

The Gazette and Record of Surrey Walking Club

Welcome to the brand new
Surrey Walking Club

GAZETTE

Walking on road and trail

A new departure for the Surrey Walking Club Gazette

After 20 years of producing the SWC Gazette, Peter Crane decided to step down as Editor. I think everyone will agree that Peter has produced an excellent read over the years.

Producing a print version of our Gazette, incurs a considerable cost to the club in both printing and postage. And so, at the January 2020 Committee meeting, everyone agreed that it would be worth trialling an electronic version which would be published on the Surrey Walking Club website.

Whilst the website publishes race reports, fixtures, Strollers reports, photos, etc, they are all listed separately. The new Gazette, just like the "old" Gazette, hopes to pull together our activities into one document.

So we may experiment with either a quarterly edition or at the very least - twice a year - depending on how active we have all been!

So get walking....

Don't forget that there are also copies of the Gazette on the website - issues 442 (September 2009) to issue 473 published in February 2020. See the index to the [Gazette](#).

Since this editorial was originally written in February both race walkers and strollers have been forced to abandon walking as we know it.

Initially, it was suggested that the "new" Gazette should be just an annual round-up of races and strolls, but as we are a very active club it may prove a very long read! However, circumstances have curtailed plans, but there has been some activity going on over the last 5 months ... so read on...



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MESSAGE FROM THE PRESIDENT

This has been a difficult time for all with the onset of Covid 19. The Club's activities have been suspended and events cancelled. Walking has taken place for some where it has been possibly by the location or the lack of people to social distance. This has meant no group activities which has been particularly difficult for the Strollers.

I have been lucky, because, living in the countryside I can still train round the roads to some extent and see no one. Walking the country paths and canal towpath is also still possible and I rarely see anyone. Not all the Club members are as fortunate.

Restrictions caused by Covid 19 will eventually end and the Club's activities will be able to resume. We need to ensure that everyone feels able to participate in their chosen activity, strollers and racers alike. It has come to my attention that some paths have become obstructed. If you come across any, please inform the appropriate county footpath officer. I have done so for one that came to my attention in Surrey.

Congratulations to Peter Selby on completing 60 years membership and the reflections he made. I have enjoyed racing, strolling and training with him over many years. He managed to leave his smart shoes behind when acting as Best Man at our wedding!

Covid 19 has meant that the usual celebrations for 50 years membership of the Club have not been able to take place, but the Club offers best wishes to John Millington and Roger Lancefield on obtaining that milestone. They were both elected to membership in 1970, John an active stroller and Roger a racer. I have had many battles with Roger in the past and enjoyed John's company on strolls.

We look forward to when activities return. In the meantime keep healthy and keep as active as possible.

SWC Membership News

There have been a few significant milestones reached over the last few months.

Peter Selby - 60 years membership
John Millington and Roger Lancefield - both 50 years.

Philip Hollobone MP (Kettering) - 40 years membership. Philip appears on an all-time list of the most Blackheath Park 9K Yacht Handicap finishers (compiled by SWC stalwart Steve Wynn) and raced in Area Championships.

He's also a member of the *House of Commons London Marathon Club* - open only to those who have, while a serving MP, completed a London Marathon.

Congratulations to everyone.

Race walking news

Race round-up 2020 (before lockdown!)

Enfield 5 miles, Donkey Lane, Enfield 18th January 2020

After what seems like an endless procession of wet days the forty-odd competitors were able to enjoy a perfect sunny, if a little cold, day and produced the results to match with several personal bests. Surrey Walking Club was quite well represented with seven out and six in the main race. The first of these, Malcolm Martin, just missed the frame after a further step towards his best form as he battled with Trevor Jones (Steyning) and then Jacqueline Benson (Ashford). Just outside of the top half was Andy Cox in his first race for almost a year but having lost little speed. His 55-minute time was particularly competitive with nine in a four-minute interval around his position. David Hoben, Shaun Lightman and Chris Flint were also part of quite a tight two-minute batch not far behind with David leading them in a good performance. Although isolated Angela Martin battled on to make another improvement in form and a time over two minutes quicker than her time here in November. Being the first race of the new year, the post-race occasion included the prize presentation for this popular league series for 2019. SWC in 4th team only just missed out but were well represented throughout the year despite the location being around 50 miles from our Croydon base using the fastest road route.

Results:

Men 5 miles: 1.D.Annetts (N Herts M55) 38 min 0 sec; 2. G.Wilkinson (E&H U20 M) 39 min 4 sec; 3. T.-Jones (Steyn M60) 45 min 54 sec; 4. M.Martin (Sy WC M60) 46 min 43 sec; 15. A.Cox (Sy WC M65) 55 min 2 sec; 19. D.Hoben (Sy WC M65) 58 min 0 sec; 21. S.Lightman (Sy WC M75) 59 min 14 sec; 21. C.Flnt (Sy WC M75) 59 min 5 sec.

Women 5 miles: 1.M.Shott (Belg W) 39 min 11 sec; 2. S.Alves (Barn W45) 44 min 57 sec; 3. M.Morris (M&M U20W) 45 min 37 sec; 16. A.Martin (Sy WC W55) 1 hr 2 min 50 sec.

3 miles: P.Hannell (Sy WC M75) 38 min 0 sec

Steyning 15km 25th January 2020

The 15km course has been revised for a new start due to excess traffic on the bypass with more distance on the quiet and pleasant country lanes. The weather, despite a cold but gentle breeze, was kind for January and times were generally good. SWC presence was limited to two this year although the overall total of 15 was very good and included a record five women for what is now one of the longest races on the calendar. Francisco Reis soon fell a little way behind winner Ian Richards (Steyning) but held the gap to a couple of minutes at the end with a fair time. Paul Gaston was rather further down the field than usual but stayed near his partner, unfamiliar but very welcome guest and accomplished runner, June Avery, who seemed to enjoy the challenge of race walking. As ever the highlight of the meeting was the return to the Steyning HQ and the very welcome refreshments and friendly social gathering which always accompanies Steyning AC races.

Results:

Men: I.Richards (Steyn M70) 1 hr 18 min 7 sec; 2. F.Reis (Sy WC M55) 1 hr 20 min 34 sec; 3. T.Jones (Steyn M60) 1 hr 26 min 3 sec; 10. P.Gaston (Sy WC M70) 1 hr 50 min 23 sec.

Women: 1. A.Jennings (AFD U23W) 1 hr 21 min 10 sec; 2. S.Alves (Barn W45) 1 hr 24 min 23 sec; 3. S.Hales (Steyn W) 1 hr 25 min 36 sec

London 10km incl RWA(S) Championship 2nd February 2020

This major event on the calendar attracted more athletes than usual although the younger athletes' fields were small. It was bright and breezy which was itself fortunate with such bad weather around this period. Surrey Walking Club had a successful day with just four competitors but came away with Team Silver in

both of the senior races and individual Silver and Bronze in the Men's event. The men were Francisco Reis in 2nd followed four minutes later by Malcolm Martin with both behind intervening competitors from the Under 20 and Women's races. As it happens both were equally and significantly above their recent form and well deserved their prominent positions when it came to the presentation. Unsurprisingly not so far up the finish table was W70 Sandra Brown however her 8th place in 63 minutes was exceptional and with small teams she, in combination with Angela Martin walking to form, also took team silver. Sandra also took the First Centurion award.

Results:

Women 10km 1. M.Shott (Belg W) 50 min 12 sec; 2. N.Myers (Shef/Dearn W) 53 min 35 sec; 3. A.Jennings (AFD U23W) 53 min 54 sec; 8. S.Brown (Sy WC W70) 1 hr 3 min 25 sec; 9. H.Middleton (E&H W55) 1 hr 5 min 20 sec; 10. N.Blatchford (Abing W70) 1 hr 7 min 32 sec; 13. A.Martin (Sy WC W55) 1 hr 19 min 33 sec.

Men 10km 1. L.Legon (Camb H M) 47 min 28 sec; 2. F.Reis (Sy WC M55) 52 min 34 sec; 3. M.Martin (Sy WC M65) 57 min 52 sec

Enfield League 5 miles, Donkey Lane, 22nd February 2020

The second race of the season was held in blustery weather but fortunately the light rain, which had been falling half an hour before the start, had stopped. The reasonable level of 30 starters included a good SWC number of seven. Once again Francisco Reis and Malcolm Martin were towards the front of the race as 2nd and 5th men respectively. Both had good times especially from Malcolm who had competitive company for most of the race while Francisco chased the runaway young leader, George Wilkinson, in determined manner from the start. Although down the field Angela Martin had a similar improvement to her husband. The other SWC, David, Chris Flint and Mick Harran were all not far ahead of Angela with Mick, who had not been there for Race 1, the only one showing normal form and less than half a minute behind Chris. Peter Hannell opted for the 3 miles but did show some improvement in time

Results: 5 Miles Men: 1. G.Wilkinson (E&H U20 M) 41 min 1 sec; 2. F.Reis (Sy WC M55) 43 min 0 sec; 3. T.Jones (Steyn M60) 46 min 9 sec; 5. M.Martin (Sy WC M65) 46 min 33 sec; 17. D.Hoben (Sy WC M65) 59 min 1 sec; 19. C.Flint (Sy WC M75) 1 hr 0 min 20 sec; 20. M.Harran (Sy WC M80) 1 hr 0 min 53 sec.

5 miles Women: 1. S.Alves (Barn W45) 45 min 50 sec; 2. M.Morris (M&M U20W) 46 min 52 sec; 3. J.Benson (Ashf U23W) 47 min 23 sec; 15. A.Martin (Sy WC W55) 1 hr 1 min 59 sec.

3 Miles: 1. R.Lawless (Ilf W55) 31 min 47 sec; 2. P.Hannell (Sy WC M75) 37 min 19 sec.

Vets Indoor Inter-Area, Lee Valley Stadium, 1st March 2020

This Masters event acts as a warm-up to the following week's National Championships involving the best available representatives from all UK areas. Surrey Walking Club appeared in the presence of Angela and Malcolm Martin representing the South and Chris Flint for VAC. Despite the difficulties of the indoor circuit Malcolm was up to his current form and first man home. Angela was also not far off usual form despite being towards the rear of the field. Chris was in fact not very far ahead of Angela being unused to the problems of the indoor surface but struggling less than some.

Results: 2km Men 1. M.Martin (Sy WC M65) 11 min 0.85 sec; 2. M.Culshaw (Ilf M50) 11 min 37.1 sec; 3. I.Torode (SW Vets M60) 12 min 8.11 sec; 5. C.Flint (Sy WC M75) 14 min 27.26 sec.

2km Women 1. C.Derbyshire (Nun W40) 10 min 32.77 sec; 2. W.Kane (Notts W50) 11 min 45.68 sec; 3. H.Middleton (E&H W55) 12 min 5.27 sec; 6. A.Martin (Sy WC W55) 14 min 47.9 sec

British Masters A.F. Indoor Championships, Lee Valley Stadium, 8th March 2020

SWC's President, Roger Michell, joined eleven others for the annual National Indoor Championships. He was 3rd man and gained the M70 Bronze medal, this being the dominant male age group. All are in the younger half of the group and look forward to a good team performance in the new season of international masters' events abroad. At 15 laps on the tight, sloping indoor bends this is not an easy race and most

times were down on outdoor races but Roger was nearer to his norm than most despite a recent enforced lay-off.

3km Men 1. I.Richards (Steyn 1st M70) 16 min 1.29 sec; 2. P.Boszko (Bir 2nd M70) 17 min 40.74 sec; 3. R.Michell (Sy WC 3rd M70) 18 min 6.56 sec.

3km Women: 1. C.Derbyshire (Nun 1st W40) 16 min 7.57 sec; 2. W.Kane (Notts 1st W50) 18 min 29.62 sec; 3. R.Lawless (Ilf 1st W55) 18 min 47.7 sec

well that's the end of the official race walks in England ...

Training and racing during the pandemic and "lockdown"

No race walks from March 2020 - including all Centurion 100 mile races, 24 hour races, Olympics and well, just about everything globally.

However, whilst athletic meetings were banned, many enterprising race organisers introduced us to....the Virtual Race!

The Race Walking Association has put on a series of weekly races since 7th April organised by Helen Elleker and John Constandinou. Initially 2km but later included 3km and 4km distances for a few weeks. Everyone's results are taken on trust - so no need to upload your Garmin or Strava evidence!

The series has "captured" the imagination (and results!) of race walkers from around the world - USA, Australia, Russia, India, France - 12 countries in all. Not bad.

By the end of July, the league is getting smaller as other countries start real racing again, and clubs are reopening for training across the UK. Races now taking place in Guernsey and the Isle of Man. The league is still continuing though, so keep on racing....!

Several Surrey WC athletes joined in the weekly series (some dipped in every now and again) notably: David Crane, Francesco Reis, Malcom Martin, Angela Martin and Kathy Crilley. Well done everyone. These race results are available on the RWA website: [RWA Results](#)

There have been many other virtual races on offer. Kathy Crilley (along with fellow Centurions Suzanne Beardsmore and Richard McChesney) have been Racing Across Tennessee during the summer months! Open to runners and walkers, the race started 1st May and completed the 635 mile journey on 31 August. As many ultra runners took part and completed the distance, well .. very swiftly. So the Back Across Tennessee was added... ditto a 1000 mile race. So at the end of the race, Richard has done the "there and back" race; Suzanne completed the 635 miles and Kathy Crilley completed just over 1020 miles. Unlike the RWA where walkers had to submit evidence, the Race Across Tennessee trusted everyone to be honest about their daily mileage, (which we have!)

Some races are now, however, being reinstated. Guernsey and the Isle of Man races have been operating for several weeks. But we are in Surrey!

France, despite the rising cases of infections have been putting on races since July. The famous Roubaix 28 hour/24 hour relay (September) which many Surrey race walkers have competed in over the years, is actually going ahead. Surrey walkers will not be there this year!

STOP PRESS!

Non-track race walks are now permitted (from 1st September).

The Race Walking Association (RWA) have issued guidelines on the return to race walking competition:

Return to Competition – August 2020 Requirements, Restrictions and Guidance for the Staging of Race Walking Events in England

So, hopefully some future fixtures for the remainder of 2020...

Contact: [Race Secretary](#) for information on any of the races....

17th October - Vets AC 10km

Distances 2.5k, 5k,10k,15k (road). Rescheduled from April 2020.

Cecil Gittins Memorial Walks (incorporates Enfield League 10k match) - Cyclopark, The Tollgate, Wrotham Rd, Gravesend, Kent , DA11 7NP. start time 1pm. Enquiries [Dave Hoben](#)

21st November Christmas Cup

5km + YAG Tonbridge Track. start time 1pm.

28th November or 5th December

SWC open 7 miles at Norman Park, Bromley
start time to be decided.

The above (and all races for the foreseeable future) are subject to race organisers submitting a Risk Assessment (RA) and a Covid Action Plan (CAP) to the Race Walking Association before a permit will be issued.

Blast from the past.. a look at race reports from previous years: Roubaix 28 hours, 1999

Roubaix 28 hours walk: British successes

Although a smaller team than usual was sent to Roubaix for the 28 hours race, as ever, performances were well up to standard writes *Peter Selby*. One poignant note was that as many Brits finished in this race as in the RWA national 50K the previous Saturday

Although two of those at Roubaix were women it does show that the ultra-distance fraternity is alive and kicking.

The usual start in the centre of Croix with the ever-present carnival atmosphere saw our contingent walk a judicious first few hours which saw us back in 6th/7th team place for a considerable time. But over the last few hours, spear-headed by Bob Watts and with determined walks from Tony

Collins and Martin Fisher we moved through the field and were pushing surprise winners Holland right to the post.

Our women, as ever, did us proud and Kathy Crilley walked one of her best 28 hours, ably supported by newcomer Mo Latham who was given the opportunity of walking in the team as one or two of the more senior walkers were not available. Mo, however, kept a level head and walked steadily throughout and was delighted with 171K+

Pride of place for the English must go to Bob Watts who really pulled one out of the bag after a difficult last 12 months, showing he is back to his old self. His distance was well inside the Paris-Colmar qualifier

Another good walk by newcomer Derek Appleton in his first Roubaix and Ken Watts who has been competing in France since the mid-1980's. Len Creo, at 70+ delighted everyone with his constant humour and, donning a borrowed pair of UK shorts, knocked ten minutes off his usual lap pace.

Back-up arrangements, led by deputy head teacher Wendy Wallace-Holman with her well drilled attendants were, as usual, excellent. Perhaps, however, for all of us, one of the best memories will be the unmistakable figure of Don Thompson, this time out there helping everybody, an example to all older athletes on how they can pass on their wealth of knowledge

An example to everyone

Don's presence on the roadside and his encouragement were no doubt partly responsible for the excellent performance by the English contingent - particularly his 6am training spins out of the hotel.

Roubaix 28 hours

18-19 September, 1999

1 A Roditchev Kyrgistan 250,740; 2 L Mackanic Slovakia 238,365; 3 R de Roovere Belgium 232,455; 4 A Leermakers Netherlands 227,160.....10 R Watts Lon Vids 213,615; 17 T Collins Bfd 199,455; 18 M Fisher York CIU 198,285; 21 K Watts Lon Vids 190,650; 23 Kathy Crilley Sy 185-910; 24 D Appleton Folkes 184,185; 27 Mo Latham I of Wight 171,195; 28 L Creo Worc 170,025; 34 fin

National teams: Men:

1 Netherlands; 2 England; 3 Belgium; 4 Belarus; 5 France; Russia DNF

Women: 1 England; Russia and France DNF

News from the Strollers....

Generally the Strollers get out and about in the countryside around London twice a month and many members of the LDWA come and take part.... and they are enthusiastically signed up for membership of Surrey Walking Club! So welcome all our new Strolling members.

Strolls Secretaries: Kate Copeland and Lynne Mackenzie.

Strollers reports

Sadly, no Strolls over the last 5 months but here are reports since the last Gazette was published. But to see out the last of the 2019 strolls

Oranges and Lemons Walk (in reverse from Stratford) -

Saturday, 21 December 2019

Conductor: Lynne McKenzie; Participants: Casilda, Kate, Leah, Paul, Sally and Tony

A group of six set off from Westfield on a damp but dry morning. On the bridge toward the Stadium we spotted Tony Campbell from the Blackheath Ramblers who had decided to join this 17mile urban walk with a dash of history thrown in. The Magnificent Seven proceeded through the Olympic Park without incident (much to the conductor's delight).

An unexpected "treat" of the morning was the toilet stop at Hackney Downs after which everyone had their own story of working out how to flush the toilets. Luckily Sally is a reader of Braille which came in very handy. The rain did descend for a little while but luckily stopped as we reached London Fields to partake in a cup of tea and slice of malt loaf at the Lido. Onwards towards Victoria Park and lunch with a stop for the group photo as we left London Fields.

The afternoon took in more street walking than we had in the morning though we did see more wildlife as we passed the Stepney City Farm. As promised by the title of the walk we passed all the churches of the Oranges and Lemons rhyme. We ended the walk at St Clements where some of the group made their way to the Cannon Street Station Wetherspoon pub to meet with the LDWA London group for a festive tippie.



Sunningdale to Staines (linear) - Saturday, 4 January 2020

Conductor: Kate Copeland; Participants: 37 in total. Photos: Gosia.

When this walk was attempted in 2017, we never even reached the starting point. Due to signal failure, the group was stuck on a train somewhere just outside Feltham....

So to arrive at Sunningdale station on the dot of 9.31 on 4th January 2020 was a huge relief. Especially as it turned out that we had 37 in the party. This was due to it being a joint walk with London LDWA. Plus we had about 5 walkers who weren't members of either group so it was lovely to welcome them too. The morning was mostly within the grounds of Windsor Great Park, thus many of the sights to behold were royal in nature - Virginia Water (possibly named after the Virgin Queen), the Queen's Totem Pole, Duke of Cumberland's Obelisk (where we stopped for elevensies and the leader's time-keeping was rightly held to account), the Royal Lodge and then on to the Copper Horse.



We were disappointed not to see any deer in the deer park, however this was quickly forgotten as we basked in the brilliant sunshine and blue skies that burst out halfway down the Long Walk. There was some discussion about how long the Long Walk is. A quick internet search suggests it is 2.65 miles.

The group was clearly ready for lunch as they covered this distance in 35 minutes!

Two of our number left us at Windsor. However, Carol joined us which was a lovely surprise.

The low, winter sunshine stayed with us until dusk which meant that the Thames between Windsor and Staines was looking its prettiest. The weeping willows were almost fluorescent in the light.

We arrived into Staines at about 4.45pm and deposited several of the team at their second Wetherspoon's of the day. The rest eschewed tea in favour of taking the train back to London.

Many thanks to Nick White for studiously counting and re-counting our number and to Lynne for back marking and keeping such a large group together.

Guildford Circular - Sunday, 19 January 2020



Conductor: Andy Shoemith

Participants: Chris, Danusia, Debbie, Deborah, Gail, Gavin, Gillian, Jill, John and Rachel

Photos: Gavin, John and Rachel
11 walkers set out from Guildford at a good pace. Plenty of muddy patches and backsides to prove it. Chilly, but sunny all day and a glorious sunset as we arrived at the top end of Guildford again. The only negative was the rail engineering works, which made train travel a bit painful.

In February, the weather took its toll with Storm Dennis the Menace and the Stroll scheduled for 13th February had to be postponed. But, as ever, we stroll on.... or did until the Covid-19 lockdown brought us all to a stuttering halt. Well some good memories, at least!

And the future?

The Strolling Team are busy working out how to conduct strolls which will comply with Government regulations: so here is the latest Strollers news (June 2020)

After much thought and discussion, we have decided that it still isn't the right time for Surrey Walking Club to restart our Strolling Programme. Even though we can now go on walks with 5 other people, the Government advice on non-essential travel on public transport hasn't changed enough to warrant a revision of our temporary policy. We have considered whether to offer walks to car drivers only but feel this isn't in the spirit of the Club – we want to include everyone!

It's hugely frustrating for all of us and we're sorry we aren't bearing better news. However, our conductors are raring to go and we have a tentative programme in place for when we feel we can safely offer walks in accordance with Government advice. We hope that, in the meantime, you are finding opportunities to get out and about on your own or with friends. On that subject, we'd love to hear what you've found on your lockdown walks. Please do email us with any discoveries you've made exploring close to home. We'll be back as soon as we can!



Surrey Walking Club Committee

President: Roger Michell

Vice-Presidents: Kathy Crilley, Gail Elrick, John Elrick

General Secretary, Press & Trophies/Vice Captain: Peter Hannell

Captain: Nolan Simmons

Race Secretary: Chris Flint

Membership Secretary: Pam Ficken

Strolls Secretary (job share) Kate Copeland & Lynne McKenzie

Webmaster: Mark Easton

Gazette Editor: Kathy Crilley

Treasurer: John Elrick

This is your club magazine. The Editor welcomes any contributions. Letters, news, comments, photos or reports which could be of interest to other club members are all welcome. Just send them to the [Editor](#). Reports of strolls would be especially welcome as these have always been popular with readers. Thanks to those who have sent contributions to past editions of the Gazette.