

# Windle Valley Newsletter

AUTUMN 1996

## EDITORIAL

Have you noticed the decline in participants at many races. Several seemingly well established are now no more and some like the Downlands 10k were even appealing for more runners next year to ensure it continues. This despite sending entry forms to hundreds of clubs in the South. Perhaps there are simply too many events with the inevitable clashes with other races. Alternatively some organisers may have become too greedy and simply charge too much. I have actually heard a rumour that an established local Spring Half Marathon may not take place next year due to the lack of a race sponsor. A simple case of an event becoming just too large with high race costs due to promotion, prizes etc. What would the Flora Marathon do if only 5,000 people applied next year for instance. They wouldn't be able to pay any appearance money for starters and would probably make a huge loss.

Our Fun Run has also suffered a similar fate with the event taking very few entries before the day. Fortunately we managed to make a small profit, thanks to some very late entries and the huge support of Woodcote House School. But even our small event had an outlay of around £150 in prizes, medals and race numbers. A reasonable sum for a small club to pay with no guarantee of even a small profit for charity. Our club has always kept costs to a minimum as our main aim is to provide good value events for the regular and the not so regular local fun runners. We have avoided organising "serious" road races as we wish to promote the more social side of our club with more unusual events like the Relay Marathon, Fun Runs,

Sports Day and the new "Three Day Event". It is these events that provide our club with a unique image in the area.

Looking on the bright side though this year's Fun Run was very well supported by the club with 28 members, relatives or friends helping with the organisation. You all did an excellent job and I must thank you all very much for your hard work. Unfortunately though it's not just a one off as we organise several events each year so please volunteer to help us in the future too! Your help will be gratefully appreciated by the committee and don't forget that you can also support our events by actually entering them!

In addition, if you have any ideas about how our events could be improved please contact me. One idea I am considering is to lengthen the Senior Fun Run to 5k rather than the traditional 2.26 miles. This may attract a few more serious runners but may still be short enough to attract the regular "fun runners".

Finally, I urge you all to support those events which you enjoy and don't want to lose. Some of you have mourned the passing of a great friend - yes "Johnson's Wax". Perhaps this is the first of many established events to depart this earth for the great "Calendar of Events" in the sky! I know it's hard but life (and

### **Feltham Puffers River Relay Sunday 8th September**

**Runners Required for Teams  
Contact Carl ASAP to avoid  
disappointment**

## **Windle Valley Sports Day**

### **Monday 26th August**

The action starts at 2.30pm with registration being from 1.30pm at the Field of Remembrance, Windlesham. The format will be similar to last year with numerous fun events interspersed with the occasional semi-serious run like the 4 x 400 metre relay and the mile. Each participant will be part of a team and events are suitable for children of all ages from 1 upwards! (Contact us for an entry form)

### **August Bank Holiday Weekend**

## **Wendy's "Three Day Event"**

Yet another unique club event makes its debut between Sunday 25th and Tuesday 27th August 1996. Three races in three days with a 10k Road Time Trial, 1 mile grass track race and a 2.8 mile off-road hill race. Yes, only 10 miles in total so why not give it a go. Entry open to all members plus a few selected guests.

(Contact us for an entry form)

## **INSIDE....**

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**EDITOR CARL WEBB, ☐ 28 CHERTSEY ROAD, WINDLESHAM, SURREY ☎01276**

# CLUB EVENT

## BRICKMAKERS ARMS RELAY MARATHON 13th July 1996

### Tornadoes Smash Club Record by 2:09

The invincible "British Airways A" team were made to work very hard for victory this year. No, it wasn't Woking, Ranelagh, Finch Coasters or even the Brickmakers Arms that led them on more than one occasion! Yes, if you haven't already heard ten men from your club tried to do the impossible and beat the team who normally enjoy the "high life". Our team was a mix of youth and experience and contained three newcomers. So isn't about time you found out a little more about the ten tornadoes who almost stormed the opposition. In this brief introduction individual leg times plus their best 10k time during 1994/96 are included.

- |   |        |       |       |
|---|--------|-------|-------|
| <b>Walter Busuttill</b>   | Age 34 | 15:17 | 33:32 |
| Ambition: To improve my speed so that I will be selected more often by Windle Valley Runners.   |        |       |       |
| <b>Jon Harris</b>   | Age 25 | 14:35 | 35:33 |
| Major Achievements: Club Record for moving house most times! 1994 Club Champion/Fun Run Winner.   |        |       |       |
| <b>Carl Webb</b>  | Age 30 | 15:25 | 38:35 |
| Future Hopes: "Snickers to be renamed Marathon so that I can say I have successfully completed one!"  |        |       |       |
| <b>Rob Batchelor</b>  | Age 24 | 14:21 | 36:06 |
| 1995 Disappointment: Being just 19 seconds slower than Dave West last year!   |        |       |       |
| <b>Dave West</b>  | Age 48 | 14:30 | 36:17 |
| Claim to fame: Having a song written about him and performed by half the club! Reigning Club Champion.  |        |       |       |
| <b>Andrew Eley</b>  | Age 37 | 15:06 | 39:13 |
| Occupation: Secret Double Agent. He's on our side really even though he's based at Heathrow HQ.   |        |       |       |
| <b>Andy Palmer</b>  | Age 26 | 14:45 | 39:31 |
| Claim to fame: Only trains once a week, so he's fresh in his races!   |        |       |       |
| <b>Simon Appelbee</b>   | Age 45 | 16:31 | 39:36 |
| 1995 Achievement: Set PBs at all distances to finish 5th in Championship. Second best Vet (allegedly) at present!   |        |       |       |
| <b>Mike Knowles</b>   | Age 17 | 14:54 | 36:33 |
| Major Asset: Running's in the Family and age is on his side! If he wants an extra race, Dad just organises one!   |        |       |       |
| <b>Jon Vickery</b>  | Age 25 | 15:45 | 39:25 |
| 1996 Major Achievements: Successfully convincing Carl that there was a steep hill towards the end of the "Forest 5" course. Being Captain of the Tornadoes and running the glory leg (because nobody else would). |        |       |       |

There were 25 teams this year with some brand new entries. Ranelagh entered a ladies team, Waves Sports Club entered two teams and new member Alastair captained a team from his Gym Club. In addition both Mike Shell and Ellen Maxwell captained teams from Valley End School. Unfortunately there was a deviation from the spirit of the rules by British

Airways AC as several of their top team ran for other teams. Rather than disqualify them we imposed time penalties to eradicate any advantage gained.

For the first time we entered four teams and they finished as follows:

2nd	Windle Valley Tornadoes (Jon Vickery)	2:31:11
12th	Windle Valley Lancasters (John Munday)	
	3:03:17	
15th	Windle Valley Hurricanes (Wendy Davies)	3:07:55
19th	Windle Valley Typhoons (Peter Taylor)	3:12:20

### Relay Marathon - Member's Times

<b>1st Leg - 2.89 miles</b>		00:17:38 Les HENDERSON (MV)
00:15:17	W. BUSUTTIL	00:17:41 M. BLAKE (MV)
00:16:04	M. ROBINSON	00:17:49 R. WEBB (MV)
00:17:49	B. SUTCLIFFE (MV)	00:17:52 B. ALLAN (MV)
00:18:59	P. CONLAN	00:18:03 P. BARRETT (MV)
<b>2nd to 10th Legs- 2.59 miles</b>		00:18:18 S. GYNN (MV)
00:14:21	R. BATCHELOR	00:18:24 A. WILKINSON (MV)
00:14:30	D. WEST (MV)	00:18:38 R. JACKSON
00:14:35	J. HARRIS	00:18:45 P. TAYLOR (MV)
00:14:45	A. PALMER	00:18:47 A. FORBES (MV)
00:14:56	M. KNOWLES	00:19:08 B. TAYLOR
00:15:06	A. ELEY	00:19:13 L. ANNIS (F)
00:15:25	C. WEBB	00:19:14 E. MAXWELL (FV)
00:15:45	J. VICKERY	00:19:20 C. KNOWLES (MV)
00:15:53	A. WATTS	00:19:28 P. CLAY (MV)
00:16:02	I. CHANDLER (MV)	00:19:34 C. PEPPIATT (FV)
00:16:09	R. HASELDINE (MV)	00:19:35 P. BERRIMAN (FV)
00:16:13	K. PEDLEY (MV)	00:19:36 M. SHELL (MV)
00:16:30	I. ANNIS	00:19:56 J. MUNDAY (MV)
00:16:30	B. ANDREWS (MV)	00:20:00 K. HANMAN (MV)
00:16:31	S. APPELLEE (MV)	00:20:56 L. BRETT (FV)
00:16:41	W. DAVIES (FV)	00:22:07 F. GREEN (MV)
00:16:46	K. PEDLEY (MV)	00:22:23 S. HART (F)
00:16:47	T. SHERIDAN (MV)	00:24:18 L. SHELL (FV)
00:17:08	W. DAVIES (FV)	00:26:13 Lucette HENDERSON

## WINDLESHAM FUN RUN

Saturday 11th May 1996

### Lynn Annis Victorious!

Lynn Annis returned to regular club training this Spring and had been improving steadily over the weeks prior to this race. The training obviously paid off as she dominated the Senior Ladies race to win by 55 seconds. In the Men's race former member Mark Kelly (his membership lapsed earlier this year) beat last year's victor Jon by just 3 seconds and Rob in 3rd (both fully paid up thankfully).

#### Senior Fun Run (2.26 miles)

2	Jonathan Harris	12.26	
3	Rob Batchelor	12.37	
7	Andrew Eley	13.34	
8	Ian Annis	13.47	
9	Richard Haseldine	13.49	
11	Les Henderson	14.32	
12	Paul Conlan	14.41	
14	Brian Sutcliffe	14.53	
16	Lynn Annis	15.28	
17	Steve Gynn	15.32	
28	John Munday	17.32	
29	Mike Shell	17.32	
36	Liz Brett	18.34	
41	Maxine Worthington	20.17	
45	Lucette Henderson	22.04	

In the children's races many potential future members with famous parents performed very well. Stephanie Davies winning the 10-15 race in a course record of 7:54 for the 1.1 miles and Paul Andrews (3rd) was best placed boy with 7:35. In the Under 10s race (0.45 miles) Emily Appelbee (2nd girl - 2:58) and WVR member Stevie Brett (16th boy - 3:23)

# RACE

## MABAC League

### Fixture 5

#### Lightwater Country Park (5 miles)

With WVRs help GFG were placed 4th out of 9 teams.

27	Andrew Eley	34:00
28	Ivan Chandler	34:07
29	Jon Vickery	34:21
30	Ian Annis	34:28
35	Barry Andrews	34:54
36	Carl Webb	35:05
43	Brian Sutcliffe	36:25
46	John Mattinson	36:44
48	Wendy Davies	36:53
56	Lynn Annis	38:40

## Tugwood 5 x 1k Relay

### 24th March 1996

There were no results for this event but the team finished about 8th in 19:30. All times are approximate.

1st Leg	Jonathan Vickery	3:35
2nd Leg	Stephanie Davies	4:11
3rd Leg	Phil Morley	3:49
4th Leg	Wendy Davies	4:13
5th Leg	Carl Webb	3:42

### Tugwood 10k

Prior to the relay Wendy ran 42:55 on the undulating course. She was awarded a prize for being placed third in the Under 40 category.

## SURREY LEAGUE UPDATE

### Fixture 3 - Epsom 5

#### 6th May 1996

54	Jonathan Vickery	32:05
63	Carl Webb	32:33

After this race the men dropped to 3rd place and the women to 10th

### Fixture 4 - Tadworth 5

#### 19th May 1996

### Mike leads the League!

57	Mike Knowles	30:21
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At this point Mike had participated in 3 events and was leading the Senior Men standings. The men fell to 7th and women to 12th.

### Fixture 6 - Dysart Dash 10k

#### 30th June 1996

110	Mike Knowles	40:18
122	Colin Woods	41:14
208	Alan Forbes	46:00
268	Kerrie Woods	50:18

Total Finishers - 348

Men now 11th, women 13th. Mike 4th in individual standings.

### Woking 5 - 12/5/96

14	Walter Busuttill	26:57 *
38	Mike Knowles	29:51
68	Colin Woods	32:47
PB		
124	Cliff Knowles	38:41

## Yateley 10k Series - Race 2

3rd July 1996

### 4 Sub-40 Performances at One Event!

26	Dave West	36:40
32	Mike Knowles	37:20
54	Carl Webb	38:35
PB		
68	Simon Appelbee	39:39
86	Colin Woods	40:41
101	Wendy Davies	41:20
261	Dave Ricards	47:44
269	Chris Peppiatt	47:58
PB		
274	Kerrie Woods	48:23
PB		
277	Cliff Knowles	48:37
282	Bob Taylor	48:50
355	Fred Green	56:38

Total Finishers - 380

Wendy was the first Vet and now leads the Series. Dave West was 6th Vet and is now placed 5th overall. Chris broke the 48 barrier, Bob ran Sub-49 and it was nice to see Dave Ricards and Fred return to race action. With the Relay Marathon selector in mind there was also a

### Alton Ten - 12th May 1996

#### 3rd in class for Amanda

Mens Race		
91st	Andy Palmer	66:26
Ladies Race		
5th	Amanda Haigh	69:40

### Datchet Dash 10k - 1st June

#### 15th Place for Rob

15	Robert Batchelor	36:23
55	Simon Appelbee	40:17
59	Carl Webb	40:33

Total Finishers - 270

### Fleet 10k - 2/6/96

82	Mike Knowles	40:49
97	Colin Woods	41:17
113	John Mattinson	42:53 *
188	Cliff Knowles	49:35
191	Kerrie Woods	49:54

### Reading Half Marathon

31st March 1996

#### Ex-Champ Returns

101	Jon Harris	1:22:01
165	Robert Batchelor	1:25:16
356	Colin Woods	1:30:45
1437	Cliff Knowles	1:51:05

Total Finishers - 2528

### Bracknell Half Marathon

5th May 1996

74	Robert Batchelor	1:31:18
75	Wendy Davies	1:31:59
82	Colin Woods	1:32:30
146	Peter Taylor	1:38:45
335	Bob Taylor	2:02:07

Kevin Pedley also ran around 1:42:00 but not found in results. Kevin?

## Basingstoke Half Marathon

9th June 1996

### Victory for Ladies Team

17	Dave West	1:22:38
41	Robert Batchelor	1:27:05
83	Colin Woods	1:32:59
104	Wendy Davies	1:34:46
122	Amanda Haigh	1:36:36
252	Linda Foker	1:47:00
335	Mike Shell	1:53:29
345	Aelred Wilkinson	1:54:29
443	Ellen Maxwell	2:06:13
477	Bob Taylor	2:11:09
510	Linda Shell	2:28:22

Total Finishers - 517

In addition to the ladies first team place, the men were 5th, Wendy was first Vet and Dave was 3rd Over 40 Vet. Well done members.

## Ranelagh Richmond

### Half Marathon

12th May 1996

Mike Shell and six others ran this event to raise funds for Valley End School.

123	Kevin Pedley	1:45:43
126	Mike Shell	1:46:14
149	Aelred Wilkinson	1:56:39
155	Ellen Maxwell	1:58:37
166	Linda Shell	2:17:21

Rob ran but we don't know your

### Maidenhead Ten - 5/4/96

Mike Knowles	65:27
Andy Palmer	66:04
Colin Woods	68:42
Carl Webb	68:45
Kevin Pedley	69:35
Amanda Haigh	69:46
Alan Forbes	76:32
Kerrie Woods	81:19
Cliff Knowles	82:36
Mike Shell	83:07
John Munday	84:55
Bob Taylor	99:31

The mens team finished 24th out of 40

### Banana Leisure 10k

9/7/96

Bob Taylor ran his third PB in as many weeks with 49:20. Well done.

### BA Concorde 10k

12/5/96

25	Dave West	36:34
121	Mike Blake	44:21

Total Finishers - 282

### Feltham 5 - 8/4/96

Mike Knowles (29:30) was the third junior.

### Results from the Knowles family:

#### Handy Cross Marlow 5 28/4/96

39th	Mike	
29:42		
169th	Cliff	
38:31		

Total Finishers - 294

### Highlands Farm 10k

26/5/96

34th	Mike	39:20
166th	Cliff	49:53

Total Finishers - 259

### Reigate 10k - 19/6/96

15th	Mike	38:16
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### Yateley 10k Series

Race 1 - 5/6/96

Dave West	36:44
Mike Knowles	38:14
Colin Woods	41:18
Woody Gorham	41:41
Wendy Davies	42:36
Bob Allan	47:16
Kerrie Woods	49:19
PB	
Cliff Knowles	49:27
Chris Peppiatt	49:29

### John Stockdale has run the fastest Half Marathon time

But he was disappointed with his 1:15:53 at Wilmslow as he was beaten by the first woman (Suzan Rigg).

### 1996 London Marathon - There were 10 members!

Apologies to Keith Ward. We didn't know you had an entry (and ran) until after the event! Keith's time was 5:13:12. Also there was a slight communication breakdown in the last edition's results. Jon actually ran 4:15:58 and Chalky ran

\* Second Claim Members

## The Downland 10k - 26th May

(Lancing, near Worthing)



Well the idea was great - a nice family day near the seaside. A leisurely run on the South Downs, a nice pub lunch and a visit to the beach! Unfortunately not all went to plan as the worst spell of weather this Summer coincided with this race. Torrential rain commenced soon after the start, making conditions underfoot very slippery along the narrow, chalky undulating tracks. It was very difficult to overtake without deviating and running through knee high grass, fell shoes were required in the conditions (especially downhill) and Mike & I were hampered by misting lenses. Mind you, none of us expected PBs beforehand and the weather obviously added a bit more time. But as if that wasn't bad enough the official results were very inaccurate with times between one minute faster and six minutes slower than actually run. Ironically our quickest runner (Dave of course) was the only one to have been credited with a quicker time! Therefore all times have been obtained from each runner's watch, photographic evidence, estimated or just made up! The event was based at the picturesque venue of Lancing College where the organisers had secured the use of a huge marquee for changing but there were no showers (just a down pour). Undeterred though John Munday ventured to the entrance where he enjoyed a makeshift shower as the rain flowed down the canvas. At the prizegiving Roland won a prize for being the oldest finisher but Wendy didn't collect her much deserved award. A mistake which the organisers soon rectified afterwards with their sincere apologies. We then proceeded in several vehicles to a pub which Ivan

assured us was only five minutes drive!

About an hour later we had all arrived with Bob (who's a taxi driver) being the last! The

twenty of us filled the restaurant where the food and fluids were certainly worth the wait.

We decided not to venture to the beach, but we did decide (unanimously, I think)

### UNOFFICIAL RESULTS

15	Dave West	40:32
46	Jon Vickery	44:03
56	Ivan Chandler	45:00
80	Wendy Davies	46:27
84	Carl Webb	46:37
94	John Mattinson	47:30
128	Bob Webb	51:15
134	Mike Blake	51:30
178	John Munday	57:15
183	Bob Taylor	57:23
194	Roland Heywood	60:32
Totally Drenched Finishers - 210		

that it is a common mistake for next year. It was certainly a different event and conditions can't be any worse next year. My thanks to all the travelling spectators, who couldn't really see much through the gloom. But they were there and that's what counts!

## ANNUAL GENERAL MEETING

As usual our AGM marks the end of Summer Training and is an ideal opportunity to review the year and let you know what we have planned for the following 12 months. It is also your annual opportunity to raise any questions or put suggestions to the committee and your fellow club members. This can be done in an informal way in "Any Other Business" or by submitting a proposal in writing to the Secretary before the meeting.

### AGM Agenda

- 1 Apologies for Absence
- 2 Minutes of the Previous AGM
- 3 Statement of Accounts
- 4 Election of Committee
  - a) Secretary
  - b) Treasurer
  - c) Captain (Men)
  - d) Captain (Ladies)
  - e) Vice-Captain (Men)
  - f) Vice-Captain (Ladies)
  - g) General Members (maximum 6)
- 5 Proposals by Members
- 6 Any Other Business

As usual all committee positions are to be elected or re-elected (see page 7 for existing committee). If you would like to propose a member for election to the committee please notify the Secretary in writing (address on page 1) of the person's name, the intended committee position and the name of a proposer and seconder. Please take note that you must ask the person if they wish to stand before submitting your letter.

### SUBSCRIPTIONS DUE TO BE PAID

Please pay your annual subscription promptly this year. You should forward it to:

**John Munday (Treasurer), 2 Highwaymans Ridge, Windlesham, Surrey, GU20 6.**

Alternatively you may pay John at our AGM.

Adults	£5.00
Juniors (Under 18)	£2.00
Family Membership	£10.00

Please make all cheques payable to "Windle Valley Runners".

NOTE Melissa Scully, Alastair Watts & Aelred Wilkinson should ignore this note as they have already their paid 1996/7 subscriptions.

### Thursday Run - 29th August at 7pm

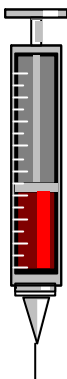
The last one of our end of month Summer runs will take place at Windsor Great Park. We will meet at Blacknest Gate.

# RUNNING NEWS

BAF Drugs Advice to all Runners

## ARE YOU TAKING DRUGS?

The latest DRUGS ALERT affects people who suffer from asthma and use inhalers. Apparently they contain three banned substances which enhance performance! Therefore the British Athletic Federation have written to clubs advising that ALL affected runners should register with Dr Malcolm Brown, c/o BAF Office, Athletics House, 225A Bristol Road, Edgbaston, Birmingham, B5 7UB. They must inform him of the inhaler's name, the recommended dose, the name and address of the prescribing doctor and the duration of the treatment. This is not a joke - you have been warned!



## 1997 FLORA LONDON MARATHON

If you haven't already received a copy of "Marathon News" (featuring Barry Andrews on page 24) entry forms are now available from 1000 sports shops throughout the UK. Good Luck.

## SOME IMPRESSIVE TIMES

15th April 1996  
BOSTON MARATHON  
2 hours 53 minutes

21st April 1996  
LONDON MARATHON  
3 hours 16 minutes

But even more amazing is that MIKE PEACE (Frimley C of E School & Ranelagh) ran both of them.

(Source: The Mail - 14th May 1996)

## HART ROADRUNNERS RAISE £11,000 FOR CHARITY AT LONDON

Howard Robinson (Secretary) and several other Hart RR members were featured in "The News" on 24th May. They had presented a £3,000 cheque to the National Asthma Campaign and hoped to raise another £8,000 for other charities. Hart RR had a huge total of 24 representatives in the Flora Marathon this year.

## FAREWELL TO MELISSA SCULLY

Many of the club bid a fond farewell to one of our most popular members in July. We were never quite sure when would be her last appearance so there were several possible goodbyes. The June 10k Handicap gave us a chance to present her with a gift which was paid for by a collection amongst the members organised by Chris. This was extremely difficult to organise as Melissa is one of the few members who attends practically every single club training run. In addition at our Rounders match the Scullys brought some beer which resulted in an early finish to the action and a later than usual evening meal for most. Melissa and family have now returned to Texas after their stay in the UK. However, she will continue to be an overseas member and will continue to receive the club newsletter. So if you have any correspondence for her I can send it with future newsletters. If you would prefer to contact her individually or even arrange a visit whilst competing in a US Marathon the address is:

16510 Fancy Saddle Road  
San Antonio, Texas  
78247, USA

*Good luck Melissa and keep running and improving those PBs..*

## VICTORY AT LAST FOR SECRETARY

Yes, with the help of two other Technology teachers from Hinchley Wood School I won a Team Triathlon held at the Pavilion Club in East Molesey on London Marathon day. Peter Kujawski, who is a fencing medallist from the Commonwealth Games swam 400m in 9:37, Jamie Rynberk cycled 20k in 33:09 and I ran 5k in 20:03. We won the event by almost 24 minutes. I expect you'll thinking "How many teams were there?" - Definitely no comment!



## 5k Club Time Trial - 27th June

### "BA RECRUIT" BOOKS RELAY PLACE WITH WVR

1	Andrew Eley	18:02
2	Woody Gorham	18:20
3	Carl Webb	18:32
4	Brian Sutcliffe	19:48
5	Paul Conlan	20:03
6	Tony Sheridan	20:24
7	Mike Blake	21:14
8	John Hadfield	22:27
9	Pam Berriman	23:21
10	Chris Peppiatt	23:27
11	Bob Taylor	23:41
12	Dave Ricards	23:41
13	Melissa Scully	24:53
14	Bob Allan	25:05
15	Roland Heywood	28:23

This was our end of month Thursday run which will probably be remembered more for Amanda's fall and subsequent injury than the performances achieved. The run was an ideal chance for members to impress Mike before he selected our Relay team. He acted as the hare as half the runners gave him a two minute start and knew they had to catch him to impress! Andrew, who has been overlooked by the British Airways "A" relay team in the past proved that their loss is certainly our gain as he narrowly missed breaking the 18 minute barrier!

MONTHLY 10k HANDICAPS.....25th AUGUST, 29th SEPTEMBER, 27th OCTOBER at the "Sun", 10am

## MEMBER PROFILE - Number 7

**NAME** Barry Andrews (Chairman/Vice Captain)  
**PLACE OF BIRTH** Ealing, London  
**OCCUPATION** Head of Technology Faculty,  
Isleworth & Syon School, London Borough of Hounslow  
**SECRETARY'S INTRODUCTION**

It wasn't long after Barry joined us that such a good organiser and keen runner was persuaded to join the committee. He soon became Chairman in addition to his Vice-Captain's position and he has a key role in the organising of the monthly handicaps, our relay, fun run and sports day. He is extremely dedicated to running with his best times ranking him very high amongst our veteran members. Barry has had more than his fair share of bad luck though. Injury problems apart, he has been refused entry to the Marathon many more times than he has been accepted and he finished third in the Club Championship the year before we obtained a third place trophy. I'm sure you'll agree that without Barry the club would certainly be less organised, run fewer events and have a depleted veterans team. Well done Barry.

### WHEN/WHY DID YOU START RUNNING?

1989 - Unable to find time to swim enough to keep fit

### ENJOY/DISLIKE MOST ABOUT RUNNING?

Enjoy - getting out, break from work (stress break)

Dislike - Dogs, bad weather, cars without indicators

### HOW DID YOU HEAR ABOUT THE CLUB

Chris Peppiatt

### WHY JOIN "WINDLE VALLEY RUNNERS"

Local - Club for serious runners! Social Club

### HOW HAS THE CLUB HELPED YOUR RUNNING

Training, running with other runners, races

### MOST MEMORABLE RACE

First London - pleased to finish!

### RECOMMENDED EVENT

Bramley 20 - For marathon training, good course and facilities

### BEST RACE PERFORMANCE

1993 Johnsons Wax - Good tussle with Mike Blake (Time 38:01)

### BEST RUNNING YEAR

1993 - First marathon year, followed by and preceded by several PBs

### WORST RACE PERFORMANCE

Hogs Back 1994 - Left at start still trying to find kit van!

### FAVOURITE EVENT

Johnsons Wax - Have completed all of them!

### FAVOURITE TRAINING RUN

Long run with other club members

### RUNNING AMBITIONS

Improve marathon time

### RUNNING ADVICE

Train & run (they are different) to improve strength, stamina and speed

### TYPICAL TRAINING WEEK

Hills, rep session, couple of jogs, long run (total 30 to 40 miles, more pre-London)

### PERSONAL BESTS

**5k** 18:13 (Wimbledon 1993)  
**10k** 38:01 (Johnsons Wax 1993)  
**10 Miles** 63:02 (Woking 1993)  
**Half** 1:25:40 (Wokingham 1993)  
**Marathon** 3:18 (London 1993)

**HOW MANY HALFS RUN?** 10

**COMPLETED MARATHONS?** 3

### YOUR SPORTING HERO/HEROINE?

Anybody who does well and is not big headed about it!

**FAVOURITE SHOES?** Saucony

### FAVOURITE PRE-RACE FOOD?

Breakfast - Muesli & banana, toast, coffee

### PARTICIPATION IN OTHER SPORTS?

Some cycling, with occasional swimming and badminton

## TEN STEPS TO A 10k PB

(Name & Address Supplied)

### On the day before your race:

Get a haircut

Cut your finger and toenails

Take a day off work!

Arrange to avoid work tomorrow!

### During the race:

Wear brand new racing shoes

Don't wear or use your watch

(aka; Ignore the stupid km markers)

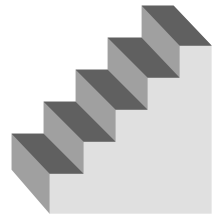
Run as fast as you can!

Don't bother with drinks station

Don't look back, look forward!

Ensure fan club are enroute (the

extremely loud Pam & Melissa)



### Did you know that.....



- Electronic timing was first used in the 1912 Olympic Games
- The first photofinish was used in the 1932 Games
- Former Olympian Ron Hill has run a total of 1902 races, including 115 marathons. He hopes to have run 2000 in total by the age of 60

## Retro-Brickmakers Relay Marathon

**Just over a Year ago....** Tornadoes finished 6th in 2:34:10 as John Stockdale runs a club record leg of 13:21

**2 Years ago....** Windle Valley 5th in 2:35:35 anchored by Jon Harris in 14:21. Typhoons beat Hurricanes by just 35 seconds

**3 Years ago....** Tornadoes second, just 1:20 behind victors Finch Coasters in 2:33:20. Woody fastest with 14:38

**4 Years ago....** Top team 4th in 2:39:48 with Mike Blake and Woody quickest in 15:13

**5 Years ago....** "Windle Valley X" 6th in 2:39:20 with Bob Webb fastest in 15:15



## IN BRIEF

### SEAA Relays Championships

After a few years absence Mike and I have decided to try and enter a Senior and a Vets team at the Rushmoor Arena on 28th September. After the Relay Marathon performance I am hoping to persuade our fastest runners such as Rob, Mike Knowles, the two Jons, Mark or Andy Palmer to join me. Mike is obviously going to target three fast Vets to run with him. You have been warned - so please volunteer before it's too late!

### Committee Change

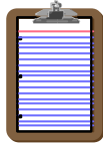
At our June committee meeting it was agreed that Chris Peppiatt and Jill Reid would swap roles. Therefore Chris is the new Ladies Vice-Captain and Jill is now a general committee member. Good luck Chris and thanks for your help in the past Jill. Ofcourse the committee may change once again at our AGM in September!

### Apologies to Linda

In the last edition Linda Foker was not included in the committee list. However, she is still an active member of the committee. Sorry.

### CLUB NOTICEBOARD

Don't forget that more current information is available at the "Sun corner", Updown Hill. Windlesham.



### Who has raced the most in 1996?

19	Colin Woods/Carl Webb
17	Wendy Davies
16	Cliff Knowles/Mike Knowles
13	Rob Batchelor
11	Kerrie Woods/Amanda Haigh
10	Dave West
9	Bob Taylor



### 10k ROAD RACES The Fastest 1996 Times (so far)

#### MEN (Sub 40)

1	Rob Batchelor	36:23
2	Dave West	36:34
3	Mike Knowles	37:20
4	Carl Webb	38:35
5	Andy Palmer	39:31
6	Simon Appelbee	39:39

#### WOMEN (Sub 50)

1	Wendy Davies	41:20
2	Amanda Haigh	42:28
3	Chris Peppiatt	47:58
4	Kerrie Woods	48:23

### River Relay v Frimley 5 8th September 1996

As feared members will find it very hard (but not impossible) to participate in both events!

### XL VESTS HAVE ARRIVED

plus Medium & Large at £13-50  
PLEASE CONTACT CARL

### Injury Update

Another ankle injury for Mike since the last issue, Lynn & Amanda both had falls and Barry Andrews has now returned from a few weeks off following an eye operation.



### Welcome to New Members

From Windlesham; Aelred Wilkinson (Windmill Field), Lucette Henderson (Poplar Avenue), Alastair Watts (Turpins Rise). Also Brian Sutcliffe from Camberley and Maxine Worthington from Sunningdale.

### SWEATSHOP DISCOUNT

A valid membership card enables you to obtain discount on goods.

### ACTIVE SPORTS THERAPY

Contact Jane on (01252) 544283

### FUTURE NEWSLETTERS

Please forward all articles, reports or results to Carl Webb or Mike Blake. Thank you. The next edition is due for release in November 1996.

### IN THE NEXT EDITION

Results from Elmbridge 10k, Surrey 5k, Runnymede and River Relays plus another member profile (victim unknown as yet).

### EDITORIAL NOTE

Unless otherwise stated, views are those of the editor. You are not obliged to agree with the views stated (but it does help!) Please notify the editor of any mistakes or omissions.

Many thanks to Mike Blake &

## SUMMER TRAINING DETAILS

<b>TUESDAYS</b>	Lightwater Country Park	7pm
<b>THURSDAYS</b>	Field of Remembrance Windlesham	7pm
	<i>(Except last Thursday in month)</i>	
<b>SUNDAYS</b>	Blacknest Gate Virginia Water	9am
	<i>(Except last Sunday in month)</i>	
	10k H'cap, Sun Corner Chertsey Road, Windlesham	10am

"Winter Training" will commence after the AGM in September. Full details will be posted in the noticeboard of the Tuesday/Thursday changes. Sundays will remain unchanged.

## 1996 COMMITTEE

SECRETARY	Carl Webb	01276
TREASURER	John Munday	01276
CHAIRMAN	Barry Andrews	01276
CAPTAINS	Mike Blake	01276
	Wendy Davies	01276
VICE-CAPTAINS	Barry Andrews	01276
	Chris Peppiatt	01276
GENERAL	Ivan Chandler	01276
	Linda Foker	01344
	Tony Martin	01276
	Jill Reid	01276
	Jonathan Vickery	01276
	Bob Webb	01276