

Windle Valley News



Issued to all Members of Windle Valley Runners

Editorial

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D&D

Early notice of this years D&D, we are hoping to have the event at Chobham Golf Club on Saturday 23rd January.

You should receive this Newsletter before the club AGM on Wednesday 4th November, which is again being held at the Windlesham Club. As in previous years your first drink is on the club, surely an incentive to come to the AGM. You will receive by post the notice of AGM and you will see that as per the club constitution your club committee will resign, thus allowing members to propose new committee members where appropriate. The proposal slip should be returned to me in good time for the AGM. If club members have any major issues they would like to discuss at the AGM it would help the committee if these could be sent to me before the AGM, thus allowing preparation of suitable responses. It is intended to show a range of new clothing at the AGM, this will be sample kit from our current supplier.

In this issue you will see pictures and results from the club relay marathon held recently at Lightwater Country Park. 12 teams participated and Sandhurst were victorious.

Winter training has now started and you should check the web

site or speak to Chris or Katie should you require any further information.

EA recently sent to me a request for notification from running clubs of coaches and trainers who are working with children. Although not directly affecting our running club at the moment it is intended that some of our club members be offered the opportunity of attending training courses to qualify as trainers/coaches. So something to remember for later perhaps.

Our running club is soon to be 20 years old!! We are however considering a 21st celebration next year, format to be decided, any suggestions to the committee would be welcome.

Congratulations to all those club members who have competed this summer in various races (results on pages 3/4) in the Surrey Road League the men were placed 23/25 the ladies 24/27

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Ladies Captains Report

I hope you all enjoyed our summer run/social to The Winkfield Pub, my new residence (currently offering buy 1 course get one free, Mon - Thurs). It was well attended and I hope to make it an annual event.

I would like to say a big thank you to all those who supported the Relay Marathon this year. To all those that marshalled I have received some wonderful feedback on how supportive you were, so thank you. Please put the date in your calendar for next year it will almost definitely be the first Saturday in September, so no excuses.

As we approach winter training could anyone let me know if they are interested in taking a route on a Thursday night, it could be anywhere. It would be nice to break away from the same old Thursday loop.

I will keep you posted about Christmas festivities.

Katie Cousins**Men's Captain Report**

We have now finished our summer training schedule and are about to start with our Tuesday and Thursday Winter programme from Prior Heath Car Park. I would like to thank those who have helped out during the summer for leading such "hard" and rewarding sessions. This summer by popular request we changed our venue for our Thursday night Chobham runs to the Village Car Park. With Dave Pearce's and Ken Anckorns intimate knowledge of the numerous footpaths around Chobham we experienced some new and pleasant runs.

I have been pleased to see many of our members have been representing the Club competing in numerous races on both road and trails. As can be seen from the race results and articles appearing on the Club website and Newsletter we have enjoyed a good deal of success. A special mention must be made to Keith Hull who at numerous races picked up 1st prize in the MV60 age category. The final series results for the 3-Yateley 10Ks saw Keith Hull and Geoff Williams collecting 1st and 2nd places in their age group. Congratulations, Well Done!!

We have tried to include all the race results known to us for publication on the website and for the Newsletter, Apologies if we have missed any results with performances by Club members. For future editions if you have any results you wish to be included then please advise me and we will add these accordingly.

Chris Dent**Race Results**

Bath half marathon		15 th March
2848	Tony Sheridan	1.53.02
Ranelagh half marathon		10 th May
604	Anne Gudde	1.56.38
644	Jane Longworth	1.58.20
645	Tony Sheridan	1.58.24
Sleaford 10k		17 th May
77	Tony Sheridan	48.21
QMR 5k		19 th May
3	Rob Batchelor	18.11(sc)
QMR 10k (race 1)		19 th May
14	Keith Hull	42.17
15	Laura Hales	42.35
Wokingham half marathon		24 th May
138	Peter Mannion	1.31.22
155	Keith Hull	1.32.09
185	Geoff Williams	1.34.08
187	Laura Hales	1.34.10
339	Julian Davies	1.41.33
449	Kate Archer	1.45.51
631	Tony Sheridan	1.55.18
672	Lucie Pearce	1.57.19
704	Dave Pearce	1.59.18
714	Vicky Davies	1.59.48
768	Nick Cook	2.02.01
814	Robin Wakefield	2.05.34
Woodland 5 (race 1)		27 th May
8	Rob Batchelor	33.14(sc)
33	Keith Hull	37.14
43	Laura Hales	38.59
100	Mark Coxhead	46.11(sc)
Yateley 10k (race 1)		3 rd June
38	Peter Mannion	38.36
100	Laura Hales	41.48
101	Keith Hull	41.56
108	Geoff Williams	42.08
208	Robert Littlejohn	45.57(sc)
276	Richard Sherlock	47.59
297	Tony Sheridan	48.39
441	Colin Woods	53.08
570	Peter Friar	57.37
Dorney Dash 10k		6 th June
330	Colin Woods	51.15

Eton/Dorney half marathon	7 th May	
246 Jane Longworth	1.57.31	
Forest 5	10 th June	
43 Keith Hull	34.09	
155 Chris Dent	41.02	
Wargrave 10k	14 th June	
28 Rob Batchelor	38.30(sc)	
69 Keith Hull	42.30	
152 Lucie Pearce	46.13	
194 Gordon Trout	48.09	
231 Kevin Pedley	49.29	
249 Chris Dent	50.08	
319 Dave Pearce	52.49	
QMR 10k (race 2)	16 th June	
8 Keith Hull	42.20	
13 Laura Hales	42.49	
45 Jo Obertell	48.19(sc)	
58 Chris Dent	49.39	
Woodland 5 (race 2)	24 th June	
37 Keith Hull	37.10	
77 Chris Dent	43.26	
95 Mark Coxhead	45.00(sc)	
Sam Run 10k	28 th June	
17 Keith Hull	42.34	
80 Mark Coxhead	51.52(sc)	
Dysart Dash 10k	28 th June	
323 Colin Woods	53.00	
Yateley 10k (race 2)	1 st July	
46 Peter Mannion	39.47	
100 Keith Hull	42.44	
111 Geoff Williams	43.12	
130 Laura Hales	44.10	
294 Richard Sherlock	49.44	
305 Chris Dent	50.02	
337 Tony Sheridan	51.06	
408 Colin Woods	52.44	
468 Nick Cook	54.48	
Wycombe half marathon	19 th July	
47 Peter Mannion	1.29.12	
QMR 10k (race 3)	21 st July	
22 Laura Hales	42.26	
24 Keith Hull	43.01	
61 Chris Dent	47/57	

Elmbridge 10k 26th July

295 Chris Dent 47.26
430 Colin Woods 52.51

Woodland 5 (race 3) 29th July

25 Laura Hales 36.35
31 Gus McEachen 37.02(sc)
33 Keith Hull 37.05
45 Johnny Deebank 38.37
73 Chris Dent 42.16
77 Jo Obertell 42.38(sc)
84 Mark Coxhead 43.13(sc)
109 Robin Wakefield 46.17

2008/2009 Committee

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Wedding Day 7k 31st July

295	Richard Sherlock	33.20
430	Colin Woods	35.45

Yateley 10k (race 3) 5th August

45	Peter Mannion	39.30
81	Laura Hales	41.18
110	Geoff Williams	42.44
117	Keith Hull	42.57
181	Johnny Deebank	44.59
258	Chris Dent	47.23
346	Richard Sherlock	49.45
351	Russell Conaway	49.49
390	Tony Sheridan	50.55
423	Colin Woods	51.49
435	Christelle Gental	52.12
511	Mark Wye	54.26
737	Peter Friar	61.54

The Beast 6th Sept

54	Miles Cudmore	1.40.58
70	Keith Hull	1.43.03
193	Wendy Davies	1.59.15
304	Kate Archer	2.11.47
312	Dave Archer	2.12.56
343	Kayleigh Archer	2.18.29
347	Tim Muir	2.18.38
384	Jo Obertell	2.23.54(sc)

Kent Coastal Marathon 6th Sept

41	Richard Gurd	3.28.24
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Alice Holt 10k 13th Sept

38	Keith Hull	42.42
127	Mark Coxhead	49.15 (sc)
157	Richard Sherlock	50.55
186	Robin Wakefield	52.59
235	Colin Woods	58.13

Windsor half marathon 27th Sept

151	Laura Hales	1.34.49
783	Richard Tutt	1.49.20
2235	Nicola Blakemore	2.05.45

Nick Cook reports on the Newbury Triathlon.

Preparation for the Newbury Tri didn't go quite as planned this year. I did something to my Achilles tendon during a club training session at the end of July. I could hardly walk the next day, missed the third Yateley 10k

and have hardly run since. I managed a slow 3 mile run last Sunday, so decided not to pull out of this triathlon. Then last week whilst cycling home from work, I cycled into road work barriers in the rain and went flying!! Bruised both upper arms and cut a knee. I blame it on rain and steamed up glasses!!

It was a nice day on Sunday (for a triathlon!) a bit overcast, but not too cold. There's a bit of hanging about outside at Newbury as the swim is in a 75 yard outdoor pool, so you don't want it too cold! A new thing for this tri this year was chip timing, so you get an accurate time for each discipline and the transition times – very useful. It told me my T1 was very slow, 2:48 compared with the winner's time of 0:37 (I do like to have dry feet before I start on the cycle!).

There's not much to say about the swim and cycle, they went almost exactly as last year. I was bit slower on the run, which was only to be expected considering the problems I'd had with my Achilles. But it doesn't hurt too much today, so I'm hoping to be fit again for this month's club 10k!

The results service for Newbury is really good and you can click on your name on the website and get loads of data and comparisons. There was no medal or paperweight as in previous years, but the t-shirt was of a much better quality, and there was a banana and bottle of water at the finish.

This is still my favorite triathlon (well, the only one this year!) and I hope to do it again next year. I finished 159th out of 349 finishers.

159	Nick Cook	1.21.27
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Winter Training

<p>For all training Check club website Or Ring Chris Dent or Katie Cousins</p>

<p>+SUNDAYS @ 9.30am Blacknest Gate, Virginia Water <i>+Except last Sunday in month</i> "The Sun Inn", Chertsey Road Windsor (10k Handicap at 10am)</p>
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<p><i>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. .</i></p>
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Dave Nichols Run

I was lucky again to be invited by our friends at Woking Athletic Club to Dave Nichols anniversary coastal bash. Just to put people in the picture, Dave and his late wife Carol organised an annual bash taking in a run and then fun and games on the beach. Those who did not want to run or were injured took a leisurely walk. Regrettably Dave lost his dear wife to cancer in March 2005 and we all encouraged him to carry on with the event as a sort of memorial to Carol. So this has carried on, with numbers increasing each year.

So this year, there were over sixty bods with about half of them taking part in the run

The event took place on one of our warm summer days in August. As usual, it kicked off at 10am from the car park next to Ferring Beach. After a few urgent calls on some mobiles with directions on how to find this god forbidden car park (not easy to find, if you have not been there before) the run gets started.

After a little banter about some of our runner's dress code we set off through an off road track through pictureful meadows and adjoining farmland. After about a mile and a quarter, we had to cross a busy main road, then back onto the off road track.

This took us on a steep climb onto the South Downs Hills that gave everyone a spectacular view of the coastline and surrounding countryside. It was breathtaking in both senses of the word as after about one mile of upward climb, one was gasping a little! To all that managed the climb successfully, they were rewarded with the views that would have made Constable a little envious

Back now towards the beach and most of us feeling a little exhausted. The last 600yards we pass by Des Lyman's house, situated right onto the lawned frontage, next to the sea. Nice!

OK, the runs now over and people are feeling a little peckish at this stage, so, its brunch time!

Most of the party, excluding the ones who had bought their own picnic, had now decided to avail themselves to local café. This café was once a very ordinary establishment but over the years has stepped up to reign as a very respectable Café come restaurant of the very highest order. As many of the group did, my wife and I decided to try out the fish and chip menu. To our delight, the meal was to die for, as the fish just melted in your mouth and hopefully would had have Ric Stein shaking in his boots.

Now, for the entertainment. It kicked off with a few idiots who decided to go for a swim. Yes you guessed it, I was one of those idiots and took myself out to sea towards the French coast, followed by about a dozen or so sea lubbers. Surprisingly, the water was quite warm so most of us enjoyed the splash-about. Later the wind started to make its presence and subsequently attracted a number

of kite surfers. These sporting adventures made a spectacular display, flying by on the surf at a great speed of knots

After a short period the next event was a cricket match. This entailed two teams (I know nothing about cricket!) that were a mixed bunch. This meant there were girls and boys on both sides, just to even things up. Two hours later, the game came to an end as most us, if not all, were bowled out on their first encounter.

The sun thankfully continued to shine. By about five o'clock, most of the party started to head home. Its takes about an hour to return, pending on the homebound coastal traffic. The route is mainly off the beaten track, so it is usually traffic free.

All in all, the day went well, enjoyed by all. I have already booked myself onto next year's event. You may want to join us? Thank you Woking Athletic Club
Make Run Fun!

Cheers

Tony Sheridan

Wokingham half marathon

The rearranged Wokingham Half Marathon was held this Sunday having been postponed due to snow and ice in February. There was a good Windle Valley contingent taking part in much warmer conditions than are usually encountered at this race!

Living in Wokingham, I decided to walk/jog to the start and left home at about 9:00 in warm sunny conditions. I got to the Cantley fields in good time and made my way to the loos and baggage tent to deposit my bag. I had another short warm up jog and stretch and then made my way to the start. I positioned myself at the 1:55 mark and found Robin who was after a similar finish time. I hadn't seen any other Windle runners until then.

We started on time and I settled in to a steady pace. When I checked my watch, I realised I was running at 8:15 pace – a bit fast for me, but I was feeling comfortable so carried on. I started to slow a bit at 5 miles, but was still feeling good despite the sun. The shady patches were a welcome respite!

Although I had taken water with me, the water stations along the route were a welcome addition, as my water was getting warm!

The fast pace at the start finally got to me and my last 3 miles were 10 minute miles, with people overtaking me who I'd earlier overtaken. There were also a few people who were overcome by the heat and were being tended to at the side of the road – I hope they were ok.

I finished in just under 2 hours (chip time) – nowhere

near a pb, but quicker than my Windsor time last September, so I was pleased with that.

Keith Hull finished 2nd and Geoff Williams 4th in the V60 category.

The men finished 12th out of 20, and the ladies 8th out of 12.

Nick Cook

Yateley 10k

What do you write new about a race that takes place 3 times a year, and it's your 5th year of competing? Well, there are a couple of things this year. 1) It was the hottest Yateley I've run, and I heard a few similar comments afterwards, so it wasn't just me; and 2) I won a spot prize – a tee shirt!!! (I'm glad I hadn't bought one).

I started further back in the throng than I usually do for this race, so that I wasn't going to be dragged along at a pace quicker than I wanted, and that seemed to work. I did slow down a bit at the end, but not as much as I usually do. Because of the heat, an extra water station had been place quite early on in the race, but it was only one table and it was quite busy as I approached it, so I gave that one a miss. The other stations and the sponge station were very welcome though!

My aim for this race was to beat my time at Sunday's WVR handicap 10k, which I did by over a minute, so I was pleased with that, although I had hoped to be nearer to 52 minutes. Hopefully it won't be so hot for race 3 and I might have chance.

Again, there was a nice medal and drinks at the end and the text message with my result waiting for me when I got back to the car was a nice touch.

There was good WVR contingent here and congratulations to Keith and Geoff for coming first and second in the M60 category.

Race results are up on the Yateley web site very quickly, so I've been able to include them here.

Nick Cook

Windle Valley Relay Marathon

This was the 2nd year of holding this event within Lightwater Country Park so I think that makes it well established. The weather was kind and the feedback received from all participants was very positive which means the event will take place again next year on the first Saturday in September so mark it in your calendar, diaries and blackberries now.

As this is the only racing event the club organises it was a little disappointing that it proved so difficult to enter just one team but let's hope that as the race becomes more of a fixture Windle Valley will enter more competitive teams.

Organising the event is relatively straightforward once allowance is made for, let's be polite and describe the attitude of the Park's authorities as 'laid back', but much work has to be done on the day by club members in marking out the course, erecting gazeboes and the positioning marshals. It was really pleasing that on the day so many club members were willing to spend around four hours leaning against trees and waving arms preventing any runner from getting lost. An extra thank you must go to those who managed to cajole family members to help out. I suspect that many, like me, will still be buying back the 'brownie points' for months to come.

Barry, Peter and Roy did an excellent job working as a team time keeping and scoring. Their efforts were greatly appreciated by all taking part.

The results have been on the club web site for some time and congratulations go to Sandhurst 'A' who easily won the event around 12 minutes ahead of 2nd place Hart Road Runners. Hart Ladies had little opposition (i.e. none) in taking the ladies prize. Windle Valley's very mixed team came a creditable 5th.

Thank you to all who participated on the day and helped to make it such a success. Some thought will be given to how improvements can be made in future years by encouraging more running clubs and 'social' teams to take part, so Peter and Roy's boast that their white board could handle many more teams may come back to haunt them!

Dave Pearce

CLUB CLOTHING AVAILABLE

Men's Vests
M/L/XL - £12.00
XXL - £12.00

Ladies Vests £12.00

T-Shirts £14.00

Contact Katie Cousins

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

Results and pictures from the recent Relay Marathon

5/09/09: WINDLE VALLEY RUNNERS: RELAY MARATHON 2009

No	TEAM	LEG										RESULT
		1	2	3	4	5	6	7	8	9	10	
34	HART MEN 😊	3	3	2	2	2	2	2	2	2	2	2.51.56 2 ND
35	HART LADIES	10	10	11	10	10	10	12	12	11	11	3.45.58 11 TH
36	HARTSTARS ONE	9	7	6	6	6	4	4	4	4	4	3.45.56 4 TH
37	HARTSTARS TWO	11	11	10	11	11	11	11	11	10	10	3.39.00 10 TH
18	SANDHURST A 😊	1	1	1	1	1	1	1	1	1	1	2.39.55 1 ST
19	SANDHURST B	6	4	5	4	4	6	8	9	8	8	3.16.25 8 TH
20	SANDHURST C	7	5	4	5	5	5	7	7	9	9	3.32.34 9 TH
32	BRACKNELL A 😞	2	2	3	3	3	3	3	3	3	3	3.01.09 3 RD
33	BRACKNELL B	8	9	9	8	8	8	6	6	5	5	3.11.55 5 TH
16	KIM'S FLASH CHUMS	12	12	12	12	12	12	10	10	12	12	3.46.15 12 TH
17	WINDLE VALLEY ALLSORTS	4	8	8	9	9	9	9	8	7	7	3.19.14 7 TH
21	ST ANDREWS SCHOOL	5	6	7	7	7	7	5	5	6	6	3.14.59 6 TH



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

Barry Andrews
 Secretary