

# Windle Valley Newsletter

**SPRING 1997**

**Presentation Evening - 24th January 1997**

## **Jean Heywood accepts Vice-Presidency**

The club's committee meetings have been known to last a long time as we debate the crucial issues that affect all the members. But our decision to offer Roland's wife Jean an honorary position as Vice-President was one of the quickest we've ever had to make. The committee were extremely pleased to announce this news at our Presentation Evening on 24th January 1997. Jean and son Bryon attended and despite early stage fright both had several nice words to say to all present. We hope to see them regularly at club events.

## **The Roland Heywood Trophy**

We all remember Roland for his tremendous performances and his excellent attendance at our monthly handicaps. By combining these two attributes we have decided to present an annual trophy bearing Roland's name. It will be awarded to the first claim member who runs the fastest 10k Handicap. However, there are some unique conditions as all times will be adjusted using an internationally recognised formula that allows for differences in age/gender. In addition all six main championship winners for that year will be ineligible. This will mean that the majority of members will stand a good chance of competing on reasonably equal terms. In order to qualify automatically you must run in at least THREE handicaps, although we reserve the right to accept TWO if less than 20 qualify. Calculations are complex but all you have to remember is that you are only running on equal terms with those in your five year age band. Female runners have an additional handicap over the men and as we all get older further handicaps provide even more advantage. Each runner has a percentage calculated with the highest figure winning.

### **How Will it Work?**

- 1 Your best time is converted to seconds
  - 2 Divide the World Standard Time for your age/sex by your best time
  - 3 Multiply this fraction by 100 = percentage
  - 4 If you want to be depressed see what standard you are:  
90% World Class    70% Regional  
80% National        60% Local
- Good luck and please make an effort to take part.

## **Multi-Stage Fitness Test**

**Saturday 15th February 1997**

As you are reading this some of you are probably still recovering from the first "Windle Valley Multi-Stage Fitness Test" organised by Wendy. The idea was originally suggested by Roland and the equipment purchased from his donation to the club. All proceeds were added to the £120 already raised and will be donated to the "Marie Curie Cancer Appeal".

### **1996 Club Championships**

#### **Rob Batchelor is Champion**

2nd     Dave West  
3rd     Michael Knowles

#### **Wendy retains Ladies Title**

2nd     Kerrie Woods  
3rd     Chris Peppiatt  
*(Full results on page 2)*

### **INSIDE....**

- 2 Full 1996 Championship Results  
Special Award for Amanda
- 3 Events Service  
Our London Marathon Runners
- 4 Calendar of Events
- 5-8 All Contributions Appreciated

## 1996 WINDLE VALLEY RUNNERS CLUB CHAMPIONSHIPS

1996 MEN's CHAMPIONSHIP									
Place	Name	Time 1	Time 2	Time 3	Time 4	Time 5	Total	Difference	
1	Rob Batchelor	00:36:17	00:58:37	01:19:58			<b>2:54:52</b>		
2	Dave West	00:36:34	00:59:51	01:19:40			<b>2:56:05</b>	0:01:13	
3	Mike Knowles	00:36:50	01:05:27	01:24:28			<b>3:06:45</b>	0:10:40	
4	Simon Appelbee	00:39:39	01:07:20	01:27:48			<b>3:14:47</b>	0:08:02	
5	Carl Webb	00:38:35	01:05:57	01:31:03			<b>3:15:35</b>	0:00:48	
6	Colin Woods	00:40:21	01:07:33	01:28:35			<b>3:16:29</b>	0:00:54	
7	Andy Palmer	00:40:44	00:39:48	00:39:54	00:39:07	0:37:53	<b>03:17:26</b>	0:00:57	
8	Jon Vickery	00:40:19	01:06:36	01:31:26			<b>3:18:21</b>	0:00:55	
9	Andrew Eley	00:40:42	00:40:28	00:40:50	00:40:51	0:39:57	<b>03:22:48</b>	0:04:27	
10	Kevin Pedley	00:40:57	00:42:08	00:41:30	00:41:54	0:42:30	<b>03:28:59</b>	0:06:11	
11	Mike Blake	00:43:09	01:09:49	01:36:05			<b>3:29:03</b>	0:00:04	
12	Les Henderson	00:42:59	01:10:48	01:36:02			<b>3:29:49</b>	0:00:46	
13	Peter Tiner	00:44:15	01:10:54	01:35:38			<b>3:30:47</b>	0:00:58	
14	Roy Bell	00:43:53	00:44:50	00:42:30	00:41:40	0:43:02	<b>03:35:55</b>	0:05:08	
15	Tony Sheridan	00:43:41	00:42:07	00:43:48	00:43:52	0:43:01	<b>03:36:29</b>	0:00:34	
16	Chalkie White	00:45:39	01:14:11	01:38:56			<b>3:38:46</b>	0:02:17	
17	Alan Forbes	0:46:00	01:16:23	01:41:55			<b>3:44:18</b>	0:05:32	
18	Bob Webb	00:44:21	00:44:47	00:44:40	0:45:25	0:45:40	<b>03:44:53</b>	0:00:35	
19	Peter Taylor	00:45:36	00:44:59	00:46:44	00:46:43	0:45:04	<b>03:49:06</b>	0:04:13	
20	Cliff Knowles	00:48:13	01:22:00	01:49:25			<b>3:59:38</b>	0:10:32	
21	John Munday	00:50:00	01:22:52	01:51:33			<b>4:04:25</b>	0:04:47	
22	Bob Taylor	00:53:00	00:51:20	00:49:27	00:49:20	0:50:37	<b>04:13:44</b>	0:09:19	

1996 LADIES CHAMPIONSHIP						
Place	Name	Time 1	Time 2	Time 3	Total	Difference
1	Wendy Davies	00:41:20	00:41:05	00:40:30	<b>2:02:55</b>	
2	Kerrie Woods	00:48:03	00:48:23	00:48:49	<b>2:25:15</b>	0:22:20
3	Chris Peppiatt	00:47:58	00:48:15	00:49:27	<b>2:25:40</b>	0:00:25

### IMPORTANT SAFETY WARNING

Just a reminder to all members that the Police are actively discouraging events on public highways. With this in mind please could you **run sensibly at all times** as what you do may reflect directly on the club. There is particular concern for the future of our 10k handicap as this is one fixture which we have kept unofficial and do not inform the Police of it's existence! At present we have good links with the local Police and do not want to jeopardise this by the actions of one or two individuals. As an extra precaution no more than four people will be allowed to start together in our 10k in future.

**Some guidelines for all your running:-**  
If there is a FOOTPATH available, USE IT!

If there is no path, run in SINGLE FILE at one side of the road (not in the middle).  
Be EXTRA CAREFUL at BLIND BENDS and RISES.

BE VISIBLE, wear light coloured clothing especially

### Amanda wins Special Award

It is rare for a new member to achieve so much, so quickly. Since Hogs Back in 1995 Amanda Haigh has enjoyed individual and team success in both running and multi-discipline events. In 1996 she won two third place medals in the Surrey Championship Half Marathon and finished first lady in the challenging Crowthorne Series. On the slightly less serious side Amanda was part of Peter Taylor's victorious Sports Day team and she was keen to help organise the Fun Run by dealing with entries and marshalling the route. Several PBs and injuries later Amanda is running as much as ever attending both races

### WINDLESHAM PRAM RACE - 26/12/96

A victory by two members (very unfit ones) at long last. The entertainment was provided by the Spice Girls (aka. Wendy, Tony, Jo and Dave of course).

### Copied free of charge by our friends at CHANCELLOR & SONS

"Property transactions more like sprints than marathons"

26 High Street, Camberley, Surrey GU15 3RS Tel. (01276) 63231

## VESTED INTEREST

**WELCOME TO NEW MEMBERS**  
Alan Street, Richard Gurd and a returning Gerry Price.

### CLUB VESTS - £13.50

All sizes available, contact Carl

### SURELY YOU REMEMBER THE RIVER RELAY?

What short memories you all have! After a plea in the last newsletter the editor has received no response at all to a request for your memories of the event. There are two clues in the event's title to help jog your memory!

RIVER - a large natural stream of water.

RELAY - a fresh set of people or animals relieving others.

A belated response will still be appreciated!

### ACTIVE SPORTS THERAPY

Contact Jane on 01252 544283  
(9am to 5pm weekdays only please)

### RACE RESULTS

Are always welcome as long as they are derived from the official results.

### EDITORIAL NOTE

Unless otherwise stated, views are those of the editor. Please notify the editor of any mistakes or omissions (there are always a few). All contributions will be gratefully accepted.

## SUMMER TRAINING

### COMMENCES 1st APRIL 1997

**Tuesdays - meet at 7pm**

(Contact Chris Peppiatt)

Lightwater Country Park

**Thursdays - meet at 7pm**

(Wendy Davies)

Field of Remembrance, Windlesham

**Sundays - meet at 9am**

(John Munday/Bob Webb)

Blacknest Gate, Virginia Water

**(Except last Sunday in month)**

10k Handicap, "Sun corner",

Chertsey Road, Windlesham

meet at 10am

## 1997 FLORA LONDON MARATHON

**"Two little ducks are quackers"**

Although not many members were fortunate enough to gain original ballot places many have since gained guaranteed club or charity places.

### List of Entrants:

Barry Andrews  
Simon Appelbee  
Roy Bell  
Mike Blake  
Ed Condon  
Wendy Davies  
Andrew Eley  
Ramon Fernandez  
Linda Foker  
John Hadfield  
Cliff Knowles  
Mike Knowles  
Pat Knowles  
Graham Palsler  
Dieter Sullivan  
Brian Sutcliffe  
Bob Taylor  
Peter Taylor  
Peter Tiner  
Dave West  
Chalkie White  
Colin Woods

Good Luck to all  
twenty-two

**DID YOU KNOW....** that the first New York Marathon in 1970 only had 55 finishers out of 127 entrants. The original course was four laps of

## 1997 Committee

SECRETARY	CAPTAINS	GENERAL
Carl Webb	Mike Blake	Ivan Chandler
	01276	01276
<b>TREASURER</b>	Wendy Davies	Linda Foker
John Munday	01276	01276
01276		Peter Taylor
		01483
<b>CHAIRMAN</b>	<b>VICE-CAPTAINS</b>	Jon Vickery
Barry Andrews	Barry Andrews	01276
01276	Chris Peppiatt	Bob Webb
		01276

## EVENTS SERVICE

### BAF/AAA of ENGLAND CHAMPIONSHIPS 1997

Several popular or local races have been chosen as National Championships:  
AAA Half Marathon - Reading 16/3/97  
BAF/AAA Marathon - London 13/4/97

### WINDLESHAM FUN RUN 31st May 1997

Your support will be appreciated.

### SURREY LEAGUE

The first event will be the Camberley Half Marathon. (Also Surrey Championship)

### JULIAN FARRELL 10k

20/10/96		
4	Rob Batchelor	36-30
14	Mike Knowles	39-45
30	Kevin Pedley	41-11
36	Tony Sheridan	41-49
37	Colin Woods	41-53
39	Wendy Davies	42-03
55	Les Henderson	43-42
61	Paul Conlan	44-09
99	Kerrie Woods	48-49
108	Cliff Knowles	49-27
109	Bob Taylor	49-35
134	Alan Street	53-20
157	Fred Green	56-25
Total Finishers - 190		

### GREAT SOUTH RUN

06/10/96		
133	Rob Batchelor	58-37
194	Dave West	60-32
242	Andy Palmer	61-51
467	Wendy Davies	65-37
556	Kevin Pedley	66-53
609	Colin Woods	67-33
648	Amanda Haigh	67-59 PB
834	Mike Blake	69-49
1770	Kerrie Woods	78-21 PB
2020	Chris Peppiatt	80-23
2288	Dave Ricards	82-32
2370	Pam Berriman	83-08
	Bob Taylor	84-40 PB

### GREAT SAM HALF

27/10/96		
22	Rob Batchelor	1-22-25
28	Dave West	1-23-52
77	Mike Knowles	1-29-15
80	Colin Woods	1-29-24
92	Wendy Davies	1-30-20
144	Amanda Haigh	1-36-41
198	Keith Ward	1-40-19
249	Peter Taylor	1-44-25
252	Linda Foker	1-44-43
310	Cliff Knowles	1-49-25
311	Kerrie Woods	1-49-44 PB
324	Dave Ricards	1-50-47
351	Ed Condon	1-54-27
354	Chris Peppiatt	1-54-36
396	Bob Taylor	1-59-47
522	Pat Knowles	2-39-03
Total Finishers - 522		
Men 6th/Ladies 2nd		

### GOSPORT HALF MARATHON

17/11/96		
108	Colin Woods	1-28-35
137	Wendy Davies	1-31-12
185	Kevin Pedley	1-35-15
316	Kerrie Woods	1-48-21

### NOTTINGHAM HALF MARATHON - 29/9/96

Amanda Haigh 1:34:45

### WINDSOR HALF MARATHON 6/10/96

Paul Conlan ran 1:39:42. Sorry we missed you in the last issue.

### BASINGSTOKE DUATHLON 25/8/96

**Amanda Wins Ladies Event**  
Her time for the 5k run/20k bike/5k run was 1:36:09

### BRADFIELD DUATHLON 20/10/96

**Another Victory for Amanda!**  
A time of 1:35:19 for the 5k/20.9k/5k event.

### DUATHLON SPRINT - 17/11/96

10th Woody 56.49  
24th Barry 30.05

Thanks to Mike Blake & all results suppliers for their contributions