. M.Noel (Belg) 63.09
5. **A.Martin** 65.32; 9. **K.Crilley** 77.43;

Teams: Steyning (26), SWC (16)

2015 Enfield League Results:

Teams : 1. Enfield A (2907 pts), 2. Hillingdon A (2528), **3. SWC A (2143), 8. SWC B (791) and 31 SWC C (89).**

Individuals: 1. F.Deuter, Hillingdon (637); 2. J.Ralph, Enfield (600), 3. M.Noel, Belgrave (560), SWC – 5. **D.Maskell** (528); 15. **D.Hoben** (509); 22.

S.Lightman (348); 24. **M.Harran** (320); 33. **M.Malcolm** (281); 35. **A.Martin** (257); 42. **P.Hannell** (207); 45. **C.Flint** (171); 49. **D.Crane** (154); 57. **K.Crilley** (118).

23 January – Steyning AC 15km, Steyning :

Four Surrey Walking Club stalwarts made their way to the picturesque village of Steyning for an undulating 15km competition. From the start Ian Richards of Steyning held a good lead from son and father duo - Jonathan and Chris Hobbs. The three of them were never headed. In the middle of the field Dan Maskell soon drew away from Anne Jones and finished one minute ahead of Anne. They built up a lead over Peter Hannell and behind him a dour battle ensued between Dave Delaney and Chris Flint. In the final mile Chris sharpened his pace as Dave delayed his final effort. Nevertheless Dave was awarded the prize for the most consistent walker with almost even 7.5 km splits. The long downhill return to the village sustains the tired legs and as usual times were generally good for a hilly race almost 10 miles with the first three particularly fast.

1. I.Richards (Stey) 76.41; 2. J.Hobbs (Ashf) 79.16; 3. C.Hobbs (Ashf) 81.43; 7. **D.Maskell** 99.30; 8. **P.Hannell** 102.54 9. **C.Flint** 109.38 10. **D.Delaney** 109.52.

24 January – London Indoor Games 3km Walk, Lee Valley

This was the second of five events which include a walking race and are to be held at Lee Valley's Indoor Sports Centre. With the Steyning 15km race the day before the number of senior and veteran walkers was down but it was good to see a good crowd of youngsters there. It was generally the latter group also who had the best performances and the most seasonal and overall personal bests. Surrey Walking Club was represented by Angela and Malcolm Martin. While Malcolm's time was near his outdoor best and Angela not too far away, the difficulty of negotiating the steep track and the tight bends made these times very satisfactory. Also competing and definitely scoring a personal best was Under 17 Ollie Hopkins who is coached by SWC's Peter Selby.

Men (8)

1. C.Snook (AFD) 13.15.5; 2. T.Snook (AFD) 13.34.1; 3. L.Legon (Camb H) 14.03.6 ; 6. **M.Martin** 15.54.0; 7. O.Hopkins (Lewes) 16.43.7.

Women (9)

1. S.Lewis-Ward (Camb H) 15.7.6; 2. G.Narviliene (Belg) 15.20.6; 3. E.Butcher (Camb H) 16n 30.97 sec; 6. **A.Martin**19.22.9

07 February – London Open 10km, Hillingdon Cycle Track:

We continued our winning ways with an emphatic 29 point victory over Ilford Athletic Club in the London Championships at Hillingdon on a cool and blustery Sunday. Although some athletes anticipated slow times due to the wind the effect was moderated by its direction as faced the walkers on the slight downhill section and vice versa. The race was won by Jonathan Hobbs (Ashford) in a personal best of 50m 46s. The club were ably led home by Malcolm Martin who finished 3rd after a very close contest with Steve Allen of Barnet. It was in fact only in the last 100m that Allen eventually made the final break to finish second by a wafer thin margin in a good time. Supporting Martin were Dan Maskell and Paul Gaston. In the first two kilometres Maskell, Gaston and Dave Kates (Ilford AC) were together with Gaston being dropped and a dour struggle between Maskell and Kates developing with Maskell making a break at 8 km only for Kates to draw level at 9km however Maskell had the superior sprint finish to cross the line in 5th place in 64m 56s to edge Kates into 6th place by 3 seconds. Gaston closed in next in a normal 65m 46s with second claim Paul King in 8th position and continuing to improve as he enters a new age-group. Further down the field, Peter Hannell had a lonely trip to finish 11th in time down on expectation.

In the ladies 5km event Angela Martin drew away from Lesley Hall of Ashford but did not catch Maureen Noel of Belgrave. She finished 15th in 32m 33s slightly down on her best

Two young athletes coached by members of Surrey Walking Club were in action in the supporting races. Ollie Hopkins finished 5th in the 5km in 27m 36s which was an improvement of 1m 20s whilst Isabelle Bridge finished 5th in the under 15 girls' 2km in 12m 11s. - a personal best by 40 seconds.

10 km

Men (13)

1. J.Hobbs (Ash) 50.46; 2. S.AllenB (Barn) 55.53; 3. **M.Martin** 55.54; 5. **D.Maskell** 64.56; 7. **P.Gaston** 65.46; 8. **P.King** 66.12; 11. **P.Hannell** 68.40.

Mens Teams: 1. Surrey Walking Club

Women (15)

1. E.Achurch (Leic WC) 25.07; 2. G.Narviliene (ESM) 26.24; 3. N.Myers (Shef/Dearn) 27.05 ; 10. **A.Martin** 32.33.

20 February – Enfield League Race Two, 5 miles, Enfield

Surrey Walking Club overwhelmed the rest for another team win in this event. On a blustery, cold day David Crane shadowed Francisco Reis (Southern Veterans Athletic Club) - the eventual winner - for the first two of the five laps after which Francisco built up a lead only for David to slightly reduce this to 24 secs in the last lap. He was just 3 seconds outside his personal best. He was ably supported by Malcolm Martin who had an isolated race to finish 4th. In contrast Dan Maskell had a race long struggle with Surrey second claim Paul King and Enfield's Gary Smith. At 3 1/2 miles Maskell made an effort and gained 20 yards lead over both of them to defeat them both. Angela Martin, in a similar position, was less fortunate in not quite beating her starting group. However she soon dropped David Hoben and overtook Sean Pender (Enfield) in the last mile. She then caught Lynn Jones of Enfield but both were passed by Amos Seddon also of Enfield. In the final 200m sprint. Jones found enough to come home as 3rd woman with Seddon 6 seconds behind and Martin a further 4 secs adrift but in her best race for some time. Just behind this trio was fast finishing Shaun Lightman completing the journey at 15th man inside 53 minutes. Anchoring the team was David Hoben who finished an isolated 24th.

Men (21):

1. F.Reis (SCVAC) 40.56; 2. **D.Crane** 42.20 ; 3. C.Hobbs (Ashf) 42.47; 4. **M.Martin** 44.38; 9. **D.Maskell** 52.01; 11. **P.King** 52.16; 13. **S.Lightman** 52.52; 18. **D.Hoben** 58.16.

Women (12):

1. G.Narviliene (ESM) 45.29; 2. P.Cummings (AFD) 47.58; 3. M.Noel (Belg) 50.20; 5. **A.Martin** 52.35.

21 February SCVAC & VAC Indoor Champs 3km Walk, Lee Valley Stadium:

The annual indoor walks 3km held jointly between Southern Counties Veterans AC and Veterans AC was a strictly judged A race that failed to attract a good field perhaps as the more popular B League race the day before attracted many of the potential Championship contenders. In fact, 4 out of the 5 indoor competitors had also competed the day before and the first three in the men's race were among the best Southern walkers in their age groups. We filled three of the five out with a personal best from Malcolm Martin, despite the difficulties of the indoor track, and though down on her best after the previous day Angela Martin achieved a Championship W50 Best Performance. The winner, Portuguese international Francisco Reis, also scored a CBP as he lapped the whole field at least once.

Men :

1. F.Reis (SCVAC 1st M55 CBP) 14.06.4; 2. S.Allen (Bar 2nd M55) 15.35.8; 3. **M.Martin** (1st M60) 15.40.1; 4. **P.Hannell** (M70) 19.37.4.

Women (1): 1. **A.Martin** (1st W50 CBP) 20.14.3;

27 February – Leicester 15 Miles:

Leicester Walking Club's annual 15 mile event was won by Dwayne Butterly who has recently returned to race walking, in an excellent time of 2:33.27, having to face weather conditions which were wintry especially in the less sheltered spots. The recently elected Race Walking Association Secretary, Colin Vesty, was only 3 minutes behind and arguably had the better race as he had just surfaced from a 24 hour flight yet was 10 minutes faster than last year. Only five on the start line, with some of the regulars absent, but this challenging course on the scenic Leicestershire country lanes with a long climb to half way and other minor hills continues to attract as a wakeup call to the longer distances in the calendar in the summer. SWC's David Hoben was slightly down on last year but the distance and conditions did not prevent a better time in relation to his recent shorter races.

Men (5):

1. D.Butterly (Leic WC) 2.33.27; 2. C.Vesty (Leic WC) 2.36.56; 3. C.Berwick (Leic WC 2.47.33; 5. **D.Hoben** 3.11.26;

27 February – Bourges 24 hours, France

Sandra Brown was pre-eminent in this International 24 hour race. On this occasion she won the Women's event by nearly 3 miles as she completed over 110 miles despite her clearly unbelievable W65 label. She was up in 6th overall in a field of over 40. A little further back was Kathy Crilley who completed her furthest distance for some time with very nearly 90 miles. It was good to see that Sandra's result appeared in Athletics weekly .

Women: 1. S.Brown 178.889 km (110.8 miles) ; 9. K.Crilley 143.527Km (89.2 miles); (42 Finishers)

28 February Veterans UK Inter-Area Indoor Match 2km Walk

At the shorter distance two SWC members were selected to represent their areas in the important veterans inter area match with Roger Michell representing the Midlands and Angela Martin the South. Both were towards the back of the field with neither enjoying the steeply banked indoor track at Lee Valley however both loyally turned out and scored some points for their team. In Angela's case this was the 2nd Women's and 1st Combined team while Roger's Midlands were 3rd Men and Combined. Our more local team, VAC, scored an excellent 2nd in the Men's section.

Men

1. C.Hobbs (SCVAC/Ashf M60) 9.48.9; 2. S.Allen (SCVAC/Barn M55) 10.26.8; 3. P.Boszko (Midlands/Bir M65) 10.49.3; 7. **R.Michell** (M65) 11.52.5.

Women

1. P.Cummings (AFD W35) 10.52; 2. A.Wheeler (Leic WC W60) 11.33.7; 3. H.Middleton (E&H W50) 11.48.3; 5. **A.Martin** (W50) 12.48.9.

Overall Team Results (out of 8 teams with 2 per event):

Men: 1. Southern; 2. VAC; 3. Midlands

Women: 1.Eastern; 2. Southern; 3. Midland; 5. VAC.

Overall: 1. Southern; 2. Eastern; 3. Midland; 5. VAC.

6 March – Molly Barnett Races inc. EA Championships 10km, Coventry

The Molly Barnett England Athletics National 10 km and supporting races was held at Coventry with 90 starters over 12 events. In the supporting 5km race, the Lightman versus Lightman contest proved an easy win for Sarah (Leicester WC) who drew away from father Shaun after the first 800m and went on to defeat her father for the first time in a personal best of 29m 59s. Shaun Lightman faded in the last lap to be overtaken by fast finishing Dan Maskell who gained a 7 sec lead. Angela Martin was up with Sue Davies

(AFD) and Julie Bellfield (Halesowen) early on and over the last 2 km Angela made a good effort to leave both her rivals by a quarter of a minute to finish in 10th position in 32 min 11 sec.

In the English National 10km Championship, a very fast race was won by Callum Wilkinson (U20) in an excellent best of 41m 31 secs. Malcolm Martin (SWC) had a race long battle with Steve Allen (Barnet) and Adrian Edwards (Lancs WC). Martin, aware of Allen's sprinting abilities, surged at 8km and held a 20m lead over Allen with Edwards dropping back. Further down the field Chris Flint gained an advantage over Sean Pender (Enfield) only for Pender to make a valiant effort to overtake Flint in the last 800 m and take a 5 second victory. SWC's Roger Michell was present at the event in the capacity of Starter and Judge.

5k Senior Men (4)

19. C.Vesty (Leic WC) 29.25; 20. **D.Maskell** 31.26; 21. **S.Lightman** 31.33;

5k Senior Women (12)

1. S.Lewis-Ward (Camb H) 26.07; 2. E.Montana (Hyde Pk) 26.21; 3. K.Donaldson (Leic WC 26.47; 6. S.Lightman (Leic WC) 29.59; 10. **A.Martin** 32.11.

10k Senior Men EA Champs (28)

1 C.WilkinsonE&H) 41.31; 2 G.Thomas(Ton) 45.12; 3 C.Snook (AFD) 47. 45; 11. **M.Martin** 55.37; 22. **C.Flnt** 71.06.

12 March - Lewes Open Development Races :

This was the second of a series of open development races at the very pleasant Lewes track organised by Peter Selby. These are aimed primarily at youngsters new to race-walking but with more experienced young athletes and senior walkers more than welcome. The occasion was blessed with one of the first warm sunny days of the year even though the warmth was of a March flavour. The conditions encouraged at least one personal best in each of the 1, 3 and 5k races and even some of the older walkers performed better than recently. It was good to see the difference in standard between the two groups as there was a wide gap between the older and younger elements in terms of age and achievement and it was the promising youngsters who had the advantage. The field, which it is hoped to build, was a satisfactory 15 for this new venture and the range of distances gave suitable options for all. The Surrey Walking Club contingent of 5 were all in the 5km race and three of these – Dan Maskell, Mick Harran and Peter Hannell formed a fairly close group with the latter two chasing Maskell, who was a little off form, hard but unable to catch him. The winner of the race, the very promising Luc Legon from Cambridge Harriers, and SWC's Shaun Lightman were due to slight injuries taking it easy and encouraging younger members but the rest of the

field went well with a personal best from the fairly new Andrea Ingram from the local Lewes Club. Also of note was a one minute p.b. from Ollie Hopkins who is part of Peter Selby's coaching group and won the 3km event in 15m 30s. The event was a real pleasure to all present and it is to be hoped that it grows.

5 km Men (7)

1. L.Legon (Camb H) 25.58; 2. **D.Maskell** 31.48; 3. **M.Harran** 31.49; 4. **P.Hannell** 32.06; 5. R.Penfold (Steyn) 32.18; 6. **D.Hoben** 34.56; 7. **S.Lightman** 34.56.

13 March – BMAF Indoor 3km Championships, Lee Valley

The annual Indoor British Masters Championships were held at the Lee Valey Stadium again this year with 13 out for the 3km walk, not a large field but including most of the best in each age group but also sole representative in their group. Surrey Walking Club had become their regular Masters team of Malcolm and Angela Martin plus Roger Michell. Malcolm was fastest in a time near his best for this difficult banked surface. Roger had the most competition with four M65s, two of whom are exceptional for their ages. Angela, like Malcolm won her age group gold in a good time over a minute ahead of her last indoor 3km.

Men

1. F.Reis (SCVAC1st M55) 13.58; 2. M.Williams (Tam 1st M50) 14.19; 3. I.Richards (Steyn 1st M65) 15.00; 4. **M.Martin** (1st M60) 15.46; 7. **R.Michell** (3rd M65) 17.46.

Women

1. P.Cummings (AFD 1st W35) 16.40; 2. C.Dyall (Nun 2nd W35) 17.22; 3. A.Wheeler (Leic WC 1st W60) 17.46; 5. **A.Martin** (1st W50) 19.07.

26-27 March – French 24 Hrs Championships Chateau Thierry:

Once again Sandra Brown won a European 24 hour race as she overtook Corine Fauqueur Duda in the last kilometre of this, the French National Championship. Sandra's victory by 99 metres over the new French Champion provided an unusually exciting end to this long event. She was in 8th overall out of 60 starters and achieved over 106 miles. The Club's other entry, Kathy Crilley, was 9th woman and in the top half of the overall list.

Women (16)

1. **S.Brown** (Sy WC W65) 171.237 km; 2. C. Fauqueur Duda (Entente LAN W) 171.138 km; 3. M.Navarro (Athle 11 W) 166.133 km; 9. **K.Crilley** (Sy WC W50) 141.891 km.

18 March Slater/Bryce Memorial 10km, Steyning AC, Horsham

Dan Maskell was placed third in the 10km Sussex walk championship held at Broadbridge Heath athletics track last Saturday - a cold day with an easterly breeze. Dan began cautiously but opened up after 5 km and caught Paul Gaston and Ron Penfold of Steyning, to gain a convincing 3rd spot in 64m 39s. By coincidence he was also awarded 1st spot prize. Mick Harran led Arthur Thompson (Enfield AC), who are both in the same M75 age group, until half way. Then a battle ensued with Thompson, a multiple world age-group champion, gaining the upper hand after 8km. Harran finished in 7th position in 66m 22s but still less than a minute behind Thompson. Further down the field Dave Hoben gained 200m on Carol Bean in the first 4 laps then held his position finishing 11th in 73m 46s. Despite the cold wind times were, on average good with most of the SWC contingent ahead of recent times.

1. F.Reis (SCVAC) 49.21; 2. I.Richards (Steyn) 52.35; 3. **D.Maskell** 64.39; 4. **P.Gaston** 64.45; 7. **M.Harran** 66.22; 10. **D.Hoben** 73.46.

31 March & 2 April European Masters Indoor 3km/5km Road Championships, Ancona, Italy

The 2016 edition of the European Masters Indoor Championships was held in the city of Ancona in Italy – a pleasant city in beautiful weather and a good British contingent although GBR race walkers were in short supply. Surrey Walking Club was represented by Angela and Malcolm Martin with both performing well on both the difficult indoor track and in the longer road race. All races were of a high standard and Angela is not, as yet, able to compete with the front group despite an excellent 5km road race time. Malcolm however is much closer and with 4th and 5th for track and road was only just outside of the medals in both time and position.

Men 3km M60 (10):

1. M.Fliegl (CZE) 15.32.2; 2. F.Ruzzier (SLO) 15.35.7; 3. A.Pio (ITA) 15.41.7; 4. **M.Martin** 15.58.8

Women 3km W50 (11):

1. S.Sevellec (FRA) 16.10.5; 2. A.Paraninfo (ITA) 16.49.6; 3. B.Primas (GER) 16.51.4; 10. **A.Martin** 19.45.1.

Men 5km M60 (11):

1. M.Fliegl (CZE) 26.27 2. A.Pio (ITA) 26.37; 3. J.Kalat (CHE) 26.46; 5. **M.Martin** 27.25.

Women 5km W50 (14):

1.S.Sevellec (FRA) 27.41; 2. B.Primas (GER) 28.15; 3. W.Bennett (GBR Worc) 29.23 13. **A.Martin** 32.48.

9 April Cecil Gittins Memorial 5/10/15Km, Gravesend Cycle Track :

A new race was held by Veterans AC in memory of Cecil Gittins, a very loyal Club official both as track timekeeper and all race walking activities over many decades. A new venue at the Gravesend Cycle track met with approval all round having been made possible by Cecil's generosity. Almost 40 starters faced the gun together with many family and official visitors. Three distances were offered – 5, 10 and 15 km with 2.5 added as several youngsters turned out. Organiser David Hoben did well to deal with the inevitably complex race entry, timing and results issues – as well as walking 10km! David Crane and Malcolm Martin were certainly the SWC stars as Malcolm won the 15km while David was an excellent 2nd in the main 10km race and both scored personal bests. In both cases they were isolated for a good part of the races on a course full of hills and twists although good fun after the first exploratory 2.5km lap. Shaun Lightman coming slowly back from injury also had a good race as he pulled past and away from those initially ahead gaining some 8 places. Despite the burden of organisation Hoben was somewhat ahead of recent performances. Chris Flint also returning from serious injury took on and performed well over the longer distance. It was also good to see Spanish member, Carlos Cobo-Corrales, who is studying in the UK again finding the time to do the 15km in spite of an enforced lack of training time. His time although below what he might have hoped for was only slightly outside of his 90 minute target.

Men 10km (14)

1. F.Reis (SCVAC M55) 50 min 35 sec; 2. **D.Crane** (Sy WC M35) 51 min 9 sec; 3. O.Hopkins (Lewes U17B) 57 min 42 sec; 6. **S.Lightman** (Sy WC M70) 1 hr 3 min 12 sec; 9. **P.Hannell** (Sy WC M70) 1 hr 6 min 13 sec; 10. **M.Harran** (Sy WC M75) 1 hr 7 min 5 sec; 12. **D.Delaney** (Sy WC M70) 1 hr 12 min 3 sec; 13. **D.Hoben** (Sy WC M60) 1 hr 12 min 15 sec.

Men 15km (8)

1. **M.Martin** (Sy WC M60) 1 hr 25 min 3 sec; 2. C.Hobbs (Ashf M60) 1 hr 26 min 29 sec; 3. M.Culshaw (Belg M45) 1 hr 33 min 3 sec; 4. **C.Cobo-Corrales** (Sy WC M35) 1 hr 33 min 18 sec; 6. **P.Gaston** (Sy WC M65) 1 hr 41 min 11 sec; 8. **C.Flint** (Sy WC M70) 1 hr 46 min 55 sec;

Women 15km (4)

1eq. A.Jones (Steyn W60) 1 hr 49 min 28 sec; 1eq. **A.Martin** (Sy WC W50) 1 hr 49 min 28 sec; 3. J.Miles (Hill W60) 1 hr 49 min 29 sec; 4. **K.Crilly** (Sy WC W65) 1 hr 59 min 46 sec.



A good walk by Paul Gaston in the Cecil Gittins Memorial 15 kms



David Crane came 2nd in the Cecil Gittins Memorial 10 kms

Other Results

13 February – Sam Shoebottom 10km, 12. D.Hoben 71.47.

Club Race Fixtures

See Club website for update on dates

A Stroller's Lament

I've hung up my hiking boots

My backpack's packed away

My last route's been ruined

By my last train delay

I've straddled my final stile

I've finished my final Stroll

As time and temptation

Have taken their terrible toll

Where once there was a 6 pack

There's now a real ale cask

How could this have happened?

It's kind of you to ask

Where once 20 tough miles

Meant a perfect day

Now 20 yards leave me

Tired, pale and grey

Where once Leith and Box Hills

Were easily in my grasp

Now ascending a staircase

Makes me wheeze and gasp

Where once I could be refreshed
By a delicious cream tea
It's now an armchair and slippers
And a mug of cocoa for me
So no more O.S.Explorers
No more energy bars
No more painful blisters
Just comfy seats in cars
My mistake was manifest
I was foolish enough to think
A pint of best bitter was
An isotonic drink

Roger Moss

STROLL REPORTS

22 November 2015 Down the Wandle and along a bit..... ,

Conductor: Janette Platt (Henderson)

Participants: Chris Dent, Gill Morris, Jane Rosoux, Joelle Paul, Kate Copeland, Keith Lane, John Elrick, Laurence Foe, Neil Cook, Simon Lloyd & partner & Susan Cannell

I've never had so many people come and go on a walk! Hopefully it was because we were never far from a tube or rail stop so people felt they could just dip in and out as they pleased rather than any reflection on the stroll or my leading! We started with 11. By lunchtime, when the numbers peaked, there were 13 of us. By the end there were just 7 stalwarts (Chris, Jane, Joelle, Keith, John, Neil and myself, the conductor).

The previous day the weather had been truly awful, but we were lucky. After a dull start, the sun came out for us and stayed with us for most of the day. This stroll follows The Wandle Trail from Croydon to Wandsworth and then takes The Thames Path (sometimes north bank, sometimes south) to Barnes Bridge. Though this is an urban walk, much of The Wandle Trail is surprisingly rural in feel, but the sun does help at this time of year, so I was quite relieved that the weather was so good. And this was an 'educational' stroll, with me spouting forth about the various places of historical interest along the way (apologies if I bored anyone!).

Leaving East Croydon railway station we took in some of the historical sights of Croydon (yes, there are some!) before joining the River Wandle in the aptly named Wandle Park. These historical sights included: the late 16th century Whitgift Almshouses; Surrey Street which first got its charter to hold a market in the late 13th century and has had one ever since; the impressive Victorian water pumping station just off Surrey Street; the Old Palace which was the Archbishops of Canterbury summer residence for over 500 years (but is now a school) and Croydon Minster.

Shortly after entering Wandle Park we were joined by Jane, who had cleverly tracked us down. We were now to follow the river for the best part of 14 miles until it meets the Thames at Wandsworth. Along the way, we admired the

remains of the Wandle's industrial past: including Beddington Mill, Ravensbury Mill (the last mill to go out of operation on the Wandle), a fine former snuff mill in Morden Hall Park and the 18th century wheel house at Merton Abbey Mills. We also took in Carew Manor, home to the Carew family for 500 years until they had to sell it to pay gambling debts and the Terracotta Bridge close by, where we had a group photo (in the same spot as the group photo taken when I led the same walk a few years ago).

The lunch stop was the National Trust café in the walled garden in Morden Hall Park. Here we were joined by Chris, who had tried to meet us on the trail during the morning but had missed us (perhaps while we had a toilet break at the Carshalton Leisure Centre). It was such a lovely day that a number of us had lunch outside – not bad for November!

Simon and his partner left us at lunchtime (as they had planned to do) and the rest of us continued along The Wandle Trail to Merton Abbey Mills. This was the Liberty Print Works from 1904–1972 and is now used for craft shops, cafes and a pub. Close by is the site of the late 19th century William Morris factory. Both are within the former precinct of the 12th century Merton Priory (the remains of the priory church are now underneath the Savacentre car park!) and is famous for the Statutes of Merton, the first recorded statute of the first recorded parliament in England.

Crossing over Merton High Street, I pointed out where Stane Street, the Roman Road from London to Chichester, used to cross the River Wandle. Later we passed the site of the old Wimbledon football ground (now flats) and then the former Ram Brewery in Wandsworth (was the oldest British brewery in continuous operation, but is now being converted to flats and shops) before reaching the end of The Wandle Trail by the River Thames. Susan had left us on the way, at Earlfield, when the handy railway station presented itself to her.

Saying goodbye to the Wandle (and to Kate), we set off along the south bank of the Thames to Putney. Just before we reached Putney Bridge we lost another member of our party, Laurence, and then had a quick look into St Mary's Putney (famous for The Putney Debates, which involved The Levellers and Cromwell's New Model Army in discussions about the constitution after the Civil War and paved the way for many of the civil liberties we enjoy today) before we crossed Putney Bridge. Here Gill took her leave, to go to Putney Bridge station, and the rest of us took a short 5 minute walk along the Thames to Fulham Palace and tea in their excellent tea room. Fulham Palace was

home to the Bishop of London from the 11th century until 1973 and still has a magnificent Tudor courtyard which we admired on our way out. We then continued along the north bank of the Thames past Craven Cottage, the Fulham football ground since 1896 (a quick photo call was taken by some of the men by the Johnny Hanes statue) and shortly after admired a fantastic sunset over the river.

Finally, we crossed Barnes Bridge in the fading light (pretty dark really) and the final seven made it to the end of the (official) walk. The bad news was, however, that we had just missed the (hourly) train from Barnes Bridge station by a few minutes. Chris saved the day, though, by suggesting we walk to Barnes station, where the trains are more frequent, which we duly did (though I was all for going to the pub but sadly no one else wanted to!).

This had the added advantage of making the mileage up to (the billed) 20 miles according to those with GPS, who seem to get very worried about this kind of thing!

20 February 2016 Petersfield to Rowlands Castle

Conductor: Janette Platt

Participants: Jill Goddard, Lyn Mackenzie, Machiko Crane

A small but very select group set off from Petersfield station on what I would like to say was a lovely sunny winter's day, but sadly that would be lying. It was overcast, dull and threatening to rain, which in the afternoon it duly did! Luckily, the rain when it came was not heavy, just a very steady drizzle. Still it did get us fairly wet. Furthermore, the promised mud was very much in evidence throughout the day, and four very muddy walkers could be seen boarding the train at Rowlands Castle at the end of the day.

Lyn did her level best to recruit a new member before we started (she met a member of her gym on the way to the station and he, by chance, was going to Petersfield) but he could not be persuaded to join us. How could he have resisted our charms?

Luckily, though overcast, it was possible to appreciate the views, at least in the morning (more imagination was needed in the afternoon) and the little Saxon church at Old Idsworth was open in the afternoon so we could admire its lovely frescos inside (and get some shelter from the rain).

Sadly Jill managed to lose her gloves somewhere in the morning and despite driving back in the evening to the lych gate in Chalton where we stopped for elevenes (and where she thought she might have left them) was unable to retrieve them.

The morning route followed the Hangers Way to Buriton (very muddy path) where we left the Hangers Way to climb up to the top of the South Downs and continued south via Chalton to lunch in Finchdean. Only Lyn had lunch in the pub but the rest of us joined her there for tea/coffee (and the chance to make friends with a rather impressive bulldog).

After lunch our way across the normally dry chalk valley was barred by a raging torrent (slight exaggeration I admit!) and we had to make a short detour by road to avoid it. Old Idsworth church was then duly visited along with a ruined icehouse in the grounds of what used to be Old Idsworth manor (the manor house was demolished when the railway was built). There followed a climb up and over the ridge to Compton Down and the path down to West Marsden (normally with far reaching views, but not today). Almost straight away we were climbing upwards again on our way to Walderton, where in the past we have had tea in the pub. Instead the conductor thought it might be a better idea to see if we could get tea at the tearoom in the garden centre at Stansted House, just off the route. Opting for the mainly road route rather than the longer route via field paths we arrived at the tea room in time for a quick tea and cake before hightailing it off to the station at Rowlands Castle to get the 5.45pm train (there is only one an hour, which focused the conductor's mind!). Definitely recommend the tea room to anyone in that area. Jenny has used it in one of her strolls too and it is a cut above the usual garden centre café – even has crisp white cotton table cloths!

Shame about the mud and the rain, but the company was great...and with just four people there was no risk of the conductor losing one on the way!

7 February Hounslow West to Wimbledon (Linear) -

Conductor Kevin McGivern

Participants: Carol, Casilda, Chris, Dorothy, David, Kate, Lynne, Machiko and Paul

The stroll took place in good weather and fortunately the threatened rail strike was called off!



In The Water Gardens , Bushy Park

Photo by Kevin

Strolls Fixtures

Sunday 10 April. Haslemere to Witley (linear).

Conductor **Janette Platt** Start **Haslemere** station **09:29** (London Waterloo 08:30). Return trains from Witley 48 minutes past each hour (for those leaving a car at Haslemere the train leaves Witley at 59 minutes past each hour and takes 7 minutes).

*Route description: The morning route takes us over Marley Common and then via Linchmere to Stanley Common before dropping down to Elmers Marsh. A lowland route then takes us to the **Red Lion** at **Fernhurst** for **lunch**. After lunch we climb up onto Black Down for a (hopefully) lovely view from the Temple of the Winds. Walking north along Black Down we eventually drop down to Jays Lane and the Sussex Border Path before leaving it to make our way via Gostrode Farm and Pickhirst to **Chiddingfold** for **tea**. After tea we head straight for Witley station and our train home.*
Explorer 133. Distance approx. 18 miles.

Saturday 23 April. A new stroll in the Surrey hills. Conductor **Lilian Chelli**. Start **Dorking** station **09:24** (London Victoria 08:31). Regular return trains to London Victoria.

*Route description: In the morning we walk through Denbies Vineyard to Ranmore Common. There are impressive views from the North Downs Way. **Lunch** is at **The Duke of Wellington** in **East Horsley**. In the afternoon we walk through woods in The Sheepleas and Honeysuckle Bottom to reach open downland, and another section of the North Downs Way. We descend through a clearing in the woods at Netley Park. **Tea** is at **Gomshall**. The attractive evening route, parallel to the North Downs will take over two hours to complete.*
Explorer 145 and 146. Distance approx. 20 miles

Saturday 7 May. Otford to Greenhithe (linear). Conductor: **Neil Cook** Start at **Otford** station **09:28** (London Victoria 08:52), Regular return trains from Greenhithe to London Charing Cross and St Pancras (one change for the latter). **Strongly advise taking the train as it takes 1hr 26 mins and two changes to get from Greenhithe to Otford by train.**

*Route description: Neil is a new stroll leader for the club so please support his stroll, which sounds lovely. It will follow the Darenth Valley and Thames Path and includes **lunch** at **Lullingstone National Trust Visitors Centre.***

Explorer 147. Approx. 21 miles.

Saturday 21st May. Amberley to Arundel (linear). Conductor Kevin McGivern

Start at **Amberley** station **09:55** (London Victoria 08:36 Clapham Jct. 08.42). Two fast return trains from Arundel every hour, times vary.

*Route description: The morning route takes us high and east along the South Downs Way with great views, to Chantry Post then down and south to Myrtle Grove Farm to continue eastwards along The Monarchs Way to Findon for **lunch (The Village House Hotel** or picnic). The afternoon sees us take a more varied route with plantations, woods, parks and downs, passing through Patching and Wepham on our way to our **tea stop in Arundel.** Explorer 121. Approx. 20 miles*

Saturday 4 June. Goring to Pangbourne (linear). Conductor **Paul Lawrence** (Start **Goring & Streatley** station **09:35** (08:45

London Paddington, change at Reading, or use slower direct train at 08:27). Return from Pangbourne 17 & 47 minutes past each hour.

Drivers should park either at Pangbourne and take 09.30 train to Goring & Streatley) or at Goring. If parking at Goring return trains to Pangbourne are at 00 and 30 mins hourly, (takes 5 mins). Or free car park at SU583806 is on route after 2kms: advise the conductor in advance if using this.

*Route description: A walk on Berkshire Downs and in undulating wooded farmland, ending along the Thames. 1600ft ascent. **Lunch** is at The **Compton Swan** at Compton and **tea** at **Casey Fields Farm.***

Explorers 158 & 159. Distance 20 miles.

Sunday 19th June. Great Missenden Circular. Conductors **John and Gail Elrick.** Start **Great Missenden** station at **09:38** (London Marylebone 08:57). Return trains are 02 and 32 mins. past the hour.

*Route Description: Our morning route takes us from Great Missenden to Prestwood and then up to Coombe Hill and a pause at the monument to admire the view. We then proceed to **Wendover** where **lunch** will be taken. Wendover boasts a variety of pubs and coffee shops including a chocolate shop and benches for a picnic. The afternoon will be mainly in pretty and undulating scenery with a **possible tea stop** in Great Missenden at the end.*

Explorer 181. Distance approx. 19 miles.