

The Gazette and Record of Surrey Walking Club

Racing and strolling on roads and trails



**Surrey Walking Club
founded 1899**

Committee news

a summary of the
Committee meetings

Race walking news

The race walking section of the Surrey Walking Club competes in races on track and road in the UK and overseas

Strolling news

An active group of walkers who take to the paths and hills, not only in Surrey but beyond...



Blast from the past

1970 Commonwealth Games, Edinburgh
Sean Lightman (bib number 114)

full results of this race page 10

Since last summer Surrey Walking Club racing members have been able to get out and about more frequently in races. Hopefully this trend continues.

The Strolling section seems to have stuttered to a halt this year. But our Stroll Secretary is busy putting together some interesting walks for us all to enjoy.

The inside pages, as ever, cover a round up of races which have taken place since the last Gazette published in the December 2022 and news from the Committee.

Message from the President



Dear Surrey WC members,

Looking to the immediate future there is a planned series of race walks events over the next six months, the first being the annual Open 4 Miles at Norman Park, Bromley on 28th June which was won by Johnnie Ellerton (Blackheath and Bromley AC), and our 5000 metres track championships at Tonbridge on 16th August, followed by the Christmas Cup on 25th November.

These and other SWC events are not just for club walkers but aim to attract athletes from other clubs and thus help the development of the discipline.

Our Strolls section is being reinvigorated by Samantha London. She has contacted a number of strolls leaders and it is pleasing that some have already replied that they are willing to lead. Its been a difficult time for both the racing side and the strolls but there are signs of renewed interest and activity and this is to be encouraged. After all, Surrey WC is one of the oldest clubs and has an extraordinary history of involvement in race walking and great camaraderie associated with the strolls. There will be a President's Stroll this year and race walkers will be encouraged to join.

This brings me to two longer term events, the first to commemorate the clubs 125th anniversary next year and the second to host the 100 miles in 24 hours championship, hopefully in 2025. This would align it with the Centurions 100th 100 miles race and be a combined event. Much work needs to be started on each. Its to be hoped that all club members will become involved in their organisation. A venue for a commemorative function needs to be carefully considered, especially as its an opportunity to gather together the many people who have had a connection with the club. All thoughts and suggestions would be very welcome, and if possible do put yourself forward to assist in some way. The showing of the clubs history in photographs, posters, and other memorabilia would be an added highlight.

The club continues to be managed by a committee which meets on a regular basis and our indefatigable secretary, Peter Hannell, ensures that all appropriate matters are brought to its attention. Trevor Sliwerski is our social secretary and we are indebted to him for his arrangement of Gazette nights when members with 50 years membership are recognised. One is to be arranged later this year.

Kathy Crilley has assumed the editorship of the Gazette. She follows Peter Crane who worked so hard to make it a 'must read' paper when distributed, now by email and on the club website.

I wish you all a very pleasant Summer and hope that the weather is more temperate this year. Enjoy your sports and activities.

Chris Flint.

Hon. President
Surrey Walking Club

Surrey Walking Club Committee

President: Christopher Flint

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

General Secretary, Press & Trophies: Peter Hannell

Captain: Nolan Simmons

Vice Captain: Ian Statter

Race Secretary: Chris Flint

Membership Secretary: Pam Ficken

Strolls Secretary: Samantha London

Webmaster: Mark Easton

Gazette Editor: Kathy Crilley

Treasurer: to be appointed



Committee News

Committee meetings are now (more or less) back to the usual “in person” affair. Meetings in 2023 took place in April and June at the Civil Service Club London.

June meeting:

1. A lengthy discussion at the April meeting recognised that the number of members representing the club at competitive events is at an all-time low, and the lack of strolls is compounding concern about the club’s future.
2. The President said two forthcoming major events will need a considerable amount of work, namely:
 - celebration of the club’s 125th anniversary next year (2024)
 - hosting of a 100 miles in 24 hours event (2025)

Both will require considerable resources and financial support. In respect of the anniversary a suitable venue needs to be identified, somewhere which reflects the significance of the occasion and capable of managing a large number of attendees. Trevor, our social secretary, is keen to be involved in the arrangements and will be asked for his thoughts.

Questions raised about the 100 miles included concern whether there would be sufficient numbers to make it a viable event, and how best to attract participants.

The inclusion of a 20+ miles unjudged walk in marathons could be a way forward to highlight race walking. It was generally agreed that a track course should be used and would allow the numbers taking part to be capped, maximum 40.

3. The importance of the Strolls section was considered, and that the two elements of the club could be better combined.

April Meeting: SPECIAL TOPIC – THE FUTURE OF SWC

The Chair opened the discussion by outlining concerns arising from a significant decline in club race walking athlete numbers, and current difficulties facing the stroller section. It has been unable to field a team for national, regional and area championships, and leagues, for some while. Consequently, its racing profile is now virtually non-existent. The club, however, is active through its EA licensed officials in coaching and judging but too few. Currently there are four young athletes being coached by Shaun but none are SWC members. The likelihood of attracting new members especially younger age groups is small and the overall situation is precarious.

The discussion is particularly relevant as the club will reach its 125th anniversary of its founding in 2024 which should be celebrated and honoured. Discussion focused on whether the club should host a 100 miles in 24 hours event next year. The Committee agreed that these issues need careful consideration and could involve the Centurions which anticipates holding its 100th 100 miles event in 2025.

It was suggested that it may be more sensible to defer the SWC 100 until 2025, and for it to be a joint enterprise. There is a need to look carefully at the practicalities of holding the event, so it is seen as a serious and vibrant occasion. A wider meeting needs to discuss how best to organise a future 100-mile race.

race walking news

race round up 2023

Steyning 10 km 14 February 2023

This race was a subsidiary race within the usual annual 15km with both now being staged in Spithandle Lane, Steyning over an out and back 2.5km lap.

The overall event was a great success in terms of numbers with 20 out including many new faces with the majority of these doing a Walkfit 5km and seemingly enjoying themselves in a very friendly manner.

The main 15km event saw five out with a win in 84 min 35 sec from Tonbridge's Grazia Manzotti from Steyning's Ian Richards, a couple of minutes behind after a faster start.

The Surrey Walking contingent of David Hoben and Chris Flint opted for 10km bearing in mind their age and fitness. David pulled away in the early stages but Chris held him within a minute or two. Towards the end Flint began to close a little and, though unable to get much closer, ended exactly a minute behind. Both were very near their current expectations with Chris just inside.

Besides these two Shaun Lightman and Peter Selby, also SWC, were the official judges of the events. *Report from Peter Hannell*

Enfield League Les Barratt 10 km Race 3, 18 March 2023

The structure of the Enfield League races has altered so that, like other races, while the more informal participants, who find the straight leg on landing rule difficult to impossible can take part. The top level "A" race has been added to give generally younger athletes the necessary strict competitive experience.

The race saw a healthy 14 out for the A race as well as a further five in the B event. The latter included Surrey Walking Club contestant, David Hoben, doing 5km well inside 8 minutes per km pace. Relative newcomer and father to two top level race walkers, Tony Wilkinson doing the longer distance gave David a target not too far ahead.

Results: Main 10km (M) 1. D.Annetts (N Herts M55) 48 min 46 sec; 2. J.Hobbs (Ashf M) 49 min 46 sec; 3. J.Arthur (Ilf M60) 67 min 24 sec; 4.C.Hobbs (Ashf M65) 68 min 51 sec; 5. J.Ralph (E&H M60) 71 min 44 sec.

Main 10km (W): 1.M.Peddle (Loughton W50) 60 min 41 sec; 2. M.Noel (Belg W55) 64 min 39 sec; 3.F.Bishop (AFD W60) 1 hr 11 min 52 sec; 4. S.Barnett (E&H W70) 71 min 55 sec.

Main 5km (W): 1. A.Jennings (AFD U23W) 24min44 sec; 2. G.Manzotti (Ton W50) 28min28 sec.

B race 5km (M): 1. D.Hoben (Sy WC M65) 38 min 34 sec; 2 D.Ainsworth (Ilf M70) 48min12 sec.

Veterans AC Summer League 5km Race, Battersea Park 04 April 2023

The first of the regular Battersea Park races had an average field in perfect weather, the number of paid entries was the highest for some time. There was plenty of sunshine and little wind.

The men's winner was Dave Annetts, from North Herts RR, with a new personal best who had achieved two silver medals for his age group at the World Masters in Torun Poland only a few days earlier.

Quite a few Surrey WC members had entered (pre race entry only these days!) but on the night the Club was represented by David Hoben and Chris Flint. Performances showed a big range with some around personal bests but our two about normal pace as they fought it out to finish only 26 seconds apart. As has often happened recently David just managed to pull slightly away from Chris. Walk Judge: Shaun Lightman.

Results:

Main 10km Men: 1. D.Annetts (N Herts M55) 48 min46sec; 2. J.Hobbs (Ashf M) 49 min46 sec; 3. J.Arthur (Ilf M60) 67 min 24 sec; 4. C.Hobbs (Ashf M65) 68min 51 sec; 5. J.Ralph (E&H M60) 71min 44 sec.

Main 10km Women:

1.M.Peddle (Loughton W50) 60min41sec; 2.M.Noel (Belg W55) 64min39 sec; 3.F.Bishop (AFD W60) 71min52sec; 4.S.Barnett (E&H W70) 71min 55 sec.

Main 5km Women:1. A.Jennings (AFD U23W) 24min44 sec; 2.G.Manzotti (Ton W50) 28min 28s

B race 5km Men: D.Hoben (Sy WC M65) 38 min34 sec; 2. D.Ainsworth (Ilf M70) 48 min 12 sec.

Veterans AC 5K Road Walk - Battersea Park, 4 April 2023**RWA Permit No RWA Permit 23025-1**

Place	Name	Age Group	Club	Time
1	David Annetts	M55	N Herts Road Runners/Veterans AC	22:58
2	Stefano Zennaro	M50	Belgrave Harriers	30:04
3	David Walsh	M60	EHAC/MMAC	30:12
4	Maureen Noel	W55	Belgrave Harriers/Veterans AC	31:12
5	Mark Culshaw	M55	Belgrave Harriers	31:23
6	Stuart Bennett	M60	Ilford AC/Veterans AC	31:51
7	Fiona Bishop	W60	Woking AC/Veterans AC	33:20
8	Lesley Morris	W60	Ilford AC/Veterans AC	37:04
9	David Hoben	M70	Serpentine AC/Veterans AC	39:11
10	Christopher Flint	M75	SyWC/Veterans AC	39:37
	Colin Harle	M60	Belgrave Harriers/EMAC	DNS
	Kathy Crilley	W75	SyWC/Veterans AC	DNS
	Artur Olszewski	M40	Veterans AC	DNS
	Peter Hannell	M75	SyWC/Veterans AC	DNS
	Glen Keegan	M55	Herne Hill Harriers/Veterans AC	DNS
	Lynn Drummond	W70	Crystal Palace FR	DNS
	Sian Baum	W55	Herne Hill Harriers/Veterans AC	DNS

Le 6 Jours de France, Vallon Pont-D'Arc, France, 15-23 April 2023

The 17th edition of le 6 Jours de France features both a run and walk category.

The 6 Days of France is a 144-hour pedestrian event and was created by Gérard Cain 18 years ago in Antibes. It is a event which brings together up to a hundred athletes, runners and walkers, from twenty countries. The event is labelled by international sports bodies, the IAU and national bodies, the FFA. Notably, it is a recognised race walk and (usually) has accredited French race walking judges in attendance, but for some reason not this year.

Like last year, the event took place in the Ardéchois campsite, a 5-star campsite in the French town of Vallon Pont d'Arc. The 1131.28m course is completely flat and paved and conducive to good performances.

The 6 Jours de France also holds 6 hour, 12 hour, 24 hour and 48 hour races and this year even a wheel chair competitor. The wheel chair race was probably a “political inclusiveness” decision but not welcomed by many of the competitors as the paths around the course were too narrow to accommodate a wheel chair.

New Zealand and British Centurion Richard McChesney dominated the walk, finishing with a second longest distance overall, behind run winner Bob Hearn of the USA, who finished with 758.366 km. Also taking part in the race walk was Surrey Walking Club member, Kathy Crilley who did a personal worst of 302.757 km! [ed note: in my defence of this PW, I was not just only recovering from a ruptured knee ligament but whilst getting back into training in February, then suffered another foot injury...!]

Surrey Walking Club members Richard and Sandra Brown participated in the running race.

Enfield Pat Furey Walks, Donkey Lane, 29 April 2023)

The annual 10km Race sponsored by Pat Furey was held at Donkey Lane Enfield.

Surrey Walking Club had two entries - Steven Crane and Dave Hoben. After the gun Dave Annetts (North Herts) took a commanding lead and was never headed. Surrey's Stephen Crane was with Grazia Manicotti (Tonbridge) and Jessica Wilton (Ashford) he drew away after 2km and finished in a creditable 2nd place 51m 31s. Dave Hoben competed in the 5km race and finished 2nd in 39m 11s having a solitary race.

Results; 10km Men 1. D. Annetts (N Herts M55) 49min 27sec; 2. S.Crane (SWC M40) 51m 31s; 3. S. Zennaro (Belg M45) 62 min 12 sec; 4. M. Culshaw (Ilf M55) 65 min 7 sec; 5. S. Bennett (Ilf

M60) 65 min 47 sec; 6. J.Borgars (Loughton M75) 68 min 2 sec; 7. J.Arthur (Ilf M60) 71 min 16 sec; 8. J.Ralph (E&H M60) 75 min 2 sec.

10km Women 1. J.Wilton (Ashf U17G) 55min 48 sec; 2. G.Manzotti (Ton W50) 56min 45 sec; 3. M.Peddle (Loughton W50) 58 min 17 sec; 4. S.Barnett (E&H W70) 71 min 14 sec; 5. F.Bishop (AFD W60) 77 min 2 sec.



7km Women 1. M. Noel (Belg W55) 48min 0s.

6km Women 1. N. Blatchford (Abingdon W70) 43min 45 sec.

5km Men 1. S.Morgan (Col H M50) 33 min 15 sec; 2. D.Hoben (Sy WC M65) 39 min 11 sec.

5km Women S.Arthur (Ilf W60) 56 min 34 sec.

Veterans AC 5 miles, Battersea Park 09 May 2023

The usual Vets AC series over 5 miles in Battersea Park had an average field this time in cool racing conditions. Only the last few competitors suffered the predicted rain. The ladies and overall winner was Melanie Peddle (Loughton AC) with a first win and a time near her PB. Next came the men's winner Stefano Zennaro (Bel H) in a time around his expectation. The only PB came from Glen Keegan (HHH) with 5 minutes off his previous Enfield best. A new competitor, Sian Baum (also HHH) was welcomed as she clearly beat the hour. Surrey Walking Club's representative David Hoben was about his usual position in the field with a good time close to the hour.

Results (10 Starters)

1. M.Peddle (Loughton W50) 45 min 45 sec; 2. S.Zennaro (Belg M45) 48 min 32 sec; 3. P.Cummings (AFD W45) 51 min 16 sec; 4. S.Bennett (Ilf M60) 51 min 31 sec; 5. M.Noel (Bel H W55) 52 min 16 sec; 6. G.Keegan (Sy WC M55) 57 min 23 sec; 7. S.Baum (HHH W55) 58 min 11 sec; 8. L.Morris (Ilf W55) 58 min 26 sec; 9. D.Hoben (SWC M65) 61 min 13 sec; 10. A.Olszewski (Unatt M35) 63 min 5 sec;

8th Cecil Gittins Memorial Walks, incorporating Enfield Race Walking League

Cyclopark, Gravesend, 4 June 2023 including Veterans AC 2.5k/5k/10k road race

Permit No: RWA23031-1 Category B

Veterans AC were pleased to host the seventh running of this event on a dedicated cycle circuit with its many gradients and bends, which has hosted Olympic BMX champion Beth Shriever.

In all there were 26 paid entries which was an increase from 2022. The weather was picture perfect, with a cooling breeze on the exposed course.

There was a new winner of the ladies 5k, Abigail Jennings (AFD) in 25:18, Abigail was also the overall winner for the first time.

The men's 5k was won for the 2nd year running by the present RWA President, Chris Hobbs (Ashford AC) in a fine time of 33:28.

The new winner of the ladies' 10k was Grazia Manzotti (Tonbridge AC) in 56:51, just a few seconds short of her personal best.

There was also a new winner of the men's 10k, Jonathan Hobbs from Ashford AC in 51:43, after a long battle with Dave Annetts (N Herts RR) close on his heels. Ex-Olympian Ian Richards was in third place, looking forward to this year's harvest of medals, now in new M75 age group. There were two newbies from Ashford AC, Ellin Wilson and Paula Elmslie, who did well on the testing course.

With the upturn in the weather, it probably wasn't a PB scenario, however Kathy Smith (AFD) managed one.

Jonathan Hobbs, winner of last year's UK Centurion 100 miles event presented the prizes, which were QPR souvenirs to honour Cecil Gittins football club.

Full results

	2.5k			
F				
1	Ellin Wilson	U13G	Ashford AC	14:36
	5k			
F				
1	Abigail Jennings	U23W	Aldershot, Farnham & District	25:18
2	Jessica Wilton	U17W	Ashford AC	27:39
3	Lola-Mae Billingham	U17W	Aldershot, Farnham & District	30:40
4	Paula Elmslie	U20W	Ashford AC	36:24
5	Shaheda Arthur	W60	Ilford AC	54:57
M				
1	Christopher Hobbs	M65	Ashford AC	33:28
2	Tony Wilkinson	M60	Unattached	34:25
3	David Hoben	M70	Surrey Walking Club	39:15
4	Edmund Shillabeer	M80	Ilford AC	45:14
5	Dave Ainsworth	M70	Ilford AC	48:29
	10k			
F				
1	Grazia Manzotti	W50	Tonbridge AC	56:51
2	Jacqueline Benson	U23W	Ashford AC	1:01:44
3	Sue Davies	W55	Aldershot, Farnham & District	1:10:29
4	Katherine Smith	W55	Aldershot, Farnham & District	1:14:35
5	Noel Blatchford	W75	Abingdon	1:15:33
	Melanie Peddle	W50	Loughton AC	DNF
				(3+ laps completed)
M				
1	Jonathan Hobbs	SENM	Ashford AC	51:43
2	David Annetts	M55	North Herts RR	51:47
3	Ian Richards	M75	Steyning AC	56:13
4	Colin Harle	M60	Belgrave Harriers	1:04:54
5	John Arthur	M60	Ilford AC	1:07:11
6	Simon Morgan	M55	Ilford AC	1:07:19
7	John Borgars	M75	Loughton AC	1:07:40
8	Christopher Flint	M75	Surrey Walking Club	1:21:45
	Stuart Bennett	M60	Ilford AC	DNS

Acknowledgements

Judges: Shaun Lightman (Chief), Elizabeth Benson, Simon Benson

Starter: David Hoben

Time keeping: Andrew Garner, Pam Ficken

Lap recording: Carl Lawton

Hospitality: Cyclopark, Gravesend

First Aid: Medical Despatch

Veterans AC 5km Champs, Battersea Park 6th June 2023

The Battersea race held on a typically beautiful Summer evening in the Park with this race being the Championship for both runners and walkers. Once again, our pair of SWC walkers - Chris Flint and Dave Hoben - battled near each other down the field and once again the slightly younger man, David, came out 30 seconds ahead with both near their target and certainly with better performances than some of the field, considering the hot weather.

Results

5 km (Mixed)

1. D. Annetts (N Herts M55) 23 min 59 sec; 2. M.Peddle (Loughton W50) 28 min 20 sec; 3. P.Cummings (AFD W45) 31 min 12 sec; 4. M.Noel (Bel H W55) 31 min 55 sec; 5. F.Bishop (AFD W60) 32 min 30 sec; 6. S.Baum (Hern H W55) 34 min 15 sec; 7. D.Hoben (SWC M65) 38 min 31 sec; 8. C.Flnt (SWC M75) 39 min 6 sec

Johnson Bowl/ SWC 4 miles. 28th June 2023

Position	Name/Number	Club	Finish
1	J.Ellerton/20	B&B(U17M)	35:28.7
2	M.Peddle/21	Loug(W50)	35:29.6
3	G.Manzotti/22	Ton(W50)	36:01.3
4	M.Culshaw/24	Ilf(M55)	39:43.4
5	M.Ellerton/19	B&B(M45)	40:18.7
6	J.Arthur//16	Ilf(M60)	41:05.3
7	I.Statter/27	SWC(M60)	46:09.2
8	D.Hoben/17	Cro/SWC (M65)	49:11.5
9	C.Flnt/25	SWC(M75)	50:53.6
10	M.Harran/23	SWC(M80)	56:18.8
11	B.Huggan/red	Unatt(W75)	61:44.9
12	S.Arthur/18	Ilf (W60)	73:05.8
3 miles only	T.Checheku-Boamah/26	B&B(U15M)	-

The Surrey Walking Club winners were:

1. I. Statter
2. D.Hoben
3. C.Flnt

Ian Statter takes the Gazette Cup.

A blast from the past....

Results from the 1979 Commonwealth Games, Edinburgh.

Rank ↕	Name ↕	Nationality ↕	Time ↕
1	Noel Freeman	Australia	2:33:33
2	Bob Gardiner	Australia	2:35:55
3	Bill Sutherland	Scotland	2:37:24
4	Bob Dobson	England	2:39:55
5	Ron Wallwork	England	2:40:10
6	Len Duquemin	Guernsey	2:42:48
7	Shaun Lightman	England	2:44:50
8	Felix Cappella	Canada	2:45:16
9	Alex Oakley	Canada	2:48:07
10	John Moullin	Guernsey	2:48:07
11	Richard Rosser	Wales	2:49:41
12	Karl-Heinz Merschenz	Canada	2:50:32
13	John Callow	Isle of Man	2:51:21
14	David Smyth	Northern Ireland	2:53:49
15	John Cannell	Isle of Man	2:56:19
16	David Dorey	Guernsey	3:03:41
17	Nolan Simmons	Trinidad and Tobago	3:08:23
18	Bala Krishna Subramanian	Singapore	3:13:22
19	Francis Thomas	Trinidad and Tobago	3:14:58
	Ian Hodgkinson	Isle of Man	DNF
	Bachan Singh	India	DQ



Sean Lightman (bib number 114)

Forthcoming races & Events

08 July 2023: Moulton Open 5 miles (incl Enfield League) Moulton Village 12.30pm

27 July (Thurs) : 3000m open track race. Norman Park. 6.30 pm (BBHAC.entries close on 24th)

01 August 2023: Veterans AC 5K + series awards (non-vets/non-VAC members welcome). Battersea Park, 19:00

05 August 2023: Enfield League 3k/5k/10K Donkey Lane 11.00am

16 August 2023 (Wed) 3km/5km championships. Tonbridge track. Start; 19:35

19-20 August 2023: Middlesbrough 100 Miles/RWA Championship + Open 50K

Check the [Surrey Walking Club website](#) for results and upcoming races



news from the Strollers

As previously reported, Surrey Walking Club Strolls Secretaries, Kate Copeland and Lynne McKenzie, resigned in August 2022. This is a great loss to the Strollers as they had brought a fresh look to the Strolls programme whilst they were in office.

However, the Strollers do now have a new Secretary - Samantha Clark who has been a member of the Club for some years. I am sure we will all welcome and support Samantha in her new role.

STROLLS SECTION REPORT

President Chris Flint has spoken to Samantha, who has had difficulty contacting Strolls Leaders. This has resulted in no strolls being organised since the end of last year.

UPDATE!

At the June Committee meeting the President reported that he had emailed all previous Strolls leaders and received a very positive response and so going forward Samantha hopes the Strolls programme will recommence shortly with monthly strolls of various distances.

Forthcoming strolls - keep an eye on the website [Surrey Walking Club](#) for further details of all strolls

and whether its racing or strolling...

Stop the clocks: Brisk walking may slow biological aging process, study shows

Scientists report that fast walking can slow ageing, and "picking up the pace" could make people feel 16 years younger by midlife - according to a study.

Data was collected from over 405,000 Brits wearing activity tracking devices which revealed that those who strolled more quickly had more of the DNA which reduces ageing. Researchers from the University of Leicester previously showed that just 10 minutes of daily brisk walking is associated with longer life. Source: www.sciencedaily.com/releases/2022/04/220420133538.htm

Obituaries

Ken Mason

Ken, a most popular member of the SWC passed away at St. George's hospital on Thursday 16th March 2023.

Ken's race walking career stopped some years ago but he continued his exhausting rowing efforts until fairly recently. He was almost 86 and had been a SWC member since 1960 having also been a Stock Exchange athlete. *Peter Hannell*

3 times winner of the Brighton, Ken Mason's winning times 8:16.41 (1963); 8:26.04 (1964); 8:21.22 (1965) though his fastest time was in 1962 with 8:08.54 finishing in 2nd place after Ray Hall. *Tony Perkins*

Ken qualified as Centurion 669 in the 1979 Ewhurst 100 Miles in 22:43.10.

Ken overtook me right near the end of that Ewhurst 100 miles, said a few words of encouragement and beat me by just a minute! *Andy Bainborough C670*

I remember Ken very well as he regularly walked with Surrey Walking Club and featured in their winning teams. He was well built and very strong and always a very pleasant athlete to meet. Met Police had regular races against Surrey Walking Club (Keston 14 miles and Croydon to Godstone 18 miles plus). The Club system made our top stars. It's strange but I can picture him facially now 60 plus years later!. He will be much missed by so many. May He Rest in Peace. With sincere condolences, *Bill and Kath Sutherland*

Sad to hear Ken has passed away and he was a really nice person. Built like a body builder and my memory of him was in the London to Brighton walk eating half a chicken. RIP. *Peter Marlow*

I am very sorry to learn of the passing of Ken Mason. Ken's time of 8 Hours 8 minutes for the London to Brighton (Stock Exchange) was very special - a super fast time. *Adrian James*

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. Just send them to the [Editor](#). Reports of strolls are especially welcome as these are always popular with readers.

Many thanks to those who have sent contributions to past editions of the Gazette.

