

Windle Valley News



Issued Quarterly to all Members of Windle Valley Runners

EDITORIAL

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It's been an extremely long time since the last issue and so much has happened! Our Presentation Evening took place on 5th February and it was nice to see some of you there. There were some happy and surprised members who received prizes. However, myself and Phil Morley (who was taking bookings) seriously considered cancelling the function two weeks before it was to take place. As specified on the application form that Phil sent to you all we needed to book 50 places. But, two weeks before we had only sold 32 tickets! Therefore we had to decide whether to wait and hope that further tickets were sold or cancel and forfeit a substantial sum! If we had not reached 50 we would have had to either pay an additional £200 or pay for the extra meals and waste them.

With such a tremendous attendance last year we obviously misjudged your keenness to attend our annual evening. Was it the change of venue, price, menu selection or the date? We want to know so please complete the enclosed questionnaire and return. Being our Tenth Anniversary in August we would like to organise some form of celebration. But

FORMER TREASURER HONOURED

The committee made a special presentation to John Munday for all his hard work and running achievements throughout the years. He was awarded a new watch and some swimming lesson vouchers. This is his new sport! Thanks a lot John.

SPECIAL POINTS OF INTEREST:

- Attached Questionnaire
Please complete and return to Carl Webb by 18th April
- Your New Membership List should be enclosed
- 3 Day Event to be held in May
- The Fun Run is Dead. Long live the Relay Marathon (we hope!)
- There is now a rota for timing the 10k handicaps – any further volunteers are most welcome. Contact Carl/Barry.
- Mike Blake ran a PB at the Wokingham Half Marathon
- Good luck to all our members running the Flora London Marathon on 18th April 1999

KEVIN PEDLEY WINS ROLAND'S TROPHY

Several members left it to the last 10k of the year to qualify for this already sought after trophy. To show how competitive this event has become this even included those members finishing 1st, 2nd & 5th. Kevin (who finished second last year) fought hard to beat Barry Andrews by just six seconds, with Ivan Chandler only a further 17 seconds adrift in third. Chris Peppiatt finished as the top lady in fifth position. Also to illustrate how accurate these results can be Bob & I (father & son Webb) were separated by less than one second!

ROB & WENDY RETAIN HONOURS

In the Main Championships Robert & Wendy won again, with Dave West and Kerrie coming in second. Kerrie's trophy being presented at Wokingham due to a clash with another function on the 5th Feb. Busy people these professional athletes! In third were two surprises with Mike Blake & Jennie Webb proudly accepting their trophies. In addition Mike received a special award from the rest of the committee for all his efforts this year. Not only has he continued to perform his Captain's role very well but he has regained some supreme form. One final award went to Bob Allan for buying the first tickets for 5th Feb in August! Well done Bob!

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ROLAND'S TROPHY 1998



Bryon Heywood presents Roland's Trophy to Kevin Pedley

We were extremely grateful that Bryon Heywood could attend to present some of the prizes. (Jean being on holiday in Australasia).

Place	Surname	First Name	Best 10k	Month of 10k	FINAL TIME Min	Secs	FINAL %AGE
1	Pedley	Kevin	0:39:08	11	36	31	73.85
2	Andrews	Barry	0:40:27	11	36	37	73.68
3	Chandler	Ivan	0:41:26	1	36	54	73.09
4	Robinson	Mark	0:38:00	6	37	49	71.32
5	Peppiatt	Chris	0:47:41	11	42	18	70.72
6	Bell	Roy	0:42:53	9	38	12	70.61
7	Gurd	Richard	0:38:14	9	38	14	70.55
8	Sheridan	Tony	0:42:09	1	38	27	70.16
9	Webb	Bob	0:45:48	7	38	46	69.582
10	Webb	Carl	0:38:46	5	38	46	69.579
11	Shell	Mike	0:45:01	2	39	46	67.82
12	Taylor	Peter	0:44:52	8	39	58	67.49
13	Haigh	Amanda	0:44:45	3	44	45	66.85
14	Gynn	Steve	0:42:39	10	40	42	66.29
15	White	Chalkie	0:50:07	8	40	53	65.99
16	Allan	Bob	0:46:25	3	41	21	65.24
17	Vickery	Jonathan	0:41:32	11	41	32	64.94
18	Berriman	Pam	0:49:51	5	45	49	64.73
19	Condon	Ed	0:47:13	5	42	3	64.13
20	Henderson	Les	0:47:17	8	42	48	63.03
21	Pearce	Dave	0:48:56	9	43	57	61.38
22	Friar	Peter	0:47:04	10	44	54	60.07
23	Tyler	Bob	0:47:31	8	45	59	58.65
24	Morley	Phil	0:50:00	1	47	21	56.96

WVR CHAMPIONSHIPS 1998



Captain Mike proudly displays the men's Third Place Trophy before rapidly heading off to the Sweatshop to spend his Special award tokens!



John rises from his seat to collect his much deserved Special Award

LADIES		Time 1	Time 2	Time 3			Total
1	Wendy Davies	0:42:14	0:41:45	0:42:29			2:06:28
2	Kerrie Woods	0:47:06	0:47:14	0:46:33			2:20:53
3	Jennie Webb	0:46:40	0:47:15	0:47:39			2:21:34
4	Chris Peppiatt	0:49:23	0:49:32	0:47:41			2:26:36
5	Pam Berriman	0:49:51	0:49:53	0:51:48			2:31:32
Place	MEN	Time 1	Time 2	Time 3	Time 4	Time 5	Total
1	Rob Batchelor	0:35:59	0:59:42	1:19:29			2:55:10
2	Dave West	0:37:10	1:00:37	1:21:28			2:59:15
3	Mike Blake	0:38:38	1:04:45	1:27:13			3:10:36
4	Barry Andrews	0:39:52	1:06:46	1:28:22			3:15:00
5	Mark Robinson	0:41:19	0:38:34	0:38:44	0:40:49	0:38:00	3:17:26
6	Carl Webb	0:38:46	0:39:46	0:39:30	0:39:47	0:39:49	3:17:38
7	Kevin Pedley	0:39:39	0:39:23	0:39:37	0:40:00	0:39:08	3:17:47
8	Colin Woods	0:41:10	1:07:58	1:29:21			3:18:29
9	Peter Tiner	0:40:48	1:06:04	1:32:27			3:19:19
10	Jonathan Vickery	0:41:32	1:07:50	1:35:29			3:24:51
11	Tony Sheridan	0:42:09	0:43:07	0:43:02	0:41:01	0:42:33	3:31:52
12	Roy Bell	0:44:34	0:45:03	0:44:28	0:43:45	0:42:53	3:40:43
13	Peter Taylor	0:45:46	0:45:36	0:44:55	0:44:52	0:45:54	3:47:03
14	Bob Webb	0:46:34	0:46:25	0:46:19	0:45:48	0:45:57	3:51:03
15	Bob Tyler	0:48:03	0:48:37	0:48:11	0:47:40	0:47:31	4:00:02
16	Les Henderson	0:47:33	0:49:12	0:47:17	0:48:18	0:48:49	4:01:09
17	Dave Pearce	0:49:24	0:49:10	0:50:17	0:48:56	0:51:03	4:08:50
18	Phil Morley	0:50:00	0:51:36	0:51:45	0:56:08	0:52:54	4:22:23
19	Dieter Sullivan	0:58:02	1:36:18	2:24:36			4:58:56

"the Mile race will take place at either Woking or Bracknell track"

WINDLE VALLEY THREE DAY EVENT MAY 30TH, MAY 31ST & JUNE 1ST 1999

Our apologies to Dave West but he won't be able to hold this title for one year unless he successfully defends it again in MAY. Yes, Wendy has re-located the event to earlier in the Summer in a bid to encourage greater participation. The format however will be largely unaltered with

a 10k handicap on the Sunday, mile on Bank Holiday Monday and a Hill Run on the Tuesday. The only change being that the Mile race will take place at either Woking or Bracknell track (probably around 9.30am). Further details, entry fees and forms should be released soon. Please

OTHER 1999 CLUB EVENTS

FUN RUN

For many reasons I have decided not to organise the Fun Run anymore. The event was originally started by my father in the running boom of the early eighties and was initially a family run event before WVR existed. But support has reduced dramatically over the years, and without the tremendous support of Woodcote School I would have written this piece ten years ago! They not only entered over 60 runners each year but they also supplied helpers. My decision to change the Senior Race to 5k last year attracted no more interest than normal (which was a surprise) and as always we struggled to gain sufficient marshals, entries and make a profit. Consequently no-one has volunteered to take over the running of the event from within the club so it will not continue. My thanks to all of you who organised, supported and

helped through the years with the Fun Run.

RELAY MARATHON

As you may have heard British Oxygen are moving in June and therefore at present we do not know if we will be able to use their grounds. In addition Gerry Price has sold the Brickmaker's so we are also unsure if the pub will be sponsoring our event should it go ahead! If there is a problem we do have one or two ideas, but any alternative would probably not be as good as what we have now! We have to consider parking, toilets, off-road changeover area etc and then any course changes need to be approved by the Police. We'll keep you posted!

SPORTS DAY

This will continue as usual on the August Bank Holiday Monday. The event was supported well by two large families from outside the club

"as always we struggled to gain sufficient marshals"

Don't forget that up to date information is available on our website which is produced by Phil Morley

<http://ourworld.compuserve.com/homepages/philipmorley>

SUMMER TRAINING – VENUES TO BE USED FROM 30/3/99

TUESDAYS @ 7pm

Lightwater Country Park – Meet in Car Park

THURSDAYS @ 7pm

Field of Remembrance, Kennel Lane, Windlesham
except 2nd (Chobham Common – Roundabout Car Park) & last Thursday of month (various venues – see calendar)

+SUNDAYS @ 9am

Blacknest Gate, Virginia Water
+Except last Sunday in month
"The Sun Inn", Chertsey Road
Windlesham (10k Handicap at 10am)

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"You don't want your house sale to be a long running saga"

DAVE'S SHAKESPEAREAN ADVENTURE

The Shakespeare Marathon

By Dave West

BEST 1998 10k HANDI-

Men

Rob Batchelor	0:36:09
Dave West	0:37:10
Mark Robinson	0:38:00
Richard Gurd	0:38:14
Mike Blake	0:38:38
Carl Webb	0:38:46
Kevin Pedley	0:39:08
Mark Coxhead	0:39:31
Andrew Eley	0:39:41
Barry Andrews	0:40:27
Peter Tiner	0:40:48
Graham Palsler	0:41:17
Ivan Chandler	0:41:26
Jon Vickery	0:41:32
Chris Lovell	0:41:39
Mike Knowles	0:41:59
Tony Sheridan	0:42:09
Dave Nicholls	0:42:16
Steve Gynn	0:42:39
Roy Bell	0:42:53
Peter Taylor	0:44:52
Mike Shell	0:45:01
Bob Webb	0:45:48
Bob Allan	0:46:25
John Mattinson	0:46:43
Peter Friar	0:47:04
Ed Condon	0:47:13
Les Henderson	0:47:17
Bob Tyler	0:47:31
Alan Forbes	0:47:35
Roger Woolfe	0:47:53
Tony Shell	0:48:02
Richard Jackson	0:48:25
Dave Pearce	0:48:56
Phil Morley	0:50:00
Chalkie White	0:50:07
Kevin Pearson	0:51:36
Michael MacClancy	0:51:50
Cliff Knowles	0:53:36
Tom Rowley	0:54:02
Dave Ricards	0:55:21
John Munday	0:57:01
Ladies	
Wendy Davies	0:42:29
Amanda Haigh	0:44:45
Barbara Clarke	0:46:31
Jennie Webb	0:47:15
Chris Peppiatt	0:47:41
Glenys Rebane	0:47:55
Tina Bonny	0:47:57
Pam Berriman	0:49:51
Katie Pearce	0:51:15
Jo Smith	0:53:07
Mary MacClancy	0:53:37

After being rejected for last year's London Marathon, I decided to live dangerously and look around for an alternative. It had to meet the criteria of being cheap, reasonably near and around the same time as the London (since I rather liked the idea of training for a marathon when many others in the club were doing the same). The Shakespeare Marathon fit nicely, costing under a tenner, being relatively close (Stratford) and taking place on the same day as the London. So, on the 23rd of April, at around 10.00 in the morning, I set off for Stratford with wife and youngest child as support team.

Driving up the M40 we passed through a sudden and fierce storm, which nearly flooded the motorway and turned day into night. Apparently this gale was on its way down to London to turn the last 5 miles into a misery for most. Fortunately for us, that left Stratford in warm sunshine, with virtually no wind and near ideal conditions for an afternoon marathon.

The Shakespeare Marathon also includes a half-marathon, in which the majority of runners are entered. There was a small field in the actual marathon, about 300 runners, most, I assumed, being rejects from the cruel lottery of the London, like me, The two-lap course begins on the banks of the Avon, directly across the river from the RSC Theatre, runs around a small park, crossing a footbridge over the river, up through the high street of Stratford and then out into the surrounding countryside. If I had been suffering stress, I would have admired the scenery more - rolling green hills rising up from the Avon, small picturesque villages

(idyllic to a Yank's eyes!) and inviting looking country pubs. Unfortunately, this 'rolling countryside' also meant hills, although there were not many 'large' ones, and none seemed particularly debilitating. The final stretch of the course runs back into Stratford for about five miles along a disused rail track above a gently sloping valley that presented tantalising views of the town appearing ever nearer.

The fact that the half marathon started with a shorter loop of the park (I presume not having to get in the extra 350 yards) meant that those of us in the marathon hit the high street with some 1000 half marathoners just in front, which meant that we spent the first lap of the course weaving our way through backmarkers. This was inconvenient at times, but had the motivating effect of making us feel that we were travelling much faster than we actually were. At the end of the first lap, as the half marathoners turned off, we marathoners, now well spread out, headed back over the footbridge, up the high street again and off on a much lonelier, and considerably more exhausting trek through the Avon countryside. Once the town was behind, there were actually stretches where I could see no runner in front

"I could see no runner in front or behind, and I was left completely alone to contemplate the ever-increasing fatigue taking over"

or behind, and I was left completely alone to contemplate the ever-increasing fatigue taking over. Coming down the last leg, on the path through the final valley, I had a bit more time to admire the scenery, as I ended up walking a good part of it. This, of course, meant that my time was not spectacular, but I do have more vivid memories of this pleasant sloping valley than I might have otherwise had.

After I finished, my wife asked me why all the finishers in the marathon had a vacant, dazed expression on their faces, and the simple fact

HALF MARATHON RESULTS

Gosport 1/2m		15/11/98	
	Mark Coxhead	1:26:05	SC
	Mike Blake	1:27:13	
	Colin Woods	1:45:59	
	Kerrie Woods	1:46:02	
Marlow 1/2m		1/11/98	
	Barry Andrews	1:32:57	
	Mike Blake	1:34:06	
	Wendv Davies	1:35:06	3iC
	Amanda Haigh	1:38:47	4iC
Great Sam 1/2m		25/10/98	
27	Dave West	1:22:36	
115	Colin Woods	1:31:52	
152	Roy Bell	1:35:41	
308	Kerrie Woods	1:45:37	PR
502	Alan Street	1:59:58	
Slough 1/2m		6/9/98	
74	Colin Woods	1:31:13	
219	Kerrie Woods	1:48:56	
277	Bob Tyler	1:55:33	
Windsor 1/2m		4/10/98	
75	Dave West	1:22:58	2i
173	Mike Blake	1:28:09	
6th L	Wendy Davies	1:29:38	3i
Burnham 1/2m		16/8/98	
	Colin Woods	1:36:21	
	Kerrie Woods	1:50:37	
	Bob Tyler	1:55:56	
Robin Hood		1998	
	Dieter Sullivan	2:40:46	
OTHER RESULTS			
Alice Holt 10k		27/9/98	
	Mike Blake	0:41:35	6iC
	Barry Andrews	0:42:46	11i
	Wendv Davies	0:45:21	5iC
	Amanda Haigh	0:47:50	4iC
Brighton 10k		15/11/98	
185	Carl Webb	0:39:46	
82	Jennie Webb	0:48:12	
Comets 10k		4/10/98	
93	Colin Woods	0:42:07	
149	Kerrie Woods	0:46:33	
Witham 5 mile		26/12/98	
92	Tony Sheridan	0:34:38	
Turtle Ten		20/9/98	
204	Dave Pearce	1:33:51	
225	Carl Webb	1:38:39	
233	Jennie Webb	1:40:47	
Silverstone 5k		20/9/98	
55	Dieter Sullivan	0:27:42	

SHAKESPEARE MARATHON
(CONTINUED)

well-marshalled, with plenty of drink stations, and a very friendly atmosphere. But above all, I think I appreciated the small, casual and very relaxed nature of it all. I remember in the London being afraid to walk because crowds along the banks of the Thames would raise a deafening cheer of support until you started running again. Here, the only witness to your submission to cramp and fatigue was whatever sparse wildlife happened to be passing at that moment. As I unbent myself from the long ride down the M40 afterwards, I was already thinking about how I might run the Shakespeare differently the following year - a sure sign that distance running and logical thought are not compatible!

P.S. This year's Shakespeare Marathon takes place one week after the London, so if any fellow 'rejects' would like to join me in helping to celebrate Bill's birthday, there are, no doubt, plenty of places still available.

FLEET & CROOKHAM
NOVEMBER CROSS COUNTRY

Wendy is to blame for suggesting that cross-country racing would be a good basis for winter marathon training. Actually the running mags seem to agree that this form of punishment could be beneficial for a variety of reasons. What these magazines fail to point out is the streams you have to wade through, the extremely muddy fields, assorted wooden obstacles (fences and stiles etc) and the odd flock of sheep that fortunately run the other way on sighting runners.

The sun was shining though and the friendly atmosphere created by other hardened cross-country runners seemed to suggest that the event might be enjoyable. On arrival at the venue, opposite the Hart Leisure Centre, we obtained numbers and decided a walk/jog around the course was probably in order. Considering the time of year the fields were not to bad but we should have probably changed first because my Windle Valley tracksuit certainly looked rather muddy by the time we had completed our warm up lap. During the warm up lap we had negotiated the stream by way of a handily placed bridge, run around the edge of a field in what Wendy described as toffee (it did not look like toffee to me but certainly made your average road running shoes stick nicely).

The racecourse consisted of three laps each one about 3k. Following a steady start the stream beckoned, needless to say Wendy and Amanda took to the bridge, on all three laps, Andy and myself just ran straight through the rather cold and deep water as had all the other competitors although some clearly regretted it. Once was bad enough but three times, well! I found that as the surface varied so much I was not able to manage an even running pace but had to try and glide across the really muddy sections and make up time were the surface was firmer.

Three laps was plenty and Andy finished first for Windle Valley in around 35 mins (he thinks he was 7th), Wendy and myself in 42 mins and Amanda 45ish mins.

At least it was not raining at the end! Better shoes would certainly have helped over the more muddy sections, maybe next time?!

Barry Andrews

Thanks to all members who helped with this edition. Any contributions are gratefully received. However, please be aware 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. Next edition due in June.

JERSEY TRIATHLON
1500m sea swim, 40k cycle, 10k run

20K TRAIL RUN - 3/10/98
STARTING FROM NEWLANDS

"it'll be like swimming in a washing machine"

"some people decided they would christen the hill with the sea they had swallowed!!"

My second Olympic distance triathlon and what a weekend to do it - the remains of some hurricane or other were battering the island of Jersey - 35 knot winds and rivers of rain - great!! Looking out to sea at 7am on the Sunday morning the eventual race winner described the sight as "it'll be like swimming in a washing machine" - how right he was!!! The swim was twice round a triangular course. After having completed 2 lengths of the triangle I started to get to grips with the choppy sea and new style of swimming and actually enjoyed the challenge -very slow swim (33 mins) but felt ready for the bike.

Wind was both a help and a hindrance on the bike course. Luckily it was behind us on the two long climbs which was a big help (although some people decided they would christen the hill with the sea they had swallowed!!) The last six miles were either downhill or fiat which was a welcome reward for all our efforts.

The out and back run course was along the seafront and then up a disused railway track and back down again. This is where doing a bit of running now and then certainly pays off. Several Jersey triathletes who are used to swimming in a washing machine were passed on the run and I finished the event in 2 hours 39 minutes, 7 mins faster than my first Olympic triathlon and feeling a lot better. A unique sight was waiting at the end - Belgian buns, bread pudding and various other goodies - makes a change from bananas !!

If you fancy doing a triathlon, Jersey is probably not a good one to start with, despite its very friendly atmosphere. However, there are plenty of shorter distance novice races involving a pool swim so why not give it a try - excuse the pun!! I've got lots of beginners schedules which I can give out -great sport to get into if you fancy

a new challenge or doing some cross training following running injuries.

Amanda Haigh

It was advertised as 20k but owing to Andy Palmer's map reading became nearer 22k. The event was run as a time trial with age group related gold, silver and bronze awards. The only gold awarded to our group went to John who joined us mid-way round having got lost himself and decided joining a group with a map might be a better idea!

We had started from Newlands Corner car park with another competitor, Matt, who explained to Amanda during the first few miles, that he entered duathlons/triathlons and had run some ultra events. Andy and I left Amanda to continue getting Matt's life history and continued practising our map reading skills. Matt obviously found our pace to slow or conversation levels to hot and before long had disappeared from sight, we did see him at the finish and eventually gave him a lift back to Guildford station.

The route we took left the North Downs going south, used part of the Downs Link Way and had a very tasty drink stop. The course was mainly off road with some very steep hills and rough terrain, lots of walkers (mainly on DOE), & horseriders to pass. We finished in 2.12, which gave us all a silver award. The fastest time was 0:1:30 and the slowest 0:2:18. I guess our extra 2k and a leisurely drink stop added 15 mins or so.

HOGS BACK RR - 13/12/98

41	Dave West	0:50:04	3iC
74	Mike Blake	0:51:58	12iC
181	Colin Woods	0:57:10	
187	Richard Sherlock	0:57:28	
28	Amanda Haigh	1:01:08	
496	Norman Bass	1:11:34	

GREAT SOUTH RUN - 13/9/98

143	Rob Batchelor	0:59:42
173	Dave West	1:00:37
375	Mike Blake	1:04:45
579	Wendy Davies	1:07:41
606	Colin Woods	1:07:58
1743	Bob Tyler	1:18:13
	Kerrie Woods	1:19:44
3918	Dieter Sullivan	1:43:07

OXSHOTT 10k 8/11/98

27	Rob Batchelor	0:37:24	
58	Kevin Pedley	0:40:00	
64	Mark Coxhead	0:40:21	SC
79	Carl Webb	0:41:17	
95	Chris Lovell	0:42:15	SC
107	Tony Sheridan	0:43:04	
203	Jennie Webb	0:49:45	



One of your favourite Half Marathons kicked off the new running season and Championship recently. The club supported the event very well with the "Star of the Day" being Mike who ran an excellent PB. Well done. Here follow the results from this year and last year for comparison.

WOKINGHAM 1/2 m – 1999

81	Dave West	1:21:22	
120	Mike Blake	1:23:31	PB
221	Barry Andrews	1:28:04	
247	Wendy Davies	1:29:15	
291	Colin Woods	1:30:56	
305	Jon Vickery	1:31:37	
322	Richard Sherlock	1:32:26	
327	Amanda Haigh	1:32:35	
441	Tony Sheridan	1:35:58	
475	Peter Taylor	1:37:25	
706	Kerrie Woods	1:46:14	
834	Chalkie White	1:50:01	
856	Bob Tyler	1:51:18	
923	Dave Pearce	1:53:55	
1106	Alan Street	2:03:51	

WOKINGHAM 1/2 m – 1998

66	Dave West	1:21:28	
177	Barry Andrews	1:28:22	
208	Colin Woods	1:29:38	
237	Wendy Davies	1:30:27	
256	Mike Blake	1:31:40	
316	Amanda Haigh	1:33:59	
362	Peter Tiner	1:35:26	
580	Peter Taylor	1:42:42	
679	Kerrie Woods	1:46:38	
714	Keith Ward	1:48:01	
784	Dave Pearce	1:51:04	
810	Bob Tyler	1:52:00	
895	Alan Street	1:56:28	
1026	Norman Bass	2:03:28	

ANYTHING ELSE I ALMOST FORGOT TO MENTION

New Members

A huge welcome to Tina Bonny, Michael & Mary Maclancy from Lightwater, Richard Sherlock from Ash Vale, Chris Lovell, Dave Nicholls & Mark Coxhead from the Woking area. We hope you are enjoying being a Windle Valley Runner.

Traffic Calming Methods designed to Slow Kevin!

The new work in Chertsey Road may be designed to slow traffic but the new changes could slow Kevin and other members whilst running in the 10k handicaps in future. I think it might be quicker to run on the pavement!

Safer Running between Windlesham & Lightwater

There is now a pavement all the way along Broadway Road. Hopefully this will now make it a lot easier for us all to develop some safer inter-village routes. Don't forget the other off-road link via Major Spowers Estate.

New Training Method

At Windsor Great Park – why don't you form a small group, one of which has a small child in a baby buggy. Then during the run the buggy can be passed throughout the group (like a relay). Sounds like fun!

Triathlon Crazy – Now in Reverse

In the next issue there will be a report on Mike & Barry's first attempt at a Triathlon.

COMMITTEE'S CORNER MIKE BLAKE CHRIS PEPPIATT

Hart Hash Run – Further to our "quiz" in the Autumn 1998 edition concerning the Hart Hash Run and who was nicknamed what!! As promised I will now reveal all!!

"The Lovers" - Jennie & Carl (for the now obvious reason).

"The Confused One" - Wendy (looking lost and hoping for tips).

"The Optimistic One" - Yours Truly (no idea, run up every path just in case!).

Exactly what prompted the organisers to decide on these particular groupings is not certain! But, if you're really that interested then come along to the next "Hash" (usually in July) and find out for yourselves. MB

Farewell to Sharon Hart

Good luck and best wishes to Sharon & family on their recent move from Bagshot to Wiltshire. Sharon will be missed at the Tuesday and Thursday evening training sessions which she used to attend regularly. CP

Congratulations to Carl & Jennie

Many congratulations to Carl & Jennie on their Wedding just before Christmas. I'm sure that many of the club members want to add their best wishes for your future happiness and many PBs!CP

COMMITTEE

SECRETARY

Carl Webb 01276

TREASURER

Jon Vickery 01483

MEMBERSHIP SECRETARY

Phil Morley 01276

CHAIRMAN/VICE-CAPTAIN

Barry Andrews 01276

CAPTAINS

Mike Blake 01276

Wendy Davies 01276

VICE-CAPTAIN

Chris Peppiatt 01276

GENERAL MEMBERS

Bob Allan 01344

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Peter Taylor 01483

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Windle Valley Runners

1999 Event Diary

March 99

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

March

- 14** 9:45 Portsmouth Snows BMW Half Marathon
10:00 Hemel Ten
10:00 Reading Half Marathon
10:30 Hastings Half Marathon
11:00 Goodwood Gallop Trail Half Marathon
14:30 Eastleigh B & Q 10k
Los Angeles Marathon

- 21** 9:30 Cranleigh 15/21 miles
9:30 Hillingdon Half Marathon
12:15 Fleet Half Marathon

- 27** 9:00 Compton Downland Challenge 20/40
IAAF World X-Country Champs

- 28** 8:00 Kingston 8/16 mile Breakfast Run
10:00 Petersfield Half Marathon
10:00 Worthing 20
10:00 WVR 10k HANDICAP -
Clocks forward one hour
10:30 Gatwick Half Marathon
10:30 Thames Towpath 10 - Chiswick
11:00 Puma Cell 5k - Bath
14:00 Coombe Gibbet to Overton 16 XC

- 30** 19:00 Summer Training starts
Lightwater Country Park

April

- 1** 19:00 Summer Training starts
Windlesham Field

- 2** 13:00 Maidenhead Easter 10

- 4** 10:30 Docklands Half Marathon
Paris International Marathon

- 5** 10:00 Tugwood 10k
Burnham Beeches
12:00 Tugwood 5 x 1k Relay

- 8** 19:00 THURSDAY RUN
Chobham Common

- 11** 10:15 Croydon 10k - SCAA League 1

- 17** 15:00 Harrow 10k

- 18** 9:30 FLORA LONDON
MARATHON

- 19** Boston Marathon

- 24** 10:00 "Evans" April Trail Run - 20k

- 25** 10:00 Bracknell Half Marathon
10:00 WVR 10k HANDICAP
11:00 South Coast Marathon
14:30 Totton 10k - nr. Southampton

- 29** 19:00 THURSDAY RUN
The "Look Out"

May

- 2** 11:00 Bourne Valley Half Marathon
14:00 Wimbledon Barry Jones 10k

- 3** 11:00 Henley-on-Thames Fun Run - 5.2miles
12:00 Epsom 5 - SCAA League 2
14:45 Shinfield 10k

- 9** 10:30 Alton 10 - Hants
10:30 Epsom Allsorts 5k & 10k (ladies only)

- 12** 19:00 Selsey Runners 5k

- 13** 19:00 THURSDAY RUN
Chobham Common
19:30 Morden Park 5k

- 15** 9:30 Isle of Wight Marathon

- 16** 11:00 Bognor Prom 10k
11:15 Hook 10
Sutton 10k - SCAA League 3

- 23** 10:30 Richmond Half Marathon
10:30 Southampton RC 10k
11:00 Horsham Joggers 10k

- 26** 19:00 Selsey Runners 5k
19:30 Finch Coasters Woodland 5 - Race 1

- 27** 19:00 THURSDAY RUN
Blacknest Gate

- 30** 10:00 WINDLE VALLEY 3 DAY
EVENT - 10k Road Time Trial
10:00 WVR 10k HANDICAP
11:00 Downland 10k - Lancing College

- 31** 9:30 WINDLE VALLEY 3 DAY
EVENT - 1 Mile Track Race

June

- 1** 19:30 WINDLE VALLEY 3 DAY
EVENT - 2.8 Miles Hill Run

- 2** 19:30 Race for Life (Ladies 5k)
Battersea Park

- 19:30 Yateley 10k - GP Series 1**

- 6** 10:45 Dorking 10 - SCAA
Champs/League 4
14:00 Poole 10k
Goodwood Trail 10k
Sutton 10k

- 9** 19:00 Selsey Runners 5k

- 10** 19:00 THURSDAY RUN
Chobham Common

- 13** 10:00 St Albans Half Marathon
10:30 Basingstoke Half Marathon

- 14** Marathon Windows Tour of Epsom
(14th to 18th)

- 20** 11:00 Selsey 10k
Potteries Marathon - Stoke-on-Trent

September 99

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October 99

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November 99

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December 99

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April 99

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May 99

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June 99

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July 99

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August 99

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