

Summer 2016 No.464

*The Gazette and
Record of the Surrey Walking
Club*



Walking



Club strolls continue to attract good numbers. This healthy looking group are seen on Lynne McKenzie's stroll from Overton to Whitchurch (report inside)

Welcome to Gazette no. 464

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 .

New Members

Jules Williams and Marjana Urbany,

Change of Address

Roger Michell, 12 Marlcroft, Wem, Shropshire SY4 5AN

MEMORY

Our oldest member Keith Fraser has written his memories of a truly great distance walker, Don Thompson, winner of the Olympic 50kms at Rome in 1960 . in 1969 Keith was working for Commercial Union with Don. They won the City 7 miles team race with Keith coming second to Don in the Insurance Championship. The field was over 100 walkers. How things have changed.

Many years later Don gave a talk on how he coped with the extreme heat he encountered in Rome.. He turned the hot taps on fully in his bathroom and applied heat through an antiquated electric fire. He exercised rigorously in the humid atmosphere and it paid off handsomely on the big day. Don was known affectionately by some as the "Mighty Mouse". He had many other successes, notably on the London to Brighton where he recorded the record time of 7 hours 35 minutes.

RACE REPORTS

12 April – Veterans AC Summer 5 mile, Battersea Park

On a warm Tuesday evening 10 walkers faced the starter - including 6 Surrey members nearly all of whom had competed the previous Saturday at Gravesend. Behind comfortable winner, Daniel Halmstrand (Belgrave), Spanish member Carlos Corrales went with Peter Ryan (Ilford) but was soon dropped. Shaun Lightman started with second claim member Paul King but after 2 miles King was dropped and Lightman pressed on to catch Carlos. However Carlos dramatically increased his pace and dropped Lightman at 3 miles to finish in 3rd spot nearly 2 minutes clear of Lightman and this in spite of completing a biathlon between this event and Saturday's 15km. King followed about the same distance behind Shaun. Further down the field race organiser David Hoben had a solitary race as did Dave Delaney. With the previous hard race most times were unexceptional but the winner who is relatively young and new to race walking was over 4 minutes quicker than expected and shows good promise for the future.

1. D.Halmstrand (Belg M45) 46.05; 2. P.Ryan (Ilf M60) 49.01 sec; 3. **C.Cobo-Corrales** (Sy WC M35) 49.26; 4. **S.Lightman** (M70) 51.15; 5. **P.King** (M65) 52.58; 8. **D.Hoben** (M60) 58.02
9. **D.Delaney** (M70) 58.54; 10. **K.Burnett** (M75) 66.57;

23 April – National 20km, Hillingdon

The meeting was held in strange weather conditions with cold gusts of wind concealing the hot sunshine as the clouds swept by. This clearly affected times although not as much as might have been expected as fair numbers in most of the ten events covering all of the younger age groups and the seniors meant good competition. Surrey Walking Club had entered around 6 athletes but for a number of reasons only Angela Martin and Chris Flint were on the start line which was disappointing for the half dozen members working for the

event or supporting their team. Angela bravely continued in spite of a large blister before 10km and was not far from her normal 7 minute kilo pace. The event incorporated the Southern Area Championships and she had the compensation of a gold medal in this event. Chris Flint was quite close to Angela's group but fell behind as the pain of recent injury and the cold conditions caused a slowing towards the end. However his time, though some ten minutes below previous attempts, represented a determined completion well within the time limit in spite of the difficulties.

Men (17)

1. T.Bosworth (Ton) 90.29; 2. G.Angelini (Italy) 93. 35; 3. J.Hobbs (Ashf 106.21; 13. **P.King** 139.28; 17. **C.Flnt** 145.22.

Women (7)

1. H.Hunter (Manx) 115.39; 2. E.Kelley (Nthn(IOM) 121.44; 3. M.Jackson (Manx) 122.49; 5. **A.Martin** (1st RWA) 143.09.

27 April – VAC plus Surrey, Middlesex, Herts County Track 10km, Battersea

These Championships were held in good conditions as the rain held off. While there were no personal bests, times were generally a minute or two ahead of form. The field, probably reduced by a train strike, was about a dozen including 5 SWC members. First of ours was Shaun Lightman winning the M70 after a steady start. He soon drew away from Mick Harran and Peter Hannell who were locked together for the whole race. Shaun slowed a little towards the end but almost lapped the other two. Chris Flint made a good improvement after injury. David Delaney, our last man in, had a good race with the most improved time of the team.

1. S.AllenB (Barn 1st M55/1st Herts) 55.38.9; 3. **S.Lightman** (1st M70/2nd Middx) 63.29.8; 4. **M.Harran** (1st M75/ 1st Surrey) 65.48.7; 5. **P.Hannell** (2nd M70/2nd Surrey) 65.55.8; 7. **C.Flnt** (3rd M70/3rd Surrey) 67.21.3; 9. **D.Delaney** (4th M70/4th Surrey) 69.43.9.

28 April Haywards Heath Harriers Open 1km Crawley

Haywards Heath are celebrating their Centenary. Their Open was at the K2 stadium in Crawley. The 1km walk was the last event and late by 40 minutes but the dozen competitors held on as cold and darkness fell. The whole meeting is about youngsters and it was good to see big fields for all events. This was true of the walk which served as an opportunity for Coach Peter Sellby, to get his widely spread group together for earlier instruction and a test by way of the race. The winner, Ollie Hopkins (just into the Under 17 group), was one of Peter's charges and performed excellently with a good p.b. The field were supplemented by several more mature competitors with David Hoben and Peter Hannell representing SWC. In both cases they were just in front of youngsters and hopefully encouraged the latter to their good performances. Despite the late hour this was a most friendly, informal low key event but with excellent and encouraging results.

1. O.Hopkins (Lewes) 4.44; 2. J.Childs (M&M) 4.54.5; 3. **P.Hannell** 6.24.3; 5. **D.Hoben** 6.58.7.

2 May – Pednor 5 miles, Chesham

The ever popular Pednor 5 miles pair of walking then running races was held as usual on the Monday May Bank Holiday. With 40 walkers out in the first race it is among the largest race walks held. There is a mixture of a large slice of the South East's regular competitors travelling to the village in the beautiful Bucks country-side and joining a good number of experienced and novice walkers from the local Chiltern Harriers. The lapped course is fairly hilly and times are generally a minute down on flatter events but Surrey Walking Club's David Crane did not let this affect him as he not only won the race but scored a personal best. He left the rest with M55 Portugese international 30 seconds behind. Six other SWC members took part with Dan Maskell also having a good race in 12th and our sole female walker, Angela Martin, fourth in her section also not slowed by the hills. Apart from David

Hoben whose recent prolific racing caught up with him the rest of the club's contingent had satisfactory times.

There was also an exciting competition in the combined Walk and Run. Jonathan Hobbs was ahead of David in the run but David managed to beat him by a greater time in the walk to finish 1.24 ahead of him (74.14/ 75.38). They were first and second of the 12 who did both races.

Men (29):

1. **D.Crane** 40.16; 2. F.Reis (SCVAC) 41.15; 3. J.Hobbs (Ashf) 42.55; 11. **D.Maskell** 51.05; 12. **M.Harran** 53.10; 15. **C.Flint** 55.20; 17. **D.Delaney** 57.05; 23. **D.Hoben** 60.10.

Women (11):

1. M.Noel (Bel) 50.36; 2. C.Duhig (Ryst) 51.13; 3. L.Jones (E&H) 53.11; 4. **A.Martin** 53.52.

10 May – Veterans AC 5 miles, Battersea Park

The second race in the 2016 Veterans AC 5 milers series in Battersea Park in ideal cool conditions. Surrey Walking Club members filled half of the field. Although numbers were down the field was fairly evenly spread out and everyone could see the competitor ahead apart from the winner, Mark Culshaw of Belgrave, who was well clear from early on. SWC's first home was Shaun Lightman who, after a cautious start passed Peter Hannell after the first of the three laps but was unable to catch the excellent Arthur Thomson who is just into the M80 group. The remaining pair of Dave Delaney and David Hoben were further back but, close to each other, battled on and ended with the relatively good times.

1. M.Culshaw (Belg) 48.29; 2. A.Thomson (E&H M80) 52.06; 3. **S.Lightman** (M70) 52.39; 4. **P.Hannell** (M70) 53.48; 5. **D.Delaney** (M70) 56.19; 6. **D.Hoben** (M60) 57.50.

14 May - Continental 100 mile/24 hours Championship, Schiedam, Holland

Men 24 hours

This year's Continental 24 hours was held in very cold conditions with strong winds and rain making a difficult event even tougher. The meeting included events at 100 miles, 100km, 50 miles and 50km and around 150 competitors in all. Surrey Walking Club's Sandra Brown (W65) was, once again, the first woman and third overall for the full period with 110.4 miles. She completed the 100 miles in a time of 21:07:28 as second woman to Isle of Man walker Janette Morgan. For Sandra, it was her 171st 100 mile+ performance and her third 24 Hour finish so far this year. It was also her 13th Continental Centurion finish. In the entire main event saw 69 accredited finishers and 14 additional finishers below 105 km with the former group including Sandra's daughter, Victoria Barnes with 76 miles and Kathy Crilley 68 miles and over her 100 km target. Another second generation was Shaun Lightman's daughter Sarah with 93 miles and in the top half. The 50km included David Hoben a little over 7 hours at about the same pace as his London Marathon time only 3 weeks ago.

1. R.McChesney (New Zealand) 183.587km (national record);

Women 24 hours

1. **S.Brown** 177.669 km; **24 hours Other** (Overall positions):
24 S.Lightman (Leic WC) 149.126 km; 46. **V.Barnes** 122.565
km; 60. **K.Crilley** 108.803 km.

Women 100 miles

1. J.Morgan (IoM vets) 18 hr 48 min 36 sec; 2. **S.Brown** 21
hr 8 min 28 sec (Intermediate time only)

Men 50km

7. **D.Hoben** 7 hr 16 min 2 sec.

20/21 May – European Masters Non-Stadia Championships, Monte Gordo, Portugal

There were 18 in the British contingent of the European Road Championships and many returned from Portugal with medals. The team included the usual SWC group of Roger Michell, Angela and Malcolm Martin. Despite recent injury Malcolm won individual Bronze in the 30 km having been slightly cautious in the 10 km. Roger was in 4th place in both the 10 and 30 km with a particularly good performance in the 30km. All three won team medals with Angela part of the M50 team 10 km Bronze, Martin Silver and Gold in the M60 10 km/ 30 km and Roger both Gold team medals. There were 174 finishers in the 10km events and 122 in the 20/30km.

Womens 10km W50

7. A.Martin 68.47.

Mens 10km M60

6. M.Martin 59.09.

Mens 10km M65

4. R.Michell 63.13.

Womens 20 km W50

7. A.Martin 2.24.11

Mens 30km M60

3. M.Martin 3.11.22.

Mens 30km M60

4. R.Michell 3.27.33.

14 May Oxford Track & Field Champs 3km walk,

Dan Maskell and David Hoben had travelled to Oxford for the usual large meeting celebrating Roger Bannister's four minute mile on the same track. The 3 km walk, which formed the County Championship for Oxford and Bucks, was less well supported. The two SWC men enjoyed the atmosphere.

1. J.Constandinou (Bir) 17.49; 2. **D.Maskell** 18.55.4; **4. D.Hoben** 21.51.1.

1 June Blackheath & Bromley HAC & Surrey WC 3km Track Walk Championships, Norman Park, Bromley

Blackheath's 3km track Championship incorporated the SWC Championship and 11 out was a fair turnout. Although our two best walkers were out through injury the race was headed by a much younger and very fast visitor, Under 20 Luc Legon from Bexley. His 15 minute time, though some way below his best, showed the spectators how fast and athletic our events are although putting our veterans into the shade. The second home, Blackheath & Bromley's U15 Isabelle Bridge, was, however, also fast with a time not far from her best. Behind these two the SWC section was a little below par although Isabelle's coach, Shaun Lightman, was not far behind her but unable to make much progress after his charge's initial burst away. His effort did however win him the Surrey Walking Club handicap.

1. L.Legon (Camb H) 15.13.3; 2. I.Bridge (B&B) 18.00.8; 3. **S.Lightman** 18.34.4; 4. **D.Maskell** 18.50.8; 5. **P.Hannell** 18.55.7; 6. **M.Harran** 19.31.6; 7. G.Legon (Bexley) 19.55.9; 8. **C.Flint** 20.28; 9. I.Burgin (Camb H) 20.55.4; 10. **D.Hoben** 21.08.1; 11. M.Urbany (Brom Vets) 21.43.4.

5 June Surrey/Sussex Masters 3km Champs, Ewell Court

A very hot Summer afternoon saw a small field appearing in this combined event, which overall was well attended and friendly as ever. In the walk field there were 2 slightly younger novices who enjoyed themselves. Peter Hannell slowed towards the end but held off Anne Jones. David Hoben, scored a 2016 pb inside 21 minutes.

1. **P.Hannell** (M70) 19.07.8; 2. A.Jones (Steyn W60) 19.17.7; 3. **C.Flint** (M70) 20.02.6; 5. **D.Hoben** (M60) 20.58.9.

4 June Moulton 5 miles, Suffolk

On a cloudy but humid Saturday afternoon, 51 walkers, of whom six were Surrey Walking Club members, faced the starter at the very Moulton Five Miles. Callum Wilkinson (Enfield) went into a commanding lead to finish in six minutes ahead of Francisco Reis and Colin Vesty (Leicester). Dan Maskell and Shaun Lightman (both Surrey) began cautiously. They walked together with first one then the other forging to the front. After 2 1/2 miles they were joined by Glyn Jones (Coventry) who made the pace for about 1/2 mile. Then Lightman made an effort and dropped both Maskell and Jones and caught Peter Ryan (Ilford). Lightman surged again and just headed Ryan with 800yards to the tape, finishing in an excellent 50m 31s. Mascall got the better of Jones also with 1/2 mile remaining.

Further down the field Mick Harran began slowly, concentrating on style, and came through to finish a creditable 19th in 54m 15s. Chris Flint and Dave Delaney walked together and Flint's experience benefitted him to edge out Delaney by 10 secs although it was the latter who achieved a pb for some years. Supporting the team was Dave Hoben who had a lone race to finish in 29th position in a reasonable time to beat 58 minutes.

Men

1. C.Wilkinson (E&H) 34.49; 2. F.Reis (SCVAC) 40.32; 3. C.Vesty (Leic WC) 47.36; 7. **S.Lightman** 50.31; 9. **D.Maskell** 50.55; 17. **M.Harran** 54.15; 19. **C.Flint** 55.29; 20. **D.Delaney** 55.39; 23. **D.Hoben** 57.55.

11 June – National 10km incl. Inter-Counties, Coventry

The RWA 10km was held in the University grounds in Coventry on a cooler day than recently where the expected heavy showers did not materialise although humidity was high. Fields were quite small and Surrey Walking Club's entry of 8, which would have dominated the start line was reduced to three. The Club's A team did not in fact appear due to numerous other events over the past week or two. In the event the very strict judging appropriate to this National event cut out several more including one of the Surrey trio. Shaun Lightman had a good race as he worked hard to stay in front of racing legend Arthur Thompson who he had caught after a couple of laps. The eventual gap was a comfortable 40 second advantage and a better time than recently. Completing our required team of two was Chris Flint who started steadily and was always conscious of the judging but stayed in to record a sub 69 minute time. This gave SWC 2nd position behind Leicester while Middlesex's place – also second - gave Shaun Lightman, a Middlesex competitor, another Silver medal in the inter counties team race.

1. M.Williams (Tam/Staff) 51.51; 2 I.Richards (Stey/Sx) 53.57;
3. D.Butterly (Leic WC/Drbys) 55.34; 8. **S.Lightman** 64.57;
11. **C.Flint** 68.54.

Teams

Clubs: 1. Leicester WC; 2. **Surrey Walking Club**; 3. Enfield & Haringey AC.

Counties: 1. Hertfordshire; 2.Middlesex.

10 June – SCVAC Kent Veterans League 2km, Bromley

As usual several SWC members turned out for their Track & Field Clubs for the 2km walks in the various divisions of the Southern Counties Veterans League in the South East. The Kent race involved a mixture of younger novices and a few regular walkers. The latter group, representing Blackheath &

Bromley HAC in the top division, included Shaun Lightman and Peter Hannell. The timing of the event was unfortunate as the following day saw the National 10km in Coventry reported last week. For this reason Shaun intended to restrain his effort in the Bromley event but was surrounded by younger newcomers who had clearly had done some specific training this year. The result was a harder and quite fast race from Shaun as he managed to hold off some those several decades younger. Peter was in a similar position but his opposition was in the M50 group and, while some way behind both the experienced winner and Shaun, managed an improved time and position.

Men M35

1.M.Corbishley (M&M M55) 11.34; 3 **S.Lightman** (M70) 12.04

Men M50

1.C.Hobbs (Ashf M60) 10.26; 2. **P.Hannell** (M70) 12.28

Div 2. 1 **M.Martin** (M60) 10.39 2

Women W35

1.M.Urbany (Brom Vets W45) 13.29;

Women W50

Div 2.; 2. **A.Martin** (W50) 12.48;

19 June National Vets 5km Road Champs, Horwich,

A warm Sunday morning saw the British Masters 5km Road Championships in Horwich, Lancs with a good field of 47 walkers including the Surrey WC contingent of Roger Michell, Dan Maskell and Shaun Lightman. They walked as a team. By the end of the first of three laps Michell had opened up a gap from Lightman who was just ahead of Maskell. Michell continued at a steady pace and gained two places by the tape. Lightman fought off a challenge from Ann Wheeler of Leicester but just lost out to John Constantinou of Birchfield. Maskell had a race long battle with Roy Gunnett and Glyn Jones dropping Jones on the uphill climb to the finish and outsprinting Gunnett to win on the line whilst making inroads

into Lightman's lead. Surrey were second team to Lancashire in the M60 category, Michell was third in the M65 category, Lightman was second in the M70s and Maskell was fifth in the M65s.

1. P.Murphy (Eire M55) 24. 43; 2. M.Williams (Tam M50) 25.08; 3. I.Richards (Stey M65) 25.09; 11. **R.Michell** (M65) 30.23; 14. **S.Lightman**(M70) 30.58; 15. **D.Maskell** (M65) 31.11.

14 June VAC 5 mile Championship, Battersea Park:

This was the main event in the Veterans AC Summer five miles in Battersea Park. Not only was this the Championship event it was also graced by the attendance of Mike Bushell from the BBC as he watched the event with his camera man. He intended to race but was unfortunately thwarted by other duties and a late arrival but most of the competitors came within his view as he enjoyed a pleasant evening in the Park. Despite the two previous races within four days, Shaun put in his best time for a few years as he tried to stay with Maureen Noel of Belgrave. He managed to pass at one point but ended a just 7 seconds behind and took M70 gold in the Championship. A good field of 22 included 9 SWC members and several guests and half of these, like Shaun, were inspired by the occasion to produce fast times. Among these Mick Harran managed to hold off the excellent M80 Arthur Thompson who started cautiously but overtook several on the last lap including Mick who responded with a sprint to finish 7 seconds ahead and win M75 Gold.

Men

1. I.Richards (Stey M65) 41.05; 2 M.Culshaw (Bel M50) 48.14
3. S.Bennett (If M55) 50.19; 4. **S.Lightman** (M70) 50.33; 5. **D.Maskell** (M65) 52.08; 7. **M.Harran** (M75) 52.31; 9. **P.Hannell** (M70) 53.04; 10. **P.King** (M65) 53.33; 11. **C.Flint** (M70) 54.41; 14. **D.Hoben** (M60) 57.43; 17. **D.Delaney** (M70) 61.14.

Women

1. P.Cummings (AFD W40) 48.15; 5. **K.Crilly** (W65) 61.14



**Mick Harran seen here in the Cecil Gittins Memorial
10kms is still doing good times for an M75**

29 June Blackheath & Bromley/Surrey Walking Club Jonhson Bowl 4 miles incl. Gazette Cup, Norman Park,

The annual Blackheath & Bromley Johnson Bowl 4 miles against Surrey Walking Club included SWC's own Gazette Cup and was held in Norman Park, Bromley with the intermittent heavy showers holding off for the race. A London Athletics Network 10km running race also in the Park threatened to damage our event but as it happened there was no difficulty and meant only that both races had more supporters and casual spectators. Seven out for the main race was poor but the four, including three Under 13/15s greatly contributed to the spirit and usefulness of the occasion.

The Senior race saw a switch in BBHAC winners of the Bowl as Shaun Lightman overtook with a significant change of pace after the first of the 5 laps and pulled away from holder Roger Michell. Both were several minutes behind the SWC Gazette Cup winner David Crane who was a little down on his excellent results in major events but still was up on his normal time for this race.

Probably more important were the enthusiasm and speed of the youngsters with the winner, Jack Childs from Medway and BBHAC's Isabelle Bridge scoring personal bests.

4 miles (SWC Hcp in brackets)

1(5). **D.Crane** 33.50; 2(1). **S.Lightman** 37.18; 3(2). **R.Michell** 38.30; 4(4). **D.Maskell** 41.26; 5(-). **P.Hannell** 42.28; 6. S.Hollingdale (B&B M60) 44.18; 7(3). **D.Hoben** 45.39.

2km

1. J.Childs (M&M U15B) 10.28; 2. I.Bridge (B&B U15G) 11.17; 3 J.Williams (Croy W35) 13.09; 4. A.Smith (B&B U13G) 13.54

9 July 4th Jack Fitzgerald Memorial, Tilgate Park, Crawley

The fourth edition of VAC's Jack Fitzgerald Memorial Walks was held on the very pleasant path round the lake in Tilgate Park on the warm slightly windy conditions last Saturday. Although the total field of walkers, old and young, with supporters was satisfactory most of the competitors were Surrey Walking Club members and there were few open entrants. The winner of the main 6.4 mile race SWC's Malcolm Martin in a time only 2 or 3 minutes below normal despite recent injury problems. This still gave him a 7 minute gap over Dan Maskell and almost a lap clear of the field. Dan himself soon pulled clear of the rest in a slightly better time than recently. With the competitors strung out the only close struggle was between Mick Harran and Chris Flint with the former just holding off Chris on the last lap.

10.325 km

1. **M.Martin** 60.31; 2. **D.Maskell** 67.39; 3. **P.Hannell** 70.08;
4. **M.Harran** 71.12; 5. **C.Flnt** 71.41; 7. **D.Hoben** 76.21; 8.
D.Delaney 76.57;.

5.9 km

1. A.Ingram (Lewes) 39.07; 2. **A.Martin** 41.25.

12 July – Veterans AC 5 miles, Battersea :

The numbers were a little down for the penultimate race. It had rained off and on although both races avoided rain for their duration. The race was convincingly won by Tor-Ivar Guttulsrod of Hercules Wimbledon, at his first appearance in the event . Shaun Lightman and ever-present Arthur Thomson achieved excellent times given that they had both raced only two days earlier, Dave Delaney recorded a good time down the field as he was 4 minutes quicker than last time and reversing his position against David Hoben.

1. T.Guttulsrod (HW M50) 44.42; 2. P.Ryan (Ilf M60) 50.29;
3. **S.Lightman** (M70) 51.40; 4. **D.Maskell** (M65) 52.29; 6.
D.Delaney (M70) 57.22; 7. **D.Hoben** (M60) 59.12.

17 July -Veterans Inter-Area T & F Match, Solihull

Three Club members competed in the annual Veterans Inter-Area Track & Field Match in Solihull on one of the first continuingly hot days of the summer with the temperature somewhat affecting the times particularly in the Men's race. The earlier Women's race included Angela Martin representing the South Area. She was 2nd in her age group race as she comfortably held off local rival Geraldine Legon but naturally well down on Anne Wheeler's British W60 record ahead of her. The men's field was twice the size and like the earlier race included several of the best national walkers in their age group. SWC' Shaun Lightman and Peter Hannell turned out for the VAC area with Shaun in the M50 race but still beating two of that group and also some way ahead of Hannell in next overall place.

Men

1(1st M35). M.Williams (Midlands/Tam M50) 9.33; 2(1st M60). C.Hobbs (South/Ashf M60) 10.09; 3(1st M60). D.Butterly (Midlands/Leic WC M50) 10.11; 7(2nd M35) 8(4th M50). **S.Lightman** (VAC/Sy WC M70) 12.11; 9(3rd M60). **P.Hannell** (VAC/Sy WC M70) 13.13.

Women

1(1st W35). W.Bennett (Midlands/Worc W50) 11.00 sec; 2(1st W50). C.Dyall (Wales/Nun W35) 11.15; 3(2nd W50). A.Wheeler (Midlands/Leic WC W60) 11. 31(Br W60 rec); 4(2nd W35). **A.Martin** (South/Sy WC W50) 13.10; 5(3rd W50).

27 July Club 5kms Tonbridge Track

On a mild summer evening 8 members took to the excellent Tonbridge track for the last Albury Points Cup race for 2015/16. They were joined by 4 juniors doing shorter distances and all walked very well, which speaks well for the coaching being done by Peter Selby and Shaun Lightman. There were also a pleasing number of officials and supporters out. All appeared to have an enjoyable evening.

David Crane led from start to finish and the field was soon spread out, but there were battles midfield especially between Shaun Lightman and Dan Maskell, the former pulling away in the last couple of laps. Everybody was pleased to see the welcome return of Stephen Crane to the track and walking well enough to win the handicap from his brother, with Dan Maskell third. Peter Hannell's speedy work on his laptop after finishing the race not only produced comprehensive result sheets but also showed David Crane to be the winner of the Albury Points Cup. Those who stayed were able to enjoy a slice of Pam Ficken's delicious Lemon Drizzle cake.

5kms (handicap pos. in brackets)

1. **D.Crane** (2) 25.12 2. **M.Martin** (4) 28.21 3. **S.Crane** (1) 31.08 4. **S.Lightman** (5) 31.52 5. **D.Maskell** (3) 32.16 6. **P.Hannell** 32.48 7. **C.Flnt** (6) 34.26 8. **D.Hoben** (7) 36.36

3kms

1 Ollie.Hopkins (Lewes) 16.12 2. Emily Ghose (Tonb) 16.39

1km Abi Smith (B&B) 6.50

500m Lewis Burr (Tonb) 4.20

Albury Points Cup 2015/16

1. David Crane 40pts 2. Dan Maskell 32 pts 3. David Hoben 31pts 4. Shaun Lightman 24pts 5. Malcolm Martin 19pts 6. Dave Delaney 17pts 7. Mick Harran 16 pts 8. Mark Easton, Chris Flint & Steve Crane 12pts 11. Paul King & Angela Martin 11pts 12. Paul Gaston 9pts

Other results

9 April Macclesfield Shield 20km **Dan Maskell** 2.19.53.

14 May Middlesex Track & Field Champs, Lee Valley:
3. **S.Lightman** 18.34.7.

29 May Yorkshire RWC Festival of Walking
35km 1. **M.Martin** 3.45.14; 3. **C.Flint** 4.23.36; 5. **D.Hoben** 4.50.47.
25km 3. **A.Martin** 3.03.42;

7 June Memorial Open Series 1km, Tonbridge
M.Martin 5.08; . **A.Martin** 6.13.

7 June Woodford 3kms . **D.Maskell** 18.43

2 July Tamworth :5km **R.Michell** 30.09.

10 July Southern Seven Counties Match 3km Basingstoke
S.Lightman 18.38;

20 July British Milers 1 Mile Walk, Sutcliffe Park -
S Lightman 9.51.01; 6. **P.Hannell** 10.22.7.

London Marathon

Among the small band of race walkers in the huge London Marathon field were two SWC members. Kath Crilley was 34,618th in 5 hr 38 min 23 sec while David Hoben was 35,050th in 6 hr 1 min 47 sec. Kathy was a couple of minutes up on her last London in 2014 while David was 10 minutes down on 2015.

STROLL REPORTS

Stroll Report – Haslemere to Witley, 10 April 2016

Conductor: Janette Platt (Henderson)

Participants: Kate Copeland, Machiko Crane, Gail Elrick, John Elrick, Sharron Henderson, Ian Habisrittinger, Leo Kruis, Keith Lane, Lynne Mckenzie, Kevin McGivern, Cathy Phillips, Casilda Prophet, Scott Stewart, plus guests: Samantha (applied to join the SWC), Malcolm & Liz

The sunny weather brought a bumper turnout on this lovely spring day, and all but two of the guests made it to the end, despite having to negotiate copious amounts of mud along the way. Lyn almost did not make the start due to a broken down train at New Malden, but she just made it by the skin of her teeth.

Thanks to Gail & John for back-marking, which made the conductor's job much easier during the day, and for taking the group photo at lunchtime.

Though very muddy, the mild weather and early spring meant that we had the treat of lots of spring flowers along the route, many of which would not normally be out until late April/early May. So the bluebells were out in many of the woods, there were lots of primroses, as well as wood anemones and celandine. Sadly for Kate who was hoping to pick up some wild garlic leaves along the way, little was evident (and that which was, while budding, was not yet out). The sunny weather also meant that we had some fantastic views, including the far reaching view from the Temple of the Winds on Black Down soon after lunch.

Starting at Haslemere station, the route initially headed south-west across Marley Common and then via Lingmere to Stanley Common, where we eventually turned south down a sunken track in the direction of Elmers Marsh. Part of the way down the sunken track the group had to negotiate a large fallen tree, which looked like it had been there some time. Those who took the high route over the tree were rewarded with a lovely view over the escarpment to the left.

At Elmers Marsh we turned east along the road. The initial plan was to turn off the road fairly quickly, via a footpath which skirts the sewage works, but when the conductor reccied the route a couple of weeks before, as well as being a bit smelly, path was so horrendously muddy that she decided to keep on the road a little longer and try another path about half a mile further on. Though this meant more road walking, it was a quiet road, the views from it are lovely, and it was also a pleasant break from the mud! The alternative path proved to be less muddy, but had its own challenges. High winds a week before had brought down quite a few small fir trees which blocked our path in a number of places. Keith likened it to an SAS training course as we made our way around and over the obstacles. Everyone made it though!

Continuing east we finally made it to Fernhurst and lunch. Those with sandwiches ate them outside on the village green before getting a drink in the pub (the Red Lion), while the rest had lunch at the pub, in their back garden. The food took quite a while to come, so it was just as well we had allowed a whole hour for lunch. After that, it was group photo time on the village green and then onwards and upwards (via a very muddy path/stream bed for part of the way) to the top of Black Down and the lovely view point at the Temple of the Winds.

After that we turned our feet northwards to make our way to Chiddingfold. After a lovely traverse along the side of the ridge on Black Down we headed down another sunken track. Part of the way down, the conductor had once again changed the planned route to avoid the worst of the mud. This initially got some of the group a little worried as the road we were on climbed upwards again, but it was not long before we turned off the road to head sharply downhill with lovely views ahead.

We could not escape the mud entirely, however, and after a lovely path through a bluebell wood (Netherside, a mile or so out of Chiddingfold) we hit what was probably the worst mud of the day, mainly because there was no way of avoiding it. Guests Malcolm & Liz, who lived in Chiddingfold, had left us shortly before that to take the longer road route back to Chiddingfold (perhaps they knew how muddy the path ahead was likely to be!).

Once in Chiddingfold the group stopped for tea at the Crown Inn on the green, basking in the late afternoon sun. The final couple of miles was then covered fairly rapidly in order to get the train back to the smoke (just once an hour from Witley, though had we missed it there was the option to take the slightly later train back to Haslemere where there are more frequent trains back to London).

Thanks to all participants for their company, and also for their stoicism in the face of so much mud (not to mention fallen trees), and to guest Samantha for still wanting to join!

Stroll Report – Dorking Circular, 23 April 2016

Conductor: Lilian Chelli

Participants: Casilda, Chris, Ian and Machiko

Despite the poor weather forecast, to my surprise the weather was dry, the sun was out and at nine twenty four a.m. there were only five of us at Dorking Station. Were the others still trying to get out of bed? Were they put off by my reputation for wet walks? Who knew? But we waited a while before setting off to the North Downs through Denbies Vineyard and across Ranmore Common. We had impressive clear views of the Surrey Hills, especially Leith Hill, from the viewpoint just after Ranmore Church. As we were already at the top, it was flat and downhill all the way to lunch at The Duke of Wellington in East Horsley where food was promptly served to Chris Dent and I, and after Machiko Crane, Casilda Prophet and Ian Habisrittinger had finished their packed lunches we were on our way within the hour.

Another downhill section (followed by a short uphill bit) led us to the North Downs again, this time via the Sheepleas and Honeysuckle Bottom. We descended towards Gomshall through a clearing in the woods at Netley Park. The bluebells were in bloom as we walked through the woods and the sun was shining as we arrived at Tillings, our tea stop. We all enjoyed our hot drinks and Chris savoured his cream tea with delight.

That left me to lead three of us back to Dorking – Ian peeled off after tea as we were conveniently near Guildford and there was a short journey back home for him. A brief short hill to warm up the legs took us onto the attractive route parallel to the North Downs towards Dorking Station where we arrived just in time to join the train leaving for Victoria. A fine day with a moderate easterly wind which was felt on the return journey.

Stroll Report – Otford to Greenhithe (linear), 7 May 2016

Conductor: Neil Cook

Participants: Casilda Prophet, Cathy Phillips, Dave Williams, Dorothy Shepherd, Joelle Paul, Machiko Crane and Manjinder Sidhu

The walk commenced at 9.40 and we walked through Otford and joined the Darent Valley Path which we followed until we reached the Thames outside Crayford.

The day was probably one of the hottest of the year so we decided to do the flat version of the walk which meant not climbing up to Pilots Wood which some of us had done on a previous walk. But we added an extra little loop to make up for this loss.

We had our morning coffee break in Lullingstone N.T. Centre and then we continued past Lullingstone Castle and the World Gardens owned and managed by Tom Hart Dyke. Then we passed Lullingstone Roman Villa.

We continued forward and arrived at The Fighting Cocks in Horton Kirby for lunch. Its large garden with a pets corner was a tranquil point for a pint and a barbecue.

After lunch we continued towards Dartford where there was a steam rally with various steam-driven vehicles and old motorbikes. We also had mid-afternoon tea. The next section of the walk to the end was a bit bland including the industrial side of Dartford.

We lost two at Dartford who made their way home. We had a brief stop at Crayford Ness Tidal Barrier before continuing under the Dartford Bridge and finishing at Greenhithe.

Great Missenden Circular - Sunday, 19 June 2016

(Distance: 20 miles)

Conductors: John and Gail Elrick

Participants: Dave, Dorothy, Joelle, Kate, Kathy, Laurence, Lynne, Manjinder and Paul

The idea for this walk came from a circular, 15 miles Anytime Walk developed by the Beds, Bucks & Northants Group of the LDWA. We kept the same route but changed the start and finish from Prestwood to Great Missenden to increase the mileage and add in a railway station. The reason for doing the stroll was that it goes through a very attractive area of the Chiltern Hills which will change forever if HS2 follows its planned route through the Wendover Valley.

On leaving the station we passed close to the late Roald Dahl's house and headed westwards towards Prestwood. Turning north from Prestwood we walked up Greenlands Lane and through Pepperboxes Wood (also known as Lodge Wood). Emerging on to the wide, grassy avenue called The Glade we could see Hampden House in the distance. The wood takes its name from the former lodges at the bottom of The Glade, which was reputedly cut from the woods to provide a view for Elizabeth I on her two recorded visits to Hampden House.

We continued up to Warren Cottage then turned right downhill to stop and admire Little Hampden Church with its distinctive half-timbered porch. We continued northwards through woods and across farmland with wide, sweeping views across the meadows, eventually reaching the Boer War Monument, erected in 1904, at the top of Coombe Hill. Lunch was still some way off and we paused to take a snack and to gaze over the surrounding Aylesbury Vale.

A late lunch was taken in Wendover where we picked up Dave, Joelle and Dorothy who had arranged to meet us there. On the way out we paused to have a group photo at a tree decorated with a striking, hand-knitted, woollen scarf displaying an anti-HS2 protest. We continued along the Chiltern Link and then crossed the Wendover Valley (the planned HS2 route) to make our way over the existing railway line. Here we paused again for tea and cakes (thanks to everyone for your delicious offerings!) before picking up the South Bucks Way and heading southwards through the woods to reach Great Missenden. Having just missed a train we retired to the Costa Café for tea before heading for the station.

A good opportunity to sample the Chilterns countryside whilst it is still unspoilt!

Overton to Whitchurch Linear - Saturday, 2 July 2016
(Distance 18 miles)

Conductor: Lynne McKenzie

Participants: Jill, Gillian, Linda, Keith, Dave, Dorothy, Joelle, Michelle, Paul, Casilda, Machiko, Chris and Kevin

The stroll started with a couple of showers but the rest of the morning was sunny and bright. We stopped for the group photo at Deane House which may have been the inspiration for the Bennet's home in *Pride and Prejudice*.

Onward to Steventon Church for morning tea with a slice of hand baked fruit loaf. This was the church where Jane Austen's father was vicar.

The morning was a circular walk to Overton where we encountered many crops and vegetation. Luckily a stile overgrown in the recce had been cleared.

Back to Overton, through the glorious Hampshire countryside, where there were a couple of quick sharp showers as we lunched.

In the afternoon we walked on to Whitchurch. We passed a number of former corn mills and onto the Harrow Way. As we joined the Mill Trail we were invited into St Nicholas Church and enjoyed its history.

We crossed some lovely meadows and crossed the River Test many times. Here we are on the way to Bere Mill.

We were all surprised to see a field full of black sheep as we entered Whitchurch. There was a worry within the group that this was a little known breed of man chasing sheep but all proved well.

The most important stop of the day was at the Silk Mill where we managed to make it to the tea shop before it closed. This was a surprise to the staff who had been enjoying a quiet 10 minutes when a group of 14 hungry and thirsty walkers descended.

All back to the station at 5pm well in time for the train with 17 beautiful miles covered in good humour. Thanks to all from a happy leader who was grateful for all the lovely positive comments about the day.

The Tea Stop (by Roger Moss)

The scones have been baked
The jam's been potted
The butter thickly spread
The cream completely clotted
A fresh pot of tea
Steams from its spout
A glass of cold milk
Has been poured out
The hot spotted dick
Has been covered in custard
The home cured ham
Has been smothered in mustard
The tea cakes are toasted
The currant buns are glazed
The conductors navigation
Is applauded and praised
Warm bread pudding
And moist carrot cake
Have left a trail of crumbs
And smiles in their wake
The meal has ended
All appetites are sated
Now comes the moment
All have contemplated
For the mood is suddenly sombre
What can be the cause?
Outside the British Summer
Pours without a pause

Amberley Linear - Saturday, 21 May 2016

Conductor: Kevin McGivern

Participants: Gail, John, Lynne, Michelle, Neil and Sam

With a weather forecast of light rain in the morning getting heavier in the afternoon plus disruption on Southern trains due to an ongoing problem with conductor 'sickness' the SWC conductor was pleasantly surprised when six optimists boarded the train at various stations on its way from Victoria to our start at Amberley.

Their optimism wasn't misplaced as our train was on time and all we encountered was some light short term drizzle with a cool SW breeze in the morning, although the low cloud base did restrict our views somewhat but not enough to spoil the sense of freedom of being out on such a bracing day.

Our route took us up and eastwards on the South Downs utilising as much 'open access' land and little used footpaths as possible to avoid the harder surface of the SDW via Kithurst Hill and Pigeonhouse Plantation to our lunch time stop at Findon.

Suitably refreshed with food (picnic/pub) and drink at The Village Inn we continued on our way as the weather started to brighten up, following the Monarch's Way west to Angmering Park where we kept to its extremities for the views, circling Upper Barpham to the 5 way junction where we met a large group of mourners who were returning from scattering the ashes of a beloved on Barpham Hill.

Continuing our walk we shortly descended into Burpham via Wepham and stopped for our mid-afternoon break after which Michelle and Samantha opted to take a quicker route beside the Arun to the station saving 3 miles to catch an earlier train. Pressing on the rest of us crossed the Arun at South Stoke and ascended into Arundel Park which we traversed via the Hiorne Tower and into Arundel to our refreshment stop at the Osteria in Arundel from which it was only 10 minutes' walk to our train back to the smoke ... which thankfully hadn't been cancelled.

21 miles with 2400' ascent.

FUTURE STROLLS

Sunday 21 August. Bishop's Stortford to Hertford (linear).
Conductor **Gregory Noble** Start at **Bishop's Stortford** station **09:24** (Liverpool Street 08:40). Exit the station at high level on the side nearest platform 3 (via the pedestrian bridge), not the main exit on platform 1 (train arrives platform 1). Buy a return ticket to Hertford East (via Broxbourne) and a single ticket from Broxbourne to Bishop's Stortford. Stay on the train at Broxbourne for Bishop's Stortford. Return trains from Hertford East at **11** & **41** past the hour. *Lunch will be at The Anchor Wadesmill.*

Explorer 194. Distance approx. 20 miles.

Sunday 11 September. Going Loop the Loop: Taking in three Circular walks in Bromley Borough. Conductor: **Neil Cook** Start **Chelsfield** station **09:26** (London Victoria 08:33). Return trains from Chelsfield at **17** minutes past the hour. *Lunch in Chelsfield (picnic or pub). We finish by doing the Chelsfield Circular Walk. The tea break is in High Elms Country Park.*

Explorer 147. Distance approx. 17.5 miles.

Sunday 25 September. "The Arches, an everyday story of Victorian railway folk".

Balcombe Circular. Conductor **Keith Lane** Start **Balcombe** station 09:25 (London Victoria 08:32; East Croydon 08:53). Return trains 30 minutes past each hour.

Lunch at Horsted Keynes where there is a choice of two pubs &/or picnic. In the afternoon the route takes us to Ardingly reservoir (possible tea stop & toilets) We will aim to return to Balcombe station in time for the 17:30 train.

Explorer 135. Distance approx. 18 miles.