

Windle Valley News



Issued to all Members of Windle Valley Runners

Editorial

Presentation Evening – January 2000

Yet again our annual function was very popular with the members. Our thanks to Phil for securing such a good venue for such a great price! We have already taken up the opportunity to book the same venue for January 2001.

To celebrate the Millennium and the club's Tenth Anniversary there were many prizes distributed throughout the club. But please take note that we only give out special awards to members who attend the dinner, so several of you may have missed out this year!

In August 1989 Windle Valley Runners were formed. Our first meeting took place in the Brickmakers Arms, Windlesham and six of the seven original members remain in the club. Our first captain Rod Vigar left the area some time ago and Gerry Price (our original Treasurer) is no longer an active member. The first decisions we made were the name of the club, it's headquarters, the role that each of the committee would perform and the colour of the club vest. Initially we were an all male club but this soon changed! The remaining five; Ivan Chandler (Coach), Paul Conlan (Press/publicity officer), Roy Bell (Vice-Captain), Bob Webb (Events co-ordinator) & Carl Webb (Secretary) were all present at the dinner and received a bottle of wine from current Chairman/Captain Barry Andrews.

Other prize winners were Mary & Michael MacClancy, who despite moving further away still regularly attend training, handicaps, races and club social events. In addition they both improved their 10k times over the year and qualified for Roland's Trophy and the main Championships. Ginny Brooker was recognised as the best newcomer and Dave Ricards as best loser (sorry I mean he purchased the tenth ticket!) Pam Berriman was congratulated on supporting training and

Mike & Wendy were thanked for their efforts as past Captains. Our newest member, Sally Lillie was also awarded a prize.

Dave West did extremely well to regain top spot in the Men's Championship, with Rob Batchelor & Mike Blake placed second and third. The Ladies Championship was closer this year with Wendy eventually fending off Amanda Haigh, with "Mum to be" Tina Bonny finishing an excellent third.

The final award, and probably the most coveted, "Roland's Trophy" was won by last year's runner-up Barry Andrews. Second place was Alan Forbes and Chris Peppiatt was the top lady in fourth place.

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SPECIAL POINTS OF INTEREST:

- **SUMMER TRAINING:** Tuesday venues to alternate monthly between Lightwater Country Park & Chobham Common
- **10k HANDICAPS:** Volunteers still required to do timing. Please contact Barry.
- **SUMMER SOCIAL:** Phil Morley to organise. Watch out for details.
- **MARK COXHEAD** has run the fastest 10k handicap so far this millennium.
- **The Racquet Shop, Godalming** 20% Club discount available Contact Suzanne on 01483 424080



Roland's Trophy winner Barry Andrews presents a prize to Phil Morley who organised the Presentation Evening



Join us at Blacknest Gate on Sundays for a run in Windsor Great Park

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THE TOUGH TEN

How can I explain my approach to this race, in two words : trepidation and confidence. Trepidation, for two reasons. Firstly, I had struggled round the Forest Five some years previous. Secondly, because, I had been encouraged to take part by Chris and Ginnie – scary in itself! The Confidence was due to my strenuous “Training Schedule”.

Bolstered by the Windle Valley camaraderie, I quickly tucked in behind the girls – always a good way to lift the spirits! The ‘going’ was similar to my roast chicken – hard in the centre and squidgy around the edges!

We passed the first mile marker in 8.30 mins and the second one a little quicker. By the third mile, it was time to pick up the pace – and to practice for Come Dancing!

Further on, the drink station loomed out of the chill spring morning, welcome but pointless! Had the ground been flat, I might have actually had a drink, but had to settle for wearing it instead!

I hit the Half Way stage at 41.25min and feeling good. Phil had warned about a hill at about five miles, so no probs., went over it steadily and picked up the pace a little. Unfortunately, he had forgotten to mention its kid brother a hundred yards further on! Once that obstacle was history it was time to chat to some of the other runners, if for no other reason, than to cover up my heavy breathing!

One was a Reading Runner, who cajoled me up a hill. I repaid the favour at about nine miles, when he appeared to stop at a corner. I mentioned that if I caught him, it would him a few beers! Needless to say, I had to go thirsty! It was also at about this time that I caught up with Dave Pearce, albeit rather fleetingly ! However, Dave’s training held him in good stead – he just disappeared ahead of me !

69	Mike Blake	1:09:08
74	Wendy Davies	1:09:28
122	Amanda Haigh	1:13:52
125	Kevin Pedley	1:14:09
130	Alan Street	1:14:33
152	Jenny Peppiatt	1:16:44
154	Mike MacClancy	1:17:06
209	Phil Morley	1:22:16
229	Dave Pearce	1:24:35
233	Dave Ricards	1:24:37
248	Pam Berriman	1:26:19
266	Ginny Brooker	1:27:59
267	Mary MacClancy	1:27:59

And so to the final twenty yards, the support crew were in good voice! Wendy and Mike urged me on at the last corner. Mike was still shouting to me once I’d run well past him! (I hasten to add that Mike was stationary!) – such that an observer commented about my “coach” being a bit hard on me!

All support is always gratefully received, especially as Phil, Chris and Jenny “carried” me across the line.

Dave Ricards

FLORA LONDON MARATHON 2000

Dave West 2-59-19
Wendy Davies 3-08-51
Barry Andrews 3-42-48
Richard Sherlock 3-58-04
Mike Blake 4-00-46
Jo & Julie Smith 4-51-34
Bob Tyler 6-16-19

Having discovered the State of the Art Jubilee line (all very cosmic and shiny) we eventually arrived at this strategic point, 16 miles. Suitably placed halfway up a little slope by Canary Wharf we thought we would be easy to spot! That is if I didn't fall backwards off the wall in my hungover and excited state. Phil was being patriotic in club green and doing his David Bailey bit. Good job he is a responsible committee member! Dave West was first through, striding in fine style. Wendy gave us a nice surprise as we thought she would have gone already, she looked very strong and indeed finished in excellent time (see results).

Unfortunately, although we were looking really hard, we missed Sis 1 and Sis 2, Jo and Julie Smith.....must have blinked! Before they were due, Mike gave us a cheery wave, followed soon after by Barry running strongly. Tried to catch the girls again at Big Ben but once again they gave us the slip. Pam, I had some Kit Kat in my bag to revive you if you were flagging but we couldn't find you and Chris, hope all went well?

We were eventually successful in tracking down Wendy at the “W spot” and we were able to celebrate with her over rations (wine) from Phil's rucksack. We hitched a ride home in the coach, talk was of Paris next Spring, I can't wait to have a go myself now. Easy to say from the sidelines!

PS Our claim to fame was seeing Frank Bruno but we would rather have seen the girls!

Ginny Brooker

The Windle Valley team well clear of the field at the Tough Ten.



CLUB INFORMATION

2000 CHAMPIONSHIP

This year’s Championship will now include the results of the Camberley Half Marathon which was held in February 2000. However we haven’t located the results yet! Can you help?

2000 LONDON MARATHON

The lucky recipients of the club guaranteed places were Richard Sherlock & Mike Blake. If you ran this year you may want to produce something for the newsletter.

SOCIAL EVENING

Kevin & Peter organised a get together at the Windlesham Club on 5th April 2000. For those attending it was an ideal opportunity to discuss the upcoming new Summer Training schedule.

RACE RESULTS

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

Barry Andrews - Men’s Captain

NEW MEMBERS

A warm welcome to Gavin & Susan Verdin, Jim Miller, Janice Tweed (former member), Karen Dann, Sally Lillie, Nicola Pheasey & Hallam Webb.

OVER TRAINING

& other fairy stories

For those who have had the opportunity to read my Tough Ten Race Report on our website, you’ll note that I had a (surprisingly) successful run at The Look Out on 5th March 2000.

This was of course, due to my rigorous Training Schedule, the secrets of which I am now prepared to reveal EXCLUSIVELY to the readers of this Newsletter.

The build-up started in February 1999 and contained AT LEAST one training run a month, during the summer this was doubled – to reflect the seriousness of the task ahead.

By February of this year I was “fighting fit” (or at any rate, quicker on my feet than Julius Francis!). My training was increased to running once a week, every week for a whole month and even included a “long run” ten days before the big race – 7.5miles.

And so armed only with a can of Red Bull (and Phil Morley’s hip flask) I set off round the “scenic and undulating” course that had brought me to a standstill five years previous.

It was a great way to spend a couple of hours, with only one disappointment. I distinctly remembering saying to Jenny, that in the unlikely event of her finishing before me (!!!!), I would like two sugars in my tea!

However, the Tough Ten is one small part of a bigger picture – Paris Marathon 2001. As for this year, there is still the Three Peaks Challenge (July), the London to Brighton Bike Ride (June) and The Lyke Wake Walk (84 miles across the North Yorks. Moors) in August.

Well if you’ll excuse me now, I must get back to my hectic training Schedule, now where did I put that mug of Ovaltine! **Dave Ricards**

BUTSER HILL RUN

"Superb 4.5 mile grass course, marshalled with three steep gradients and descents of 888ft, the highest hill on the South Downs."

Had I read that sentence thoroughly, I may have come to my senses in time - unfortunately that was not the case !

Well, I thought that the Haslemere 10k was tough, the Midhurst demanding and The Three Peaks "challenging" - easy peasey lemon squeezy, by comparison !

I became suspicious when I saw : (insert as appropriate !)
 1. all these fit looking Fell Runners saying how they were looking forward to "a testing run".
 2. a sign saying : "I'd rather climb Everest", Edmund Hilary, 1954.
 3. a total lack of mountain goats !

These suspicions were confirmed, once we began to climb the first hill. By halfway up, many were (already) walking ! I timed my ascent and descent : 8 minutes up - and 3.5 minutes down ! And that was fighting the (down)gradient !

The second hill looked less fierce, I couldn't have been more wrong ! This time, I joined the walkers - for a time. It seemed to make sense to conserve energy, as I was unable to run faster than I could walk.

There were quite a few on-lookers halfway up this hill, so a certain "runner", took it upon himself to get them involved - when he saw that they were rather slack in encouraging the participants. "Needy runners, please give generously !"

The result was well worth the exertion required (to talk in the face of adversity). Plenty of applause, even laughter - amongst both runners and supporters.

(Strange how the paths were very narrow - one-person width - going up hill, yet as wide as Tony Blair's grin, on the way down !)

Within a few yards of the start of the final climb, this runner was walking once again. However, a voice from behind bellowed "Come on, nearly at the top!" and "If you stop, so do I".

Blackmail has its uses!

Those words lifted my spirits and got me running again.

However, not before I had remembered one of Wendy's Training Tips : "Come Dave, the faster you run, the sooner it will be over !" Thanks Wenders !

A sprint finish was in order, to try and revive my morale, if nothing else !

Time : 49mins 22secs. Roughly equivalent to a 67 min. 10k.

Oh dear, oh dear, oh dear. Where's me bath chair ?

Dave Ricards

CLUB CLOTHING AVAILABLE

Men's Vests
 M/L/XL - £13.50
 XXL - £16.50

Ladies Vests £11.50

T-Shirts £8.00

Track Suits £52.00

*Contact Chris Peppiatt
 or Bob Webb*

WOKING TEN Yateley 10k-3

Rob Batchelor	0:59:58	
Dave West	1:01:46	
Mark Coxhead	1:06:35	SC
Barry Andrews	1:07:13	
Chris Lovell	1:09:31	
Colin Woods	1:10:20	
Richard Sherlock	1:10:55	
Kerrie Woods	1:21:36	
Bob Tyler	1:28:28	

Bryon Heywood presents Mike with another trophy to add to his collection



Bramley 10/20 – 27th February

A few hardy Windle Valley Runners braved strong winds and cool temperatures to run at Bramley on the 27th February. For some it was part of the build up to London for others a first venture into 10 mile racing! On route to the start one first timer was heard to ask why everybody else looked so confident and why did they all carry bags, could have been nerves or maybe just the anticipation of the competition ahead.

A larger than normal field gathered for the start, 700 or so for the 20 mile (two laps) and 350 for the 10 mile race (one lap). The route takes runners on a circular course that seems to undulate towards the end of each lap, rather tough for the 20 mile participants and the wind always seems to be blowing against you on that particular section.

Rob and Dave disappeared into the distance as soon as the race started, Wendy, Mike and Barry had planned to run together for as long as possible, a plan which more or less worked. Janice and Angela were planning a steady start further back down the field.

Although the breeze was quite strong for most of the race it did stay dry and we struggled to average the planned pace of 7.30 minute miles. The first lap seemed ok and we were still together and on target, it was during the second lap that the pace dropped off and I for one was very pleased to see the finish. A good tough course for marathon training but at least it has plenty of water and isotonic drink stops and a goody bag.

Times for 10 mile race
 26th Rob Batchelor 1.03.02
 278th Janice Tweed 1.33.33
 279th Angela Rutterford-Adams 1.33.34

Times for 20 mile race
 50th Dave West 2.11.40
 273rd Wendy Davies 2.33.31
 283rd Mike Blake 2.33.56
 303rd Barry Andrews 2.35.53
 696th Bob Tyler 3.46.53

Barry Andrews

Fleet Half Marathon – 19th March 2000

I modium, Build up, red bull, we tried the lot
 ---- but once on the course we couldn't stop!
 We started with trepidation
 and finished with constipation!
 Chris was there waving the flag
 having passed her we couldn't drag.
 And so I finished with huge relief
 ready to sample Pam's roast beef.

Wordsworth rules ok!!!!

Seriously Folks -- I'd trained with Pam and Jo, and having done that I thought I'd have a go. Dave was timing us and rallying the crowd, they helped us along by shouting out loud. We loved the Ghurkas they did us proud, banging their drums and squeezing their pipes. Pam was disappointed they didn't do it twice. And so we finished, Oh what fun, await this space for next years run!

I FINISHED MY FIRST HALF IN ONE FIFTY ONE AND YES I WAS GRATEFUL THAT IT WAS DONE.

Ginny Brooker

2000 Championships Format & Events

MEN

Either: One 10k race or handicap, one 10 mile race & one half marathon race or
Five 10k races or handicaps

LADIES

Three 10k races or handicaps

Qualifying Events

Men & Ladies

All Club 10k Handicaps (January to November)

Yateley Series (June, July & August)

Datchet Dash

Elmbridge 10k

Spelthorne 10k (Staines)

Men only

Half Marathons

Camberley, Fleet, Reading, Wokingham, Windsor, Great Sam, Burnham Beeches

Ten Miles

Dorking, Cabbage Patch, Woking, Maidenhead, Great South

A Club Vest must be worn in all races. The official race times are added together and the fastest three men/women are presented with trophies to be held for one year. Entry is automatic. All six trophy winners are ineligible for entry into that year's Roland's Trophy. That result takes your best 10k handicap time which is adjusted using age-graded tables.

WANTED VOLUNTEER/S

SECRETARY TO RETIRE

After eleven years as Secretary I have decided to retire from the committee in September 2000. Therefore we need your help:

RELAY MARATHON 2000? Onwards?

The future of this event is already in doubt due to the relocation of BOC. However, we now need someone to organise it if we get permission as I will no longer be organising events.

FROM SEPTEMBER 2000

Would you like to:

- Deal with all the club correspondence
- Organise the results of the Club Championship
- Calculate the Roland's Trophy results
- Conduct the Annual Presentation
- Edit & produce the newsletter

Carl Webb

MONTHLY 10k HANDICAPS

Volunteers to time the Monthly 10k handicaps always welcomed. Training provided if required.

Please contact Carl or Barry ASAP. Thanks.

SURREY ROAD CUP

In addition to the Surrey League we have entered the first Surrey Road Cup. The first event is the Dysart Dash in June. Our men are in the same league as the Met Police, Sutton Runners, Boxhill, & Epsom Oddballs. The ladies are drawn against Sutton & South London Harriers. The first two clubs in each league go forward to the semi-final (Elmbridge 10k). The final is the SCAA 5k in Wimbledon. To take part just enter the events in the usual way.

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

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

Sex is better in the long run

(The Daily Telegraph - 12/4/2000)

A survey into the "hearts, minds and staying power" of runners claims that having sex the night before a marathon can improve their performance in the race. The Social Issues Research Centre concluded that competitors who build a last-minute loyemaking session into their training programme will run faster than those who don't. This will have little effect on Khalid Khannouchi, favourite to win Sunday's London marathon. He is coached by his wife, Sandra, who said yesterday: "No sex for week. But after the race it's party time."

Summer Training – venues to be used from 6th April 2000

TUESDAYS @ 7pm

Alternating between Lightwater Country Park and the Roundabout Car Park, Chobham Common MONTHLY. (ie. April – Lightwater, May – Chobham etc)

THURSDAYS @ 7pm

Field of Remembrance, Windlesham except LAST THURSDAY IN EVERY MONTH (for venues see calendar)

+SUNDAYS @ 9am

Blacknest Gate, Virginia Water

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

Your "Windle Valley News" was very kindly photocopied by
CHANCELLOR & SONS (Estate Agents)

26 High Street, Camberley, Surrey, GU15 3RS Tel. 01276 63231
"You don't want your house sale to be a long running saga"



A Little Pep Talk

From your Ladies Captain

Many congratulations to Jennie and Carl on the safe arrival of Hallam on 10th February, we look forward to having you back running with us soon. Also not forgetting Jon and Siobhan who are the proud parents of Rhiannon born on 12th February, not quite managing to share birthdays!

Its great to see so many ladies running regularly and again entering races, this is a brief up date of events that I'm aware of so far this year-apologies if I miss anyone out, please let me know so that you're included next time.

Chichester 10k held on 6th February

Six of us travelled down to Chichester on a rather grey and misty day but it was a good run, very well organised and the opportunity to go into the town afterwards to sample the local brew! Official times as follows,

Jenny Peppiatt 45.55
 Michael MacClancy 47.45
 Chris Peppiatt 48.28
 Dave Ricards 49.57
 Ginny Brooker 50.52
 Mary MacClancy 52.54

Wokingham Half Marathon on 13th February

We had a really good number of ladies running this year, Wendy led us home with a time of 1.29. Then Kerrie 1.50.10 , closely followed by Jo And Julie Smith in times of 1.50.14 and 1.50.15 respectively, excellent times in their first half marathon. Great that Pam and myself are back running again in some of these local events although disappointed with the lack of "facilities" for all the ladies competing at Wokingham.

27th February

A busy Sunday with both Camberley Half Marathon and the Bramley 10/20. Well done to Kerrie for another good run at Camberley 1.49. and also to Wendy at Bramley , plus a special mention to Janice Tweed who completed her first 10 mile race.

5th March

Another busy morning with races at Woking and the Look Out. Kerrie Woods was our lone lady entrant at the Woking 10, official time to be confirmed. However the Tough 10 at the Look Out saw great runs by all the ladies on a very different type of terrain plus the longer distance. Ladies taking part included Wendy, Pam, Mary, Ginny and Jenny-- please read Dave's race report for all the "muddy" details.

12th March

Congratulations to Nicola Pheasey on completing her first half marathon at Reading, good luck with the rest of your training towards London on April 16th.

So as already mentioned the ladies running with Windle Valley at the moment are "on a roll", there was almost a ladies team in the Fleet Half Marathon on March 19th, with good runs from Pam, Kerrie & Ginny in her first 1/2.

For all of us planning our running for the summer months here's a few ideas;

1. Flora Light Challenge, Hyde Park on 16th July
2. Race for Life Series, dates/venues yet to be confirmed but usually Stoke Park, Guildford in June.
3. Ladies 5K- British Airways Athletic Club on 23rd July.
4. Women's London 10K, Southwark on 3rd Sept.

Closer to home there's some good races during the summer at Yateley, Spelthorne, Datchet and the Forest Five at the Look out, so if you fancy trying one of these lets give it a go!! entry forms will be available from Mike Blake or myself.

Amidst all of this activity commiseration's to Kim Hance who has spent a very frustrating few weeks unable to run following an operation on her foot in January, we wish you well and hope that you'll soon be back for the start of summer training.

Wokingham Half Marathon

Seems to be attracting a very high calibre of athlete now and was won by Mark Flint. Is this because it is one of the few distance races at this time of year? The race is well organised, however what clearly lets it down is the start. Too many competitors try to squeeze onto a narrow road, and then there is a somewhat ridiculous circuit of about one mile along equally narrow roads. A few time boards of estimated finishing times may help. Once you get out onto the main roads there is plenty of room to run and overtake etc. I looked at the map and there is a point at about the six mile mark where the race could do an extra mile loop thus omitting the initial circuit. Could this be the answer?

89	Dave West	1:21:42
258	Wendy Davies	1:29:33
299	Mike Blake	1:30:52
353	Barry Andrews	1:33:02
381	Colin Woods	1:33:55
392	Richard Sherlock	1:34:15
426	Chris Lovell	1:35:14
586	Alan Street	1:40:32
923	Kerrie Woods	1:50:10
926	Jo Smith	1:50:14
927	Julie Smith	1:50:15
995	Dave Pearce	1:51:54
1008	Phil Morley	1:52:16
1038	Chris Peppiatt	1:53:20
1080	Pam Berriman	1:54:42

1999/2000 Committee

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JUNIOR MEMBER PROFILE No. 1

Name:

Hallam Ross Webb

Date of Birth:

10th February 2000

Birthplace:

Frimley Park Hospital

Occupation:

Eating, sleeping, crying and filling my nappies!

When will you start running? As soon as my lazy parents get the baby-jogger out and take me!

Favourite pre-event food.... Milk



*Rhiannon Maire Vickery
 Born 12th February 2000
 to Siobhan & Jonathan*

Congratulations also to Tina Bonny who gave birth to Samantha (8lbs 6oz) on 19th April 2000.

10k HANDICAPS 2000

	Jan.	Feb.	March
Men			
Barry Andrews	0:42:22		
Mike Blake	0:42:08		00.41.44
Paul Conlan	0:47:00		
Mark Coxhead	0:40:48		
Peter Friar	0:46:33	0:47:46	
Steve Gynn	0:46:41	0:46:18	00.44.19
Chris Lovell	0:43:45	0:43:09	00.42.46
Michael MacClancy	0:46:49	0:46:11	00.44.19
Jim Miller	1:00:23	1:00:52	00.59.18
Phil Morley			00.50.55
Dave Nichols	0:45:44	0:43:33	
Graham Palser	0:46:41		00.43.14
Dave Pearce	0:48:49	0:48:45	00.48.33
Kevin Pedley	0:43:35	0:44:29	
Dave Ricards			00.51.34
Tom Rowley			00.58.48
Bob Tyler	0:51:50		00.50.22
Jon Vickery	0:45:57		
Carl Webb	0:49:47		
Ladies			
Pam Berriman	0:54:14		00.51.46
Ginny Brooker	0:54:14		00.53.46
Karen Dann			00.53.17
Wendy Davies	0:43:38		
Mary MacClancy	0:51:27	0:50:14	00.50.31
Chris Peppiatt	0:50:27		
Jenny Peppiatt	0:47:10		
Janice Tweed			00.53.04



TOUGH TEN 2000 – left to right
Ginny Brooker, Pam Berriman, Wendy Davies, Phil Morley,
Mary MacClancy, Mike Blake, Mike MacClancy & Dave Pearce



PRESENTATION EVENING 2000
Jon Vickery presents a prize to Dave Ricards

ROLAND'S TROPHY 1999

Name	Best	Month	No.	Final Time	Final %age	Time to WIN
1 Andrews Barry	0:40:48	5	3	36-56	73.04	
2 Forbes Alan	0:47:10	10	3	37-20	72.26	0:46:39
3 Sheridan Tony	0:41:26	1	2	37-30	71.93	0:40:47
4 Peppiatt Chris	0:47:43	3	3	41-57	71.31	0:46:34
5 Bell Roy	0:44:35	7	3	39-23	68.48	0:41:47
6 Sherlock Richard	0:41:31	1	3	39-37	68.10	0:38:42
7 Taylor Peter	0:45:02	2	3	39-47	67.80	0:41:47
8 Pedley Kevin	0:43:41	7	2	40-46	66.16	0:39:33
9 Gurd Richard	0:40:53	3	2	40-53	65.98	0:36:55
10 Tiner Peter	0:44:15	7	2	40-59	65.81	0:39:52
11 Hanman Keith	0:52:02	8	2	41-11	65.50	0:46:39
12 Conlan Paul	0:43:02	1	2	41-21	65.22	0:38:25
13 Berriman Pam	0:51:05	5	3	46-33	64.27	0:44:56
14 Henderson Les	0:47:05	11	3	42-17	63.79	0:41:07
15 Vickery Jonathan	0:42:40	5	3	42-40	63.22	0:36:55
16 Gynn Steve	0:45:40	5	3	43-15	62.36	0:38:59
17 Woods Kerrie	0:48:17	10	3	48-17	61.96	0:40:57
18 Friar Peter	0:46:05	1	3	43-58	61.35	0:38:42
19 Pearce Dave	0:49:27	1	3	44-03	61.24	0:41:27
20 MacClancy Michael	0:45:05	11	3	44-34	60.53	0:37:21
21 Webb Carl	0:44:34	6	3	44-34	60.52	0:36:55
22 Beckh Tim	0:44:38	8	2	44-38	60.43	0:40:57
23 MacClancy Mary	0:49:58	11	3	49-58	59.87	0:36:55
24 Tyler Bob	0:48:08	2	3	46-35	57.90	0:38:09
25 Woods Colin	0:48:16	10	2	46-43	57.74	0:38:09
26 Ricards Dave	0:50:02	5	3	49-27	54.54	0:37:21
27 Brooker Ginny	0:57:19	8	2	55-23	54.02	0:42:23

MEN'S CHAMPIONSHIP 1999

Place	Name	Time 1	Time 2	Time 3	Time 4	Time 5	Total
1	Dave West	0:37:34	1:02:39	1:21:22			3:01:35
2	Mike Blake	0:37:00	1:02:12	1:23:31			3:02:43
3	Rob Batchelor	0:36:12	1:02:11	1:26:30			3:04:53
4	Barry Andrews	0:39:15	1:06:45	1:28:04			3:14:04
5	Colin Woods	0:41:46	1:08:04	1:30:56			3:20:46
6	Richard Sherlock	0:41:31	1:08:31	1:32:26			3:22:28
7	Jonathan Vickery	0:42:40	1:11:43	1:30:53			3:25:16
8	Carl Webb	0:44:34	1:12:51	1:45:17			3:42:42
9	Roy Bell	0:45:45	0:45:36	0:44:52	0:45:02	0:44:35	3:45:50
10	Peter Tiner	0:44:15	1:14:19	1:47:29			3:46:03
11	Peter Taylor	0:45:09	0:45:02	0:46:18	0:46:04	0:45:10	3:47:43
12	Peter Friar	0:45:28	0:45:50	0:46:05	0:46:37	0:46:44	3:50:44
13	Michael MacClancy	0:48:53	0:48:58	0:47:45	0:45:17	0:45:05	3:55:58
14	Les Henderson	0:49:18	0:48:01	0:48:35	0:47:53	0:47:05	4:00:52
15	Bob Tyler	0:48:08	1:21:56	1:51:18			4:01:22
16	Chalkie White	0:51:15	1:24:04	1:50:01			4:05:20
17	Roger Woolfe	0:50:38	0:48:53	0:49:54	0:48:51	0:47:10	4:05:26
18	Dave Ricards	0:50:02	0:50:47	0:49:15	0:50:13	0:48:22	4:08:39
19	Dave Pearce	0:49:27	0:53:41	0:52:55	0:49:45	0:50:03	4:15:51

LADIES CHAMPIONSHIP 1999

Place	Name	Time 1	Time 2	Time 3	Total
1	Wendy Davies	0:41:32	0:41:08	0:41:17	2:03:57
2	Amanda Haigh	0:41:36	0:41:06	0:42:07	2:04:49
3	Tina Bonny	0:47:20	0:46:30	0:46:55	2:20:45
4	Kerrie Woods	0:46:34	0:47:27	0:47:36	2:21:37
5	Chris Peppiatt	0:48:28	0:47:50	0:47:43	2:24:01
6	Mary MacClancy	0:51:54	0:49:58	0:51:52	2:33:44
7	Pam Berriman	0:51:10	0:51:33	0:51:05	2:33:48

Windle Valley Runners

2000 Event Diary

April 00						
M	T	W	T	F	S	S
					1	2
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May 00						
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June 00						
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July 00						
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August 00						
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September 00						
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24	25	26	27	28	29	30

April

- 6** 19:00 Summer Training starts at Windlesham Field
- 11** 19:00 Summer Training starts at Lightwater Country Park
- 21** **13:00 Maidenhead Easter 10**
- 27** 19:00 THURSDAY RUN
The Look-Out
- 30** **10:00 WVR 10k HANDICAP**
14:00 Barry Jones 10k - SCAA League 2

May

- 1** 12:00 Shinfield 10k
- 2** 19:00 Chobham Common starts
- 7** 10:00 Bracknell Half Marathon
- 11** 19:30 Morden Park 5k
- 13** The Green Belt Relay

- 14** 10:30 Sutton 10k - SCAA League 3
- 21** 10:30 Richmond Half Marathon - SCAA Champs
11:00 Hook 10
- 25** 19:00 THURSDAY RUN
Blacknest Gate
- 28** 10:00 WENDY'S 3 DAY EVENT - 10k Road Time Trial
10:00 WVR 10k HANDICAP

- 29** 9:30 WENDY'S 3 DAY EVENT - 1 Mile Track Race
- 30** 19:30 WENDY'S 3 DAY EVENT - 2.8 Miles Hill Run
- 31** 19:30 Finch Coasters Woodland 5 - Race 1

June

- 4** **10:45 Dorking 10 - SCAA Champs/League 4**
- 6** 19:00 Lightwater Country Park starts
- 7** **19:30 Yateley 10k - GP Series 1**
- 11** 11:00 Wargrave 10k
- 12** Marathon Windows Tour of Epsom (12th to 16th)
- 24** **10:00 Datchet Dash 10k**
- 25** 10:00 Dysart Dash 10k - SCAA Champs/League 5
10:00 WVR 10k HANDICAP
- 28** 19:30 Finch Coasters Woodland 5 - Race 2

WVR Championship Events in BOLD type.

June

- 29** 19:00 THURSDAY RUN
Sandhurst

July

- 4** 19:00 Chobham Common starts
- 5** **19:30 Yateley 10k - GP Series 2**
- 16** **10:30 Elmbridge 10k - SCAA League 6**
11:00 Flora Light Challenge for Women - 3 miles
- 26** 19:30 Finch Coasters Woodland 5 - Race 3
- 27** 19:00 THURSDAY RUN
The Look-Out
- 28** 19:30 Stragglers 7k - Bushy Park, Teddington
- 30** **10:00 WVR 10k HANDICAP**
British Memorial 10k

August

- 1** 19:00 Lightwater Country Park starts
- 2** **19:30 Yateley 10k - GP Series 3**
- 13** 10:00 26.2 10k - Ewell
10:00 SCAA 5k Road Champs - SCAA League 7 (Wimbledon)
- 27** **10:00 WVR 10k HANDICAP**
- 31** 19:00 THURSDAY RUN
Blacknest Gate

September

- 3** 9:30 Women's London Run 10k - Southwark Park
- 5** 19:00 Chobham Common starts
- 9** 12:00 SCAA Road Relay Champs - SCAA League 8
- 14** 20:00 ANNUAL GENERAL MEETING
- 19** 19:00 WINTER TRAINING COMMENCES
- 24** **10:00 WVR 10k HANDICAP**
11:00 Cabbage Patch 10
- 30** 12:30 SEAA VET MEN'S ROAD RELAY CHAMPS
14:30 SEAA MEN'S ROAD RELAY CHAMPS

October

- 1** **13:00 Windsor Half Marathon**
- 22** 10:00 Surrey Classic 10k - Epsom
- 29** **10:00 Great Sam Run - Bracknell**
10:00 WVR 10k HANDICAP

October 00

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December 00

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January 01

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February 01

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March 01

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