

Windle Valley News



Issued to all Members of Windle Valley Runners

Editorial

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The 3 Day event is back after a one year absence, this time Katie Cousins and Dave Pearce have picked up the organising role. Details are on the club website and the format is similar to previous years except the 1 mile track event will be held at Bracknell.

Also back, but still being organised, is the Relay Marathon. Last year we were unable to use the BO facility at Windlesham and we have now been given permission to run the event at Lightwater Country Park on Sat 6th September. Exact details are still to be decided but this early information is so that club members can put the date in their diaries.

Our annual presentation evening was a great success, once again we returned to Chobham Golf Club and 80 or so members and guests enjoyed good food and entertainment. The results from last years club championships and Roland's Trophy are in the newsletter. Full details with more pictures are on the club website.

England Athletics registration is upon us again, if you have not yet checked your details on line I would urge you to do so soon. I will shortly have to re-submit

the club member details for our current membership year and it would be useful to know from members if there are any problems with their own personal details as held on the EA database. New members who have joined the club since last year will be added in May.

We have to pay £50 for the club to register each year and now £5 per club member. This will of course allow you to claim reduced race entry fees and have public liability insurance.

You should have received Emails regarding the problems over parking at Windsor. All club members should note that it is their own responsibility to park correctly and if they feel it is appropriate to use the pay car parks.

At the last club committee meeting the method of sending out the newsletter was discussed, it was suggested that Emailing the newsletter would save club funds. The current cost of the newsletter per edition is about £1, which includes the photocopying, postage, envelopes etc. Any change would really have to be decided at an AGM. Your views would be welcome.

EDITOR Barry Andrews, * 12 Osborne Drive, Lightwater, Surrey GU18 5QU
' 01276 : bandrews@aol.com

Grizzley 2008



Seaton is a small, quiet seaside town crouched in between the coastal Devon hills. There a few times a year the "Axe Valley Asylum of Running" (as the local running club call themselves), put on an unusual menu of running escapades. The Grizzly attracts 2000 runners from all over the country, and some from Europe, to sample it's peculiar delights.

Billed as "Twentyish muddy, hilly, boggy, beachy miles of the multiest-terrain running experience you will find this side of the end of time" nearly describes the joy and pain of the fantastically masochistic run. Having had a go last year and being left a whimpering mess, I was determined to go back and wrestle with it again...only this time with some like minded mud plugging souls to take it on in force.

Nine of us eventually stayed the course of the training, cold dodging and mental psyching to head down to Seaton on Saturday, the day before the race. Myself and Sarah Calver from Windle Valley, and a further 7 from the Berkshire club, where most of us train together.

Accommodation was the first challenge. Finding a temporary home there for a couple of nights with fierce competition from the other runners proved tricky, but on securing a guest house within staggering distance of the town and start we were off to a good start. As it happened we landed on our feet with the landlady being a great host, and having a fantastic house with stunning views. We were all made to feel very much at home, and

were offered copious amounts of tea, food and whisky. The latter being somewhat of a staple in the household. We were even offered a tot on the morning of the race, and when declined had to suffice with the whisky and ginger marmalade.

That night once we had all arrived we headed for "Winston's Bar" the nerve centre of operations and second home to Garry Perratt, aka "The Lean Mean Runner Bean" Outpatient of the Axe Valley Asylum of Running and race director. He had just finished running the course just using a head torch in the pitch black rainy night. We just got seated when the place filled to brimming. All life was there, every size, shape, and psychotic tendency was represented. Lots of our local clubs too. Sandhurst Joggers and Bracknell forest runners have a strong presence there (and not just by standing next to them) In one corner there was a talk on extreme running being held, while in the other the disco was starting to gyrate into action. This seemed mainly for the locals, who, had finished pointing at plains for the day and were settling down to the long haul till the 3am kicking out time. I think most of the runners had left before then. We fuelled up by eating half our body weight of steak and chips and heading for an early night. Saving ourselves for the race the next day and the impending storms forecast.

Sunday arrived. It was Blue skies, little wind and quite warm. Our intrepid group joined the throng at the start with nervous expectation for the ordeal ahead. The blue sky's had given way to a dark slate colour as we stashed our gels and water in pockets and belts.

10:30 the race started. 10:30:59 The rain started, thankfully only a small shower. The race leads straight onto the steep shingle beach, where we trudged for about a ¼ mile along the front back to the other end of town, then through the boatyard, and back to the start along the main esplanade. Then the hills start.

Firstly just a steep incline on the road out towards Beer, the next town. But this soon gives way to much steeper hills and up high onto the headland. The views are panoramic and with the weather clearing again, the vistas along the coast were fantastic. Heading down a very steep hill into Beer itself, there was a great reception from the locals who were out in force to cheer us on. Many with sweets and other goodies. Then out of Beer on more torturous roads, up through the caravan park and out into the wilds.

After 4-5 miles running it was time to drop steeply down through the valley back to the beach. Here was the first cold water wading point, just to give a sample of what was to come, then again up into a steep valet past a lone saxophonist, and away to the hills.

The difficulty of the terrain hit home when we eventually reached the 7 mile split, where the shorter "Cub run" left us to head back to Seaton. Sarah looked with horror at the time, "Christ, that first 7 miles has just taken us 1:43! Were going to be out here for days!" It was starting to look like that.

Soon it was time for the first of the bogs. Deep in a valley it started by Chris crossing an ankle deep stream, and soon turned into a knee high sucking swamp. Some floundered in the deeper parts while we tried to pick out the higher sections. A couple of skeletons had been positioned in the deeper parts. I hoped these were props and not last years slower finishers. There was a lone piper providing a backing track to the slops, screams and cheers and the runners slogged by.

The hills got steeper, and descents more vertical as the race progressed. One hill so steep there was a rope set out so you could haul yourself up, under the taunting japes of a sadistic marshal. 10 miles in and exactly 2 hours gone, another of the frequent water stops and more jelly babies and encouragement from the marshals. A big loop of about 2 miles followed where you could see the runners from ahead passing by, again looking muddy. No prizes for guessing what was to come. At the split was a big team of Japanese Taiko drummers setting out a deep throbbing beat you could hear for some time after.

The loop also encompasses a yearly memorial sculpture, where runners can attach a ribbon in remembrance of someone as they pass. The whole race also has a Silly, philosophical or spiritual message posted every few hundred yards round the course. Another welcome distraction on the way round.

Then into a 2 mile wooded section with some difficult footing of big rocks, roots and sloppy ground. Past a Buddha shrine complete with Buddha, joss sticks and more insightful words of encouragement. Heading back into the valet and back to the beginning 7 mile split point.

Then the beach is upon you. Starting at about mile 16 for a mile along a steep, soft shingle shoreline. Leaded legs start to turn to jelly and some interesting spasming in the calves let me know that the last few miles were going to be interesting. At mile 17 the infamous "Stairway to Heaven" starts. For what seems an eternity a single track steeply stepped cut into the cliffs takes you up the side of the cliff face to the peak of the headland. Once at the top the views were staggering, along with most runners by now.

By this time the 10 minute hail stone shower could not deter us from the last few downhill miles into Beer, the hill out and a last 300m beach section, back up the slipway and along the esplanade to the finish faster than stampeding tortoise in peanut butter. Just under 4 hours, and chuffed to know it was over. Even the fire brigades cold hose-down service could not stop the silly grin on the faces of the finishers.

Our friends came in over the next 20 minutes. All but one. John Wood had pulled a hamstring trying to escape the 2nd bog at mile 14 and had to be bussed back to the start. Whilst Jo, another of our group slipped on a slope going hairpin over bustle into a nettle patch. Sarah also found nettles, and was badly stung on the behind. Turned out not to be such a good place for the call of nature, but certainly helped pick up the pace for the next few miles.

All in all a fantastic race. We all agreed that we would be back next year. We got 19.2 miles and 5200 ft of climb, epic scenery, epic hills and fantastic atmosphere all added with the perfect management from Axe Valley Asylum of running gives the Grizzly a well deserved 3rd Favourite race in the UK according to Runners World.

The winner coming in, in an unbelievable 2:24 did not lessen all of our efforts, as this isn't so much a race as an experience. And a steep learning curve

2007/2008 Committee

CHAIRMAN

Ken Anckorn
anckornks@hotmail.com

SECRETARY

Barry Andrews 01276
bandrews@aol.com

TREASURER

Jon Vickery 01276
jon@jnvickery.com

MEMBERSHIP SECRETARY

Lucy Allen 07899
lucyallen@ge.com

CAPTAINS

Chris Dent 01276
Cjdent@ntlworld.com
Katie Cousins 01344
kt_si83@btinternet.com

GENERAL MEMBERS

Bob Webb 01276
Kellywebb@onetel.com
Jo Smith 01276
joglow99@hotmail.com
Dave Pearce 01276
windrush.44@btinternet.com
Karen Dann 01276
Danns@tiscali.co.uk
Tony Sheridan 01276
Sheridans@totalise.co.uk
Pam Berriman 01252
pam_berriman@hotmail.com
Bridget Morris 01483
bridget.morris@uop.com
Jill Hopkins 01276
Jill.burrells@talk21.com

Men's Club Championship for 2007

Posn	Name	Total Time	10K 1	10K 2	10K 3	10K 4	10K 5	Best 5 10Ks	Best 10K	Best 10M	Best HM	Total 10K 10m & HM
1	Richard Gurd	3:02:26							0:38:18	1:01:22	1:22:46	3:02:26
2	Dave McLean	3:11:19							0:38:47	1:04:14	1:28:18	3:11:19
3	Peter Mannion	3:19:17							0:40:34	1:06:31	1:32:12	3:19:17
4	Keith Hull	3:21:48							0:41:02	1:08:44	1:32:02	3:21:48
5	Murray Wilson	3:25:28							0:42:17	1:10:42	1:32:29	3:25:28
6	Geoff Williams	3:29:20							0:42:33	1:11:43	1:35:04	3:29:20
7	Chris Dent	3:38:04							0:44:14	1:14:41	1:39:09	3:38:04
8	Richard Sherlock	3:42:03							0:44:58	1:17:41	1:39:24	3:42:03
9	Keith Hopkins	3:56:02	0:46:12	0:46:44	0:47:09	0:47:37	0:48:20	3:56:02				
10	Nick Cook	3:57:38							0:47:22	1:23:11	1:47:05	3:57:38
11	Colin Woods	3:59:34							0:48:10	1:22:37	1:48:47	3:59:34
12	Chris Lovell	4:03:06	0:48:02	0:48:34	0:48:45	0:48:50	0:48:55	4:03:06				
13	Julian Davies	4:10:23							0:47:47	1:22:49	1:59:47	4:10:23
14	Dave Pearce	4:11:10	0:48:16	0:49:13	0:50:05	0:51:37	0:51:59	4:11:10				
15	Simon Cutmore	4:21:31							0:50:20	1:34:21	1:56:50	4:21:31
16	Dave Smith	4:42:27	0:56:00	0:56:27	0:56:36	0:56:39	0:56:45	4:42:27				

Ladies Club Championship for 2007

Posn	Name	Total Time	10K 1	10K 2	10K 3	10K 4	10K 5	Best 5 10Ks	Best 10K	Best 10M	Best HM	Total 10K 10m & HM
1	Katie Cousins	3:30:41							0:41:49	1:12:15	1:36:37	3:30:41
2	Kate Archer	3:32:11	0:41:34	0:41:43	0:42:18	0:43:13	0:43:23	3:32:11				
3	Sarah Calver	3:44:37	0:43:34	0:44:43	0:45:12	0:45:31	0:45:37	3:44:37				
4	Lucie Pearce	3:56:25	0:45:52	0:46:49	0:46:54	0:47:07	0:49:43	3:56:25				
5	Lucy Allen	3:58:58	0:46:57	0:47:16	0:47:43	0:48:06	0:48:56	3:58:58				
6	Jo Smith	4:03:43	0:47:37	0:48:11	0:48:12	0:49:50	0:49:53	4:03:43				
7	Christelle Gental	4:07:20	0:48:52	0:49:31	0:49:37	0:49:38	0:49:42	4:07:20				
8	Chris Peppiatt	4:08:56	0:48:44	0:49:42	0:49:48	0:50:05	0:50:37	4:08:56				
9	Ann-Marie Maclaren	4:11:23	0:49:38	0:49:46	0:50:11	0:50:21	0:51:27	4:11:23				
10	Vicki Davies	4:12:21							0:52:08	1:24:06	1:56:07	4:12:21
11	Ann Gudde	4:16:11	0:49:10	0:49:27	0:50:22	0:52:01	0:55:11	4:16:11				
12	Pam Berriman	4:36:02	0:54:24	0:54:30	0:54:36	0:56:04	0:56:28	4:36:02				
13	Sarah Knell	4:47:35	0:55:53	0:57:33	0:57:54	0:58:05	0:58:10	4:47:35				
14	Jane Longworth	4:49:25	0:57:10	0:57:17	0:57:32	0:58:35	0:58:51	4:49:25				
15	Irene Ernout	4:52:09	0:57:30	0:57:37	0:57:56	0:58:50	1:00:16	4:52:09				
16	Sally Jenkinson	4:52:25	0:57:29	0:58:10	0:58:51	0:58:57	0:58:58	4:52:25				

Thanks to all members who helped with this edition. Any contributions are gratefully received. However, please be aware that work may appear on the internet and the Editor reserves the right to alter it. Unless otherwise stated views are those of the editor. Please notify me of any mistakes or omissions. Thank you.

Roland's Trophy results for 2007

Pos'n	Name	Gender	Age at 31/12/07	Best 10K	in secs	Age Standard	in secs	Age Rating %
1	Keith Hull	Mens	59	00.41.02	2462	00.32.27	1947	79.082
2	John Williamson	Mens	66	00.44.57	2697	00.34.49	2089	77.456
	<i>Wendy Davies (SC)</i>	<i>Ladies</i>	<i>47</i>	<i>00.42.51</i>	<i>2571</i>	<i>00.33.07</i>	<i>1987</i>	<i>77.285</i>
3	Geoff Williams	Mens	60	00.42.48	2568	00.32.45	1965	76.519
4	Chris Peppiatt	Ladies	59	00.48.44	2924	00.37.13	2233	76.368
5	Peter Jones	Mens	51	00.40.53	2453	00.30.17	1817	74.073
6	Kate Archer	Ladies	40	00.42.18	2538	00.31.13	1873	73.798
7	Peter Hansen	Mens	52	00.41.26	2486	00.30.32	1832	73.693
8	Chris Dent	Mens	59	00.44.14	2654	00.32.27	1947	73.361
	<i>Dave McLean (2nd M)</i>	<i>Mens</i>	<i>42</i>	<i>00.38.54</i>	<i>2334</i>	<i>00.28.16</i>	<i>1696</i>	<i>72.665</i>
	<i>Peter Mannion (3rd M)</i>	<i>Mens</i>	<i>46</i>	<i>00.40.34</i>	<i>2434</i>	<i>00.29.07</i>	<i>1747</i>	<i>71.775</i>
9	Chris Lovell	Mens	65	00.48.02	2882	00.34.26	2066	71.686
	<i>Katie Cousins (1st L)</i>	<i>Ladies</i>	<i>< 25</i>	<i>00.42.03</i>	<i>2523</i>	<i>00.29.55</i>	<i>1795</i>	<i>71.145</i>
10	Sarah Calver	Ladies	39	00.43.34	2614	00.30.58	1858	71.079
11	Gordon Trout	Mens	63	00.47.55	2875	00.33.44	2024	70.400
12	Dave Pearce	Mens	59	00.48.16	2896	00.32.27	1947	67.231
13	Ann Gudde	Ladies	45	00.49.10	2950	00.32.33	1953	66.203
14	Lucie Pearce	Ladies	< 25	00.45.52	2752	00.29.55	1795	65.225
15	Pam Berriman	Ladies	54	00.54.24	3264	00.35.21	2121	64.982
16	Dave Smith	Mens	69	00.56.00	3360	00.36.01	2161	64.315
	<i>Mark Coxhead (SC)</i>	<i>Mens</i>	<i>49</i>	<i>00.46.58</i>	<i>2818</i>	<i>00.29.48</i>	<i>1788</i>	<i>63.449</i>
17	Nick Cook	Mens	50	00.47.22	2842	00.30.02	1802	63.406
18	Ann-Marie McLaren	Ladies	41	00.49.38	2978	00.31.28	1888	63.398
19	Christelle Gental	Ladies	36	00.48.52	2932	00.30.14	1814	61.869
20	Nigel Knell	Mens	42	00.45.54	2754	00.28.16	1696	61.583
21	Keith Hopkins	Mens	38	00.46.12	2772	00.27.29	1649	59.488
22	Sally Jenkinson	Ladies	49	00.57.29	3449	00.33.43	2023	58.655
23	Robin Wakefield	Mens	50	00.51.22	3082	00.30.02	1802	58.469
24	Lou Tiner	Ladies	< 25	00.52.08	3128	00.29.55	1795	57.385
25	Jane Longworth	Ladies	45	00.57.10	3430	00.32.33	1953	56.939
26	Sarah Knell	Ladies	38	00.55.53	3353	00.30.43	1843	54.966
27	Irene Ernoult	Ladies	33	00.57.37	3457	00.29.55	1795	51.924

Summer Training

TUESDAYS @ 7pm The 'Lookout' at Bracknell.
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THURSDAYS @ 7pm Various venues See web site Or look out for Email

+SUNDAYS @ 9.30am Blacknest Gate, Virginia Water +Except last Sunday in month "The Sun Inn", Chertsey Road Windlesham (10k Handicap at 10am)
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Your "Windle Valley News" was very kindly photocopied by CHANCELLOR & SONS (Estate Agents) 26 High Street, Camberley, Surrey, GU15 3RS Tel. 01276 401500 "You don't want your house sale to be a long running saga"
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I ran the Lakeside Canal run this Sunday along with 5 other WVR men. I was recommended this by Janice who ran it last year (sorry you couldn't make it this year Janice).

Sunday morning dawned bright and quite cold, although waking up with the central heating on lulls you into a false sense of security. I decided the vest on it's own would be sufficient – no need for a t-shirt underneath. Began to think that was maybe not such a good idea when I got to Lakeside and saw everyone with tights, tops, hats and gloves on. I noticed one bloke was running with a scarf on too!! Anyway, I had a warm up with a sweatshirt on, found the loos and had a stretch, before bumping into Colin and Richard. At the start we met up with Mark and Ed too.

The hooter went off on time and lots of bleeping was heard from the mats as we went over the start line with chips securely attached to ankles.

The first 4 miles were along roads, undulating and quite busy with traffic – some of the drivers seemed to totally disregard the 'caution runners' signs!! There was a water station as we turned off the road to join the canal path, with bottles rather than cups – very civilised! Although I would rather they had left the tops on, I didn't like carrying the bottle with water sloshing out as I ran. The canal path was quite uneven, but relatively flat, and it wasn't as muddy as I had feared it might be, so my new Christmas present shoes didn't get too dirty! When we came off the canal path there was a loop around the roads and then a long steep hill at about 7 miles – what a killer!!! At the end there was a nice shiny medal, and a bottle of water and recovery drink, which was very nice. There was also a computer where you could type in your number and find your time and finishing position. I finished 140th in 1:09:04 which I was quite pleased with for my first event of the year.

At the end we met up with Peter who came first in the over 50s category – so well done Peter!!

A very enjoyable run which will go on my list of to-do events for next year. I hope it doesn't clash with the club 10k then!

Nick Cook

Recent race results

Lakeside Canal Run 27th January

40	Peter Hansen	1.00.22
98	Richard Sherlock	1.06.36
116	Mark Coxhead	1.07.41
140	Nick Cook	1.09.04
174	Colin Woods	1.11.31
309	Ed Condon	1.24.38

Wokingham half marathon 10th February

116	Miles Cudmore	1.23.13
245	Peter Mannion	1.28.31
323	Duncan Irvine	1.31.04(sc)
343	Keith Hull	1.31.37
409	Geoff Williams	1.33.51
690	Tim Muir	1.41.07
865	Mark Coxhead	1.45.04(sc)
995	Ramon Fernandez	1.48.10
1148	Robin Wakefield	1.52.09
1251	John Williamson	1.54.23
1354	Nick Cook	1.56.55
1483	Ian Lee Emery	1.59.39
1789	Dave Smith	2.13.26

Brooklands 10k 2nd March

78	Chris Dent	44.33
94	Mark Coxhead	46.06
142	Colin Woods	50.02

Fleet half marathon 16th March

244	Jenny Peppiatt	1.31.30
508	Peter Tiner	1.40.38
653	Chris Dent	1.43.54
682	Richard Sherlock	1.44.45
706	Mark Wye	1.45.09
707	Lucy Allen	1.45.10
747	Ramon Fernandez	1.45.57
758	Paul Conlan	1.46.20
835	Jo Smith	1.48.23
1065	Colin Woods	1.54.11
1295	Robin Wakefield	1.59.23

Maidenhead 10 mile 21st March

61	Miles Cudmore	1.02.10
144	Peter Mannion	1.07.25
186	Keith Hull	1.09.14
245	Geoff Williams	1.11.57
613	Nick Cook	1.24.32

London Marathon 13th April

2774	Keith Hull	3.19.04
10126	Nigel Knell	4.02.01
10963	Julian Davies	4.06.28
11227	Paul Conlan	4.08.23
8349	Sarah Knell	5.26.15

Profile for Jo Smith

Born:
16th November 1972

Occupation:
Meetings and Events Co-ordinator

Pb's:
10k – 45:59 (Sydney 10K Bridge Run)
10 mile – not run a 10 miler yet
Half marathon – 1:41:39 (Lake Macquarie, Australia)

When/why did you start running:

I was a sprinter through my school years. I loved athletics and went to all the major meetings to support the likes of Ed Moses, John Regis, Roger Black etc. But after an injury that lasted a couple of years, I lost motivation during my teens! But after starting to work in the fitness industry, I realised how much I missed running and tried to get back into sprinting but there were more injuries. So decided to try longer distance and loved it (there were no injuries too!). Having worked in the fitness industry for over 16 years, running and sport has been part of my life for a long time.

Enjoy/dislike most about running:

I enjoy discovering different routes and places through running. I love being out in the fresh air, the sense of achievement and that feeling of euphoria after a run!

I also enjoy the support and camaraderie between the Windle Valley members and fellow runners.

I dislike the niggles and little injuries that are starting to creep in!

How did you hear about the club:

The lovely Wendy, who was the WVR Women's Captain at the time, collared my sister and I after the Windlesham Fun Run about 11 years ago to become a member. That's when I joined.

Most memorable race:

The London Marathon! The best day ever! The support is amazing from start to finish.

Recommended event's):

The London Marathon, the Noosa Triathlon in Australia and the City to Surf that starts in the city in Sydney and finishes on Bondi Beach (14K) –it's a fun experience!

I also recommend the 5K Bushy Park time trials – great training, great location and it is free!

Favourite event(s):

The London Marathon, Noosa Triathlon, Lake Macquarie Half and the 10K Bridge Run in Sydney

Least favourite event:

Mini Mosmarathon 10K race through Mosman in Australia – 90% of it was all uphill in residential roads!

Favourite training run:

Windsor and the Summer runs through Windlesham

Best race performance:

Lake Macquarie Half Marathon in Australia (1:41:39)

Worst race performance:

The last two 10K races in the Yateley series in 2007. My legs were like lead the whole way round both times and I could not get into the race.

Running ambitions:

Have always wanted to run the Great South Run and I finally will be in October. My goal for this year is to get my times back down to my PBs. More adventure races and possibly another marathon in the future!

Best Championship position:

Only entered once - that was this year and finished 6th.

Running tips:

It's about quality of training and not quantity.

I also like the running tip from the Kenyans..they always leave a little bit in the tank at the end of a training session ready for the next one.

Typical training week:

Tuesday and Thursday evening club training

Sunday morning club run

Gym once - twice week for strength work and sometimes interval work on the treadmill

Sat morning is either a cycle or run

Marathons and half marathons run:

London Marathon – 2000 (4:35)

Wokingham Half Marathon – 2000 (1:48)

Sydney Half Marathon – 2001 (1:44:44), 2002 (1:50:04)

Lake Macquarie Half Marathon – 2002 (1:41:39)

Fleet Half Marathon – 2008 (1:47:13)

Sporting heroes:

Carl Lewis – I finally met him when I lived in Houston. Met him on the track at Houston University and walked down the 100 meters to meet him the other end with the film crew I was with. He is an inspiration and has the best running style ever!

Favourite shoe: Asics 2120

Favourite pre-race food: Spag Bol!

Participation in any other sports:

Used to do triathlons in Australia (part of Balmoral Tri Club).

Now mountain bike, road cycle (in the summer – I'm a fair weather road cyclist!) and competed in first Adventure Race last August with fellow WVR member Lucy. We are planning on more of those this year as they are so much fun!

Ladies Club Captains report

Training

This year we tried to add some variety to winter training by introducing a run around the footpaths of Bracknell. On behalf of the runners that welcomed the change of scenery I would like to thank Steve Moody for leading the session. We are continually trying to improve our training and looking for new routes and runs, if you have any suggestions please let myself (kt_si83@btinternet.com) or Chris (cident@ntworld.com) know.

Marathons

We have had a number of ladies training for various marathons this year; with Jenny Peppiatt completing Paris in a fantastic time of 3h 09min and Sarah Knell completing London in miserable conditions in a time of 5h 26min. I would like to wish Irene all the best in the Edinburgh marathon at the end of May.

Club event

At the end of May the club will be hosting a 3 day event. The event is held over the 2nd bank holiday weekend in May and comprises of the Sunday 10k, a Monday morning mile on the track and a 2.8 hill run on the Tuesday evening. The event is topped off with prize giving, beer and bananas at Barry's house. Everyone is welcome for more details see the club website

Date for your diary

The relay marathon is looking to be on the Saturday 7th September at Lightwater Country Park. Please keep this date free, more information to follow.

Thank You

Finally a huge thank you to Pam for organising the mat laying and those of you that volunteered to help.

Katie Cousins

Annual Presentation Evening at Chobham Golf Club



Richard Gurd - Mens Champion

Our **Annual Presentation Evening** and Dinner Dance took place in the fine surroundings of Chobham Golf Club.

The food this year was to highest standard and as always we are very grateful to **Barry Andrews** for his superb organisation.

Keith Hull once again won Roland's Trophy.

Richard Gurd won the Men's Championship, with **Katie Cousins** winning the Ladies Championship.



Katie Pearce - Ladies Champion

The adventurous exploits of **Miles Cudmore** led to his winning the Peter Dimmock Award

Our guest of honour was our President **Bob Webb**, ably assisted by our Vice President **John Munday**



Dave McLean - 2nd Place Mens Championships



Kate Archer - 2nd Place Ladies Championships

Mens Championships

1st	Richard Gurd	3hrs 02min 26sec
2nd	Dave McLean	3hrs 11min 19sec
3rd	Peter Mannion	3hrs 19min 17sec

Ladies Championships

1st	Katie Cousins	3hrs 30min 41sec
2nd	Kate Archer	3hrs 32min 11sec
3rd	Sarah Calver	3hrs 44min 37sec

Peter Dimmock Trophy



Miles Cudmore

Roland's Trophy



Keith Hull -- Roland's Trophy

1st	Keith Hull	Age Rating 79.082%
2nd	John Williamson	Age Rating 77.456%
3rd	Geoff Williams	Age Rating 76.519%



Jo models her latest running gear!



Paul enjoys a joke on route in London

CLUB CLOTHING AVAILABLE

Men's Vests

M/L/XL - £12.00

XXL - £12.00

Ladies Vests £12.00

T-Shirts £8.00

Track Suits £52.00

Contact Pam Berriman
or Bob Webb



RACE RESULTS

Could members taking part in events who would like details mentioned in the newsletter please send them to me.

Barry Andrews
Secretary

Sarah and Nigel enjoying a recent day out in London

NEW WEBSITE ADDRESS

Don't forget that up to the minute information is available on our website which is produced by Phil Morley. We now have a new address which is much easier to remember:

windlevalley.com

