

# Windle Valley Newsletter

**WINTER 1996**

## **ROLAND HEYWOOD Obituary**

As most of you already know Roland passed away at around 5pm on 29th August 1996. Our most senior subscriber was the first active club member to gain Honorary Membership of Windle Valley Runners. This honour was awarded to Roland at our Presentation Evening last January in recognition of all his many brilliant times, class victories and excellent attendance at training. In addition he will be remembered for his modesty which often hampered him from discussing his many triumphs. He was always quick to change the conversation to find out how others were running. After speaking to his wife Jean it has become obvious that Roland took his running very seriously indeed and that he really appreciated all the friendships that evolved in the club. He recorded details of all his runs and even plotted graphs to illustrate his progress over the years. He always enjoyed the friendly Sunday runs at Virginia Water and it was ironic that just two hours after he died the club had scheduled to meet at his favourite venue.

Roland departed only weeks after hearing that he had cancer. He had run up to early July and only pulled out of our Relay because he felt slightly unwell! The diagnosis soon followed and now his most recent performances at the Downland, Wargrave and Club time trial events can be looked upon with even more admiration by us all. Windle Valley Runners were represented by 20 people at Roland's service and many more wished they could have been there. There was a unique atmosphere at the service and reception which Roland would have appreciated. Son Bryon and Bob Webb relived memories and Bob & Ivan performed music at the house.

Fortunately the Heywood name will continue to be associated with the club as Jean has said that she would still like to keep in contact and be involved with Windle Valley Runners in the future.

In fact, both Jean and Bryon have already been invited to our Presentation Evening in January. Also Roland donated some money to the club to show his appreciation to all his running friends. He even suggested something that we could purchase with the funds that will keep us all fit! The committee are also going to look at other ways to remember Roland and further news will be announced at the Annual function.

Roland, who started his running career at the age of 67 has always been admired for his achievements. It's hard to imagine any other member still running, let alone clocking the times that Roland achieved in their late seventies and beyond. Roland's running will be very hard (probably impossible) to match. Our Honorary Member will be very sadly missed but he

### **Presentation Evening Friday 24th January 1997 7pm - 11pm**

Surrey Cricketers Skittle Alley  
Chertsey Road, Windlesham

Tickets £6.95 each (for food)  
Contact Carl Numbers Limited  
*Closing date for places - 20th January*

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

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## EDITORIAL

As reflected upon at the AGM, our club has never had more members than it has now. The total is around 117 at present, although John and I never quite seem to agree on the exact figure! Of course we will lose a few people who for various reasons fail to pay their subscriptions, but it is refreshing to see that the new members we are gaining are all very keen. Despite being very new to the sport many attend training regularly, enter races and have helped the club at events. In addition several Woking AC members who regularly run with us are now official members.

Our members have taken part in many events recently including travelling further afield to take part in the Great South, North & Caledonian Runs. We have also had members compete in the Polytechnic, Kingston (Marathons) and several duathlons. The club also entered three men's teams in the South of England Road Relay Championships in September and confirmed our place well inside the top 100 road running clubs in the South. But now it's time for some serious training as the races dry up for a few months and venues like Blacknest Gate become much more popular! See you there?

### I told you so!

In the last editorial you were all asked to help support race directors in their quest to ensure the continuance of your favourite events. Well unfortunately it's too late for some events already as the Chobham, Alice Holt and most importantly the Feltham Puffers River Relay were all cancelled this year! The Chobham 10k had definitely declined in popularity with our membership, probably due in part to the inaccurately measured, ever fluctuating course and the complicated and needless team declaration procedure. The Alice Holt 10k however, although only two years old was very well supported despite it being a reasonable drive. I can only guess that as these were primarily charity fundraising events that they simply didn't raise enough cash! The River Relay is surely the biggest loss to our club with many of our original members competing in most of the 15 events that took place. This unique event had declined in overall popularity only attracting around 35 teams last year, when the norm used to be 60! This was only one of the reasons cited for the event's demise by Paul

now, could not find anyone else willing to take over his duties. Marshalling had also been becoming increasingly difficult to supply and coupled with the decreasing interest the difficult decision was made. It is not likely to return! But shortly after I heard the news some entry forms arrived at home for a five mile race in October organised by the very same club (Feltham Puffers)!

### Annual Presentation Evening

Just a short note urging you all to book your places as early as possible. In the past we've turned people away because of high interest or because of their extremely late call. Food has to be ordered several days before the function so any last minute members will be too late (even if places are still available). Also places will not be reserved until you have paid for them! As always it's first come, first served. For the benefit of any new members, the evening includes a meal, entertainment, prizegivings and maybe even a game of skittles or a drink (if time and travel arrangements permit). Partners are welcome if they can put up with talking about running all night!

### 1996 Club Standings

Finally a reminder to all members that the closing date for entries for the Club Championships is 31st December 1996. With so many members racing this year it would be great to have our best ever entry in both the men's and ladies categories. I must emphasise that the onus is on you to submit the completed form with official times from events held between 1st December 1995 and 30th November 1996. All qualifying events except our 10k handicap must be accurately measured courses and if we do not already possess a copy of the official results you will be asked to supply a copy as proof. Ladies need only compete in three 10k races/handicaps, whilst the men have a choice of either five 10k races/handicaps or one 10k, one 10 mile and one half marathon. Finally I must stress that the Championship Trophies can only be won by "First Claim Members" only and

### Roland Memorial - Charity Donations

Any members wishing to make donations to the Heywood family's chosen Cancer charity should forward cheques (made payable to "Windle Valley Runners") to John Munday or any committee member before 1st January 1997. We will then forward a cheque for the total amount to the Marie Curie Appeal

## VESTED INTEREST

### WELCOME TO NEW MEMBERS

Dieter Sullivan (West End), Joanne Smith (Lightwater), Tasha James (Camberley), Barbara Clarke (West Byfleet), Sylvia Middleton (Addlestone), Cathy & Katie Blake, Graham Palser & Tom Rowley from Woking.

### BUT, IT'S FAREWELL TO MEMBERS

Tony Martin & Ray Savage who have resigned.

### CLUB VESTS - £13.50

All sizes available, contact Carl

### HOG'S BACK RACE CANCELLED

Due to delayed roadworks the 39th edition of this race will not take place in December 1996. It should return next year!

### RACE RESULTS

Are always welcome as long as they are derived from the official results. Has anyone got any times from the Forest 5 or Crowthorne Series?

### REMEMBER THE RIVER RELAY?

In the next edition I would like to revive memories of this popular event. Any funny stories, close finishes, poor map reading or even fine runs can be included. Put your tales (keep it short) on paper and

### 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 (there are always a few). All contributions will be gratefully

## OVERDUE SUBSCRIPTIONS

At our publishing date according to our records the following members have yet to pay their 1996/7 subscriptions. If you wish to retain your membership please pay your annual subscription ASAP to:

**John Munday (Treasurer)**  
**2 Highwayman's Ridge, Windlesham**

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

Please make all cheques payable to "Windle Valley Runners"

Bob Allan	01344 779538
Ian & Lynn Annis	01276 479506
Jim Archibald	01344 885216
Peter Barrett	01276 471981
Robert Batchelor	01344 761975
Bill Black	01276 857849
Chris, Liz & Stevie Brett	01276 475740
Susan & Walter Busuttill	01276 474025
Richard Cackett	01276 21692
Simon Caird	01276 451084
Sarah Clark	01276 475175
Frederick Clarke	01276 479378
Andrew Eley	01276 479481
The Faulkner Family (3)	01276 27052
Ramon Fernandez	01276 471109
Steven Francis	01276 474217
Woody Gorham	??Changed??
Steve Gynn	01932 873208
Andrew Hale	01276 474045
Keith Hanman	01276 471149
Jonathan Harris	01491 682486
Tina Harris	01276 21241
Richard Haseldine	01276 471513
Les & Lucette Henderson	01276 476901
Richard Jackson	01276 474905
The Knowles Family (3)	01276 20332
Rodger McKain	USA
Ellen Maxwell	01276 451057
Phil Morley	01276 471392
Paul & Glenys	01276 476950
Carol & Kevin Pedley	01276 472813
Mike & Linda Shell	01276 472215
Frank & Maureen	01276 472863
Craig Simmonds	01276 472014
John Stockdale	0161 969 4510
Jackie Sylvester	01276 63994
Mike Thorndyke	01276 471869
Frances Tyler	01276 472174
Rod Vigar	01344 21966
Marcus Watson	01252 547729
Mo Woodward	01895 446112

## Christmas Run Sunday 29th December 1996

Sun Corner at 11am  
Social run plus drink?

## MEMBERS

(Paid up until Sept 1997)

Simon Appelbee	01276 476458
Roy Bell	01276 475887
Pam Berriman	01252 371347
The Blake family (4)	01276 476784
Barbara Clarke	01932 352383
Paul Clay	?? Moved ??
Ed Condon	01483 486151
Paul Conlan	01276 476556
Eddie Cross	01276 472684
Gordon Cuddiford	01276 473303
Alan Forbes	01276 24587
Peter Friar	Kuala Lumpur
Fred Green	01276 477296
Pat Guthrie	01276 74767
John Hadfield	01276 65938
Amanda Haigh	01276 23090
Sharon Hart	01276 479294
Andrew Inglis	01276 472679
Tasha James	01276 65146
John Mattinson	01344 23528
Sylvia Middleton	01932 841963
Andy Palmer	01276 23090
Graham Palser	01483 722773
Jill & John Reid	01276 29433
Dave Ricards	01252 524634
Mark Robinson	01276 29403
Tom Rowley	01483 768491
Melissa Scully	USA
Tony Sheridan	01276 471931
Joanne Smith	01276 472625
Ian Stevenson	01276 474746
Dieter Sullivan	01483 486162
Brian Sutcliffe	01276 501610
Bob Taylor	01276 26268
Peter Taylor	01483 36571
Martin Thody	01276 453625
Peter Tiner & family (4)	01276 471728
Keith Ward	01252 835313
Alastair Watts	01276 451704
Dave West	01276 471449
Chalkie White	01276 857835
Aelred Wilkinson	01276 453547
Colin & Kerrie Woods	01483 486223
Maxine Worthington	01344 872585
Ross & Christine Yates	0181 543

## 1996/7 COMMITTEE

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

BE VISIBLE, WEAR BRIGHT REFLECTIVE GEAR ESPECIALLY WHEN IT'S

Thanks to Mike, Barry, Bryon Heywood & results suppliers for their

## RACE RESULTS

### 1996 SURREY LEAGUE FIXTURE 7

#### ELMBRIDGE 10k - 21/7/96

18	Rob Batchelor	36.49
38	Dave West	38.16
80	Mike Knowles	40.38
84	Carl Webb	40.45
107	Colin Woods	42.20
132	Ivan Chandler	43.26
152	Bob Webb	44.21
167	Barbara Clarke #	45.03
219	Linda Foker	47.28
225	Alan Forbes	47.42
266	John Munday	50.00
268	Kerrie Woods	50.01
284	Tom Rowley #	51.07
299	Cliff Knowles	51.49
359	Fred Green	56.28
366	Paul Clay	57.24
Total Finishers - 401		

### 1996 SURREY LEAGUE FIXTURE 9

#### SURREY 5k CHAMPIONSHIPS WIMBLEDON - 11/8/96

#### MEN'S RACE

37	Carl Webb (19th Senior)	20.26
45	Bob Webb (7th Over 50)	21.42

The club finished 8th and therefore gained 11 points for the Surrey League. The men were then placed 11th.

### 1996 SURREY LEAGUE FINAL FIXTURE

#### POLYTECHNIC MARATHON 26/9/96

219	Graham Palsler #	3.18.34
PB		
395	Chalkie White	3.43.55
Total Finishers - 542		

It has been rumoured to be the last running of this long running distance event which follows a route similar to the River Relay. Chalkie who has supported the event well in recent years secured 9 points for the Surrey League and there was an excellent PB for new recruit Graham.

#### FINAL SURREY LEAGUE POSITIONS MEN

1st	South London Harriers	101
2nd	Dorking & Mole Valley	96
3rd	Collingwood	88
10th	Woking AC	72
13th	Windle Valley Runners	68

#### LADIES

1st	Dorking & Mole Valley	84
8th	Woking AC	52

## SOUTH OF ENGLAND ROAD RELAY CHAMPIONSHIPS RUSHMOOR ARENA - 29/9/96

### 60th BEST CLUB IN THE SOUTH!

#### SENIOR RACE (6 x 5910m)

Leg 1	Jon Harris	22.13
Leg 2	Mark Robinson	22.29
Leg 3	Mike Knowles	23.08
Leg 4	Andy Palmer	22.03
Leg 5	Jon Vickery	24.10
Leg 6	Carl Webb	24.05

Having not competed in this event for a while the club returned to face the Olympians (well one or two were spotted). Keith Cullen (international steeplechaser) ran the fastest time (17.09) on the last leg to enable his team (Chelmsford) to beat Blackheath by just 9 seconds. The winning time being 1.50.06 compared to our more modest 2.18.08, which is still a club record! The senior team finished 85th, with the anchor man just failing to gain a further place by two seconds (sorry guys!) However, if you discard "B", "C" and "D" teams we are now the 60th best road running club in the South!

*(Vets relay to follow in next issue)*

### RUNNYMEDE RUNNERS RELAY - 29/6/96

#### Tornadoes

Rob Batchelor	33.25
Wendy Davies	19.53
Andy Palmer	33.44
Carl Webb	18.05
Simon Appelbee	37.14
Ivan Chandler	18.49
TOTAL TIME	2.41.10

#### Typhoons

Amanda Haigh	38.20
Paul Conlan	19.53
John Mattinson	39.23
Tony Sheridan	19.27
Barry Andrews	39.04
Mike Blake	20.09
TOTAL TIME	2.56.16

This event takes place in Windsor Great Park and the cross-country legs were either 2.75 or 5.5 miles in length. Our teams did very well finishing 8th and 17th out of 34 in total. The winners "Milocarian A" completed the event in 2.25.34. It is always an enjoyable event so please think about taking part next

### 26.2 EWELL 10k - 4/8/96

26	Rob Batchelor	36.17
80	Mike Knowles	39.53
97	Carl Webb	40.38
105	Wendy Davies	41.05
108	Colin Woods	41.10
170	Barbara Clarke #	43.59
185	Bob Webb	44.47
270	Kerrie Woods	49.12
310	Cliff Knowles	53.08
Total Finishers - 365		

### YATELEY 10k, Race 3 - 7/8/96

#### Wendy Wins Series

44	Mike Knowles	36.50
49	Dave West	37.07
97	Simon Appelbee	40.01
110	Kevin Pedley	40.18
111	Colin Woods	40.21
114	Wendy Davies	40.30
158	John Mattinson #	42.21
226	Bob Allan	45.22
268	Dave Ricards	47.36
274	Kerrie Woods (PB)	48.03
279	Cliff Knowles	48.13
Total Finishers - 391		

#### Overall Series Placings

1st Lady Vet	Wendy Davies
4th Male Vet	Dave West
6th Senior Lady	Kerrie Woods
11th Senior Male	Mike Knowles
22nd Senior Male	Colin Woods
44th Male Vet	Cliff Knowles

### FRIMLEY FIVE - 8/9/96

#### Mark is First Camberley Resident Amanda finishes 3rd Lady

17	Mark Robinson	30.42
48	Mike Knowles	32.43
64	Amanda Haigh	33.50
65	Colin Woods	33.52
85	Brian Sutcliffe	34.55
98	Mike Blake	35.39
100	Ian Annis	35.55
158	Kerrie Woods	40.10
178	Chris Peppiatt	41.09
183	Lynn Annis	41.27
184	Ed Condon	41.31
185	Bob Taylor	41.32
194	Pam Berriman	41.58
225	Fred Green	46.02
229	Joanne Smith	46.34
Total Finishers - 257		

#### AMANDA WINS

#### CROWTHORNE SERIES!

With times of 40.09, 40.24 & 41.15 Amanda won the new series of Woodland 5s. It is generally acknowledged by all participants (including "Fast Andy" who only ran 35.37, 35.45 & 34.41) that the course is more like 5.5 miles. Well done!

#### WE HAVE TWO CRAZY COOTS!

	Andy	Amanda
7 mile Run	44.40	48.32
12 mile Cycle	1.06.05	1.24.11
3 mile Canoe	35.00	42.00

#### CAMBERLEY TRIATHLON

500m Swim	10.42	Amanda
18k Cycle	43.42	Haigh
5k Run	22.16	(who else?)

## INAUGURAL THREE DAY

### Graham Palsler Wins!

Graham from Woking AC became the first champion of this new event held over the August Bank Holiday weekend. His consistent running by finishing third, fourth and first in the three disciplines sealed victory over Mike Oliver (Hart RR) and own Roy Bell. Unfortunately the event was marred by withdrawals as both Simon Appelbee and Peter Tiner sustained injuries in the previous day's "Three Legged Race" and "100m Sprint" at the Sports Day. This was particularly sad for Simon as he led by 43 seconds going into the last race. At the post-race celebrations at Wendy's house Graham vowed to join our club and together with Barbara and Tom we have now gained some very keen new members. Two other members (Carl & Jon) want to run next year so Wendy better start practicing her organisational skills! Thanks for competing and

	Road	Track	Hill	TOTAL	
<b>MEN</b>	6.2 miles	1 mile	2.8 miles	10 miles	
1st	Graham Palsler	40:57	05:53	18:25	1:05:15
2nd	Mike Oliver	42:27	05:46	18:47	1:07:00
3rd	Roy Bell	41:40	05:48	19:52	1:07:20
4th	Barry Andrews	43:02	05:59	18:57	1:07:58
5th	Mike Blake	43:09	06:14	21:18	1:10:41
6th	Steve Gynn	45:57	06:19	20:24	1:12:40
7th	Keith Hanman	49:24	07:12	22:17	1:18:53
8th	John Munday	51:49	07:17	25:23	1:24:29
<b>LADIES</b>					
1st	Wendy Davies	41:13	06:08	19:18	1:06:39
2nd	Barbara Clarke	43:36	06:40	20:42	1:10:58
3rd	Chris Peppiatt	50:34	07:25	23:08	1:21:07
4th	Pam Berriman	52:20	07:34	24:10	1:24:04
<b>Non Finishers</b>					
Simon Appelbee	40:10	05:57			
Peter Tiner	44:34	05:57			
Tom Rowley	49:43		23:16		
Allan Matthews	36:37				
Chalkie White	45:39				
Woody Gorham		05:32			

## WVR SPORTS DAY

### Peter Taylor's Blue Team take Overall Victory

New Captain Peter guided his team of eleven to a historic win. It's the first time John Munday's Reds haven't won the title. The Blue's star performers being the Eley family, with Andrew, Deborah, Sarah and Louise enjoying nine individual and relay wins. The other Blue team participants included Roy Bell, Amanda Haigh, Steve Gynn, Chris, Liz & Stevie Brett.

Some other great performances included Emily Appelbee who won several races, Paul Murphy who retained the 100m title and Paul Conlan who showed us how he makes a living spilling drinks over people at 45,000 feet in the "Airline Stewards Relay". Congratulations to all competitors and thanks to everyone who helped on the day.

#### Overall Results

Blue	210	Yellow	192	Red	132	Green	117
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#### Welly Wanging Winners

Tony Sheridan	26.47m	Sarah Eley	12.12m
James Appelbee	25.78m	Stevie Brett	11.28m
Stephanie Davies	17.68m	Joe Conlan	8.08m

## 10k MONTHLY HANDICAP IMPORTANT SAFETY

I'm sure that you have all heard about events being re-routed, start times delayed or races even cancelled due to a Police request. In some counties they have even been invoicing race directors for the services that they provide. We try very hard to keep the local constabulary happy by contacting them prior to our public events, informing them of the course used, medical cover and marshalling provisions. Despite this the Surrey Police have become increasingly interested in our club organised fixtures this year with respect to running on public roads. With this in mind please could you **run sensibly at all times** as what you do will reflect on the club. I am particularly concerned for the future of our club handicap as this is one fixture which we have kept unofficial and do not inform the Police of it's existence! I have just read that there have been SEVEN serious road accidents near the Brickmakers Arms this year. So it is obviously extremely dangerous if 10k handicap runners persist in running on the road when there is a footpath available at this point! I am referring to the blind right hand bend as you approach the Pub after about 5 minutes. This is just the sort of thing that a passing officer might see, report to his superiors and any such action may seriously threaten the continuation of our events.

#### Some guidelines for future running:-

If there is a FOOTPATH available, USE IT!

If no path, run in SINGLE FILE at one side of the road (not in the middle of the road).

Be EXTRA CAREFUL at BLIND BENDS and RISES.

## A LETTER OF THANKS

Tethers End  
Highfields  
Marlow  
SL7 2LE

28th September 1996

Dear Windle Valley Runners,

My father, Roland, greatly enjoyed his running with you and the special friendships which developed. He particularly loved the 10k handicap time trials and Virginia Water training runs. I always had great difficulty in persuading him to run in the Burnham Joggers New Years X-Country at Cliveden because it clashed with your event. He was tickled pink to learn that he held the best attendance record for these events.

Thank you all for the friendship and great kindness which so many of you gave Roland, in the last few weeks and throughout his membership. Roland told me how touched he was to receive so many well wishes and cards from you all, and Jean also has been comforted by your condolences. It was fitting that Roland was cremated in his club racing colours.

Bob and Ivan's music at Chapel Pines was wonderful and helped to make it a really good send off wake for Roland.

We sorely miss him, and I know that you do too, but it's a comfort to know that he was so appreciated.

I look forward to meeting you again, hopefully at races after my form improves!

Warmest wishes,

Bryon Heywood

## ROLAND RETRO

Roland ran a total of 33 half marathons (all after the national retiring age). His best half time being 1.43.49 run at the age of 70 and his best 10k being 45.14 the following year. Of course the main highlight was his second place in the World Veterans 10k in 1992. There are many other achievements to remember and here follows just a few (in reverse order!)

**30/6/96....** 58.06 at 10k Handicap

**27/6/96....** 28.23 at Club 5k Time Trial

**26/5/96....** receives oldest finisher award at Downland Multi-terrain 10k (60.32 in appalling

**1995....** Only member to complete more than six 10k Handicaps (8 actually at age of 79/80)

**28/8/94....** For the second year running - 1st Over 65 at Dinants Half Marathon, Belgium

**9/5/93....** 48.59 at Johnson's Wax 10k

**5/3/93....** Appearance on front page of Camberley News

**8/3/92....** 1st Over 70 at Camberley Half Marathon in 1.54.29

**25/2/92....** Front page story again! Roland admitted that "I jog once or twice a week".

**1991....** 49.22 best handicap time

**22/3/91....** 1.50.47 at Fleet Half Marathon

**1990....** 48.24 at Club Handicap (his best for the course).



## ANNUAL GENERAL MEETING

Thirty-two members attended this year's gathering which is actually our worst turnout for years. However those that attended probably witnessed one of the shortest AGMs, only lasting around 40 minutes. Here follows a short summary of the meeting:

**Current Balance** £652.53 at end of August 1996

**Total Donations** £390 (£265 in 1995)  
**Membership** 109 (98 in 1995)

### Committee

Both Jill Reid & Tony Martin resigned leaving two posts vacant. The rest of the committee had agreed to stand for re-election. Peter Taylor was the only nominee so he was elected unopposed. One position remains unfilled.

### MABAC League - Club not joining!

Various reasons:

As roadrunners we do not have adequate interest in XC events (most league events off-road). There are several date clashes with popular road races and most events are not very local. Even Lightwater didn't get much support! No dropped scores, so we would have to do all races to be competitive.

### Club Clothing

We only have vests in stock. Therefore if you require T-shirts, tracksuits etc contact Carl. Ron Hill windproof tops (in club colours) may be available at large discount from Sweatshop.

### Newsletter

More input required due to editor's career change!

## BRADFIELD

### AMANDA CELEBRATES DUATHLON WIN BY SHOWERING WITH ONE OF THE MALE COMPETITORS!!!

A combination of hills and rain saw slowish times being recorded by the three WVR entrants at Bradfield College near Reading on Sunday 20th October. Being a typical Banana Leisure event four races had been organised at the one location. A 10am start for the IRT and 10k. An 11am start for the duathlon and 5k. After registering, collecting numbers, racking bikes (techie talk for leaning your bike against a tree because all the proper racks were full with flash looking triathlon bikes), jogging up and down (stretching especially for Wendy!), attending race briefing, we were then ready to go! The out and back 5k course was rather up and down and spread the field out. The turning aspect of these courses gives you a good chance to see how far the leader is in front! Back to the field for transition, run to the road, stop (as instructed or else 10 minute penalty), climb on bike and pedal furiously for 20k. Out and back course again. Wet, hilly and rough roads but at least the strongish breeze was with us on the return trip. I actually managed to overtake a few IRT competitors who had started one hour earlier, but they had run 10k to our 5k. Only overtaken by two duathlon competitors on bikes, so I must be improving. Back to transition (overtook two duathlon competitors who were taking off their 'clogs' and putting on running shoes!) Last 5k, suddenly legs feel very odd and reluctant to respond to brain commands. Eventually get moving and see Woody ahead, but too far away to catch. Last turn and I realise I am running

Wave to Amanda and tell her to get a move on! Unable to catch Woody who finishes 10th in 1.26.46, I finish 11th in 1.28.31 and Amanda is 1st lady in 1.35.19 (winner of the event 1.15.44). Bananas all round (what else) and water at finish. Nobody seems to mind the rain, get changed, collect bikes and wait for presentations, which eventually take place some 30 minutes late and go on some time as there are four events and many categories to present. Amanda gets her trophy for 1st lady (then is told she was the only one to finish). More events are planned by this trio of WVR members. Wendy is rumoured to be considering the event, anybody else?

## 1997 FLORA LONDON MARATHON

Please let Carl know if you have (or haven't) gained an official entry before Christmas. A club entry from the SEAA may be available to anyone who is unsuccessful. If you are training for the event don't forget that Virginia Water on Sundays is the ideal



## WINTER TRAINING

### Tuesdays at 7pm

(Contact Chris Peppiatt)  
Prior School, Prior Road  
Camberley

### Thursdays at 7pm

(Chris/Mike Blake)  
Heatherside Shops, Camberley

### Sundays at 9am

(John Munday/Bob Webb)  
Blacknest Gate, Virginia Water  
**(Except last Sunday in month at 10am)**

10k Handicap, Sun corner, Chertsey Road, Windlesham

## BUPA GREAT NORTH RUN 15/9/96

A great club entry at this distant event. Both Wendy (who started in the elite group) and Andy were spotted on TV.

Andy Palmer	1.28.55
Wendy Davies	1.29.40
Mike Knowles	1.31.35
Amanda Haigh	1.36.06
Cliff Knowles	2.09.31
Bob Taylor	2.14.03
Pat Knowles	2.55.43

## BUPA GREAT CALEDONIAN RUN (Edinburgh 10K) - 29/9/96 The Woods fly to and through Scotland!

Colin Woods	44.23
Kerrie Woods	51.48

**GARDEN CITY 10 - 1/9/96**  
**Robert smashes 60 minute barrier!**  
Rob Batchelor (17th) 59.04 PB

## BURNHAM BEECHES HALF MARATHON - 18/8/96

**Dave finishes 3rd in Class**

Dave West (21)	1.23.19
Rob Batchelor (24)	1.23.50
Colin Woods (114)	1.34.49
Total Finishers - 615	

## SLOUGH HALF MARATHON - 1/9/96

Colin Woods (96)	1.30.50
Keith Ward (271)	1.47.33
Kerrie Woods (?)	1.50.12
Total Finishers - 491	

## WINDSOR HALF MARATHON 6/10/96

**Brian takes the brown root just to be civil!**

Brian Sutcliffe (402)	1.33.12
John Munday (2030)	1.59.00
Dieter Sullivan (2726)	2.20.44

## WORKSHOP HALF MARATHON

New member, Dieter Sullivan had a tough time "up North", but despite a knee injury at six miles he finished the event in 2.28.12.

## KINGFISHER DUATHLON - 6/10/96

Winner	1.04.03
Woody Gorham (23rd)	1.16.30
Barry Andrews (34th)	1.21.15

## KINGSTON MARATHON - 13/10/96

Dave West breaks the three hour barrier again! (Exact time not known)

**CHRIS LANE 10k - 9/6/96**  
Chalkie White 46.58

**HARRY HAWKES 8 - 7/7/96**  
Chalkie White 58.32

**JOHN MATTINSON #**

Hook Norton 6	41.53	2nd 60+
SLH 10	72.55	2nd 60+
Overton 5	33.15	
Witney 10	72.18	
# Second Claim Member		