

Autumn 2018 No.470

*The Gazette and Record of
the Surrey Walking Club*



Walking



Captain Nolan, racing again after a long spell of injury
(photo Mark Easton)

Welcome to Gazette no. 470 Any material Emailed to
p.crane7w@hotmail.co.uk would be welcome. Also see our
website www.surreywakingclub.org.uk .

We welcome new member Andy Shoesmith

KEITH FRASER Tribute from Peter Selby

My early recollections of Keith go back to 1963 just after he joined SWC. On Tuesday evenings at Croydon Harriers HQ , Norwood Stadium (cinder track next to sewage works!) Keith was one of a dozen or so hardy individuals under the guidance of the Club Captain Dickie Green (perhaps one of the best if not the ultimate Captain of any Clubs) who regularly took part in group sessions covering 7 to 11 miles over the Surrey Hills (especially Gravel and Spout) Keith was not the fastest walker but he showed real determination and stamina over the fast finish from the top of Spout Hill back to the arena. He was a regular competitor throughout the 60's and was a member of Surreys A team at the time when the club would often field a C and even D team . As his racing days became more selective Keith went on to be one of the best administrators in the club as Hon. Sec. and President in 1973. He showed respect to all club members be they Olympic athletes or just casual participants. Following retirement Keith and family moved to Alfriston and then Seaford. I was able to visit him on occasions and we had some interesting chats not only about the club and the state of sport in the UK, but he was also very interested in world affairs, economics and politics holding his own views but also respectful of others opinions .As a life time Liberal and me a bit of a "leftie" the discussions became quite" interesting" I am not sure what he would of thought of " Brexit ".A loyal hard working club member and devoted family man, I shall miss going to his bungalow for a cup of tea and natter where he usually had an agenda ready of issues to discuss, club affairs were normally the first item.

RACE RESULTS

18/19 May European Masters Road Championships, Alicante, Spain

The European Road Championship had a reduced but significant GB group including Angela and Malcolm Martin and Roger Michell. Angela, despite recent injuries, did both the 10km around other recent times and then completed the 20km next day. In combination with two W45 GBR ladies her time was sufficient to get the team W45 silver medal. The two men both returned with medals. Malcolm as M60 30km champion with a very good time and a nearly 10 minute pb, Roger with individual Bronze, behind Ian Richards' excellent Gold, as well as team Gold himself. The men also did their 10km and, while Malcolm took it relatively easy ahead of the 30, Roger managed a fast time for another Bronze while leaving enough in the tank for his equally fast 30km.

10km Women M50

1. K.Bodorkos-Horvath (Hun) 56.59; 2. C.Martin-Pinuela (Esp) 55.52; 3. A.Poklar (Slo) 60.54; 13. **A.Martin** 73.34

10km Men M60

1. M.Luniewski (Pol) 55.49; 2. A.Ruata-Martin(Esp) 59.32; 3. J.Moreno-Mate (Esp) 55.57; 7. **M.Martin** 60.53

10km Men M70

1. I.Richards (Steyn) 54.01; 2. L.Niestelberger (Aut) 61.59; 3. **R.Michell** 62.35. UK 1st team.

20 km Women W50

1. K.Bodorkos-Horvath (Hun) 117.53; 2. C.Martin-Pinuela (Esp) 126.213. I.Ruiz-Ayucar 130.38; 9. **A.Martin** 152.08.

30km Men M60

1. **M.Martin** 3.02.04 2. I.Melo-Valls (Esp) 3.02.22 3. H.Prieler (Ger) 3.04.54

30km Men M70

1. I.Richards (Steyn) 3.01.20; 2. L.Niestelberger (Aut) 3.31.39; 3. **R.Michell** 3.33.30

30 May: Blackheath & Bromley and Surrey Walking Club 3km Championships, Norman Park, Bromley

The annual 3km race in Bromley saw what must have been a record turnout for many years with 14 starting despite being a fully judged "A" race and with only three visitors boosting the numbers. Three of Shaun Lightman's coaching group (all B&B) and three of Noel Carmody's Cambridge H group added youth as well as numbers. 8 SWC, some also B&B members, completed the tally. Naturally and encouragingly, the two Blackheath youngsters took 1st and 2nd positions in the Blackheath championship from the veterans with newcomer Louise Crocker 3rd. Of the rest it was Mick Harran (M80) who had the best race as he almost held Chris Flint (M70) failing by just over a second. David Crane was clearly our best followed by Dan Maskell and Mick Harran. Mick won the handicap from David. We should also mention Nolan Simmons who raced after several years of injury and was not far off his previous times. His return was most welcome by all and if the handicapper had made a more generous adjustment for the absence he might have easily won the handicap.

(SWC Handicap in brackets)

1. L.Legon (Camb H) 13.16; 2(2). **D.Crane** 14.15.1; 3.
C.Hopper (Camb H) 16.58.7 4. I.Bridge (B&B) 17.18.9; 5.
A.Smith (B&B) 18.29; 6. H.Hopper (Camb H) 19.20.7; 7(4).
D.Maskell 19.46.5; 8(3). **C.Flint** 20.18.1 9(1). **M.Harran**
20.19.7 10. L.Crocker (B&B) 21.43.3 ; 11(-). **P.Hannell**
21.52.1 12(5). **D.Hoben** 21.56.5; 13(7). **N.Simmons** 24.42.9
14(6). **K.Burnett** 26.01.8

2 June Moulton 5 Miles

On a warm sunny but muggy afternoon in Moulton, a field of 46 faced the starter. To avoid congestion with such a large entry the race was divided into two groups with the slower contestants starting some 10 minutes before the faster walkers. At the front of the race Callum Wilkinson went off with Dominic King. Wilkinson opened up after the turn at half way and won the race by 2 minutes 27 seconds in a new course record by 10 seconds which had been held by Dom. Dominic King held off twin brother Daniel by 13 secs.

In fourth position was David Crane who had a solo race from beginning to end just outside 40 minutes but unlike most of the field performed above average. Mick Harran who had a race long battle with Tony Wilkinson losing out in the final two miles by just 5 seconds. He finished in 15th position. Chris Flint was next home. Due to an unfortunate event, Flint had arrived late but was allowed to join in. He made his way through the field and was given a place based on his actual time which made him 16th man and by coincidence only 7 seconds behind Mick though in reality 7:30 later. David Hoben walked with Paul Frimage (Ryston R) and finished in 19th position in 59 minutes and 5 secs ahead of Frimage. Starting with the slower group Peter Crane, helping daughter-in-law Rachel, finish in 22nd position with Rachel in as 11th woman both in 63.38, a good performance in her first ever walking race. The Crane family was also represented by Peter's daughter Anna and her fiancée Ben Turner who walked together in 64.22. All in all this was a pleasant race with a good SWC turnout.

Men

1. C.Wilkinson (E&H) 33.48
2. Dom King (Col H) 36.15;
3. Dan King (Col H) 36.28;
4. **D.Crane** 40.15
15. **M.Harran** 57.17;
16. **C.Flnt** 57.24;
19. **D.Hoben** 59.02
22. **P.Crane** 63.38

Women

1. M.Shott (Belg W) 45.37;
2. H.Middleton (E&H) 49.46
3. M.Noel (Belg) 51 .46
11. R.Crane (Unatt) 63.38

3 June Surrey/Sussex Masters 3km Championship, Ewell

With the mercury up at 28 degrees it was no surprise that times were slowish although the clear winner, Penelope Cummings (AFD), was not far off expectation as she lapped the whole field. Chris Flint found it hard going, especially in the first few laps, but he pushed on and passed Fiona Bishop (AFD) on the penultimate lap. David Hoben who had raced so much recently, including Moulton, had a lonely race at the rear but broke 5 m.p.h. comfortably.

1. P.Cummings (Sy/AFD W) 16.56.5; 2. R.Penfold (Sx/Steyn) 19.41.9 3. **C.Flint** 20.24.4; 4. F.Bishop (Sy/AFD) 20.32.6 5. **D.Hoben** 22.05.4.

19/20 May Schiedam 100 miles, Rotterdam, Holland

The Schiedam 100 miles involved three SWC athletes and would have included four had not Kathy Crilley's accident in Battersea Park, In Holland however Sandra Brown managed yet another 100 mile success just inside 22 hours. She was 2nd woman and 8th overall while her daughter Vicky managed over 30 miles in the first third of the period. Meanwhile Richard McChesney partially, coached by Shaun Lightman, completed the 100 some way in front of Sandra and went on for the full 24 hours with 115 miles which was a New Zealand age-group record. There was also a shorter 50km race where David Hoben was up in 2nd in a time around his average.

100 miles Men

1. B.Coulier (Belg) 20.16.40 ; 2. J.Taghon (Holl) 20.23.56 ; 3. R.McChesney (NZ) 20.44.11 (185.129km in 24hr – NZ age-group record).

100 Miles Women

1. W.Driessens (Fr) 21.22.35. 2 (8th Overall).
S.Brown 21.55.25 Also **V.Barnes** 50.732 km in 8.25.46

50 Km Mixed

1. H.Drijvers (Holl) 5.44.59; 2. **D.Hoben** 7.18.12;

9 June Jack Fitzgerald Memorial Walks, Crawley

The Veterans AC once again promoted its 10km race around the very pleasant lake at Tilgate Park and were well supported with almost 30 out including several youngsters doing 6 km with the exact distances shown in the results below. The clear men's winner was Ian Richards (Steyning M70) walking comfortably and inside 57 minutes. Not that he was without competition as the women's winner, Maddy Shott (Bels W) was only 11 seconds behind but not far from a third of Ian's age. Surrey Walking Club were well represented with seven out the first of whom was Paul Gaston just a minute ahead of Dan Maskell. The hot weather added to the pleasure of the occasion but also to the times for most but Chris Flint improving on recent times with the equivalent of a sub 70 minute 10km. A little behind Chris, but in next position, was new M80 Mick Harran showing little sign of slowing down much. The organizer, David Hoben also had a good race in spite of his responsibilities. Although slower than last year his effort was easily good enough to leave Peter Hannell a few minutes behind. It was nice to see Peter Selby out racing again even if he was only accompanying one of his coaching charges so a little slower than his best.

10.325km

1. I.Richards (Steyn) 56.42 2. M.Shott (Belg W) 56.53; 3. M.Culshaw (If) 63.51 6. **P.Gaston** 69.22 9. **D.Maskell** 70.26; 13. C.Flint 71.43; 14. **M.Harran** 75.25 15. **D.Hoben** 77.23; 17. **P.Hannell** 80.27
- 5.9km**1. L.Morse (Lewes) 31.23; 6. **P.Selby** 46.38.

19 June Veterans AC 5 mile League and Championship, Battersea Park

The championship of the VAC 5 mile league series in Battersea Park was poorly attended. With only 9 out and these spread across the age groups so that most received gold medals, SWC was relatively well represented by over half the starters. On a warm evening, performances were generally good especially from winner and newcomer to race walking, David Annetts (N Herts). He finished nearly 10 minutes ahead of Belgrave's Maureen Noel in second. One might have expected a great deal of isolation in a spread of nearly 20 minutes in finishers but in fact 5 of the 9 were in a quite tight competition around 56 minutes with Chris Flint having a good race behind Fiona Bishop (AFD). Ahead of these two and at the front of this group was SWC's first home, Dan Maskell, who is racing often at the moment and who's time was a little down on expectation. David Hoben was well clear of Peter Hannell's disappointing last place.

1. D.Annetts (N Herts 1st M50) 42.28
2. M.Noel (Belg 1st W50) 51.50;
3. **D.Maskell** (M70) 55.03
5. **C.Flint** (2nd M70) 56.17;
6. **P.King** (1st M65) 56.59;
8. **D.Hoben** (2nd M65) 59.07
9. **P.Hannell** (2nd M75) 61.01

9 July Masters Southern League 2km, Kingston

3 SWC turned out in the Masters Southern League South London Division race. While David Hoben (Striders of Croydon) was around his usual time, Kevin Burnett (SoC) struggled with the heat but won his particular sub division. Unfortunately Ian Statter (Croydon) was unable to finish.

3rd M35 race **D.Hoben** (M65) 13.54.2; 1st M50 race **K.Burnett** (M75) 16.26.2

27 June Johnson Bowl & Gazette Cup, Normans Park

The spell of extremely hot weather was moderated by a slight cool breeze and made this traditional race, now in Norman Park over four one mile laps, a very pleasant but competitive event. The Blackheath & Bromley race was clearly won by young Isabelle Bridge as she got away from the start despite Roger Michell's current good form. He held the even younger Abi Smith, who was doing the 2 miles, for the first lap but slowed a little when Abi's race was complete. Likewise Dan Maskell and Chris Flint battled over the first two laps but Dan managed to pull away while Chris hung on to finish an unusually close race and second in the SWC handicap. The next two were even closer as it was only on the last lap that SWC handicap winner Chris Edwards managed to close a small gap and pass David Hoben. The Surrey Walking Club Gazette Cup and handicap was incorporated and Roger was the clear winner of the scratch race.

4 Miles (SWC Hcp in brackets)

1. I.Bridge (1st B&B) 37.46 2(4). **R.Michell** (B&B/1st Sy WC) 40.01 3(3). **D.Maskell** (Sy WC) 42.58 ; 4(2). **C.Flint** (Sy WC) 43.39 5(6). **D.Hoben** (B&B/Sy WC) 47.29; 6(1). **C.Edwards** (Sy WC) 47.41; 7(5). **N.Simmons** (B&B/Sy WC) 5251

2 miles

1. A.Smith (B&B) 19.32; 2. L.Crocker (B&B) 23.10; 3. J.Hodgkinson (Unatt) 25.47

8 July Masters Inter-Area Match 2km, Solihull

The usual Masters Inter-Area match at Solihull included Angela and Malcolm Martin competing for Southern Vets while Roger Michell was out for Midlands. This highly competitive if short, 2km, race brought good times from both men and some improvement from Angela. Martin won the M60 race.

3rd W35 race **A.Martin** 13.28.2 1st M60 race **M.Martin** 10.44.7 2nd M60 **R.Michell** 11.41.4

30 June LICC/Enfield 5km, Allianz Park

The race, a track 5km, saw 19 start in 80 degree conditions and unsurprisingly slowish times for most of the field. David Crane came home almost a lap ahead of Ilford's Seb Parris in second. SWC's other two entrants Mick Harran, now 80, and David Hoben were towards the back of the field but on this occasion were among an encouraging number of newcomers to race-walking, mainly female.

1. **D.Crane** 26.23; 2. **S.Parris** (Ilf) 28.13; 3. **M.Culshaw** (Ilf) 29.21 9. **M.Harran** 35.19 10. **D.Hoben** 35.53

30 June Jim Sharrott/BMAF 10km, Leicester

The Jim Sharrott 10km in a nice park in Leicester incorporated the BMAF Championships with almost 30 starters. SWC was represented by Malcolm Martin and Chris Flint, who combined for 3rd team position, plus Angela Martin in the women's race. Malcolm, although naturally below his Alicante form, was 5th overall but won the M60 division. Angela and Chris took silver in their own groups with both near recent form but Chris rather higher up the incorporated handicap result. By coincidence Angela and Martin were in adjacent positions in this result with identical net times. The race was won easily by the Martin's adviser Francisco Reis while newcomer Daid Annetts from N Herts was 2nd but winner of the handicap.

Men

1. **F.Reis** (TVH) 53.29; 2. **D.Annetts** (N Herts) 54.02; 3. **B.Allen** (Leic WC) 57.24; 5. **M.Martin** 58.42 13. **C.Flint** 60.29

Teams – 1. Leicester; 2. Birchfield; 3. Surrey Walking Club.

Women

1. **L.Kehler** (W&B) 59.39; 2. **L.Achurch** (Leic WC) 63.25.; 6. **A.Martin** 73.42

7 July Lewes AC Open & 3km Championship

Numbers were down perhaps due to the imminent World Cup match and the extremely hot weather however six were up for this race at midday with air temperatures around 30 degrees and the track no doubt still hotter. Half of these were Surrey Walking Club masters and two of these felt 3km was too short for the journey to Lewes and pressed on for 5km. The race winner, Under 20 Ollie Hopkins of the home Club, left and lapped the rest quickly. Although naturally a little down on his best, he was fast enough with no competition and hot conditions to take the Lewes Championship. SWC's Peter Hannell showed little improvement as he let his club mates toil on for another 5 laps. Conditions made their efforts difficult and not their fastest and only satisfying in the fact of they completed their mission. Two other Lewes members also took part with an encouraging 4m 4s 600m from Under 13 Harvey Perry and a first venture into racewalking from M60 Mike Bale over 1km inside 8 minutes.

3 km

1. O.Hopkins (Lewes) 15.38; 2. **P.Hannell** 21.51

5 km

1.D.**Maskell** 34.31; 2. **D.Hoben** 36.03

10 July Vets AC 5 miles league

The Battersea Park Course saw double figures for the monthly 5 miler which was a typical field size for these pleasant Summer evening races if a little too warm this time. Four members appeared with a few familiar names missing due to other races on the previous days. Dan Maskell was first home in sixth and slightly quicker than last time finishing 24 seconds ahead of Fiona Bishop (Woking AC). Behind these David Hoben fell some way behind Mick Harran only to catch him on the third lap although the latter just got to the finish a few seconds ahead. Winner, Ian Richards (Steyning), had a six minute victory over Penelope Cummings (AFD), Less than a minute behind her was very welcome newcomer

to race walking, Stefano Zennaro (Bels), whom we hope will continue to develop his clear talent for our events.

1.I.Richards (Steyn M70) 43.09; 2. P.Cummings (AFD W40) 49.01; 3. S.Zennaro (Belg M45) 49.46; 6. **D.Maskell** (M70) 54.48; 8. **M.Harran** (M80) 58.09 9. **D.Hoben** (M65) 58.17; 10. **P.Hannell** (M75) 59.42

16-19 July 102nd Nijmegen 4-Day Marches, Holland

Four members completed the 102nd edition of Nijmegen Marches, which was started in 1906 by the Dutch military to keep their personnel fit after the introduction of motor transport. Centurions Kathy Crilley and Secretary Chris Flint completed 50k a day in uniform as members of the Metropolitan Police Walking Club team. Kathy, recently injured by a cyclist in a Battersea Park race, will shortly also take part in a 6 day endurance race in France. In addition Spanish member, Carlos Cobo Corrales, overcame injury problems to successfully complete his first attempt at this distance and David Hoben also completed 50k a day, both as civilians.

The weather was similar to previous years once again in heatwave conditions, with temperatures nearing 30C every day, this time with no rain at all, however having recently had the same scenario in Britain did make it more manageable.

Race walkers from other clubs and countries were featured in the media in this high profile event, Centurion Chris Bolton from Lancashire Walking Club, now turned 80, had a newspaper article about him, and Frans Leijtens, secretary of the Continental Centurions, had a short TV interview as he signed at the registration desk.

25 July SWC Open 5km, Tonbridge

The last of our 2017/18 races was an Open 5km in the grounds of Tonbridge School on a very hot evening. In total a field of ten was about normal although only two of the home Club travelled to the venue. To compensate there were several youngsters taking part. First home over the 10 laps was Tonbridge's International, Guy Thomas lapping the field twice or more and then doing an extra 5km training. The SWC pair were at the back of the field heat but Dan Maskell's time was less affected by the temperature. This was the final event in our 2017/18 handicap competition season but, with only two present, one of whom was the handicapper, meant the other, Dan, took the solo win. Chris Flint won the competition over the year while this race moved Chris into second with David Hoben third. Shaun Lightman acted as judge while one of his coaching group, Abi Smith (Blackheath & Bromley) raced over 3km with a good time considering the heat.

5km

1. G.Thomas (Ton) 21.46; 2. O.Hopkins (Lewes) 27.48; 3. C.Hobbs (Ashf) 29.44; 5. **D.Maskell** 34.07; 6. **P.Hannell** 37.55

3km

1. **A.Smith** (B&B U15G) 18.52.

28 July Enfield League/LICC 5km, Allianz Stadium

SWC were represented by four at this Enfield race held within the London Inter-Club's Challenge at Allianz Park, Hendon. Up in 4th and 5th were David Crane and Mark Easton, with the latter making a rare but welcome appearance and the pair finishing just 8 seconds apart. Although further down the field of nearly thirty Mick Harran and David Hoben both had reasonable time whereas most others suffered from the heat. Mick just broke 35 minutes with David a minute back.

1. L.Legon (Camb H) 22.49.2; 2. G.Wilkinson (E&H) 24.33.6; 3. F.Reis (TVH) 25.00.4; 4. **D.Crane** 26.01.5; 5. **M.Easton** 26.10.6; 16. **M.Harran** 34.48.9 18. **D.Hoben** 35.52.9.

7 August VAC 5M Race Walk, Battersea Park

The final VAC summer series had reasonable numbers given clash with an international in Paris and close humid conditions. Melanie Peddle from Loughton AFD achieved a good time to win for the ladies and second place overall in 49:03, not far off her personal best. Dave Chalk achieved a creditable 50:48 in 3rd place which is even more remarkable as he does not come from a running or walking background and certainly demonstrates that there must be others out there who could follow that example; six miles in the hour must surely be not far away. The remainder of the field achieved respectable times in the abnormally high temperatures. Of the four-strong Surrey Walking Club group David Hoben performed particularly well. All of the last four competitors were in a group and David held on well to stay with Mick Harran until the final strides.

1. I.Richards (Steyn M70) 39.36; 2. M.Peddle (Loughton W45) 49.03 3. D.Chalk (BMAF M50) 50.48 5. **D.Maskell** (M70) 55.33 7. **P.King** (M65) 57.21 ; 9. **M.Harran** (M80) 57.42 10. **D.Hoben** (M65) 57.43.

2 September Church to Church 19.4 miles, Guernsey

This year saw a rather low in turnout with 12 finishers partly due to the World Masters Championships starting the same weekend. Although cool at the 9am start, temperatures climbed as the race progressed and all were on the road during the hottest part of the day. This time it was just David Hoben carrying the Club's hopes. His time of just over four and a half hours was well down on last year's 4:10 but not his slowest either. Perhaps his great mileage walked recently is catching up on him. The winner for the third time was local man Stuart Le Noury, his second quickest.

1. S.LeNoury (Sarnia) 3.11.24; 2. R.Elliott (Sarnia) 3.41.56; 3. G.Jones (Cov) 3.48.46 10. **D.Hoben** 4.36.51.

18/19 August RWA 100 miles, Douglas, IoM (18-19/8)

The Tower Insurance 100 miles in the Isle of Man was, unusually, a track event and originally aimed at achieving record times however heavy rain and strong winds made even completing 100 miles a noteworthy event. The entry was limited to 25 for logistical reasons with 22 starters and 13 completing the full distance within 24 hours. Of these four were first timers to do so thus joining British Centurions association. Sandra Brown was among the British contingent most of whom came from the host Club, Manx Harriers. She finished just outside 22 hours as 2nd woman – another amazing result to add to the previous 192 completions of 100 miles or more. Her time is among her best of recent performances in spite of the terrible weather, the worst for many years during such an event.

(Overall position in brackets)

Women

1(2). K.Chiarello (Manx) 20.07.56 2(7). **S.Brown** 22.05.01
10(13). M.Fisher (Belg) 23.43.52;

Men

1(1). D.Talcott (Australia) 18.55.41; 2(3). P.Jansen (Holland) 20.52.45; 3(4). I.Matthys (Holland) 21.00.06

19/25 August French 6 Day Ultra, Privas

Kathy Crilley, competing in the W70 group in France, managed over 36 miles a day in a new age-best for 6 days – an excellent achievement! This was in spite of heavy thunder, lightning, and flooding causing the race to be halted as the chip timing failed. That day's racing was curtailed although the lost time was added at the end.

Women

1. C.Bizard (Fra) 564.643 km; 2. K.Lawrie (IoM W40 world best) 463.803 km; 3. B.Salomez (Fra) 400.923 km;
6. **K.Crilley** (W70 world best) 350.343 km.

Our other long distance start Sandra Brown followed the Isle of Man 100 miles with a 180kms continuous “stroll” from Nijmegen to Amsterdam in Holland a week later - at a pace in excess of 4 miles an hour! The event was to celebrate 80 years of the host Club, LAT. 40 took part in the first 100 km and another 200 joined for the remaining 80km. The organization worked in brilliant fashion, Sandra reported.

25 August BMAF T&F Championship 3km, Birmingham

The race was held in cool conditions under cloudy skies threatening rain - ideal for racing – and as popular as ever. Roger Michell and Peter Hannell represented SWC with the former looking forward to the world Masters in Malaga. The race was headed by two world class age group walkers Francisco Reis and Ian Richards with the latter in Roger’s age group. Roger’s target was to hold onto John Hall, in the next younger group, as far as possible. This was made more difficult as John had a good result but although the gap slowly grew, it was a fair time with, hopefully, more to come in Spain. The older men’s age group’s 3km was held with the women’s race so the oldies were not quite so outpaced! The M75 group was one of the largest with three out. Hannell in 2nd held onto Doug Milson (Hill) but was missing any sprint finish and ended 7 seconds adrift.

1. F.Reis (TVH M55) 14.18.06; 2. I.Richards (Steyn M70) 15.07.43 3. M.Williams (Tam M50) 15.41.06; 6. **R.Michell** (M70) 17.50.11; 13. **P.Hannell** (M75) 21.13.84
- Men 751.** D.Milson (Hill) 21.06.8 2. **P.Hannell;** 3. R.Stewart (NSP) 22.49

9 September Combined Surrey/Sussex County Championships 3/2km

The combined Surrey/Sussex 3km Championship was held with the all ages Decathlon/Heptathlon events - quite a busy, well attended day. Only six of the 19 total contestants was of masters status and the rest were 16 or less plus the Under 20 winner. First home in the 3km was Oli Hopkins coached by Peter Selby. Our interest was in both County's Senior men with a Golds for Sussex's Paul Gaston and Surrey's Ian Statter and Silver for Peter Hannell . Paul walked well and finished up with some of the girls inside 19 minutes for a deserved medal. Meanwhile in the Surrey contest Ian & Peter battled, if in slow motion, for 5 laps when Ian's fitness told and he stretched to 30 seconds ahead. Ian showed little effect from the decathlon events he was also battling through.

Surrey

Senior Men 3km

1. **I.Statter** 20.57.56; 2. **P.Hannell** 21.27.63

Sussex

Senior Men 3km

1. **P.Gaston** 18.53.13 2. R.Penfold (Steyn) 19.41.6

4-16 September: World Masters T&F Championships, Malaga

The World Masters Championship with over 8,000 participants lasted almost two weeks with 10 or more age groups. British race walking presence was a little down particularly as most of the racers attended only one or two of the three distances on offer – 5km track, 10 and 20km road. Surrey Walking Club was represented by Roger Michell and Malcolm Martin in 3 races. Roger received a team Silver Roger while Malcolm missed individual Bronze in 4th position. Roger's 10km time was just a little better than expected while he had an excellent 20km even though his rank was down slightly. Malcolm's return to his best is still in progress but a world 4th in spite of this indicates his class. As to the general

GB performances Ian Richards claimed Gold in all three events, while Dom King likewise in the 5 and 10km and Lisa Kehler in the 20km. Lisa's performance in the W50 led to a Gold team medal with Melanie Peddle and Cath Duhig. This despite Cath, individual bronze, being a W60 and permitted under the team rules. The GB W55 group was already complete with another team Gold (M.Jackson, H.Middleton & M.Noel).

10km

Men M70

1. I.Richards (Steyn) 54.08; 2. F.Ettorino (Ita) 58.02; 3. N.Frable (USA) 61.28; 7. **R.Michell** 64.02

GB & NI were 2nd team (Richards, Michell & John Borgas) behind Italy who were 10 minutes ahead in total. France in 3rd was 2 minutes behind.

20km

Men M60

1. A.Montiel (Mex) 113.57 2. C.Heywood (Austrl) 115.33 3. R.Gallo (Ita) 117.11; 4. **M.Martin** 127.46

Men M70

1. I.Richards (Steyn) 115.00 2. F.Ettorino (Ita) 122.33; 3. T.Dooley (USA) 130.02; 10. **R.Michell** 135.36

Club Awards

The Captain informs us that the Club awards for 2018 are as follows.

Freddie Blackmore Trophy to Sandra Brown for The RWA Track 100 miles (2nd woman & 7th overall).

Harry Preston Cup to Sandra Brown in the Chateau-Thierry 24hrs 169,456km (1st woman).

There will be no award for the E.C Webb Cup, as there were no outstanding performances at the national events for 20km or less, from any member of the club.



Roger Michell continues to be very active at home and abroad, as reports in this issue show (photo Mark Easton)

Other Results

3-9 May Hungarian 6 day running/walking race,
78. D.Hoben 337.502km.

16 May Ryan Cup & Civil Service 10km Championships,
Queen Elizabeth Olympic Park
7. D.Maskell (Sussex Police) 69.11

2 June R.Smith 10km Bury Track. 4th Dan Maskell 67 52

3 June BMAF Track 10km, Oxford Horsepath
2.R.Michell 64.29

12 June Woodford 3kms 4. D Maskell 17.58.8

17 June BMAF 5km Championship, Horwich
2. R.Michell (M70) 30.48

28 July Fred Pearce 5km, Simster 10. D.Maskell 33.57.

9 Sept. 1 Hour track race Bury 3.D.Maskell 8,869 metres

NEXT CLUB RACE

18 November 12.00noon Christmas Cup 5kms Tonbridge School. The 7 miles is postponed to the new year –to be arranged

50 Years Supper

A supper will be held in November (on a date to be confirmed) to celebrate 50 years of membership for Lynn Atterbury, Nolan Simmons and Andrew Wishart . Contact Trevor Sliwerski for details.

Stroll Reports

9 June Paddock Wood to Headcorn Stroll

Conductor: Lilian Chelli

It was good to meet Lynne McKenzie, Deb Weston, Paul Tilley, Neil Cook, and John and Gail Elrick on a lovely summer's morning in Paddock Wood. There was gentle ascent to historic Brenchley, and we then followed the High Weald Landscape Trail to the hilltop village of Goudhurst, passing Furnace Pond and Sprivers House. It was good to see that the orchards and hop gardens that we'd walked through when we first did this stroll in 1996 were all still thriving. The strollers joined the conductor for drinks in The Eagle and Star in Goudhurst.

In the afternoon, we passed through Old Park Wood and Hocker Edge to reach Sissinghurst Castle where we admired the roses. After tea, we walked through the fields to Frittenden and then followed quiet paths and lanes to Headcorn. We were in time to catch the 6.15 back to London. A beautiful stroll through unspoilt Kent countryside.

Distance: 21.7 miles

21 July Ashurst Circular -

Conductor: Kate Copeland

Participants: Bozena, Carol, Dave T, Dave W, Gail, Gillian, Gosha, John, Kate, Keith, Lilian, Lynne, Nick and Scott

It was already pretty warm when we set off from Ashurst station but there were a few clouds in the sky which we

looked at hopefully. The forecast suggested temperatures would be a dash cooler than in the preceding few weeks.

The walk plunged us straight into a rural landscape and there wasn't great deal of habitation along the rest of our route, nor many other walkers. We ambled along the Himalayan balsam-lined Medway, through various cereal crops and even along the edge of a large field of chamomile flowers. The dry, hot weather meant the colours were all bleached and rather striking.

We stopped for homemade cakes on a rocky hill near Penns In The Rocks and were then treated to the sight of a huge herd of deer in the nearby farm. We popped into the pub at Withyam (sadly a bit too early into the walk to make a sensible lunch stop) to fill up our water bottles. It was much needed as we were drinking gallons in the heat. There were some very inquisitive bulls just before we entered Withyam churchyard. It didn't go unnoticed that at this point the Backmarker gallantly broke rank and nipped through the gate ahead of the last few walkers in the group.

We picnicked in the shade just before entering Five Hundred Acre wood (famously renamed by A. A. Milne). We were glad of the tree cover for our climb along the Weald Way up onto Ashdown Forest. This is a misnomer as the area is technically a heath (shrubland with low-growing woody plants, which is rarer around the world than tropical rainforest, apparently), that has been protected and funded by the European Union. The conservation process relies on grazing animals and using controlled fires to keep the heath from becoming woodland.

From the 'Forest' we had stunning views all the way back to the North Downs. We didn't dally to admire them as this was the hottest part of the walk and we had our sights set on the ice cream van parked at Chuck Hatch Road. From here (with more stunning views, to the West) we descended, via Gill's Lap and the plaque commemorating A. A. Milne and E. H. Shepard, into the wood. We had a quick game of Pooh

Sticks before heading into Hartfield for our refreshment stop. Most made a beeline for the pub and its cool garden and a few tackled the very hearty teas at the Piglet's Tearooms. We then had a lovely 4 miles back to Ashurst, mirroring our outbound route along the other side of the Medway.

The only fly in the ointment was provided (or not as the case may be) by Southern Rail who cancelled the hourly train we were aiming to catch. This wasn't causing too much consternation until word got round that - There Is No Pub Near Ashurst Station! Luckily Lilian and the Elricks had driven and they kindly forwent their quiet journeys home to fill their cars with grateful walkers. Thank you. Especial thanks to Gillian, David T and Nick who elected to sit it out at Ashurst station for an extra hour. Dave W and Keith nobly headed off to complete some research into Kentish Ales along the Uckfield line. It is believed that the station pubs at Eridge AND Oxted did good business that evening...!

18 miles (though Gerry the Pacemaker suggested 20).

5 August Walking in the footsteps of Buckinghamshire Suffragettes: Wendover to High Wycombe (linear) -

Conductor: Lynne McKenzie

Participants: Andy, Claire, Dave T, Dave W, Debbie, Gillian, Jeff, Kate, Keith, Paul and Simon

Twelve of us made the journey to Wendover to start this Suffrage walk in the heat of an August Sunday. In light of the temperatures the route had been cut to 16.5 miles with regular stops to take on much needed water and apply sun cream.

The first 8 miles of the walk followed the Ridgeway. The first climb of the day was a gentle one to the Boer War Monument from where we caught glimpses of Chequers. Closer views were had as we crossed the drive way and headed up to a wood with splendid views of Chequers and the Boer War

Monument high on the hill above. After crossing the Grangelands Nature Reserve we came to the Plough to make use of their shaded picnic tables to sample the leader's Courgette and Lime Cake (walnut and cinnamon vegan bites for some others). Thus fortified for the stiff hill that followed before we descended towards Princes Risborough through a very lunar landscape at times.

On July 22 1913 a group of around 50 women arrived in Princes Risborough as part of the national pilgrimage to highlight popular support for "Votes for Women". We followed in their footsteps as we left the Ridgeway towards lunch in Loosley Row (after another hill). The Whip Inn is a highly recommended lunch stop where they happily allowed us to eat our packed lunch in the garden. Simon had a lovely looking roast dinner but with word of a bus to High Wycombe left us there.

The remaining eleven followed a very pretty path towards Small Dean Farm and round to Saunderton Station. This had been burned down by suffragettes in March 1913. Under the cover of darkness they set it alight leaving the message "Burning to get the vote". Dave Williams was burning to make it home for some rest before an early morning flight so we left him at the station to catch the next train to London.

Down to ten who tackled another hill before a pleasant hour's walk to the Dashwood Mausoleum and more importantly a much needed tea stop at the Hellfire Caves. Suitably refreshed we tackled the last hill of the day to skirt around West Wycombe Park through some lovely shade before the trudge onto High Wycombe station. Thank you to Andy for negotiating the last half mile.

The leader fully enjoyed her day and felt the others did too. All that recceing really does pay off.

21 July Ashurst Circular

Conductor: Kate Copeland

Participants: Bozena, Carol, Dave T, Dave W, Gail, Gillian

Gosha, John, Kate, Keith, Lilian, Lynne, Nick and Scott

It was already pretty warm when we set off from Ashurst station but there were a few clouds in the sky which we looked at hopefully. The forecast suggested temperatures would be a dash cooler than in the preceding few weeks. The walk plunged us straight into a rural landscape and there wasn't great deal of habitation along the rest of our route, nor many other walkers. We ambled along the Himalayan balsam-lined Medway, through cereal crops and even along the edge of a large field of chamomile flowers. The dry, hot weather meant the colours were all bleached and rather striking.

We stopped for homemade cakes on a rocky hill near Penns In The Rocks and were then treated to the sight of a huge herd of deer in the nearby farm. We popped into the pub at Withyam (sadly a bit too early into the walk to make a sensible lunch stop) to fill up our water bottles. It was much needed as we were drinking gallons in the heat. There were some very inquisitive bulls just before we entered Withyam churchyard.

We picnicked in the shade just before entering Five Hundred Acre wood (famously renamed by A. A. Milne). We were glad of the tree cover for our climb along the Weald Way up onto Ashdown Forest. This is a misnomer as the area is technically a heath (shrubland with low-growing woody plants, which is rarer around the world than tropical rainforest, apparently), that has been protected and funded by the European Union. The conservation process relies on grazing animals and using controlled fires to keep the heath from becoming woodland.



The group on Pooh Bridge in Five Hundred Acre Wood.

From the 'Forest' we had stunning views all the way back to the North Downs. We didn't dally to admire them as this was the hottest part of the walk and we had our sights set on the ice cream van parked at Chuck Hatch Road. From here (with more stunning views, to the West) we descended, via Gill's Lap and the plaque commemorating A. A. Milne and E. H. Shepard, into the wood. We had a quick game of Pooh Sticks before heading into Hartfield for our refreshment stop. Most made a beeline for the pub and its cool garden and a few tackled the very hearty teas at the Piglet's Tearooms. We

then had a lovely 4 miles back to Ashurst, mirroring our outbound route along the other side of the Medway.

The only fly in the ointment was provided (or not as the case may be) by Southern Rail who cancelled the hourly train we were aiming to catch. This wasn't causing too much consternation until word got round that - There Is No Pub Near Ashurst Station! Luckily Lilian and the Elricks had driven and they kindly forwent their quiet journeys home to fill their cars with grateful walkers. Thank you. Especial thanks to Gillian, David T and Nick who elected to sit it out at Ashurst station for an extra hour. Dave W and Keith nobly headed off to complete some research into Kentish Ales along the Uckfield line. It is believed that the station pubs at Eridge AND Oxted did good business that evening...!

18 miles (though Gerry the Pacemaker suggested 20).

15 September Hollingbourne Circular –

Conductor: Nick White

Participants: Kate, Janette, Casilda, Carol, Dave T, Paul, Rachel

We arrived on time at Hollingbourne station for a walk in the Kent Downs Area of Outstanding Natural Beauty (AONB).

Sadly, some strollers were unable to make it due to yet more strikes on the railways (thank you South West Trains).

We set off at a brisk pace to climb a steep hill up onto the North Downs. WW2 planes flying in formation caught our eyes. Crossing huge open fields with pylons marching off into the distance, we reached Hucking Estate, owned and managed by the Woodland Trust. Prior to the acquisition of the Estate by the Trust in 1997, it was known as the Howe Court Estate, but was re-named Hucking Estate after the nearby village of Hucking. The Estate runs to the escarpment of the North Downs along the southern boundary giving us fantastic views across the Weald of Kent. We passed a carved wooden sculpture of a shepherd, gazing out over Kent, and then saw a carved family of wild boar. At the very top of

the Estate we stopped for elevenses, resting on a giant carved wooden axe.

It was now time to return to the North Downs Way. We passed through Hucking itself (not much more than a few houses and St Margaret's church) and then headed south through Smokes Wood, encountering another carving, the habitat log, along the way.

We were now following the North Downs Way to White Horse Wood Country Park and Thurnham for lunch. You would be forgiven for thinking that the NDW was an easy walk along the top of the escarpment, but, in fact there are many undulations and we found ourselves having to descend steep steps only to have to immediately climb again. Casilda adopted the practical approach of taking her time going up but running down!

Eventually, we approached Thurnham and, while Janette went straight to the pub, The Black Horse Inn, to eat, the rest of us entered White Horse Wood Country Park with our packed lunches. We were fascinated by paragliders floating gently across the hills and two strange wooden sculptures like Christmas trees gone wrong. We then rejoined Janette for a drink before heading back towards Hollingbourne.

After the exertions of the morning, the afternoon part of the walk was much easier. We continued along the valley below the North Downs through fields, passing oast houses and some friendly horses. Arriving at Eynsford Street it was now time to see Leeds Castle and take a walk through the grounds of "the loveliest Castle in the world". The owners are strict about paying to enter the grounds, so we had to ensure that we stuck to the public right of way!

Returning to Eynsford Street, Janette and Rachel decided to stop at the Sugar Loaves pub for a drink while the rest of us headed back to Hollingbourne station for the return journey.
p.s. Rachel would like it to be known that she was very happy with her new Brasher boots (I'm not on commission!).

FUTURE STROLLS

Sunday 14th October. In Darwin's Footprints (circular).

Conductor: **Simon Lloyd** Start at **Hayes** (Kent) station

09:44 (London Charing Cross 09:00). Return trains at 02 & 32 minutes past the hour. There is also a quick way to Hayes provided by Helen as a local lass and that is to catch a train to Bromley South and then bus 119.

*Route description: The morning heads across ancient Commons (Hayes and Keston via the London Loop) passing William Pitt's Holwood estate and the Wilberforce Oak, then to Downe village to pass Down House. Skirting Biggin Hill's edges, we reach **The Blacksmith's Arms, Cudham**. After lunch, via fields and woods to High Elms Country Park, for tea (**Green Roof Café**: visitor centre, and exhibition). Evening section returns to Hayes visiting Farnborough village and church, finishing across the north of Keston Common. Explorers 147 & 162. Distance approx. 20 miles.*

Sunday 28th October. Clandon Circular

Conductors: **Gail and John Elrick**, Start **Clandon**

Station at **09:32** (London Waterloo 08:32). Return trains at 31 mins past hour (direct) and 57 mins (change Surbiton).

*Route description: A pretty stroll showing the best of Surrey. The morning stretch to Westcott is along the upper parts of the North Downs with excellent views towards the South Downs. **Lunch** is at **Westcott**, at the Prince of Wales (TBC) or a picnic on the village green. The afternoon will include a pleasant walk along the valley bottom then returning to higher ground and Clandon Downs to return to the station. Tea/afternoon refreshments TBC.*

Explorers 145/146. Distance approx.20 miles.

Sunday 11th November. Hendon and beyond (linear)

Conductor: **Dave Williams** Meet **Hendon Central**

Station 9:15 (Edgware branch of Northern line).

*Route description: An 18 mile linear stroll in the North London environs. Taking in a disused railway line before we pause at the War Memorial along the Ridgeway which I aim to reach at 10.50 to pay our respects and observe the 2 minutes' silence at 11.00 on the centenary of the Armistice. We then proceed along the Dollis Valley Greenway to **Totteridge &***

Whetstone where there's a choice of options for **lunch** including The Griffin PH. The afternoon route is at present a mystery (even to the leader!) but will be revealed in due course.

Sunday 25th November. Harrow on the Hill to Trafalgar

Square (linear). Conductor: Keith Lane Start **Harrow on**

the Hill 09:09 (Marylebone Station 08:57).

Route description: Ascending to St Mary's Church on Harrow on the Hill, famous historical landmark with views to London, we then descend to stroll across the playing fields of Harrow School, and onto Northwick Park, Preston Park, Fryent Country Park, Barn Hill, and Welsh Harp to Hendon Park for coffee (7 miles). Shortly afterwards we follow the Dollis Valley Greenway to Hampstead Heath, Parliament Hill and

Hampstead Heath Village for a **multi-venue lunch** stop - Public House, Starbucks, Tea rooms and even a M&S (13 miles). After lunch we head for Primrose Hill, Regents Park, Marylebone, Mayfair, Green Park & St James's Park to **end** at **The Lord Moon of the Mall**.

Distance approx. 18 miles.

Saturday 8th December. Epsom Circular. Conductor:

Lilian Chelli

Start **Epsom** Station **09:29** (London Victoria 08:47) (times to be confirmed). There are regular return trains to central London.

Route description: From Epsom we climb to Epsom Downs, and cross the racecourse to reach Headley Church. Later we cross an attractive area of open downland known as Mickleham Gallops, before descending to Mickleham Village.

Lunch is at the **Racing Horses PH**. In the afternoon we climb Box Hill, walk along the North Downs Way, and the woods of Headley Heath. **Tea** is at the **Grey Dove**

Village Café in Walton on the Hill. The evening section is mainly downhill along Ebbisham Lane and Chalk Lane. . Explorer 146, Landranger 187. Distance: approx. 19 miles.

Saturday 22nd December. Beckenham to Greenwich

(linear). Conductor: **Helen Franklin** Start **Beckenham**

Junction Station **09:19** (08:32 London Bridge or 08:58 London Victoria).

*Route description: This walk will largely follow sections of the Green Chain Walk from Beckenham to Woolwich, which is greener and more pleasant than one imagines for suburban London. At the Thames Barrier, we will pick up the Thames Path for an easy jaunt to Greenwich. In a change to the usual strolls feeding arrangements, the walk will include a decent **tea/coffee break at Oxleas Wood Café** (approx. half way) which offers hot snacks/drinks and has stunning views over the surrounding area. We then make our way to **The Gate Clock pub (Wetherspoon)** in the heart of Greenwich for a **drink and/or meal**. A chance for a Christmas get together! If you wish to eat, I will be booking a table upstairs well in advance and will send an email to get an idea of numbers. Explorer 162. Distance approx. 18 miles*