

Capital Challenge 2018

The day before the event the Ranger at Lee Valley WaterWorks Nature Reserve, the location of Nature's Throne and CheckPoint 4, told us "I've sorted the weather, cloudy but warm and dry, ideal walking weather." And indeed he had: the warmest day of the year but not too warm so both walkers and marshals stayed dry and happy.

On Saturday morning we were expecting 200 people; in fact 190 turned up and were joined by 2 out-of-town marshals who had been unable to join the marshals' walks so after helping at the BFI continued to the Finish. Previously 11 marshals had walked the route (in two batches as some were put off by the extremely cold weather on the first).

Our impression is that many people returned for a second year and brought along others who they had told about the lovely route we have created. A selection of photos is included; thank you to all those who posted on Facebook or sent them in.

We were delighted that entrants came from across England and Wales to see that London is a wonderfully green city and reassured when a Devon LDWA member wrote "I had no idea London had so many green spaces, well worth the journey". 165 LDWA members entered with many making long journeys to the capital; a full breakdown is at the end of the report.

181 entrants (plus the 2 marshals!) finished and their feedback has been unanimously positive: many arrived at the View Tube delighted with their day and extremely appreciative of the marshals and the Route description. Such a reaction is music to the ears of the organisers and marshals and makes the effort worthwhile.

The Capital Challenge is not a race – I describe it in contrast to most LDWA Challenge Walks as a beer & ice-cream event – but mention should be made of Daniel Nash, at 26 one of the youngest participants and the fastest walker (the 4 who were quicker certainly jogged quickly some of the way) who completed in 6h24m and of Chris Lloyd, at 80 the oldest but by no means the slowest finisher.

A table of results is attached; they can also be viewed at https://www.ldwa.org.uk/results/full_results.php?event_id=148

Credits

Congratulations to everyone who started!

Thanks to the marshals:

Start BFI Susan Cannell, Pete Colley, Judith Griffiths, Babsie Grobler, Chris Ketteringham and Douglas Robinson.

CP1 Paddington Station Christine Curran, Alan Laycock, Linda Pan and Colin Saunders.

CP2 Jack Straw's Castle Pete Buffham, Chris Dent, Marie Heracleous and Lonica Vanclay.

CP3 Finsbury Park Café Susan Cannell, Pete Colley, Aga Geborek, Emma Maccormick, Douglas Robinson and Ann Sayer.

CP4 Nature's Throne (Middlesex Filter Beds) Paul Lawrence, Rob Myers, Linda Pan, Susanne Waldschmidt and Dave Williams.

Finish View Tube Café Pete Colley, Christine Curran, Alan Laycock and Julie Welch.

Special thanks to Douglas for negotiating with the checkpoints, Marie and Pete for purchasing and Hazel Stokes for distributing supplies to CPs.

Also to Jean O'Reilly for her support throughout the lead-up and for closing down the CPs as she completed her apprenticeship! Jean will be taking on the organisation of this event for 2019. We look forward to welcoming back many familiar faces then.

Gordon Parker

April 2018

Entrants who are LDWA members came from:

Bristol & West	3	BBN	8
Cornwall & Devon	5	Essex & Herts	24
Dorset	8	Kent	6
Heart of England	9	London	33
Norfolk & Suffolk	5	Surrey	5
Sherwood	3	Sussex	9
South Wales	4	Thames Valley	12
Wiltshire	3	Wessex	4
West Yorkshire, Yorkshire Coast, Staffordshire, Marches, High Peak, Anytime Anywhere			1 each

Results (alphabetically by surname)

	Name	Status	CP1	CP2	CP3	CP4	Finish
Nick	Allars	Finished	01:14	03:25	05:34	07:27	08:28
Dan	Andrews	Finished	01:12	03:35	06:18	08:19	09:22

David	Appleby	Finished	01:04	03:07	05:09	06:52	07:49
Sharon	Armon	Finished	01:07	03:14	05:41	07:51	08:49
Peter	Aylmer	Finished	01:02	02:59	04:58	06:41	07:34
John	Baker	Retired	01:14	03:38			
Bruce	Barclay	Finished	01:07	03:19	05:52	07:40	08:38
Andy	Barnes	Finished	01:09	03:09	05:14	06:53	07:51
Gareth	Bartlett	Finished	01:36	04:21	06:58	08:58	10:09
Jane	Bates	Finished	01:05	03:13	05:20	07:13	08:09
Dorothy	Bather	Finished	01:08	03:48	06:23	08:16	09:24
David	Beckett	Finished	01:07	03:19	06:40	09:21	10:18
Tim	Bedwell	Finished	01:06	03:11	05:22	07:08	08:06
Shona	Bendix	Finished	00:53	03:06	05:08	06:43	07:33
Valerie	Berryman- Bousquet	Finished	01:04	02:53	04:28	05:50	06:30
Emily	Bliss	Finished	01:08	03:29	06:39	08:34	09:54
Christopher	Boakes	Finished	00:55	02:38	04:25	05:44	06:30
Claire	Bolsover	Finished	01:15	04:18	06:48	08:42	09:40
Andrew	Boulden	Finished	00:59	02:48	04:35	05:58	06:45
Joanna	Brackenbury	Retired	01:09	03:43	06:29		
Rosemary	Britton	Finished	01:14	03:36	06:06	08:17	09:23
Robin	Britton	Finished	01:14	03:36	06:06	08:16	09:23
Teresa	Brooker	Finished	01:02	02:57	05:01	07:06	08:01
Anne	Bryne	Finished	01:13	03:21	05:45	07:47	08:51
David	Bull	Finished	01:09	03:33	06:18	08:17	09:21
Gill	Bunker	Finished	01:13	03:41	06:10	07:56	08:57
Jackie	Burnett	Finished	01:12	03:41	06:10	07:56	08:57
Mike	Burrows	Finished	01:04	03:02	05:03	06:41	07:39
Melissa	Butcher	Finished	00:59	02:43	04:33	05:57	06:43
Nick	Butcher	Finished	01:03	02:53	04:38	06:01	06:45
Antoni	Cain	Finished	01:10	03:19	05:41	07:44	08:44
Alice	Caldwell	Finished	01:10	03:10	05:11	06:57	07:54
Laura	Carver	Finished	00:58	02:49	04:44	06:12	07:02
Calum	Cawley	Finished	01:01	02:59	04:59	06:47	07:48

Michael	Childs	Finished	01:13	03:35	06:05	08:16	09:23
Laura	Clark	Finished	01:09	03:30	06:40	08:35	09:56
Nic	Clarke	Finished	01:04	03:07	05:13	06:49	07:39
Allison	Coleby-Hurley	Finished	01:17	03:43	06:11	08:20	09:51
Jonathan	Comber	Finished	01:01	03:00	04:57	06:32	07:23
Gina	Coulson	Finished	01:21	04:06	06:43	08:43	09:55
Pete	Crawshaw	Finished	01:11	03:35	05:56	07:54	08:50
Kathy	Crilley	Finished	01:05	02:49	04:57	06:32	07:23
Vanessa	Crookes	Retired	01:28	04:11	07:31		
Sharon	Crowley	Finished	01:10	03:17	05:20	06:54	07:47
Mike	Crowley	Finished	01:11	03:17	05:20	06:53	07:47
Paul	Cutmore	Finished	01:08	03:14	05:30	07:25	08:22
John	Davis	Finished	01:08	03:48	06:23	08:16	09:24
Simon	Delany	Finished	01:17	03:39	05:58	07:59	09:01
James	Dodds	Finished	01:18	03:48	06:39	08:34	09:52
Helen	Dodds	Finished	01:17	03:47	06:38	08:33	09:52
June	Edwardes- Evans	Finished	01:17	03:41	06:06	08:06	09:09
Abigail	Elrick	Finished	01:05	03:12	05:26	07:22	08:26
John	Elrick	Finished	01:02	03:14	05:27	07:23	08:27
Manfred	Engler	Finished	01:05	02:58	04:56	06:22	07:12
Michael	Evans	Finished	01:07	03:47	06:23	08:15	09:23
Marianne	Ewart	Finished	01:11	03:41	06:29	08:44	09:44
Ian	Fairweather	Finished	01:05	03:14	05:24	07:15	08:11
Jane	Ferris	Finished	01:03	03:07	05:14	06:50	07:40
Kathryn	Finn	Finished	01:17	03:48	06:19	08:31	09:33
Carol	Fisher	Finished	00:49	02:35	04:29	05:49	06:25
John	Flanagan	Finished	00:53	02:39	04:32	05:59	06:47
Deirdre	Flegg	Finished	01:13	03:35	06:05	08:15	09:22
Zoltan	Fodor	Finished	00:53	02:28	03:54	04:53	05:42
Laurence	Foe	Finished	01:07	03:12	05:34	07:39	08:50
Kevin	Forder	Finished	01:06	03:51	06:15	08:38	09:39
Clive	Frankham	Finished	01:05	03:14	05:40	07:36	08:58

Jake	Franklin	Retired	01:12	03:36	06:20		
Hugh	Fraser	Finished	01:08	03:16	05:20	07:04	07:56
Javier	Fuentes	Finished	01:11	03:30	05:42	07:24	08:21
Iria	Garcia	Finished	01:06	03:18	06:39	09:20	10:17
Deb	Garfield	Finished	00:59	02:50	04:45	06:13	07:03
Robin	Geller	Finished	01:13	03:18	05:27	07:06	08:03
Lizzie	German	Finished	01:09	03:30	06:40	08:35	09:55
Nicola	Ghent	Finished	01:06	03:14	05:19	07:05	08:00
Mark	Gilbey	Finished	01:11	03:41	06:30	08:44	09:44
Andrea	Gilbey	Finished	01:11	03:41	06:29	08:43	09:44
Lewis	Gilbey	Finished	01:12	03:41	06:29	08:44	09:43
Thomas	Gilbey	Finished	01:11	03:41	06:30	08:43	09:43
Jeff	Golland	Finished	01:07	03:19	05:20	07:01	07:52
Julie	Gordon	Finished	01:27		06:40	08:34	09:48
Gareth	Gordon-Wilkin	Finished	01:10	03:25	05:45	07:50	08:51
John	Gorman	Finished	01:09	03:12	05:37	07:47	08:45
Linda	Gould	Finished	01:07	03:12	05:26	07:23	08:21
Jerry	Gould	Finished	01:07	03:12	05:26	07:23	08:21
Claire	Gould	Finished	01:13	03:13	05:18	07:01	07:54
Angela	Gray	Finished	01:14	03:35	06:22	08:14	09:17
Nicola	Grineaux	Finished	01:17	03:52	06:33	08:47	09:50
Hilary	Guess-England	Finished	01:14	03:35	06:22	08:14	09:17
Ian	Habisrittinger	Finished	01:03	03:01	04:59	06:29	07:14
Lee	Hall	Finished	01:05	03:08	05:06	06:39	07:30
Christine	Harvey	Finished	01:07	03:47	06:23	08:15	09:23
Caroline	Harvey	Finished	01:09	03:23	05:31	07:24	08:23
William	Harvey	Finished	01:09	03:23	05:31	07:24	08:23
Nick	Hasler	Finished	01:09	03:33	06:16	08:17	09:21
Michael	Headley	Finished	01:00	02:54	04:56	06:34	07:27
Tony	Hill	Finished	00:56	02:59	04:49	06:14	07:02
Darren	Hockley	Finished	01:11	03:35	06:20	08:19	09:23
Ross	Hockley	Finished	01:11	03:35	06:18	08:19	09:23

Sue	Hodgson	Finished	01:17	03:48	06:19	08:30	09:33
Sinead	Howland	Finished	01:15	04:18	06:48	08:42	09:40
Ian	Hull	Finished	00:59	02:53	04:54	06:41	07:34
Shirley	Hume	Finished	01:05	03:17	05:28	07:07	08:01
Chris	Hume	Finished	01:06	03:17	05:28	07:07	08:01
Peter	Ibison	Finished	01:05	03:07	05:21	07:16	08:15
Sarah	Jane	Finished	01:03	03:00	04:52	06:26	07:15
Jo	Johnstone	Finished	01:07	03:12	05:26	07:21	08:19
Christine	Jones	Finished	01:22	04:09	06:42	08:58	10:03
Bozena	Kaniewska	Finished	01:09	03:14	05:45	07:44	08:48
Christopher	Kennedy	Finished	01:04	03:12	05:19	07:12	08:08
Philip	King	Finished	01:05	03:19	05:52	07:40	08:38
Angus	Lam	Retired	01:08	03:08	05:54		
Tracey	Lang	Finished	01:06	03:13	05:21	07:26	08:20
Richard	Lang	Finished	01:06	03:13	05:21	07:26	08:20
Rebecca	Lawrence	Finished	01:01	03:00	04:57	06:32	07:23
Fabrice	Leistner	Finished	00:58	02:51	04:39	06:06	06:54
Sam	Lewis	Finished	01:01	02:58	05:09	07:03	07:55
Elaine	Leydon	Retired	01:16	03:57			
Chris	Lloyd	Finished	01:13	03:20	05:45	07:47	08:51
Daniel	Low	Finished	01:07	03:07	05:26	07:10	07:55
Richard	Martin	Finished	00:52	02:27	04:02	05:24	06:09
Rebecca	Marvell	Finished	01:14	03:28	05:51	07:41	08:50
Simon	Maw	Finished	01:11	03:41	06:29	08:43	09:44
David	Medcalf	Finished	01:09	03:12	05:16	06:51	07:46
Carole	Melville	Finished	01:10	03:15	05:46	07:45	08:49
Andrew	Moore	Finished	00:48	02:21	04:02	05:20	06:06
Pawan	Nandrajog	Finished	01:01	03:00	05:11	06:57	07:58
Daniel	Nash	Finished	00:56	02:30	04:16	05:39	06:24
Terence	O'Donnell	Finished	01:07	03:30	05:42	07:27	08:28
Elaine	Oddie	Finished	01:19	03:43	06:14	08:37	09:46
Marie-Noelle	Peltier	Retired		04:48			
Achila	Perera	Retired		04:48			

Mike	Phelan	Finished	00:58	02:51	04:50	06:27	07:20
Sue	Phillips	Finished	01:22	04:09	06:42	08:58	10:03
Anne	Philpott	Finished	01:15	03:19	05:28	07:07	08:04
Dave	Pitman	Finished	01:17	03:43	06:11	08:19	09:51
Robert	Powell	Finished	01:04	03:07	05:13	07:20	08:22
John	Power	Finished	00:57	02:54	04:46	06:15	07:04
Roy	Ramsay	Finished	01:06	03:14	05:19	07:05	08:01
Astrid	Rees	Finished	01:04	03:00	05:05	06:55	07:54
Kay	Rees	Finished	01:07	03:15	05:20	07:06	08:01
Joanne	Reid	Retired	01:16	03:57			
Stephen	Retout	Finished	01:10	03:27	06:10	08:32	09:56
Michele	Reynolds	Finished	01:17	03:48	06:19	08:31	09:33
Charles	Ritchie	Finished	01:11	03:41	06:29	08:43	09:44
Jane	Roome	Finished	01:17	03:41	06:06	08:06	09:09
Jacqui	Ross-Gibson	Finished	01:28		06:40	08:35	09:48
Caroline	Russell	Finished	01:06	03:20	05:28	07:21	08:18
Eleanor	Rutter	Finished	01:04	03:18	05:21	07:29	08:26
Abdul	Salam	Finished	01:14	03:35	06:02	08:12	09:09
Scott	Sawyer	Finished	01:01	02:57	04:55	06:29	07:24
Julian	Sharpe	Finished	01:14	03:57	06:41	08:49	09:57
Miranda	Shoebridge	Finished	01:29	04:12	07:30	09:26	10:35
Bridget	Smith	Finished	01:22	04:10	06:43	08:59	10:03
Roderick	Smith	Finished	00:59	02:45	04:32	05:50	06:35
Deborah	Stamp	Finished	01:18	03:42	06:07	08:07	09:10
Debbie	Starrs	Finished	01:11	03:41	06:29	08:43	09:44
Andrew	Starrs	Finished	01:11	03:41	06:29	08:43	09:43
Julia	Steed	Finished	01:04	03:18	05:21	07:29	08:26
Maggie	Stevenson	Finished	01:13	03:34	06:02	08:15	09:21
Alan	Stewart	Finished	01:17	03:43	06:14	08:37	09:46
Jamie	Strachan	Finished	01:10	03:14	05:15	07:31	08:32
Mandy	Strang	Finished	01:27		06:40	08:34	09:48
Eric	Street	Finished	01:28	04:11	07:32	09:25	10:33
Karen	Sutherland	Finished	01:11	03:35	05:57	07:54	08:50

Sarah	Swaysland	Finished	01:10	03:10	05:15	06:53	07:52
Cee	Symons	Finished	01:26	04:09	06:43	08:59	10:03
Susan	Thornton	Finished	01:27		06:40	08:34	09:48
Peter	Tremain	Finished	01:01	02:50	04:34	05:56	06:44
Krista	Tuchscherer	Finished	01:17	03:39	05:59	08:00	09:01
Kathy	Tytler	Finished	01:14	03:46	06:13	08:14	09:30
Janet	Underwood	Finished	01:04	03:12	05:18	07:13	08:07
Gary	Upstone	Finished	00:59	02:53	04:54	06:41	07:34
Heather	Vincent	Finished	01:08	03:29	06:06	07:47	08:49
Rob	Vincent	Finished	01:07	03:28	06:05	07:47	08:48
David	Wakeford	Finished	01:17	03:48	06:19	08:31	09:33
Keith	Warman	Finished	01:13	03:45	06:14	08:31	09:36
John	Watson	Finished	01:14	03:28	05:51	07:41	08:50
Richard	Whiteside	Finished	01:09	03:33	06:16	08:17	09:21
Tara	Williams	Finished	00:57	02:50	04:38	06:05	06:53
Belinda	Willis	Finished	01:10	03:33	06:17	08:17	09:21
Ian	Willis	Finished	01:09	03:32	06:16	08:16	09:20
Jan	Wilson	Finished	01:29	04:12	07:31	09:26	10:34
Deborah	Wilson	Finished	01:17	03:52	06:33	08:47	09:50
Iain	Wilson	Finished	01:17	03:52	06:33	08:47	09:50
John	Wilson	Finished	01:09	03:20	05:30	07:30	08:30
Yvonne	Wilson	Finished	01:08	03:19	05:29	07:28	08:29
Nicole	Wood	Finished	01:10	03:40	06:28	08:42	09:43
David	Yorston	Finished	01:11	03:14	05:41	07:34	08:34
Armored	Young	Finished	01:09	03:22	05:36	07:35	08:31
Jeremy	Young	Finished	01:08	03:22	05:36	07:35	08:31