



*Walking*



**Francisco Reis receives the award for the best short distance performance by a Club member in 2018/19 for his performance in the National 10kms.**

## **A HAPPY NEW YEAR TO ALL MEMBERS AND GOOD WALKING**

**Welcome to Gazette no. 473** Any material Emailed to p.crane7w@hotmail.co.uk would be welcome. Also see our website [www.surreywalkingclub.org.uk](http://www.surreywalkingclub.org.uk) .

### **A message from the President**

I was deeply honoured when asked to be the President of Surrey Walking Club. Most racing members will know me but those whose main interest is with the Strollers may not. Briefly I have been a member of the Club for over 50 years, and my main focus is racing. I have walked with the Strollers in the past and my introduction to walking came from walking in the North Downs as a 12/13 year old. This aspect has continued as I was a former Chairman of the LDWA, completing over 25 LDWA 100's and numerous challenge events. I have also competed at race walking in international events. My wife often says that she comes second to walking.

Surrey Walking Club, like all race walking clubs, has experienced a decline in popularity of competitive walking, but let us make the most of what we have. Let us target some of the team championships and make our presence felt. Last year we managed to win medals in the National 10ks and Inter-counties Championships. Can we do better? I think we can. We do have a number of active and registered race walker, so let us field teams in the National 10ks in Coventry, the Masters 10k in Leicester and the Masters 5k in Horwich. All these national championships we have won in the past.

I started as a stroller, so strollers why not have a go at race walking at one of the league races where the fields encompasses all standards. You may find it thoroughly enjoyable and unless one tries how will one know.

Gazette Night is an important part of the Club and is also fun. This will be held in the Spring so please give Trevor your support and make the most of your club membership in all its facets.

Good walking in 2020

### **Kevin McGivern**

We have recently received the sad news that Kevin McGivern died on the 12th October 2019. He had been unwell for some time but when he was last in touch he seemed to be getting better so it was a surprise to hear of his death. Kevin joined the Surrey Walking Club in 2013 and he soon became a regular and well-liked conductor, last leading in December 2016.

**Annual Awards for 2018/19:** The Captain's proposals were: Short Distance – Francisco Reis for National 10km; Long distance and International – Sandra Brown for National 100 in the IoM and Chateau Thierry respectively.

### **Strolls Secretaries**

Thank you to Kate Copeland and Lynne McKenzie for jointly taking over as Strolls Secretaries. Their new programme is included towards the end of this issue.

## RACE RESULTS

### 10/11 August BMAF T&F track Walks, Birmingham

This prestigious event with a large number of competitors had only one SWC member – Roger Michell – out. He came away with a gold and silver medals. With the travel it tends to be only the best few with a realistic chance of reaching the podium who turn out. This was true of the two M70 events with Roger battling with the excellent ex-Olympian, Ian Richards, from Steyning. Ian easily won the 5km but in the shorter 3km his style was not controlled enough to satisfy the judges leaving Roger the victor. In both races Roger's times were just above his recent averages and he had plenty of competition from other age groups and the female walkers and finished mid-field despite being among the oldest age groups.

#### 3km

1. **R.Michell** (Sy WC M70) 18.06.7

#### 5 km

1. I.Richards (Steyn M70) 26.13.9; 2. **R.Michell** (M70) 30.39.2.

### 17/18 August Tower Insurance and Centurions 100 miles, Castletown, IoM

This was the National long distance Championship held within the Towers Centurion 100 miles in Castletown. 3 SWC members participated. This was a tough event on a one-mile lap which took the form of 3 legs like the symbol on the Manx flag round local streets and the pedestrianised market square of the ancient capital of the Isle of Man. With tight turns, a strong breeze, temperatures never higher than 17C and a hill past the castle and the early parliament building, this was not a race for very fast times and it was interesting how many 100 miles completions were concentrated in those nail-biting final minutes! The town was superseded as capital by Douglas around 1890 and is a very attractive, historic and charming small town, with its grand castle – which was circumnavigated 100 times - on a hill above the harbour and other fine traditional buildings around the old market square which was race HQ. The race was blessed with sunshine, contributing to a very enjoyable weekend. This was another organizational masterpiece by Steve Taylor and his team at Manx Harriers. It was the best supported National event for some time.

Sandra Brown, who has had many 100 mile (Centurion) successes, was in first position for some of the women's race and added another to her list in what is now a mega year for her, having entered more events than usual to celebrate her 70th birthday. She finished less than 3 minutes behind the winner.

Richard Brown and Chris Flint, also took part but did not complete on this occasion, although completing a considerable amount of miles in the attempt. They both have many 100 mile finishes in previous 100s including some outright wins between them. With such a large field the usual results celebration naturally took some time. Pam Ficken, the Centurion president, presented the Centurion awards, including those for the 16 who qualified as UK Centurions for the first time.

#### 100 miles Men

1 R.Tersteeg (RWVHoll) 19.47.15 2. P.Asselman (Belg) 20.24.24; 3. A.Titley (IOM) 20.59.54  
**23. C.Flnt 23.32.26 (66 mls); 29. R.Brown 12.35.03 (51 mls).**

#### 100 miles Women

1. B.Johnson (IOM) 22.39.51; 2. **S.Brown 22.42.39**, 3. C.Bass (Ely) 23.13.34

#### 20 Miles Men

1. I.Richards (Steyn) 3.09.15; 2. S.Gawne (IOM) 3.27.54; 3. T.Mackintosh (IOM) 3.30.22 13.  
**D.Hoben 4.23.42.**

### **18 August Southern Area T&F Champs Walks, Ashford**

The Southern Area Track Walks Championships were, once again, held outside of the main Southern Area Meeting for time tabling reasons and now a further threat to the race walks has arisen based on the number of competitors taking part despite the fact that some of the field events and less popular track events have lower numbers. For this reason it was important to encourage people to take part despite the fact that some will have not being prepared to take a high risk of disqualification under the very strict judging essential to these events. It is pleasing to report that twenty athletes toed the line – and mostly the younger age groups. The competitors included David Crane and Lightman trained Abi Smith and both won their respective classes with David being particularly pleased to survive the disqualifications, which have occurred previously from time to time. The Senior Men's division had three competitors but David's time even after a cautious race was clearly the best. Likewise Abi Smith (Blackheath & Bromley) had more than average competition but walked hard to beat Katie Stringer by 5 seconds.

#### **3km U15B**

1. C.Hopper (Camb H) 15.25.

#### **3km U15G**

1. A.Smith (B&B) 17.00 2. K.Stringer (M&M) 17.05; 3. N.Mitchell (Win) 18.13.

#### **5km Sen M**

1. **D.Crane** 28.42 2. D.Mitchell (Win) 30.33; 3. C.Hobbs (Ashf) 30.57

#### **5km Sen W**

1.P.Cummings (AFD) 28.05 2. M.Peddle (Loughton ) 29.54; 3. G.Manzotti (Ton) 30.48

### **27 August: VAC 5 Miles Summer League Race 6, Battersea Park**

Another busy week started with the last Veterans AC 5 mile league race of the Summer which was held on a typical warm Summer evening in Battersea Park after a season of untypical weather. Numbers were down slightly during this, the holiday, period. The winner, Dave Annett of N Herts AC, was soon well clear as he mixed with the slower runners in their parallel race and in due course lapped the slower walkers with a sub 40 minute time. Behind him were four Surrey Walking Club men the first of whom was Dan Maskell who ended 30 seconds down on Maureen Noel. Paul King and David Hoben repeated their battle from the last race but this time Paul had a good race and beat David by two minutes as David struggled with the effects of several recent long races. Peter Hannell opted to finish after 3.6 miles in a slightly better time.

1. D.Annetts (N Herts M50) 38.11; 2. M.Culshaw (Ilf M50) 49.27; 3. M.Noel (Belg W55) 54.20; 4. **D.Maskell** (M70) 54.50; 6. T.Casserley (Enf M80) 57.07; 7. **P.King** (M65) 57.42 8. **D.Hoben** (M65) 60.13.

### **1 September England Athletics U15/17 Track Championships, Bedford**

The Club's involvement in the EA Under 15/17 was through Shaun Lightman's coaching group. Abi Smith (Blackheath & Bromley) took part in the Girls U15 3km, which was the largest section within the race, and came away with Bronze with a good time.

13 starters overall events; 6 in the U15 Girls

#### **Under 15 Girls**

1. M.Dunwell (Nthn(IOM)) 16.29; 2. A.Hughes (Tam) 16.51; 3. A.Smith (B&B) 17.05.

### **31 August Enfield League Race 9 5km. Allianz Stadium, Cophall**

A good number of 26 turned out for this Enfield League race over 5km at the Allianz Park track of whom four took the 3km option. SWC had two in the main event with Francisco Reis up in 4<sup>th</sup>, in a better time than recently, while Malcolm Martin in ninth overall had a hard race to beat his Tonbridge time by a few seconds. The two Blackheath and Bromley entrants, Carla Forsyth and Johnny Ellerton were restricted by age to 3km and both had good races with Carla half a minute clear in her first race over 3km while Johnny continued to improve as he scored another personal best. Also in the 3km, at the other end of the age scale, Peter Hannell and old rival Bob Dobson (Ilford) walked comfortably inside 8 minute kilo pace and Peter coming out just ahead of Bob.

#### **Men 5km**

1. G.Wilkinson (E&H) 23.22; 2. D.Annetts (N Herts) 24.07; 3. **F.Reis** 26.05 4. C.Hobbs (Ashf) 29.05; 5. S.Uttley (Ilf) 29.08; 6. **M.Martin** 29.32

#### **Women 5km**

1. M.Shott (Belg) 24.56; 2. J.Benson (Ashf) 28.58 ;3. M.Peddle (Loughton) 29.09

#### **3km**

1. C.Forsyth (B&B U13G) 18.55; 2. J.Ellerton (B&B U15B) 19.18; 3. **P.Hannell** 22.54 ; 4. B.Dobson (Ilf) 23.16.

### **30 August – 1 September Guernsey 3km and Guernsey Church to Church :**

The famous Guernsey Church to Church 19.4 miles saw just David Hoben from SWC taking part on a hot day with a welcome breeze. Although towards the back of the small field he was very pleased to come in almost half-an-hour quicker than last year not far off four hours. In doing so he beat regular attendee, Ed Shillabeer, one-time SWC member, whose 4:45 was a great achievement for an 81 year old.

The full Guernsey race is preceded on the Friday by a short road 3km as a warm up which most of the competitors and some other local walkers take part in. Almost a dozen started including David and while clearly not wishing to overdo it before the long event was not far from his expected time and ahead of his last outing over what for him is a very short distance.

#### **Guernsey 3km (30/8):**

Finishers: 12

1. S.LeNoury (Sarnia M) 16.03; 2. D.Allan (Sarnia W) 17.08; =3. J.Ball (Steyn) & =3. R.Elliott (Sarnia) 17.48 ; **8. D.Hoben** 21.34.

#### **Guernsey Church to Church (1/9):**

Finishers: 7

1. S.LeNoury (Sarnia) 3.20.14; 2. D.Allan (Sarnia) 3.25.18; 3. J.Ball (Steyn) 3.42.58 6. **D.Hoben** 4.10.18.

## 8 September Surrey/Sussex Combined County Track 3km Walks

As usual the Walking race within the Surrey County Championships was held at Sutton with the multi-events meeting rather than within the main event and combined with Sussex County. There were 6 starters of whom five were doing the full 3km and one U13 doing 2km. Considering the range of perhaps 10 minutes that might have resulted, it was a little surprising that four finished within a range of 30 seconds so the race was remarkably competitive. Ian Statter gained the Silver medal for Senior Surrey Men after a race long battle with Steyning's Ron Penfold in a time 75 seconds faster than last year despite taking part in the multi event pentathlon the previous day. Ian started ahead of Ron with a fast pace but by halfway had slowed slightly as Ron came by with very even laps. The last lap saw Ian close slightly but fell short by just 7 seconds but a very good improvement in time. Ron also improved his time from last year. Conditions were sunny and pleasant but not too hot.

### Mixed

1. W.Arbury (E&E) 19.12; 2. S.Davies (AFD) 19.25; 3. R.Penfold (Steyn) 19.35 4. **I.Statter** 19.43.

**Surrey Men** - W.Arbury , **I.Statter** **Sussex Men** - R.Penfold

## 25 September Ryan Cup, Police vs Civil Service, Birmingham

The Annual match between the Police and the Civil service including the Walking Championships was held in Cannonhill Park and saw two SWC members taking part in the Police Team which finished as runners-up (14 CS, 22 Pol). The performance across the field was above average with the match inspiring more competition – and maybe the winning team were generally younger. Dan Maskell walked strongly for a mid-field finish while Chris Flint was slightly above average although he felt the time unflattering.

### Men 10km (17 Competitors)

1. S.Uttley (CS/Ilf) 61.20; 2. M.Culshaw (CS/Ilf) 61.46; 3. J.Brewer (CS) 61.54; 6. **D.Maskell** (Pol) 66.42 11. **C.Flnt** (Pol) 73.00

### Women 5km (10 Competitors)

1. M.Noel (CS/Belg) 31.21; 2. H.Mann (G/Spark) 32.09 3. J.Hodge (CS) 34.01.

## 29 September Enfield One Hour Race, Lee Valley Track, Enfield:

The One Hour Race at Enfield was split into two race, one strictly judged (A rules) for the younger or fitter competitors to give them the experience of championship racing and the other for the rest with less emphasis on style (B rules). SWC had six starters, which is better than other recent events, with two in the A race. The biggest difference between the races, besides the speed, was that the B version was held in dry conditions while the intermittent showers yielded steady quite hard rain for the later event. Unsurprisingly the A race saw generally poorer performances however SWC's two in this event were not so deterred with Francisco Reis almost up to 11 km and Malcolm Martin improving a little despite the rain. Of the four in the dry race fortunes were mixed with another good race from David Hoben leaving the other SWC behind. He managed to just hold off Chris Flint who was out of form while Mick Harran was near to expectation and Peter Hannell stopped due to injury. This was a very popular event with 34 taking part together with a number of lap counters and other officials who were resolute despite a very unpleasant second hour. The best part of the event was the happier group when the walking was complete and the competitors changed back in the dry.

1. G.Wilkinson (E&H) 12.667 km; 2. D.Annetts (N Herts) 12.489 km; 3. J.Hobbs (Ashf ) 11.394 km; 4 **F.Reis** 10.939 km; 8. **M.Martin** 9.897 km; 21. **D.Hoben** 8.651 km; 27 **M.Harran** 8.137 km; 29. **C.Flnt** 7.840 km; **P.Hannell** retired.

## 12 October Enfield League 5 Miles - Race 11, Donkey Lane, Enfield

The penultimate Enfield League race of the year was moved to the Donkey Lane venue in the light rain typical of the 2019 Autumn. In spite of the unwelcoming conditions the field was only slightly down at 30 including five Surrey Walking Club members. Francisco Reis was right up in third despite feeling he had little speed and having to let the first two go as George Wilkinson and David Annetts closely battled for the lead. At the other end of the field excellent packing was achieved as David Hoben, Shaun Lightman and Mick Harran filled the foot of the table and Peter Hannell stopped at four miles. David's time was about his normal but the other two were below par although Shaun did manage to close the gap on David on the last lap.

### Men

1. G.Wilkinson (E&H) 38.11; 2. D.Annetts (N Herts) 38.20; 3. **F.Reis** 44.26; 18. **D.Hoben** 58.32 19. **S.Lightman** 59.06 20. **M.Harran** 59.02;

### Women

1. M.Morris (M&M) 46.09; 2. P.Cummings (AFD) 47.32; 3. M.Peddle (Loughton) 48.59

**4 Miles: P.Hannell** 50.32

## 6 October Dutch Race-walking Championships, Tilburg

Another pair of records from Sandra Brown at the Dutch Championships – a big event held on 6th October in Tilburg and incorporating the Belgian and Demark 50 km championships as well as events at 10 and 20km as well as short races and a six hour event. Sandra completed the 50km race with her intermediate 20km time also being recognised. The records are: 50 kms: World Record – 6.09.48 [previous record 6.50.24] and 20 kms: GB record – 2.17.58 [previous record 2.18.39]

The race was held in terrible conditions – rain and winds which got worse as the race progressed and suffered especially in the final couple of hours. The judging arrangements for this high class event were strong and impeccable and included senior judges from a number of countries. This was important as the races included participants, from many countries, who were seeking Olympic qualifying times. Sandra received 2 warnings but no penalties and walked carefully to ensure she remained “on course” throughout. Many warnings were issued – a sign of strenuous judging. No doubt better conditions would have yielded faster times and she feels sub 6 hours for the 50km is achievable.

## 7 October Albert Rigby Shield 10km, Simister

David Hoben and Dan Maskell, a regular at this event, travelled up to Manchester for the Albert Rigby Shield 10km. The Simister venue, which agreed to host the event at short notice as the usual October slot in Sutton Macclesfield was unobtainable. The two lap course included part of Heaton Park which, while still undulating, is nowhere near as hilly as the Macclesfield course, and this was reflected in the times. There were 14 on the line including 2 on the 5k alternative, but there could have been more as 3 of the racing members who generously gave up their own race so the event could be marshalled and organised. The race was comfortably won by Adrian Edwards from the host club in 59:32, and Dan from SWC was in a pack of four and completed in 1:06:30, very similar to his time at the Police Championships 10k in Birmingham only a few days earlier. Chris Pearce presented the Albert Rigby Shield to Phil McCullagh as winner of the handicap.

1. A.Edwards (Lancs WC) 59:32; 2. A. Bell (Lancs WC) 65:56; 3. R. Gunnett (Lancs WC) 1:06:08; 4. **D.Maskell** 1:06:30; 8. **D.Hoben** 1:09:36.

## 6 October European Masters, Venice

The European Masters Championship was held in Venice and resulted in a team gold for a member. There was a fair sized British contingent in Italy with 10 in the racewalking events which include a track 5km and road races over 10 and 20 km spread over a week. Roger Michell, a regular at these World/European international events was the Club's only representative but currently belongs to the very strong M70 group. GBR won all three team golds with Steyn's Ian Richards gaining the individual gold also in all three races. Although not up to Ian's incredible standard, Roger was a worthy contributor to the team.

### 5km M70

1. I.Richards (Steyn M70) 27.08; 2. E.Formentin (Italy) 30.22; 3. P.Boszko (Bir) 27.33 ; 5. **R.Michell** 30.22

1<sup>st</sup> team.

### 10km M70

1. I.Richards (Steyn M70) 49.32; 2. E.Formentin (Italy) 51.54; 3. P.Boszko (Bir) 53.06; 9. **R.Michell** 57.46 1<sup>st</sup> team.

### 20km M70

1. I.Richards (Steyn M70) 115.57; 2. P.Boszko (Bir M70) 120.49; 3. E.Formentin (Italy) 120.49 8. **R.Michell** 136.03

1<sup>st</sup> team.

## 9 November Enfield 7 miles, Donkey Lane.

The Enfield 7 miles goes back nearly 100 years and the 2019 edition managed, with the many athletes, spectators and officials, to attract another fair crowd with over 40 on the start line. In all Surrey Walking Club representation was 11 but 3 were officiating, 2 spectators and 2 doing only 5 miles leaving just a full team of 4 in the 7 miles itself. David Crane (4<sup>th</sup> man) and Malcolm Martin (8<sup>th</sup>) were obviously well towards the front of the field while David Hoben and Chris Flint were somewhat further down. Francisco Reis was forced to spectate otherwise we might have been a close 2<sup>nd</sup> team but in the event still managed a creditable 3<sup>rd</sup>. The first walkers home were the Wilkinson brothers with the elder, international, Callum, merely strolling at fifty and a half minutes and less than a minute ahead of younger George with a personal best still 3 minutes clear of the field. David Crane had a good race to clearly break the hour while Malcolm also walked well though with no-one very close ahead but Penelope Cummings (AFD) just behind. Times were generally good on a cold and sunny but windless day including David Hoben's 80 minutes. Chris Flint was a little down on his historic times, however showed an improvement on his more recent form to win the SWC handicap included within the main race. Angela Martin and Peter Hannell opted for just five of the one mile laps with Angela still struggling with injury while Peter was still slow but slightly better than last time out. Shaun Lightman coached Johnny Ellerton (B&B) scored a 97 second best over 2 miles.

**Men 7 miles** SWC Handicap positions in brackets.

1. C.Wilkinson (E&H) 53.30; 2. G.Wilkinson (E&H) 54.14 3. L.Legon (Camb H) 57.04 4(4). **D.Crane** 59.39; 8(3). **M.Martin** 67.27; 21(2). **D.Hoben** 80.08 25(1). **C.Flint** 83.29

### Women 7 miles

1. M.Shott (Belg) 57.06; 2. S.Alves (Barn) 64.58; 3. P.Cummings (AFD) 67.34.

**7 miles Mixed Teams** 1. Enfield 42 pts; 2. Ilford 62 pts; 3. **Surrey Walking Club** 77 pts.

### 5 miles

1. M.Morris (M&M) 45.17; 2. D.Braverman (E&H) 58.42; 3. **P.Hannell** 62.45; 4. **A.Martin** 65.07





**David Crane at Donkey Lane where he was 4<sup>th</sup> in the Enfield Open 7 Miles**

## 23 November SWC Christmas Cup 5km, Tonbridge School

The Christmas Cup 5 km track walking race was held with the weather cool with light drizzle throughout. 14 competitors faced the starter despite the depressing conditions. Three competitors shared the initial lead - Jacqueline Benson (Ashford), Malcolm Martin (Surrey) and Grazia Manzotti (Tonbridge). These positions were held with Benson making the pace. With 2km remaining Martin developed a stitch and dropped rapidly but still finished 3rd. Benson pushed on to win. Further down the field were David Hoben and Martin's wife, Angela, brought up the rear with the latter improving to win the handicap. One of the best performances came from fast-improving Grazia Manzotti. Two of Shaun Lightman's training group raced. Jonny Ellerton won the U15 race in a new personal best for 3km while Fiona Bishop (Aldershot Farnham and District) reappeared after a long absence to finish 4<sup>th</sup> lady.

SWC Handicap positions in brackets.

### Mixed 5 km

1. J.Benson (Ashf) 28.45 2. G.Manzotti (Ton) 28.52; 3(2). **M.Martin** 29.49; 4. R.Emsley (Steyn) 30.04; 5. R.Penfold (Steyn) 33.29; 6. G.Legon (Bexley) 34.59; 7. G.Heaton (H'field) 35.32 8(3). **D.Hoben** 36.24; 9. F.Bishop (AFD) 38.02; 10(1). **A.Martin** 38.44.

### Mixed 1 km

1. C.Perry (Lewes U11B) 6.25; 2. L.Burr (Ton U13B) 6.29.

### Mixed 2 km

1. 1. J.Ellerton (B&B U15B) 19.06; 2. H.Perry (Lewes U15B) 22.11.

## 26 December Steyning 5.5 miles, Preston Park:

On a wet Boxing Day morning, six intrepid walkers faced the starter at Preston Park for the annual 5.5 mile event. Trevor Jones (Steyning) took a commanding lead and was never headed despite walking comfortably within his capability. The race for second place between Julie Drake and David Kemp (both Arena) went to the tape finishing what was judged to be a dead heat. They were followed by Ron Penfold breaking the hour in a good time despite being isolated by four minutes ahead and behind. Further back Shaun Lightman was overtaken by Judith Carder (Brighton and Hove) who then chased David Hoben for all of the four laps only for David, in the final half mile, to manage to hold her off by 5 seconds for a good time under the poor conditions and a hilly course. Lightman finished in 7<sup>th</sup> position.

1. T.Jones (Steyn) 53.24; 2. J.Drake (Arena) 56.08; 3. D.Kemp (Arena) 56.08 4. R.Penfold (Steyn) 59.38; 5. **D.Hoben** 64.34; 6. J.Carder (B&H) 64.38 7. **S.Lightman** 67.39

## 14 December Steyning's Alf Palmer Memorial 5km Race, Broadbridge Heath

Although sunny, a cold wind and a slight shower made this race much less enjoyable for the stationary officials, the good field were little affected. Thirty seven starters over all of the races represented a considerable success especially as nearly half of the total were in the young age groups. In fact the overall winner was Under 20 Abigail Jennings in a good time and 90 seconds clear of second place, M70 Ian Richards. Surrey Walking Club had seven out with the first being Malcolm Martin almost a minute quicker than his recent Tonbridge time. By coincidence his wife Angela was also ahead of her Christmas Cup performance by about the same amount. By the end the competitors were fairly spread out but there were some mid-race battles. Shaun Lightman beat old rival Arthur Thomson (Enfield) by 15 seconds after the latter had started almost last and passed 6 people and only slowed at the last to let Shaun regain his position. The other SWC were somewhat off form towards the back. Blackheath's Jonathan Ellerton scored another personal best by half a minute in the Boy's 3km while Carla Forsyth was 3rd In the girl's equivalent with a 20 second improvement.

### Men 5km

1. I.Richards (Steyn) 26.39; 2. T.Jones (Steyn) 28.28 3. **M.Martin** 28.52; 8. **D.Hoben** 35.34; 9. **S.Lightman** 36.01; 11. **M.Harran** 36.40 12. **C.Flint** 36.43 13. **P.Hannell** 37.45

### Women 5km

1. A.Jennings (AFD) 25.21 2. S.Alves (Barn) 27.52 3. M.Morris (M&M) 28.28 13. **A.Martin** 37.34.

### Boys 3km

1. J.Ellerton (B&B U15B) 18.33; 2. H.Perry (Lewes U15B) 20.51.

### Girls 3km

1. N.Mitchell (Win U15G) 17.28; 2. L.Billingham (AFD U15G) 18.28; 3. C.Forsyth (B&B U15G) 18.34

## 22 December Lewes AC 3km, Lewes

The last Lewes race of 2019 was held on a showery day and the walkers were lucky to find a dry half hour. A very respectable 15 turned out with one youngster doing just 1km under UKA rules. Surrey Walking Club provided 5 in the 3km plus Peter Selby organizing and Shaun Lightman judging. In the lead from the start and winning by half a lap was Francisco Reis missing two minute laps by just 1 second overall. The next three places were tightly bunched with Malcolm Martin in fourth place holding Trevor Jones (Steyning) within 15 seconds with the competition leading to an improved performance. Somewhat isolated in 7<sup>th</sup> was David Hoben easily breaking away from the last two SWC but unable to hold David Kemp(Arena) who was almost a lap clear by the end. Angela Martin and Peter Hannell brought up the rear with, as in the previous race, Angela as unable to build a big gap as Peter was unable to close the gap behind her but both ending with good times.

1. **F.Reis** 15.01; 2. S.Alves (Barn) 16.12; 3. T.Jones (Steyn) 16.26; 4. **M.Martin** 16.39; 7. **D.Hoben** 21.11; 8. **A.Martin** 22.13; 9. **P.Hannell** 22.27.

## Stroll Reports

### 25 August Herne Bay station to Canterbury East station (linear)

Conductor: David Hoben

Participating: Dave, Keith, Paul, Lilian

August Bank Holiday Sunday was the last in a series of heatwave days, with temperatures expected to reach 31C and they did.

Herne Bay station is well located just outside the town, with a short walk to the promenade, and later the Oyster Bay Trail, following the coast to Whitstable Harbour, with a coffee break at a nice café on the cliff-top lawns of Tankerton Slopes, with their colourful wooden beach huts. Lunch was taken at the attractive historic town of Whitstable, which was completely packed. The conductor had not expected there to be any interest in the pub stop at Wetherspoon's "Peter Cushing" which was also his personal favourite, but other members did not mind the longish walk to the end of the main street and were not disappointed. The pub was in a converted cinema, which had been restored on the outside with its art deco features, and on the inside too, repro of course but well done nevertheless, decorated with many framed black and white photos of this prolific actor, a resident of Whitstable.

The second part of the walk was based on the Crab & Winkle Way, the route of Britain's first passenger carrying railway, the Canterbury and Whitstable line (1830), which took a route across country, with a certain number of railway oriented sculptures and history notice boards, on the cycle track to Blean Church for afternoon tea & cakes, despite the conductor having been advised on his recce that it would not have been open that day. After a tour of this attractive church the route continued largely through the grounds of the University of Kent to the outskirts of Canterbury. The route to the city centre was on back streets passing a very large number of attractive historic buildings, to an ice cream stop at the famous cathedral.

There followed a short stroll to Canterbury East station, the conductor's attempts to reach there using the top of the city wall resulted in a bit of backtracking until a crossing of the ring road could be found, once at the station a footbridge revealed itself, before a journey back on the High Speed Train.

History notes: The Crab & Winkle Way opened in 1999. Following the status of Tyler Hill Tunnel to "listed" the intention is to bring the original railway route into use as a trail.

## **Saturday, 10 August Beacon Beckons: Berkhamsted to Tring (linear) -**

Conductor: Bola Barawa

Participants: Casilda, Gail, Gillian, John and Neil

The Ivinghoe Beacon beckoned and 6 strollers rose to the call. We enjoyed a 21 miles walk in the Chilterns; woodlands, forests, hills mainly in and around the Ashridge Estate. The star attraction was Ashridge House. The great house was originally built as a monastery in the 13th century, now serves as an international business school.

We had morning break at Whipsnade Zoo cafe, (much to our disappointment, the coffee machine was out of order), followed by a 5 mins traipse around the Tree Cathedral then to the Red Lion pub in Dagnall for lunch. After a beautiful sunny, (not a cloud in sight) morning the weather turned quite eventful in the afternoon. The weather god sent us sun, rain, wind, (hailstones as Gail can attest).

After the steep climb to the Ivinghoe Beacon, we processed to Brownlow cafe, Bridgewater Monument NT for a well earned afternoon tea. Not one to miss a trick, John gently reminded us of the subs as we all had our wallets out.

We arrived at Tring just in time for the 17.26 train to London.

## **Saturday, 12 October – Redhill to Edenbridge Linear**

*Conductor: Keith Lane.*

*Participants – Dave W and Jeff*

The weather forecast, for my Stroll was not good. It promised heavy rain with more heavy rain. This was in addition to heavy rain in the preceding days which had turned the parched ground of a few weeks ago into mud and large puddles. But rain or no rain, this is the answer (to misquote William Shakespeare).

I was not expecting a record number of Strollers to join me and indeed only two, Dave Williams and Jeff Golland turned up at Redhill Station. We agreed that to make the most of the day we needed a plan B and I had one.

The radar chart on the Met Office App showed the heavy rain across London was not affecting the area of my route but a different rain storm would sweep across Edenbridge in the afternoon. To enjoy the best of the weather and enjoy a social occasion we agreed to change the route from Redhill to Oxted where there just happens to be a Wetherspoons.

So the "Strollers Three" made our way across sodden ground on a very grey but dry day to Tandridge where we lunched in a farmers field having not seen anyone on the footpaths except a walker in shorts and a shirt and an occasional dog walker. After lunch we followed the well trodden path to the Wetherspoons where we had the satisfaction of seeing, through the windows, that it had started to rain.

The mileage was reduced to 13 miles and it was sad to miss the afternoon section of my planned Stroll which is in complete contrast to, and complements the morning route. However I plan to offer the original Stroll again in the Spring when I hope, despite my record of foul weather, a goodly number of Strollers will enjoy it. Indeed Spring hopes eternal (to misquote Alexander Pope).

## 15 September Godalming Circular -

Conductors: Gail and John Elrick

Participants: Carol, Casilda, Dave, Jill, Kate, Neil, Rachel and Samantha

This stroll was based on a delightful Challenge Walk, the Surrey Stumble, that we completed at least twice several years ago. We thought it was such a nice route it merited being repeated as a stroll and so we kept the map and description and dug it out for this walk.

Of course one thinks that this would be a simple exercise to adapt it but it proved to be a bit harder than we had thought. Priority was initially given to reducing it from 26 to circa 20 miles. Fortunately there was a handy loop that could be axed thereby removing about 5 miles but we still needed to take a bit off the stretch from the afternoon spot to the end that in our view was a bit too long. This was achieved by some creative re-routing. We also had to spend time working out routes that in intervening years had changed or disappeared in dense undergrowth. The whole exercise took 3 reccies rather than the one we had envisaged but no mind, in the end we were pleased with the route!

We joined the former walk route at the end which was an easy stretch along the River Wey to St Catherine's Lock where we met Kate. The towpath was busy and also the water itself with people 'messaging about in boats', all to be expected given the pleasant advent of warm sunny weather. It was quite a surprise after leaving the towpath to walk on footpaths passing beyond Loseley House to reach an area which is very pretty but which seems little used. On reaching Watts Gallery and joining the NDW it became a little busier but still pleasant. Sadly we were unable to visit the Good Intent PH in Puttenham as it was closed (let us hope it will re-open) but the Jolly Farmer catered for us adequately.

After Puttenham we joined the Fox Way and passed through a little used landscape to reach Elstead village where mid-afternoon refreshments were obtained, ice cream seemingly the popular choice. After leaving the village and bungalow land we entered woods and an area of common land managed as a wildlife area walking along little used paths to Bagmoor Common to cross the A3. Then to Eashing with its beautiful old bridge and the return to Godalming.





## **27 October Berkhamsted Circular -**

Conductors: Gail and John Elrick

Participants: Corinne, Dave T, Gavin, Laurence and Nick

The days leading up to this stroll had seen much rain and wind sweeping across the country and the day before (Saturday) had been both dark and wet. Moreover, the clocks went back to usher in Winter. So what a relief to look out of the window on Sunday morning and see the sun high up in a clear blue sky. What an ideal day for taking in the sweeping views of the Chilterns!

Five strollers met us at Berkhamsted station. The focus of our route was the Ashridge Estate Boundary Trail which takes in ancient woodlands and dramatic views. Our first step was to link up with the Boundary Trail which meant heading out to Berkhamsted Common via the golf course. One interesting feature on the golf course is the stone obelisk erected in 1920 in memory of the Inns of Court Officers Training Corps who were based here in the First World War. As part of their training the men dug around 13 miles of trenches across Berkhamsted Common. These are still clearly visible in the undulating ground around the golf course.

The morning route took us through Frithsden and down to the gentle slopes and wide, grassy path of the Golden Valley. Originally not a valley at all, this feature was built by 'Capability' Brown between 1759-1768 to highlight the impressive grounds of nearby Ashridge House. A short walk along the estate road took us to the village of Little Gaddesden where we stopped for lunch at The Bridgewater Arms. We had covered six miles but the early stop was welcome, given that we had gained an hour overnight and our stomachs said it was lunchtime.

After lunch we continued through the woodland of Ivinghoe Common and The Coombe where there were plenty of opportunities to admire the autumnal colours in the afternoon sun. Undoubtedly, the best views were at the top of Ivinghoe Beacon where we could see clearly all round for miles. The fine weather had encouraged people to go out and we saw this to great effect at the Bridgewater Monument. This was our intended tea stop but the queue was so long that we retreated to the trees where the conductors offered round mince pies made by our local baker in Hampton.

We now had to get through the woods which had proved quite tricky in the recce. Gail had saved the route from the recce on Gerry (the Garmin) who showed us the way through the dense trees to the tarmac lane and from here we descended to the Grand Union Canal which took us back to Berkhamsted station. A very enjoyable day of striking views and sunlit woodland – hardly Winter at all! 20 miles according to Gerry.

## **Saturday, 9 November Coulsdon South Circular -**

Conductor: Lilian Chelli

Participants: Andy, Debbie, Gail, Gosia, John, Jill, Laurence, Neil, Nick and Rachel

There was an excellent turnout for the attractive stroll close to central London. The mood of the group matched the sunny morning (contrary to what the weather forecast predicted the previous evening) and location as we walked up Happy Valley to Chaldon Church. We crossed Alderstead Heath, and had a break for coffee at the Starbucks near Hooley. Older members will remember this was The Happy Eater where we had tea on the President's Stroll.

A pleasant walk across fields and along shallow valleys brought us up to the Sportsman in Mogador. Vicki had reserved a large table for us which accommodated most of us both for lunch and after-sandwich drinks. We crossed Banstead Heath, and Banstead Wood offered shelter from the rain (which started as we left the pub). Tea was taken at the café next to the playground in Banstead Village. A walk of about an hour across the downs and along quiet streets took us back to our starting point.

It was great to see so many joyful strollers on a cold and wet Autumn day.

Distance: about 20 miles.



## **Strolls Fixtures**

### **Sunday 19th January: Guildford Circular**

Conductor: Andy Shoesmith

Start Guildford Station 9.10am (Train Departs London Waterloo 8.00am, Clapham Junction 8.08am). Return trains at 06 and 35 mins past the hour.

Route Description: Follow Wey Navigation to Send, then cross country to West Horsley for lunch at around 12 miles (King William IV PH). We go south through Sheapleas Wood towards North Downs Way. Follow NDW to Newlands Corner (possible tea stop) on to Pewley Down and Guildford.

Map: Explorer 145 Distance: 21 miles

### **Sunday 2nd February: West Croydon to Epsom Downs (linear)**

Conductor: Gavin Fuller

Start West Croydon station 9.15am (train departs London Victoria 08.34am, Overground departs New Cross Gate 08.36am, Norwood Junction 08.52am). Return trains depart from Epsom Downs at 09 and 39 past the hour.

Route Description: Departing West Croydon we roughly follow the Wandle Trail through three parks before crossing a fourth in Carshalton to pick up the Wandle-Oaks link. We leave that near the Oaks to head to Woodmansterne for a lunch stop (Village green, shop and pub on hand).

The afternoon sees us meandering across a number of probably muddy heaths to Walton-on-the-Hill where there is the option of a tea stop at a pub. We then go to Langley Wood (a WW1 Centenary Wood) before ascending across Epsom racecourse to Epsom Downs station (with the option of Tattenham Corner for anyone wishing to travel in that direction).

Map: Explorer 146 and 161 Distance: 19 miles

### **Saturday 15th February: Amberley Circular via Slindon Estate.**

Conductor: Nick White . Start Amberley station 10am (London Victoria 8.36am; Clapham Junction 8.43am). Regular hourly return trains from Amberley.

Route description: We leave Amberley station and join the South Downs Way to climb Bignor Hill, the highest point on our walk and a good point for a break for a snack. We then descend following the route of the old Roman road, "Stane Street" and the raised causeway known as the "Agger", built to connect Chichester with London. At the Six Way Post, we divert through Northwood, a woodland restoration undertaken by the National Trust, then past the Slindon Folly to lunch in Slindon (Forge Village Cafe or The Spur PH). We continue on through woods to Arundel and follow the River Arun before diverting to Burpham and the option of a stop at The George PH for a drink. Continuing along the river, we cross the Gurkha bridge to North Stoke and a short stroll back to Amberley station. There is a pub, The Bridge Inn, or the Riverside Tea Rooms next to the station for a final drink stop.

Map: Explorer 121 Distance: approx. 19 miles

### **Sunday 1st March: Hampshire Downs – Farnham Circular**

Conductor: Nigel Heys Start Farnham Station 9.15am (Train departs London Waterloo 8.07am)

Route description: We head through the old parts of Farnham then climb up to St. Swithun's Way. We follow this through Bentley, past Baden Powell's former home and through Upper Froyle to Holybourne where we stop for lunch (White Hart PH). The afternoon route is through Neatham, past Wyck Farm to Binsted, where Montgomery lies in the churchyard. Then we cross Alice Holt Forest follow the Wey to Wrecclesham and return to Farnham Station.

Maps: Explorer 145, 144 Distance: approx. 20 miles

### **Saturday 14th March: Up The Clappers – Harlington Circular**

Conductor: Bola Baruwa

Start Harlington Station 9.05am (Train departs London Bridge 8.05am, St Pancras 8.20am). Return trains at 23 and 53 mins past the hour.

Route description: A circular walk in the Chilterns AONB. The star attraction is Sharpenhoe Clappers, an ancient woodland and chalk escarpment with fantastic views. Lunch is in Lilley (Lilley Arms PH or packed lunch).

Map: Explorer 193 Distance: 18.5 miles

### **Saturday 28th March: Egham to Bourne End via Windsor (linear)**

Conductor: Dave Williams

Start Egham Station 9.30am (Train departs London Waterloo 8.50am). Return trains at 11 mins past the hour into London Paddington (two single tickets required)

Route description: This walk takes in such delights as Runnymede, the JFK Memorial & the Airforce Memorial with its stunning views. We go through Windsor Great Park to Windsor for lunch with its many opportunities (including two Wetherspoons!). After lunch we follow the Thames to Maidenhead for a tea-stop and on to Cookham (possible drop-out point) to finish at Bourne End.

Map: Explorer 160/Landranger 175 Distance: 20 miles



