

Summer 2017 No.467

*The Gazette and Record of the
Surrey Walking Club*



Walking



Chris Flint showing good contact striding out in the London 10kms (photo M Easton)

Welcome to Gazette no. 467

Any contributions are all welcome. Any material Emailed to p.crane7w@hotmail.co.uk would be welcome. This magazine and much other interesting information is also accessible on our website www.surreywalkingclub.org.uk .

We welcome new members

Pawan Nandrajog

Jeff Golland

Resignation – Philip Henwood

Gazette Night was held on 6 May. Roger Michell conducted a lively auction and together with the raffle a profit of £89.50 was made towards the Gazette Fund. Unfortunately numbers attending were down. This was partly because 3 of those due to attend were taken into hospital – Wendy Holman, Cyril Rebak and Shaun Lightman. Shaun and Andrea were involved in a road accident from which they are now recovering. Cyril has been diagnosed with cancer. We send our best wishes to them all.

Did you know?

In the 1904 Olympic Games decathlon event they did not include the now customary 400 metres run. Instead they did an 800 metres walk! Not many people know that, but I discovered this through a purchase made at the Gazette Night auction- A history of all Olympic Sports from 1896 -1988. A brilliant acquisition for the princely sum of £2. You see, it is worth attending Gazette Night

Emails

If you are happy to receive information by Email please ensure that Peter Hannell has your up to date Email address.

Nijmegen Marches

David Hoben reports that, during the 18th – 21st July 2017, three members of Surrey Walking Club completed the 101st edition of the famous Nijmegen Marches in Holland, which was started in 1906 by the Dutch military to keep their personnel fit after the introduction of motor transport.

Centurions Captain Kathy Crilley and Secretary Chris Flint completed 50k a day for the Marches as members of the Metropolitan Police Walking Club team whilst David Hoben completed the same distance as a civilian.

The weather was not as extreme as the 100th edition, but still had the carry-over of the heatwave for two days, tropical rainstorms for the third day and ended on a perfect summer day. Approximately 43,000 started, with an average of 1,000 DNFs each day.

The event in this part of Holland, better known for its part in Operation Market Garden, is one of the few events to build bridges between civilians and the military, and your correspondent was very pleased to have two of his friends representing the British Military Contingent in teams which combined reserves and regulars.

Don Bolton

We recently received the sad news that Don passed away in July. Don became a member in 1996 and was well known and loved by strollers whom he led on many club strolls. John Elrick has written the obituary which follows.

Don Bolton (30 March 1937 – 5 July 2017)

Don Bolton joined the Surrey Walking Club as a stroller on 18 November 1996 and was an active stroller and conductor from then on. Being Guildford based meant that he was able to use his wide knowledge of the surrounding countryside to develop many different and interesting strolls. His modest demeanour meant that it was easy to overlook his organisational skills but he played a leading rôle in getting the LDWA London Group up and running.

We remember him as someone with a cheerful, optimistic view of the world, always ready with a joke or a good story. On more than one occasion he left the scene to embark on treks in the Himalayas and returned with hair-raising but very humorous accounts of his experiences.

One thing which marked him out was that he was always keen to try out new things. Some years ago he appeared on strolls wearing new trainers in a then unheard of bright yellow colour. This attracted considerable interest, including some close-up photos, and little did we know that several years on bright-coloured trainers would hit the market.

Being diagnosed with leukaemia was met with a typically can-do approach. At first the doctors told him he was too old to withstand treatment and gave him three weeks to live, but they soon changed their minds when he showed them how fit he was. From then on he received treatment normally only given to someone much younger.

Earlier this year he suffered a stroke and after a period in hospital entered the Springfield Manor Nursing Home in the village of Puttenham. He died there close to his family and the countryside over which he had so often walked. Our condolences to Don's family and to fellow stroller, Jill, who gave him so much support.



**Don (right) with strollers at Winkworth Arboretum
on 24 May 2015**

RACE REPORTS

12 March Enfield League 5 miles, Donkey Lane,

An almost summer-like day at Enfield with numbers down due to the British Masters Indoor event the next day. Surrey Walking Club started six but with two completing only 3 of the five laps, due to caution after injury, there were four completions. None were in the top half of the field but a good effort from Chris Flint as he tried to hold Loughton's John Borgas put him at the head of the rest. Also in good form was David Hoben slower than last time at Enfield but ahead of other recent times. Dan Maskell and Dave Delaney were both a bit slow with the former having to cope with arriving just as the rest started after train problems but coming through the field in the latter stages.

Men

1.J.Ball (Stey) 43.49; 2 S.Parris (Ilf) 48.12; 3. SBennett (Ilf) 48.32; 8. **C.Flint** 53.54; 10. **D.Maskell** 54.16; 12. **D.Hoben** 57.30; 13. **D.Delaney** 61.20

4/5 March Bourges Open & French Championship 24 hours

SWC was represented by Sandra Brown who continues to disregard her W65 age group by finishing first lady with 110 miles and beating the new French Champion who was by six and a half miles. This was despite the race starting and ending in rain with a chilly wind. Earlier rain had left puddles; distances were generally down and there were many problems with feet etc. Given the conditions, all finishers deserve credit. In the first period of the 2 x 6 hours event Kathy Crilley managed, despite injury and weather, to complete a solid 20 miles.

Women 24 hrs

1. **S.Brown** 177.270km; 2. K.Lawrie (IOM Vet W35) 168.896 km; 3. M.Labylle (France – French Champion) 166.874.

Women 2 x 6 hrs

10. **K.Crilley** 32.861km

12 March British Masters Indoor 3k Champs, Lee Valley

The number of starters was 16 over the two races and Surrey Walking Club had three out with the Martins and Roger Michell with the latter warming up for the Worlds in Daegu, South Korea next week. Malcolm Martin was 3rd overall but won Gold in the M60s in line with form despite the usual problems with steep banking. Roger, right at the end of his M65 age group found the going more difficult but was very near his 18 minute target and took bronze in this, the most crowded M65 group. Angela won silver as she just managed to beat 20 minutes.

Men

1 F.Reis (SCVAC 1stM55)14.05.2; 2 I.Richards(Steyn 1st M65) 14.53.8; 3. **M.Martin** 15.53 5. **R.Michell** (3rd M65) 18.01.8

Women

1. H.Middleton (E&H 1st W50) 17.34.3 2. M.Peddle (Loughton 1st W45) 17.43; 3. W.Kane (Notts 2nd W45) 17.52.2; 6. **A.Martin** (2nd W50) 19.58.

25 March – Cecil Gittins Gravesend Memorial Races,

The second edition of the Gravesend races held in remembrance of Cecil Gittins – a long and devoted race walker, judge and wise counsellor to the sport and VAC in particular. The races are held over a hilly 2.5 km lap of Gravesend Cyclopark – an excellent facility for these events. The day was well supported overall but Surrey Walking Club was a little under-represented due to various factors. The most well supported event was the 10km where event organiser David Hoben just broke the 72 minute mark encouraged by plenty of competition as all races started together. Three of the SWC contingent went on to complete the arduous 15km with Dan Maskell and Chris Flint both achieving good times with the former leaving behind the group that he made his steady start with. Chris had a race-long battle with Anne Jones from Steyning and built a small gap

only for Anne to come past in the last lap or so. Further back in a lonely and soul-destroying last place Dave Delaney battled on to a time not far from his recent form and applause by the large group of officials, friends and fellow competitors as he finished his race and rounded off a very successful meeting.

In the shorter distances Shaun Lightman saw his Blackheath and Bromley coaching charges perform with great enthusiasm and personal bests. Abi Smith in the Under 13 Girls 2.5km was second her race by three seconds behind the winner and 50 seconds from previous rival Katie Stringer from Medway. Isabelle Bridge was the winner in the Under 17 Girls 5km with a 20 second improvement. Newcomer Chris Edwards was also in the 5km achieving a 25 second p.b. and promise of greater advances.

Girls Under 13 2.5km

1. D.Nova (Ashf15.21; 2.) A.Smith (B&B) 15.24;

Men 5km

3. **C.Edwards** (SyWC) 36.13

Women 5km

1. I.Bridge (B&B U17G) 29.22

Men 10km

1. J.Hobbs (Ashf) 50.25; 2. M.Smith (Ashf) 51.45; 3. C.Hobbs (Ashf) 58.2; 9. **D.Hoben** 71.59.

Mens 15km

1. L.Legon (Camb H) 75.10; 2. S.Parris (Ilf) 89.11 3. G.Chapman (Head) 99.37; 9. **D.Maskell** 102.38; 10. **C.Flint** 103.47; 11. **D.Delaney** 117.43

**12 April – Veterans AC, Surrey, Herts and Middlesex
Track 10km Walking Championships, Tooting Bec Track,**

A total of 13 walkers faced the starter. There was a close contest between Dan Maskell and John Borgas with Borgas making the early pace before Maskell overtook him in the closing stages to finish some 14 secs ahead. Dan's time here and last time at Gravesend mark progress back to his 65 minute times last year.

Shaun Lightman pressed ahead of a group consisting of Fiona Bishop, Mick Harran, David Bowker and Paul King. It was good to see Paul back after a long break and we hope to see a return to more races and better times. Lightman finished 5th man while Harran finished with a significant improvement on recent times. At the back of the field Dave Delaney had a solitary race.

In the VAC Championship the wide spread of ages meant the majority of competitors won age-group golds. The County Events saw Mick Harran's victory as the only first for SWC.

1. M.Culshaw (Belg 1st M50, 1st Midsx) 61.59.4; 2. G.Smith (E&H)62.48.7; 3. **D.Maskell**66.17.9; 5. **S.Lightman** (1st M70 2nd Midsx)67.54.5; 6. **M.Harran** (1st M7, 1st Surrey) 69.40.3; 8. **P.King** (2nd M65 3rd Midsx) 72.43.7; 10. **D.Delaney** (2nd M70 2nd Surrey) 77.58.9.

17 April– Norman Fowler Easter Open Meeting 3/2/1km, Tonbridge

The popular Easter Monday Open meeting at Tonbridge AC saw just two Surrey Walking Club members but also three youngsters being trained by SWC coaches. In all there were 20 competitors. The Martins finished only three places apart this time with both just in the lower half of the 3km. 6 of the 9 people ahead of M60 Malcolm came from the healthy contingent of good youngsters – a great feature of this event. While Malcolm was a bit off form and maybe 30 seconds slower than normal, wife Angela had a good race getting into the lower half of the nineteens. The 2km Under 15 race saw Blackheath & Bromley's Abi Smith (Under 13) in first place with a 15 second personal best. She was 45 seconds clear of second who was an Under 15. The Women's 5km included Abi's clubmate Isabelle Bridge who scored a 50 second best of under 16:30 minutes. She was up in second place to finish just ahead of Malcolm. The other SWC coached athlete, Ollie Hopkins of Lewes AC, was also very successful. As a more experienced walker than the two BBHAC girls the margin of his p.b. was smaller at 11 seconds but his time in the 3km inside 15:20 was a good step towards the 15 minute barrier.

2km Girls 1. A.Smith (B&B U13G) 11.59.4;

3km Men

1. G.Thomas (Ton) 12.03.9 2. J.Hobbs (Ashf) 14.12.7; 3. F.Reis (SCVAC) 14.16.5; 5. O.Hopkins (Lewes) 15.09.9 ; 8. **M.Martin** 16.35.3.

3km Women 1. E.Ghose (Ton) 15.07.3; 2. I.Bridge (B&B) 16.22.2 3. R.Horningold (Lewes) 18.03.2; 5. **A.Martin** 19.25.4..

22 April Inter-Area Match, Lee Valley 5/3/2km;

Both Isabelle and Abi did personal bests yet again. Izzy was 2nd U17 in the race representing the South. She was only 14 seconds behind Lucy Lewis-Ward, an excellent and experienced Under 17. Abi, in the 2km, walked well. Once the field had settled down, she was with familiar rival Katie Stringer. After three laps she dropped Katie and made inroads on the leader, however she ran out of track and finished a creditable 3 seconds behind the winner.

2km Under 13 Girls

1. D.Nova (Ashf) 11.50; 2. A.Smith (B&B) 11.53 3. K.Stringer (M&M) 12.23;

5km Under 17 Girls

1. L.Lewis-Ward (Camb H) 27.51; 2. I.Bridge (B&B) 28.07; 3. P.Spooner (Weth) 33.06.

18 April Vets AC 5 mile, Battersea Park

The first of this year's 5 milers in Battersea Park saw 9 out on a sunny but somewhat cold evening. As usual Surrey Walking Club made up half of the field the first of whom was Shaun Lightman. Although numbers were small most were not isolated and Shaun's group of three were close all race. Towards the end he broke away from the others but David Bowker was only a few yards back and only Shaun's determination as he held on to complete exhaustion kept his position. Third in this group was Dan Maskell who did not have the speed to hold on to the others' competing pace and he lost ground quickly. In the last two places were David Hoben and Paul King although David's time was not far from

normal but Paul, a minute or so, ahead is still far from full speed yet.

1. M.Culshaw (Bel M50) 48.29; 2. S.Bishop (SEAC M50) 48.41;
3. S.Bennett (Ilf M55) 48.51; 5. **S.Lightman** (M70) 51.16; 7. **D.Maskell** (M65) 53.10; 9. **P.King** (M65) 57.18; 10. **D.Hoben** (M60) 58.33.

22 April Slater-Bryce 10/5km, Broadbridge Heath

While the Inter-area was going on North of the Thames further South in Horsham Steyning were holding their annual early season Slater-Bryce 10km with another three SWC taking part. The weather was pleasant but not hot and the first two had particularly satisfying times with David Crane in second behind Steyning's Ian Richards having fallen some 50 metres back by halfway. However this ignores the competition as, at the $\frac{3}{4}$ distance, David had caught and passed Ian only for the latter to find form again and win by 40 seconds. David's sub 52:30 time was well ahead of his target despite more running than walking training recently. Further back Paul Gaston and Dan Maskell were in their usual consecutive places but with Paul ahead this time in a good time for him. Dan did however beat Steyning's Anne Jones after a race long contest.

10km

1. I.Richards (Steyn) 51.39.7; 2. **D.Crane** 52.22.8; 3. T.Jones (Steyn) 58.45.8; 5. **P.Gaston** 65.33; 6. **D.Maskell** 66.27

5km 1. **C.Edwards** (Sy WC M65) 35.38

29 April RWA National 10/5km, Coventry

The National 10km and Younger Age Groups Championships were held at Coventry. Due to repairs the usual course was amended so the competitors were faced with three 180 degree and two 90 degree turns every lap. This took its toll with some competitors notably Malcolm Martin who retired after 2km because of the risk aggravating recent injuries. This left just 2 members of the club Shaun Lightman and Chris Flint. Lightman. Both walked conservatively to finish in 22nd and 23rd places respectively a couple of minutes down on recent times but avoiding disqualification under the strict judging at this top National event. Lightman also represented Middlesex County who won the county championship from Warwickshire and Essex. Flint represented Surrey.

Peter Selby's protégé, Oliver Hopkins, finished 6th in the Under 20 men's race. Shaun Lightman's Blackheath & Bromley proteges were Isabelle Bridge and Abigail Smith. Isabelle finished 3rd in the U17 women. Ana Garcia took a commanding lead and Isabelle tucked in with Lucy Lewis Ward. Lewis Ward dropped Bridge at 2km to gain exactly 1 minute lead by the tape. However Bridge did finish in front of her other rival Alice Bellando by 26 seconds. In the U13 girls' race Abigail Smith had a race long tussle with Katie Stringer finishing 3 secs up by the tape to win the national championship.

Men 10km

1. C.Wilkinson (E&H) 41.03; 2. C.Corbishley (M&M) 41.55 ; 3. Dom King (Col H) 43.08; 13. O.Hopkins (Lewes) 54.26; 22. **S.Lightman** 67.40; 23. **C.Flint** 69.16

Women 10km

1. E.Kelly (Nthn(IOM)) 48.54; 2. N.O'Connor (Cel NI) 50.26;
3. E.Ghose (Ton) 56.53; 12. **A.Martin** 68.31.

Under 17 Girls 5km

1. A.Garcia (Shef/Dearn) 24.51 2. L.Lewis-Ward (Camb H) 28.03; 3. I.Bridge (B&B) 29.03

Under 13 Girls 2km

1. A.Smith (B&B) 11.32; 2. K.Stringer (M&M) 11.35;

1 May – Pednor 5 miles, Chesham

The pleasant early summer conditions normally holding sway for the popular Bank Holiday evening fixture at Pednor deserted the event this time as the intermittent sun was discounted by the cold winds which had been so common. Numbers were only slightly down and times generally normal despite the wind and hills on the beautiful circuit. Surrey Walking Club had four out with first home Dan Maskell as 7th man in a better than expected time. Further down David Delaney and David Hoben fought it out with Delaney just a second ahead at the end and almost two minutes ahead of expectation. Chris Flint was not too far behind Dan.

Men

1. S.Parris (Ilf) 44.39; 2. N.Bates (Manx) 45.16; 3. K.Vallis (Over) 48.29; 7. **D.Maskell** 51.54; 10. **C.Flint** 54.14; 14. **D.Delaney** 58.35; 15. **D.Hoben** 58.36.

9 May– Veterans AC 5 miles, Battersea Park

The second of this year's 5 miles running and race-walking events in Battersea Park was held on one of the first "typical" warm sunny evenings as the recent cold winds were thankfully absent. The Veterans AC league walk was a little down in numbers but reached double figures with 6 Surrey Walking Club members out. First home and the only one in the top half was Dan Maskell breaking 52 minutes after a race long fight with Maureen Noel (Belgrave) ending 3 seconds ahead. Most of the field consisted of small groups and second claim member Paul King was next with Chris Flint. Paul's return to racing was much welcomed. Chris started cautiously and almost caught the group of three but as Paul dropped back Chris could not get by and they finished together. Peter Hannell, David Hoben and David Delaney formed the tail, all in sight of the next ahead but unable to bridge the gaps.

Men

1.M.Culshaw (Belg M50) 48.02; 2. D.Bowker (FVS M55) 50.11; 3. **D.Maskell** 51.55; 4. **C.Flint** 54.06 5. **P.King** 54.06; 6. **P.Hannell** 57.40; 7. **D.Hoben** 59.09 9. **D.Delaney** 61.53.

31 May – SWC/BBHAC 3km Championships, Norman Park

A warm sunny evening saw Blackheath & Bromley HAC's annual running and race walking championships with the walk opened to include Surrey Walking Club's own championship and one guest. Although numbers for the walk were down and the field mostly veterans, the positive aspect was the 12 year-old winner of the race, Abi Smith, of BBHHAC, who was over a minute clear of the rest. Although above her normal

distance Abi set a new best for 3km with more to come with better competition. Chris Flint was the first SWC home to win both the SWC race and the handicap although the early season warmth slowed all but the winner.

(SWC handicap in brackets)

1. A.Smith (B&B U) 18.28.8; 2. P.Watts (Swanley) 19.36; 3(1). **C.Flint** 19.54; 4. **P.Hannell** 20.18 5(2). **D.Hoben** 21.25; 6(3). **K.Burnett** 24.48

13 June VAC League 5miles Battersea Park :

The third fixture of the 2017 season of Veterans AC 5 mile walk League was also the club championships and was held yet again in fine sunny spring conditions even if a little humid. The turnout was lower than the previous fixtures due to a clash with another popular series and a number of regulars on the injury list.

Naturally with a small turnout nearly all attained age group gold medals. The winner, newcomer David Annetts of North Herts, was well clear of the field finishing over 5 minutes ahead of Maureen Noel and Fiona Bishop.. All other competitors from 4th to 7th were SWC members and walking by themselves with roughly two minute gaps. Times were more or less of form with the exception of David Delaney who finished 5 minutes quicker than the same event last time and also last year. It is good to see David getting back to his best.

- 1.D.Annetts (N Herts M50) 46.40; 2. M.Noel (Belg W50) 52.12; 3. F.Bishop (AFD W55) 53.01; 4. **C.Flint** 54.54; 5. **M.Harran** 56.39; 6. **D.Delaney** 56.44; 7. **D.Hoben** 59.06.

3 June Moulton 5 miles :

The pleasant and popular village 5 miles at Moulton with over 50 out including 5 Surrey Walking Club although Dan Maskell was forced to retire injured. David Delaney had by far the best race beating David Hoben by $\frac{3}{4}$ of a minute. Chris Flint was the first SWC home more or less at the midpoint of the field and almost 3 minutes ahead of David D but slightly down on expectation with the heat playing its part. Peter Crane walked round with his daughter who last walked in a race when she was 12 years old, over 20 years ago.

Men

1. C.Wilkinson (E&H) 35.22; 2. D.Annett (N Herts) 45.56; 3. G.Wilkinson (E&H) 46.22; 22. **C.Flint** 54.31; 25. **D.Delaney** 57.23; 26. **D.Hoben** 58.05; 32. **P.Crane** 67.07

Women

1. F.Bishop (AFD W55) 50 min 2 sec; 2. M.Peddle (Loughton W45) 50 min 11 sec; 3. J.Crawford (E&H W50) 51 min 58 sec; 10. A.Crane (Unatt W) 1 hr 7 min 5 sec;



Peter Crane with daughter Anna in the Moulton 5 miles
(photo Mark Easton)

4 June Surrey & Sussex County Masters Champs 3km, Ewell Court

Six was a low but untypical turnout with only M75, Ron Penfold turning out for Sussex. This was a fully judged A race but all survived the scrutiny. Clear winner was the youngest competitor Penelope Cummings (AFD/HHH) who, though isolated, had a good time, not far off her best. With much attention to style the rest were slightly down especially those who had competed the previous day. There was a tight race between Chris Flint and Peter Hannell with Chris always looking to burst past but not quite doing so even on the final sprint but finishing less than a second behind.

Men

1. R.Penfold (Steyn 1st Sx M75) 19.18; 2. **P.Hannell** (1st Sy M70) 20.00; 3. **C.Flint** (2nd Sy M70) 20.01; 4. **D.Hoben** (1ST Sy M60) 21.49; 5. **K.Burnett** (1st Sy M75) 24.24.

Women

1. P.Cummings (AFD 1st Sy W40) 16.48; 2. **J.Williams** (1st Sy W45) 20.43; 3. F.Bishop (AFD 1st Sy W55) 21.25

4 June – Kent Young Athletes League, Dartford

Surrey Walking Club's interest in these comes through Shaun Lightman and Peter Selby's coaching connections with Blackheath & Bromley HAC and Medway AC respectively and the fact that these meetings helpfully promote race walking by including our event in their programme. The 1st Division In the boys 2km race Jack Childs from Medway was second after a race long battle with Alex Macheath of Cambridge Harriers. Blackheath's Joshua Smith finished fourth and all three boys scored personal bests with Jack just outside 10 and Joshua breaking 13 minutes – a 20 second improvement. In the Under 13 girls 1st Division 1km a thrilling race ensued with the UK numbers 1,2 and 3. all vying for the top spot. Devina Nova of Ashford led the first lap closely followed by Katie Stringer and Abi Smith. Katie made an effort after 600m and was closely shadowed by Abi Smith who made a decisive break at the bell and was never headed. She finished in 5m 12s (a Blackheath club record an big p.b.). Further down the field Katie Brash in her first race finished a creditable 2nd in Division 2 in 7m 06s. She walked with a bunch and drew away with a storming last 200m.

1km

1. A.Smith (B&B U13G) 5.12; 2. K.Stringer (M&M U13G) 5.27
3. D.Nova (Ashf U13G) 5.40; 1. A.Young (M&M U13G) 6.16
- Z.Francis (Swale U13G) 6.20; 2. K.Brash (B&B U13G) 7.06;
3. Z.Simpson (Ton U13G) 7.12

2 Km

1. A.Macheath (Camb H U15B) 10.02; 2. J.Childs (M&M U15B) 10.08; 4. J.Smith (B&B U15B) 12.52; 1. H.Hopper (Camb H U15G) 12.16; 2. G.Whittingham (Ashf U15G) 12.33

10 June Jack Fitzgerald Memorial 10.325 km, Crawley

Tilgate Park with its flat course and beautiful scenery has become a regular attraction with 23 entries this time. The race was held in hot sunshine but the temperature cooled by a breeze. The winner, Portuguese ex-international Fransisco Reis, encouraged young Ollie Hopkins for the first half so was down in time but still walked an impressive time especially for the final laps. He was followed by Peter Selby coached Ollie (Lewes) who held Fransisco for most of the race but as a result slowed later. Surrey Walking Club had 6 finishers with first home Paul Gaston in 4th overall but isolated and he finished in about expected time. Not far behind Chris Flint having a good race finished well over a minute quicker than last year even though unable to hold Paul. With Chris early on but finishing 30 seconds behind came the Martins with Malcolm, still injured, encouraging Angela to an improved if hard fought time. At the rear of the field David Hoben and David Delaney finished together after an excellent last two laps from Delaney saw him catch a tiring Hoben from 50 metres back mid-race. Also walking the first lap accompanying a couple of novice youngsters was Peter Selby in his first “race” for some years.

Men 10.325 km

1. F.Reis (SCVAC) 54.59; 2. O.Hopkins (Lewes) 57.03; 3. **P.Gaston** 69.15; 5. **C.Flint** 70.25 6. **M.Martin** 71.03; 10. **D.Hoben** 75.59; 11. **D.Delaney** 75.59

Women 10.325 km

1. M.Peddle (Loughton) 63.46; 2. **A.Martin** 71.03;

24 June – English Schools Assn. Inter-Counties

This event in Milton Keynes included Isabelle Bridge from Blackheath and Bromley HAC and she managed a clear win in the 13 - 15 Girls event. The others in her group had some difficulties allowing Isabelle a comfortable victory. In the equivalent Boys race Jack Childs also coached by SWC member Peter Selby was also a successful victor.

13 - 15 Boys 1. J.Childs (M&M 13-15B) 16.37.6; 2. M.Crane (Bexley U17B) 16.46.8; 3. N.Hart (AFD 13 - 15B) 17.03.7

13 - 15 Girls 1. I.Bridge (B&B 13 - 15) 17.21.2; 2. I.Elliott (AFD 13 - 15G) 18.03; 3. G.Whittingham (Ashf 13 - 15G) 19.01.

4 July Bill Collins 3km, Tonbridge,

Although only 7 turned up for the 3km it was encouraging to see about the same number doing the 2 & 1 km distances provided for the youngsters. Not only were the youngsters present, the necessary chauffeuring duties meant a good number of parents and other supporters were encouraging all of the competitors on a friendly evening in the beautiful grounds of Tonbridge School. Ollie Hopkins, coached by Peter Selby, led the field from start to finish a minute clear of the rest. SWC only fielded three on this occasion with Malcolm Martin, slowly recovering from injury, in third place after a close race for second. Although still some way from his best this was a good result on a warm evening. Wife, Angela, was like most of the field more affected by the temperature and unable to catch Peter Hannell despite the latter's current form.

1. O.Hopkins (Lewes) 15.28; 3. **M.Martin** 16.40; 5. **P.Hannell** 20.16; 6. **A.Martin** 20.42

28 June - Johnson Bowl/Gazette Cup 3.28 miles. Norman Park, Bromley

SWC's second Summer promotion on behalf of Blackheath was the Johnson Bowl where, for the first time in its century-long history, the victor was female as Isabelle Bridge just got away from a tiring Roger Michell, a previous winner. The race included SWC's own 4 mile race where Roger had a clear win over Chris Flint. The distance was reduced to 3.28 miles in error but the competitors still enjoyed the Summer evening event. However it was a strong performance from Dave Delaney that took the Gazette Cup leaving David Hoben in his wake. Abi Smith opted for the half distance choice and was over two minutes clear of the others in this distance and not too far behind Isabelle at the latter's halfway point.

3.28 miles (SWC Handicap in brackets)

1. J.Childs (M&M) 29.30; 2. I.Bridge (B&B) 29.47; 3(2).
R.Michell 29.56; 4(1). **D.Delaney** 36.40; 5(3) **D.Hoben** 36.58

1.64 Miles

1. A.Smith (B&B) 15.30; 2. T.Lancaster (B&B) 18.10; 3. L.Cracker (B&B) 18.11; 4. R.Lancaster (B&B) 19.32.

9 July – BMAF & Midland 20km Championship, Coventry

Only one Surrey Walking Club member took part in the national veterans 20km in Coventry with Chris Flint in 12th in a time which he found disappointing but in fact rather better than other recent races despite the hot weather.

1. F.Reis (SCVAC1st M55) 109.28
2. M.Williams (Tam1st M50) 118.48
3. M.Culshaw (Bel2nd M50) 128.46
12. **C.Flnt** (2nd M70) 149.00.

11 July VAC Summer League 5 miles, Battersea

After a long hot period the VAC race was held on the first wet day which was at its heaviest during the rather poorly attended race. With a reasonable four SWC out they represented exactly half the field – the rear half as it happened. The cooler weather was ideal for racing and the results clearly divided between those taking advantage of the temperature and exceeding expectation and those below par and further put off by the weather. Chris Flint was among the latter group but may be excused by having raced in the BMAF 20km only two days earlier and in this Battersea having to give way to Peter Hannell.

1. M.Culshaw (BelM50) 47.53;
2. S.Bishop (SEACM55) 48.27;
3. J.Hall (Belg M65) 51.16
5. **P.Hannell** (M70) 55.38
6. **C.Flnt** (M70) 56.55
7. **M.Harran** (M75) 58.36;
8. **D.Hoben** (M60) 59.39.

19 July – SWC Open 5/3/2km, Tonbridge

With 21 out of whom only a third were aged over 19 and the normal support of parents and other Club members the Surrey Walking Open 5km was a very pleasant and successful event. Half of the starters did the shorter 3km option mostly because of the usual age restrictions and this race was won by Jack Childs from Medway in a personal best. Fourth was BBHAC's Abigail Smith easily first in her age-group. New-comer, SWC's Chris Edwards, brought up the 3km field but finished in a fair time for his age-group.

The 5km was won from gun to tape by the excellent Ian Richards from Steyning as he prepares to enter the M70 group with more age group records. Young Ollie Hopkins and David Crane were close, over a minute behind Ian as David did his first walking race for several months. Malcolm Martin, nursing an injury but encouraging wife Angela to the best SWC performance and victory in the Club handicap as she overtook and left Peter Hannell in the second half of the race.

This was the last race in the 2016/17 season and so completed the Albury Cup handicap points competition. As it happens David and Angela tied for 3rd place while winner David Hoben was unable to make this event but had already enough good results. David Delaney, also absent, filled the second place but might have won had he taken part. In total 11 members had taken part in the competition but unfortunately only 3 in each of the three summer evening events.

In the Home countries international against Ireland, Isobel Bridge from Blackheath & Bromley was a good fourth behind two excellent Irish girls and Cambridge Harrier, Lucy Lewis-Ward reports coach, Shaun Lightman.

5km (Handicap position in brackets)

Men 1. I.Richards (Steyn) 25.22.3; 2. O.Hopkins (Lewes) 26.36.5; 3(2). **D.Crane** 26.50.5; 4. M.Crane (Bexley) 26.53.9; 5. L.Legon (Camb H) 26.53.9; 6(3). **M.Martin** 34.09.7; 7. **P.Hannell** 34.33.1.

Women 1. E.Ghose (Ton) 27.58.9; 2. J.Benson (Ashf) 33.33.1; 3(1). **A.Martin** 34.11.5; 4. G.Legon (Bexley) 35.50.1

3km

Men

1. J.Childs (M&M) 15.33.9; 2. C.Hobbs (Ashf) 16.17.3; 3. C.Hopper (Camb H) 19.29.6; 4. **C.Edwards** 21.47.8

Women

1. L.Carty (AFD) 17.20.3; 2. A.Smith (B&B) 17.48.1 3. E.Payton_White (Lewes) 18.30.7; 4. H.Hopper (Camb H) 18.34.3; 5. K.Stringer (M&M) 19.19.3

1km Women 1.H.Atkinson (Camb H) 14.14.9

OTHER RESULTS

5 March Molly Barnett 10km, Coventry 10. **A.Martin** 70.55

Midland 10km Champs, Stourport 4. **R.Michell** 60.59

25 March Leicester 15 miles 4. **D.Hoben** 3.04.25

1 April Rio Maior Grand Prix 5km, Portugal

8. **M.Martin** 28.59 16. **A.Martin** 35.00

8 April Macclesfield Shield 20km 2. **D.Maskell** 2.19.42

9 April Ultrafest 24 Hour Trac, K2 Crawley:(Running/Walking)
Sandra Brown 174.346kms **Richard Brown** 165.012 km.

23 April London Marathon David Hoben 5.54.03

4 May HaywardsHthH 1km, Crawley P.Hannell 6.49.9

3-4 June Dutch 100 miles Weert 12. **Sandra Brown** 22.07.25
47 finished in 24 hours.

24 June UKMasters Bir'ham R. Michell 5km 28 48 (2ndM65)

2 July Southern Inter-Counties 3km, 8. **P.Hannell** 20.18.6

2 July Inter-Area Veterans Match, Solihull

1st M60. **M.Martin** 11.01.9; 2nd M60 **R.Michell** 11.06.2

4th W50 **A.Martin** 13.35.8

10 July SCVAC Vets S. London Div. 3. **I.Statter** 13.16;

5. **D.Hoben** 13.56. **Women 1.** **J.Williams** 13.28.7

FUTURE CLUB RACES

18 November Christmas Cup 5 kms 1pm Tonbridge Track

26 November Addington 7 mls Addiscombe Hockey & Cricket Club, Sandilands 2pm

Recent Winners of the Christmas Cup

2000	S.Lightman
2001	N.Simmons
2002	M.Easton
2003	IG.Statter
2004	P.King
2005	I.Statter
2006	P.Ficken
2007	D.Crane
2008	M.Easton
2009	S.Crane/D.Delaney
2010	A.Statter
2011	L.Atterbury
2012	DJ.Crane
2013	PC.Hannell
2014/15/16	DJ.Crane

STROLL REPORTS

14 May World War One Memorial Circular (Revisited) -

Conductors: John and Gail Elrick Participants: Janet, Kate, Laurence, Maggie, Mark and Rachel

The original idea for this stroll combined research work done by Gail in 2015 on the impact of the Great War on the Club, particularly the deaths on active service of 29 Club members, and the Woodland Trust's work to create a World War One Centenary Wood at Langley Vale, Epsom. The conductors led a stroll on Remembrance Sunday, 8 November, 2015 to see the work-in-progress at Langley Vale and to lay a memorial wreath for the 29 members who fell in the Great War. This stroll was aimed at checking on progress at Langley Vale Wood after 18 months of tree planting.

The Woodland Trust project is being aided by donations with members having donated £450-00 to our 2015 Appeal. This was our target as being sufficient to plant 29 trees in memory of each of the SWC members who died in the Great War.

At Tattenham Corner station we welcomed strollers and racewalkers and headed over Epsom race course to gain the first views over Langley Vale where the Woodland Trust hopes to plant 200,000 native trees and create a Visitor Centre. So far volunteers and local school children have planted over 50,000 trees.

Passing through Headley churchyard we continued westwards along the Gallops on the top of Mickleham Downs and turned south west to descend sharply to White Hill car park before ascending again to Juniper Top with a beautiful panorama. Entering the woods we eventually crossed Donkey Green to reach the very crowded NT Café for lunch.

After lunch we paused to admire the view over Dorking from the Box Hill viewpoint and soon reached Box Hill village where in 2015 we had stopped to lay a wreath at St. Andrew's Church. At Headley Heath the walker is faced with a myriad of paths but we had worked out a route which allowed us to see a mixture of open heathland and woodland. Emerging at the car park we stopped to take tea outdoors at the mobile café parked there. Just as we left heavy rain set in which brought the local cricket match over the road to an abrupt end as the players raced for the pavilion. We went back under the M25 towards Epsom and followed a different footpath than earlier in the day to get a final view of the new benches and areas of planting at Langley Vale. Continuing around the edge of Epsom race course we eventually finished at Tattenham Corner station.

9 July 2017 Shiplake Circular

Conductors: Gail and John Elrick

Participants: Chris (K), Corinne, Dave (W), Jill (G), Joelle, Keith and Rachel

Due to having to fill in at short notice on an earlier stroll for an injured conductor and having led the stroll originally designated for this date, we were in a bit of a panic what stroll to do. Then we hit on a perfect stroll devised many years ago by Jim Palmer, former strolls secretary and regular conductor, based on his extensive knowledge of the Chilterns. It would be perfect for this time of year and had the added advantage of giving the opportunity for a lovely church tea! We even had the map with the route marked! It turned out to be quite eventful.

The trains of course had to let us down. Instead of a 26 minute wait at Twyford for the train to Shiplake the strollers had 46 seconds to catch the train (and they did it!). Rachel, coming also by train but from a different route, was not so lucky and thought she was stranded. However a mobile phone to the conductors meant that Gail and Jill were able to

turn back to Shiplake and meet up with Rachel. Fortunately Gail knew a short cut and they were reunited with the rest of the Team shortly before Crowsley Park. The rest seemed a bit surprised to see the threesome. It seems speculation had been rife that this manoeuvre was a plot among the ladies to get to the lunch stop first (involving more short cuts and perhaps a taxi) so as when the rest arrived the three ladies would be sitting with their feet up drinking Pina Coladas!

Reaching the pub stop at Rotherfield Greys, Dave (Williams) was very pleased to find a house named after him, William's House. Several photo shoots ensued, and one wonders what the current occupants of the house would have thought if they had cared to look out of their front window. A photo was also taken inside the pub with Dave talking on an old fashioned phone (remember them with a handset and receiver). We were all quite intrigued by this, assuming it was for decoration, but Dave picked it up and found there was a voice at the other end (perhaps the ghost of a customer waiting to be connected). After refreshment Neil took a photo of the group including a "dog" that briefly joined us (see below).



Leaving the pub the group returned to the quiet footpaths and dappled sunlight. It all seemed very peaceful. Without warning, Keith (who had been walking at the back of the group) announced that he had accidentally activated the emergency response function on this new multi-function watch and before he could work out how to turn it off, he was informed that the emergency services had been activated, his location was being tracked and his wife had been contacted to say he was in trouble. The sound of distant ambulance sirens increased the tension (we were preparing to abandon Keith) as Keith set about telling his wife he was OK and the emergency services that no he did not need any help thank you.

Reaching Henley without further excitement, Gail and John were pleased to find that the closing time for tea in the church had been reinstated to 5 p.m. instead of 4.45 when they did the recce. Plus the tea room was empty of customers but not of cakes! The volunteers were very pleased to see a clearly hungry and thirsty group and we were soon seated round a large table with pots of tea and delicious home-made cake.

Leaving the church we came across the modest memorial stone for Dusty Springfield (1939-1999) which made us all reflect a little. The walk back to Shiplake along the riverside from Henley is always busy and particularly on a nice July day but after crossing the weir we knew it would thin out and the pace began to pick up. The train travellers were able to catch the early train with 2 minutes to spare so that made up for the morning!

Thanks from the Conductors to the Strollers for a very enjoyable and entertaining day. Distance 18 miles.

Stroll Fixtures

Sunday 6 August. Fishersgate to Hove via the South

Downs (linear). Conductor: **Janette Platt**

Start **Fishersgate** station (**09:40**) (London Victoria 08:17, change at Hove). Get a return ticket to Fishersgate. Car drivers: Fishersgate is only three stops from Hove so you could park at either and use the train to travel the three stops. Return trains from Hove at 5 mins to the hour, plus two other trains an hour, change at Brighton.

Route description: We head north-west along the Sussex Border Path, gaining height quickly as we head for the hills. At Beeding Hill we pick up the South Downs Way and head east to Edburton Hill where there are fine views. Soon afterwards we take in the earthworks of a Norman motte & bailey castle and later an Iron Age Hill fort before dropping down to

Poynings for **lunch** (approx. 9 miles). After lunch we skirt the base of Newtimber Hill before making our way via the side of Round Hill to the top of Wolstonbury Hill (another Iron Age hillfort). Turning our footsteps back towards Brighton we head down and then up again over West Hill, East Hill and Varncombe Hill before dropping down in the direction of Hove. No tea stop, sadly, other than in Hove at the end of the day. Explorer 122. Approx. 19 miles.

Saturday 19 August. Edenbridge to Tonbridge (linear).

Conductor: **Keith Lane**

Start **Edenbridge Town** station (**09:46**) (London Victoria 08:53: Change at East Croydon, 09:23 onto a train that originates at Selhurst). Frequent return trains from Tonbridge. A return ticket to Tonbridge should suffice.

*Route description: Ascending from the Eden Valley and passing through lovely Kent countryside with views we make our way up to Crockham, Mariners and Toys before **lunch** at*

Ide Hill (picnic, pub and a café). Afterwards we descend to the Medway Valley past Bough Beech Reservoir and Hall Place, before following the river into Tonbridge. Optional **refreshment stop** at The **Humphrey Bean**, Tonbridge. Explorer 147. Approx. 18 miles.

Sunday 3 September. Gerrards Cross to Maidenhead (linear). Conductor: Lynne McKenzie (07980 865307). Start **Gerrards Cross** station at **09:35** (09:13 from London Marylebone). Two return trains from Maidenhead to Paddington at 34 and 53 minutes past each hour. As these stations are on two different lines the most cost efficient option is an all zone travelcard (or Freedom Pass) with single from Boundary Zone 6 to Gerrards Cross and single from Maidenhead to Boundary Zone 6.

*Route description: This is a gentle walk with a tree filled morning taking us through Egypt Wood and Burnham Beeches to Cookham and on to **Cookham Dean** for **lunch** at The Jolly Farmer. The afternoon follows a figure of 8 looping around hills above Cookham with views over the Thames and back through Cookham to follow the Thames Path to Maidenhead with a **tea stop** at **Jenner's Café**.*
Explorer 172. Approx. 21 miles.

Sunday 17 September. Chesham circular. Conductor: Janette Platt
Start **09:44** at **Chesham** underground station (08:50 from Baker Street on the Metropolitan Line). Return trains from Chesham at 23 & 53 minutes past each hour. This is a repeat of the stroll that Janette led in January, where we had to stop at lunchtime because of a tube strike that evening. Hopefully it will be possible to do the complete route this time!

*Route description: The morning takes us via the Chilterns Link (with a couple of deviations) to **Wendover** for **lunch**. Here there is a choice of eateries (pubs, cafés) or a picnic lunch for*

*those who prefer this option. Lunch is followed by a steep climb (traditional on Janette's walks!) up Bacombe Hill to the monument on top of Coombe Hill (hopefully with some great views from the top). The Ridgeway, and then South Bucks Way are then followed to the outskirts of Great Missenden before making our way via field paths and quiet roads back to Chesham. Possibility of **tea** or cold drinks in **Great***

Missenden. Those who want a shorter walk have options to leave (or join) at Wendover, or leave at Great Missenden. If you want to join the walk at Wendover, please let the conductor know.

Explorer 181. Distance approx. 17 miles.