

Windle Valley News



Issued Quarterly to all Members of Windle Valley Runners

Editorial

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SPECIAL POINTS OF INTEREST:

- Don't forget our **10th Anniversary Sports Day** Monday 30th August 1999
Bring your family! Picnic afterwards!
- **AGM** – Field of Remembrance Thursday 16th September at 8.00pm
- **London Marathon 1999** Many thanks to all the WVR spectators
- **London Marathon 2000** Entry forms now available
- **Relay Marathon** Thanks to all members/friends who marshalled
- **The Racquet Shop – Godalming** 20% Club discount available
Contact Suzanne – 01483 424080
- Thanks for returning your questionnaires. The results have been helpful

1999 Championships

For me the new club championship format has been excellent. With less events more inter-club competition is possible and the collation of results (thanks partly to the internet) and monitoring of members' progress has been easy.

However the disappointing turnout at our selected events has proved that we may have chosen far too many events! As you may recall the vast majority of you agreed to change the format last year, but with any decision there will always be a minority of unhappy people! So, should you have any constructive comments which you think would benefit the members please address these in writing to me before 18th August 1999. I will then ensure that they are fully discussed at our last committee meeting prior to the AGM.

We have now reached a critical point in this year's championship with few events left. At present 14 members have qualified with several of you just needing to compete in one more race to qualify.

Equality for Ladies?

Wendy has contacted all lady members to see if they would prefer the same championship format as the men next year. Some members may remember that for the second & third years of the WVR championships we operated such a system, but with a total of three entrants in those two years it simply didn't work! At that time few WVR ladies ran half marathons or 5 x 10km. We then altered the ladies format to just 3 x 10km. This greatly increased competition, reaching a peak of seven runners in one year. Of course if we had a lot more lady members a change would be successful, but do the majority of ladies still concentrate on the 10k distance and avoid 10 miles and half marathons? I know ladies can run 5 x 10km but by running an extra 1.7 miles would they be placed in the top three? I'm not a woman so I can't com-

ment! But I must say that personally (as a man) I would prefer to run the present ladies format (3 x 10k), but I know that the majority of the men like it the way it is! So why should I try to change it? I'm just part of the committee who should make decisions to benefit the majority. If you're like me perhaps you should put yourself forward for the committee in September as I know that there will be places up for grabs!

WVR Championship Update 4th August 1999

Men		Total
1	Mike Blake	3.02.43
2	Colin Woods	3.20.46
3	Richard Sherlock	3.22.28
4	Roy Bell	3.45.50
5	Peter Taylor	3.50.41
6	Peter Friar	3.54.18
7	Chalkie White	4.05.20
8	Bob Tyler	4.05.30
9	Dave Ricards	4.18.37
Ladies		
1	Tina Bonny	2.20.45
2	Kerrie Woods	2.21.58
3	Chris Peppiatt	2.24.01
4	Mary McClancy	2.35.50
5	Pam Berriman	2.37.41

10th ANNIVERSARY SPORTS DAY Monday 30th August at 2.30pm

An afternoon of fun events for all the family. Bring your friends & a picnic.



Linda Foker, Carl Webb, Jennie Webb & Phil Morley (from left) after completing the 1999 London Marathon

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Windle Valley Three Day Event

May 30th, May 31st & June 1st 1999



“Mike Blake cruises past huffing and puffing like a steam train”

As your usual ‘journalists’ were not inclined to partake of “Wendy’s Three Day Event” this year it is left up to yours truly to make his first attempt at journalism.

So Sunday, forecast says hot and humid and we are all shivering at the start. An atypical summer’s day you might say.

Any way yours truly goes off in the position that Wendy deems is correct for my time, but before the mile marker I am overtaken and have lost sight of both the starters in front of me. A quick consultation of the watch allays the fears of a bad run, right on schedule.

A steady stream passes moi by until up the hill past the cricket ground Mike Blake cruises past huffing and puffing like a steam train as usual.

At the finish line the last man is a few seconds behind me and I arrive just in time to hear the tail end of the scuttlebutt. Mike has set a new course record and is after Dave West’s record.

Monday we all arrive at Woking track and half heartedly warm up waiting for Wendy to cycle over, good job I passed her and Barry on the way (No don’t be silly. In my car of course).

Anyway when she does get there, there is some fun and games. Who’s got the key to the track?

So we all have another warm up until Sterling Moss comes screaming into the car park on two wheels. No sorry it is the keys arriving.

On the warm up I discover that Chris Peppiatt is just six seconds behind me, so I just know that first we have the quicker runners heat as our birthday girl has to shoot up north for another race. And I thought I was mad to race four days on the trot.

Of course Mike duly beats the club record and stays on track for the record, burning off our Hart friends on the third lap. But a very impressive 6:02 by our birthday girl.

Tuesday, again I come in near last to find is going to sit just be that rumour has it that Mike has again broken the course record and gone off for an 18 mile warm down. Sorry Mike! My partner tells me that he cleared Beechers Brook in his delight at achieving what had obviously been a goal that he had truly psyched himself up for.

All back to Wendy’s for a much needed drink and the presentation. Mike the Winner of the mens, beating our two Hart friends into second and third, and congratulations to our birthday girl for winning the ladies.

And everybody agreed that despite the case of the missing key it was again an well organised and very enjoyable event, as per usual.

Maybe next year we won’t have Yateley the next day. Huh Wendy?

Bob Tyler

Bob Tyler at Tower Bridge during London 1999



OTHER RACES

BRAMLEY 20 28/2/99			
77	Dave West	2.13.31	
111	Mike Blake	2.19.26	
219	Wendy Davies	2.31.07	
250	Amanda Haigh	2.34.11	
264	Jon Vickery	2.35.52	
561	Ellen Maxwell	3.25.22	
563	Bob Tyler	3.25.39	
608 Finishers			
DRAYCOTE 5 28/3/99			
149	Dieter Sullivan	45.34	
RUGBY 6 19/5/99			
297	Dieter Sullivan	56.18	
WALTON PARK FIVE			
288	Dieter Sullivan	43.12	PB

Position	Runner	10k	Mile	Hill	Total
1	Mike Blake	37.00	5.16	17.05	0.59.21
2	Mike Hogan (Hart)	37.39	5.25	17.18	1.00:22
3	Derek Graves (Hart)	38.36	5.46	18.17	1:02:39
4	Mark Coxhead (CLC)	40.05	5.52	18.20	1:04:17
5	Dave Nichols (Wok)	42.49	6.03	19.27	1:08:19
6	Fiona Bishop (Wok)	43.11	6.02	19.34	1.08.47
7	Steve Gynn	45.40	6.16	20.31	1.12.30
8	Don Moore (Wok)	45.54	6.20	20.53	1.13.07
9	Sue Davies (Wok)	1.13.47	46.45	6.09	20.53
10	Michael McClancy	47.45	6.39	21.20	1.15.44
11	Les Henderson	48.01	6.37	21.39	1.16.17
12	Bob Tyler	49.58	6.56	22.30	1.19.24
13	Chris Peppiatt	50.03	6.58	22.33	1.19.34
14	Mary McClancy	51.52	7.15	23.42	1.22.49

Thank you BOB

Our thanks to Bob for diverting his talents from running to report writing. Some very interesting contributions. Well done.

Windle Valley Ramble

Your roving reporter reports from deepest Surrey

"we were bathed in brilliant sunshine and treated to some beautiful views of the Surrey countryside"

PLEASE SIR! CAN I HAVE SOME MORE? It may well be a hackneyed Dickensian saying, but it was the heartfelt attitude of the intrepid hikers on Bob's inaugural trek into darkest Surrey.

This really was something to try again as it was made most pleasant by the happy inclusion of a few non-running partners. Notably Les Henderson's, Chris Peppiatt's and Bob Tyler's.

Well ten of us stood in the overcast car park at Newlands corner wondering if the weatherman's forecast of 10% chance of showers meant that they were guaranteed. But Bob assured us that he was on first name terms with the powers that be and the sun would be out by the time we got to St Marthers Church.

We waited until 09:52 just to make sure Mike Blake did not pull his usual trick of turning up five minutes late. Then off we set Les steaming off ahead and Bob at the back trying to drag the party down to a more sedate pace.

After about an hour walking we came out of a copse to a field and the worried questions started to circulate.

"Ere Les are you sure we should have turned right back at the gunpowder factory? We seem to be in Africa." "Don't panic it's only a field full of Llamas."

As for Bob's ornithological skills. "What's that bird Bob? "Dunno I haven't got my glasses." Anyway we got to the Seahorse in Shalford at around 12:30 and had a two hour lunch. All members of the party will recommend this establishment as the food and service was particularly excellent.

As we left the pub the sun started to break through, and sure enough by the time we get to the church we were bathed in brilliant sunshine and treated to some beautiful views of the Surrey countryside.

We have a half-hour break to soak up some rays, architecture or history. Whatever takes your fancy. Several members having their own different guide books and some swapping of historical facts is quite common. Then half-hour back to car and reluctantly home.

Bob Tyler

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/>



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.

Summer Training – venues to be used until 16/9/99

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)

Your "Windle Valley News" was very kindly photocopied by
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"You don't want your house sale to be a long running saga"

PARIS MARATHON – 4th APRIL 1999

Having returned from Paris yesterday I thought a few words on paper for other club members who just may be interested in running outside of GB may be of use.

Rule number one I suppose could be having a fellow club member/running partner who speaks reasonably fluent French, unless she has run a Marathon or has been drinking.

The Windle Valley group, consisting of Mike, Wendy, Amanda and Barry left Heathrow at 8.15am on Saturday 3rd April. A pleasant and very empty flight touched down at 10.15 French time, we transferred by Air France bus to almost the door of the hotel which turned out to be very adjacent to both the Arc de Triomphe and the Marathon start and finish. Having checked into the hotel and sorted out rooms etc. we headed out onto the metro/underground to the marathon registration which was to the south of Paris at one of the exhibition centres. That went fairly painlessly although the weather, which was rainy, was doing it's best to spoil our day. We decided to return to the hotel and try and rest but at least one member of the party was beginning to get rather restless and eventually we decided to take a stroll and get some food.

Race morning weather was overcast but not wet or cold so we all hoped it would last for the race. As a party of French marathon runners were staying at the hotel breakfast was served from 6.00 am which seemed very sensible and we all managed to get something to eat and then start preparing for the big day. Only being 5 minutes walk from the start was a surprise and pleasure, we left the hotel at 8.00 am for a 9.00 am start, you can not do that at many other races. The starting line-up procedure was a bit vague, although Wendy had secured a preferential place and so got to the front and crossed the line in 8 seconds, for Mike, Amanda and myself it was a bit of a rugby scrum as no finish time boards were displayed and there were even non-runners (supporters!) mixed in with the runners. Mike crossed the start line in about 2.30 minutes and for Amanda and myself it was 4.19, I felt rather annoyed but at least knew then that the organisers were going to issue line to line times. The race pace got better as the distance increased as can be seen can get a guided tour of the city on route,

from both the split times and split positions. We all agreed afterwards that we had run much better in the second half of the race, which does not always happen in a marathon.

A very good course with good support and if you run with a knowledgeable person you although I did spot the Eiffel Tower first! The water stops and they were stops, came every 5k and with distance markers in k as well 42.2 went surprisingly quickly! Well for a marathon anyway. Through the finish it was nice to be supplied with lots of fruit and water and then be greeted by Wendy and Mike who had already finished.

Back to the hotel in about 5 minutes and hot baths and a little rest all by 3.00 pm. During the afternoon we all ventured out for a walk trying to get the recovery programme under way, I noticed other runners still wandering around near the Arc de Triumph with their space blankets wrapped around their shoulders, probably just soaking up the atmosphere before returning home. We decided that a trip on the metro to a different location for a celebration meal was in order and enjoyed a pleasant and reasonably cheap meal with wine supplied by Mike, followed by another stroll around and then returning to the hotel for a relatively early night.

A later, more leisurely breakfast on the Monday morning, following by some packing and we were ready for the steps up the Arc de Triumph and a good view of the city, numerous pictures and then by metro to the Sacre Coeur, for yet more steps and another good view, this trip was beginning to feel like a holiday!

Back towards the hotel for some lunch and to collect our bags and return to the airport, the flight back was full, but flying time is only 45 minutes and then it was a quick phone call for a taxi and back home. Plus points were the course, nearness of the hotel, food at the finish, support on the course and just doing a different international marathon. Minus points were the start and water stations, but only being able to make comparisons with London, where the organisation is excellent may be unfair. Paris had 21,000 registered but I am not sure how many started or finished.

Barry

PARIS MARATHON 1999

Our results were as follows:

Position	Member	Time	Run Time
2145th	Mike Blake	3.13.22	3.10.36
2318th	Wendy Davies	3.14.57	3.14.49
5050th	Amanda Haigh	3.32.45	3.28.28
5051st	Barry Andrews	3.32.45	3.28.27

LONDON MARATHON 1999

14 WVR finishers

Position	Member	Time
710th	Mike Peace	2.51.42
2657th	Mark Coxhead	3.14.32
6308th	Colin Woods	3.39.44
8236th	Jonathan Vickery	3.50.04
1121st	Linda Foker	4.02.01
11067th	Philip Morley	4.03.48
1862nd	Jennie Webb	4.22.32
14541st	Carl Webb	4.22.32
15511th	Richard Sherlock	4.27.44
15761st	Chalkie White	4.29.04
16673rd	Alan Street	4.34.32
3077th	Ellen Maxwell	4.48.26
23029th	Bob Tyler	5.38.05
23792nd	Dieter Sullivan	6.00.25

BRICKMAKER'S ARMS RELAY MARATHON
Saturday 17th July 1999

HALF MARATHONS

FLEET		21/3/99	
142	Dave West	1.23.37	
264	Rob Batchelor	1.28.25	
333	Jon Vickery	1.30.53	
341	Colin Woods	1.31.18	
408	Richard Sherlock	1.33.17	
916	Kerrie Woods	1.45.17	
1071	Jennie Webb	1.48.58	
1072	Carl Webb	1.48.59	
1353	Ellen Maxwell	1.57.43	
	Men - 34/94		
	Ladies - 16/25		
BRACKNELL		25/4/99	
29	Mike Blake	1.25.59	
53	Wendy Davies	1.31.33	
189	Peter Taylor	1.45.30	
212	Alan Street	1.47.21	
	457 Finishers		
READING		1999	
307	Mark Coxhead	1.28.14	SC
481	Colin Woods	1.32.08	
1423	Michael Hopkins	1.45.16	
1955	Kerrie Woods	1.50.51	
2370	Alan Street	1.55.38	
CAMBERLEY		28/3/99	
166	Colin Woods	1.33.59	
167	Richard Sherlock	1.33.59	
588	Kerrie Woods	1.49.57	
750	John Hadfield	1.57.40	
	1077 Finishers		
HILLINGDON		21/3/99	
	Chalkie White	1.50.55	

Well will that be the last Brickmaker's Marathon Relay? The most positive answer either my mole or myself heard was from Bob Webb. "Surely in corporate politics, it would be in the interest of any neo-company taking over the B.O.C. building to ingratiate themselves with the local public by continuing to allow the use of the grounds." Thank you Bob, and we all hope you are 100% correct. This year saw the best weather for a Marathon Relay event that I have been involved in. Although for the early runners it was a tad too warm. Even pushing myself nine seconds outside a PB. Woody, thanks a bunch for not turning up, I might have made it on a cooler leg. But talking of early legs, Woking A.C. seemed to be intent on winning this year right from the hooter, storming into an early lead that just got bigger and bigger.

Our usual local clubs participating as usual, making a total field of twenty teams. This seems to be the figure we get every year. And what do you know, one did not finish as is also the norm. This year it was "Surrey Police B". Officially they were a man short, but so were Woking AC B, and they ran a certain Windle Valley second claim twice. Rub salt in the wound won't you lads! So a certain amount of credence is put to the rumour that they were so far behind that the last man did not want to get lonely. Could this be why when I was out doing my stint as a marshal at the exit of B.O.C. a police car

came in and almost took out several of the opposition? Oh and while I'm on the subject of this team. Dave Ricards, where do you get off running for Surrey fuzz? On a similar note congratulations to the Windle girls for getting a team together and despite a good first leg, were trailing in eighteenth place by the time the big guns of Wendy and Amanda came on in the final two legs. Watch that Amanda though, all afternoon she was saying. "I'm only making up the numbers, as I have been over training." Then she goes out and runs 16:39, I believe that Wendy was a similar time as well, but as I do not have the results to hand at the time of writing (Ed - 16:52).

Anyway despite their valiant efforts Windle Ladies still came in eighteenth. When asking what leg I was on etc. of Mike I wondered out loud as to why I had been promoted to the "A team", but was firmly put in my place when told that Mike had tried to get two even teams out for a change this year. The results show that he did a splendid job as the teams finished tenth and eleventh, with one running eleventh most of the way pulling up to tenth, and the other pulling up to eleventh for fifteenth most of the way.

In fact it was a similar story for most teams, setting up the stall in the early legs and then just running a procession.

Two major exceptions were the second place team who gradually moved up from fifth or sixth to get the runners up spot on the last leg. These being Ranelagh I believe, pushing the team that had spent most of the day in second, Finch Coasters, down to third. Then there is our old friend Andrew Eley with his first named club. You know British Airways, the team that always used to win it. Well they only came sixth this year. Finally, thanks to all those who took part, sorry if I could not remember your names, as again it was a very enjoyable day.

Bob Tyler

TEAM RESULTS

Place	Legs										Finish	TEAM NAME	Time
	1	2	3	4	5	6	7	8	9	10			
1st	31	31	31	31	31	31	31	31	31	31	31	Woking Hay Team	2:29:14
2nd	6	6	6	6	6	6	6	6	6	6	12	Ranelites	2:35:05
3rd	3	2	2	2	2	12	12	12	12	12	6	Finch Coasters "A"	2:35:25
4th	12	3	5	12	12	2	3	3	2	4	4	British Airways	2:39:36
5th	2	5	12	3	3	3	2	2	3	3	3	Bracknell Forest Runners	2:41:14
6th	5	12	3	8	8	4	4	4	4	4	13	Sandhurst Joggers	2:44:03
7th	4	18	8	4	4	8	8	13	13	8	8	Hart "B"	2:47:35
8th	13	8	15	13	13	13	13	8	8	2 *	2 *	Blackwater Valley Runners	2:48:57
9th	18	13	13	5	15	15	15	15	15	15	15	Surrey Police "A"	2:57:07
10th	8	4	4	15	5	18	18	18	18	18	18	Windle Valley "A Planet"	2:58:19
11th	20	15	18	18	18	5	11	17	17	17	17	Windle Valley "A Star"	3:07:10
12th	19	20	20	20	11	11	17	11	11	11	5	Farnham Tri-Club	3:11:55
13th	11	10	17	11	17	17	5	7	20	20	11	Ranelagh Babes	3:11:58
14th	10	9	11	17	20	7	7	20	7	7	7	Finch Coasters "B"	3:12:14
15th	14	17	7	7	7	20	9	5	5	5	9	Hart "C"	3:15:27
16th	9	11	9	9	9	9	20	9	9	9	19	Windle Valley Ladies	3:22:02
17th	15	14	10	19	19	14	14	14	14	14	14	Steve's Birds	3:24:41
18th	17	19	19	14	14	19	19	19	19	19	10	Hart Dawdlers	3:25:50
19th	7	7	16	16	10	10	10	10	10	10	20 *	Woking Beee Team	3:27:02
20th	16	16	14	10	16	16	16	16	16	16	16	Surrey Police "B"	DNF

*Includes 10 minute Time Penalty for using less than ten runners

MY FIRST, MY LAST!

The title of this piece refers to the 1999 Flora London Marathon. Carl and I were fortunate to both get a place, although we were given different starts. Having done all of our training together we were determined to run with each other, but realised that this may be a problem when on approaching Carl's starting pen I seemed to be the only female runner heading the same way. The officials at the starting pens were being very thorough about checking who should gain entry, which meant that they needed to be persuaded to let me in.

Having surmounted this obstacle Carl & I completed the marathon with an official time of 4.22.32, although our actual time was more like 4.13.32 because of the time it had taken us to cross the line. Carl had warned me that when we heard the start gun that nothing would happen. Even so I was still surprised that there was no movement at all for at least 3 minutes, followed by a shuffle, a walk and then a slow jog to the start line and beyond.

Initially, our pace was dictated by the volume of runners surrounding us, especially at the Cutty Sark when the course narrowed and we slowed to almost walking pace. It is hard to find a rhythm because you are continually dodging around walkers or runners who suddenly decide to start walking right in front of you.

The hardest part of the course was running around Docklands, because running on at 14 miles you see the sign on the opposite side of the road saying 21 miles!

However, passing 20 miles is a major boost, although I found the last two miles endless because my legs were hurting so much. Even so Carl and I managed to increase our speed as we ran down the finish straight and passed many people who no longer had the energy to run to the finish. The feeling on crossing the line was one of euphoria and relief and to this day I still find it amazing that I managed to run 26.2 miles.

Many thanks to the Windle Valley supporters and the Webb family who cheered us on, you really did make a difference by lifting our spirits so that we could continue to lift our feet off the ground. **Jennie Webb**

Thanks also to my husband Carl who ran with me all the way and gave me continuous encouragement, especially when I felt I couldn't run another step. I would certainly recommend training and running a marathon with a partner, but don't feel you need to marry them first!

Congratulations to our fellow Windle Valley runners who completed the marathon, especially Phil Morley who actually enjoyed the run, and showed us that less rather than more training is the correct approach to a marathon.

Finally, as I said at the start "my first, my last". The major downside of the London Marathon is that at times always being surrounded by a crowd of runners/spectators became quite oppressive. Therefore once is quite enough for me, although should a quieter marathon beckon you may eventually find me there. Next year definitely not!

MY SECOND, MY LAST!

Regardless of what Jennie says, she really helped me get round the Marathon course. Since being unlucky in the ballot, being injured and failing to finish a few years ago I have been avoiding the Marathon like the plague. In 1998 I was brave enough to apply for an entry again but injury forced me to carry it over yet again. I then considered not bothering in 1999 as I was getting fed up with becoming injured. But then a certain lady arrived on the scene and when Jennie got a place the idea of running the race with her really appealed to me.

We did most of our training runs together and several races. Jennie running her first 10 mile, half marathon and 20 mile races as preparation. I even got out-sprinted at the Fleet Half Marathon! Jennie had a knee injury for a while and I was ill for a week but when we both completed the Worthing 20 three weeks before London we both knew that we could do it. Incidentally we would both recommend Worthing as an excellent event to you all. As Jennie mentioned she was one of very few women at the Blue start wearing a Red number! An official grudgingly let her start with me providing she didn't go off too fast! The one good thing was that she didn't have to queue too long for the ladies! My thanks to Jennie for getting me round and all the supporters. **Carl Webb**

10k RACES

SPELTHORNE 13/6/99

8th	Mike Blake	37.22	
15	Mark Coxhead	39.29	SC
24	Colin Woods	41.52	
27	Dave Nichols	42.50	SC
31	Richard Sherlock	43.34	
56	Kerrie Woods	47.48	
	137 Finishers		

YATELEY 1 June

27	Rob Batchelor	36.27	
30	Allan Matthews	36.50	SC
41	Mike Blake	37.31	
66	Dave West	38.44	
121	Amanda Haigh	41.36	
124	Colin Woods	41.46	
131	Richard Sherlock	42.07	
199	Peter Friar	45.50	
220	Kerrie Woods	46.34	
236	John Hadfield	47.40	
258	Dave Ricards	49.15	
261	Bob Tvler	49.36	
320	Fred Green	54.51	
327	Alan Street	55.25	
	373 Finishers		

YATELEY 2 July

37	Rob Batchelor	36.12	
60	Dave West	38.13	
88	Barry Andrews	39.15	
129	Amanda Haigh	41.06	
148	Richard Sherlock	41.43	
149	Kevin Pedley	41.45	
155	Colin Woods	41.55	
163	Wendy Davies	42.17	
261	Peter Friar	46.46	
287	Kerrie Woods	47.36	
310	John Hadfield	48.46	
346	Dave Ricards	50.13	
348	Bob Tyler	50.25	
362	Bob Allan	51.13	
417	Alan Street	54.54	
436	Fred Green	57.08	

DATCHET 26/6/99

	Chalkie White	51.15	
	Fred Green	57.18	

ELMBRIDGE 18/7/99

	Colin Woods	42.54	
	Kerrie Woods	48.47	
	Fred Green	58.32	



Anything Else I Almost Forgot To Mention

Captain's Corner

NEW MEMBERS

Welcome to Tim Beckh & Liz Sparshott from Windlesham.

RACE HIGHLIGHTS

Wendy Davies

- 1st Lady Vet – Tough Ten
- 2nd Lady Vet – Bracknell Half
- 2nd Lady – IRT

Dave West

3 hours 4 minutes at Shakespeare Marathon on 25/4/99

Amanda Haigh

3rd Senior Lady – Tough Ten

Mike Blake

- 4th Vet – Spelthorne 10k
- 6th in category – Woking Ten

Barry Andrews

19th out of 183 at Theale Triathlon

WANTED

Subjects for a study that is trying to identify factors that put athletes "at risk" for developing eating disorders. Any interested female runner who has an eating disorder (anorexia/bulimia).

Please contact Sheelagh Rodgers

Work – 01709 824596

Home – 0113 284 2027

Email – Patra@cwcom.net

RUNNYMEDE RELAY – 5/6/99

We entered two teams who both did very well. Team One placed 8th in 2:45:32 and Team Two were 22nd in 3:15:57. There were 43 team entered and the winning team "Milocarín A" finished in 2:32:53. The odd numbered legs were 5.25 miles long the even ones being 2.75 miles. A very tough course but one to take part in next year.

Leg	Team One	Time	Team Two	Time
1	Dave West	36.08	Tim Beckh	40.48
2	Kevin Pedley	19.28	Tina Bonny	20.58
3	Barry An-	37.15	S. Gorham	39.06
4	Wendy Davies	20.34	Chris Peppiatt	23.18
5	Mike Blake	35.17	Norman Bass	48.32
6	Rob Batchelor	16.50	Bob Tyler	23.10

IRT (In Reverse Triathlon) - 25/10/98

The only "in reverse triathlon" held in the UK. Add to this the fact that for three of us this was a first ever triathlon (Woody, Barry & I) and only Wendy's second effort, so we all expected it to be quite a challenge!! Fortunately some fairly serious training preparation had been done, so not only were we able to enjoy the event, but actually finish it as well! Hopefully this will be one of several triathlons and duathlons we will be taking on again in 1999. For details contact either me, Amanda, Barry, Wendy or Andy and join in.

Pos	Member	10k Run	20k Bike	400m Swim	Total
7th	Andy Palmer	38.44	40.14	8.13	1.27.11
30	Mike Blake	40.40	44.07	12.36	1.37.23
33	Barry Andrews	42.35	44.11	11.34	1.38.20
40	Wendy Davies	43.25	49.45	11.16	1.44.26
49	Amanda Haigh	48.32	50.01	9.14	1.47.47
59	S. Gorham	44.41	47.01	19.19	1.51.01

86 Finishers

Hart Sprint Triathlon – Monday 3rd May

Windle Valley Runners were again represented at this event, with six of us taking part. The event consisted of a 400m swim, 20k bike and 5k x country run and was, as seems usual for the "Tris" we've seen contested in good spirit. With this event you even got a FREE jacket potato at the end, unfortunately the filling was chargeable, but you can't have everything I suppose!

Pos	Member	Swim	Bike	Run
48	Andy Palmer	7.01	37.16	21.35
121	Mike Blake	9.40	41.09	20.40
139	Barry An-	8.46	40.37	23.18
146	Amanda Haigh	6.59	41.16	25.10
185	Wendy Davies	8.55	43.25	23.46
204	Peter Tiner	7.49	44.28	25.42

GUILDFORD RACE FOR LIFE 5k

All the girls did us proud (& themselves) for such a great cause. Wendy (3rd overall), Amanda, Chris, Pam & daughter all running well & finishing strongly in this event that meant a lot to those taking part. There were several thousand entries, many just happy to complete the course.

10 MILE RACES

WOKING 7/3/99

71	Mike Blake	1.02.12	PB
108	Mark Coxhead	1.05.05	SC
136	Colin Woods	1.08.04	
146	Richard Sherlock	1.08.31	
148	Chris Lovell	1.08.37	SC
260	Kerrie Woods	1.18.40	
304	Chalkie White	1.24.04	

368 Finishers

BRAMLEY 28/2/99

33	Rob Batchelor	1.02.46	
94	Tony Sheridan	1.11.19	

414 Finishers

TOUGH TEN 7/3/99

43	Kevin Pedley	1.08.32	
53	Barry Andrews	1.09.23	
66	Jon Vickery	1.10.28	
68	Wendy Davies	1.10.36	
71	Amanda Haigh	1.10.54	
179	Phil Morley	1.22.26	
194	Jennie Webb	1.23.15	
195	Chris Peppiatt	1.23.33	
205	Alan Street	1.24.33	
251	Bob Tyler	1.30.38	

301 Finishers

MAIDEN-

260	Colin Woods	1.08.16	
303	Richard Sherlock	1.10.24	
514	Kerrie Woods	1.18.29	
584	Alan Forbes	1.20.56	
635	Mike Shell	1.22.38	
764	Norman Bass	1.28.00	

Team – 29th

ALTON 9/5/99

	Amanda Haigh	1.10.20	
	Barrv Andrews	1.10.20	

DORKING 6/6/99

	Richard Sherlock	1.13.57	
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Barnard Castle 30/5/99

	Amanda Haigh	1.08.56	
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Co mmi ttee

SECRETARY

Carl Webb 01276
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TREASURER

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CAPTAINS

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Wendy Davies 01276

VICE-CAPTAIN

Chris Peppiatt 01276
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GENERAL MEMBERS

Bob Allan 01344
Pam Berriman 01252
Amanda Haigh 01276
Peter Taylor 01483
Bob Webb 01276

Windle Valley Runners

1999 Event Diary

August 99						
M	T	W	T	F	S	S
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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					

September 99						
M	T	W	T	F	S	S
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October 99						
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4	5	6	7	8	9	10
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November 99						
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29	30					

December 99						
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January 00						
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24	25	26	27	28	29	30
31						

August

- 12** 19:00 THURSDAY RUN
Chobham Common
- 15** 10:30 Isle of Wight Half Marathon
11:00 Burnham Beeches Half Marathon
- 22** 11:00 Carlton London Run 5
11:00 Midhurst 10k
- 26** 19:00 THURSDAY RUN
The "Look Out"

- 29** 10:00 WVR 10k HANDICAP
10:30 SLH Coulsdon 10
- 30** 14:30 WVR 10th Anniversary Sports Day

September

- 4** 14:00 Overton Festival 5 - Hants
- 5** 9:00 DOWNS LINK RELAY -
Guildford to Steyning
9:30 Slough Marathon
9:30 Women's London Run 10k -
Southwark Park
10:30 Sam Seven (Leatherhead)
Surrey League 10
10:30 Slough Half Marathon
- 9** 19:00 THURSDAY RUN
Chobham Common
- 11** 12:00 SCAA Road Relay Champs
- Wimbledon Park
- 12** 11:00 New Forest Half Marathon
11:30 New Forest Marathon

- 16** 20:00 ANNUAL GENERAL MEETING
- 19** 10:00 Wimbledon Half Marathon
10:30 TURTTLE Challenge - XC 10 miles (Reading)
11:00 Frimley 10k
11:00 Great South Run (10 miles)
- 21** 19:00 WINTER TRAINING COMMENCES

- 25** 11:00 Isle of Wight Fell Running Series 1 - 3 miles
15:30 Isle of Wight Fell Running Series 2 - 7 miles

- 26** 10:00 Robin Hood Half/Marathon - Nottingham
10:00 WVR 10k HANDICAP
10:30 Isle of Wight Fell Running Series 3 - 13 miles
11:00 Cabbage Patch 10
Edinburgh Marathon

October

- 3** 13:00 Windsor Half Marathon
Comets RRC 10k
- 10** 8:30 Kingston Marathon
8:50 Kingston 16

October

- 10** 9:00 Kingston 8
9:15 Kingston Half Marathon
9:30 Manchester Marathon
11:00 Solent Half Marathon
12:35 Great North Run
- 24** 7:45 Chicago Marathon
10:00 Abingdon Marathon
10:00 Surrey Classic 10k - Epsom
11:00 Barns Green Half Marathon - nr. Horsham

- 25** Dublin Marathon
- 31** 10:00 Great Sam Run - Bracknell
10:00 WVR 10k HANDICAP

November

- 7** New York City Marathon
- 14** 10:00 Surrey Classic 10k - Oxshott
- 21** 11:00 Brighton 10k
11:00 Gosport Half Marathon

- 28** 10:00 WVR 10k HANDICAP
CLUB CHAMPIONSHIPS END

December

- 5** 10:00 Luton Marathon
13:30 Victory 5 (Portsmouth)
- 19** 10:00 Surrey Classic 10k - Horton
- 26** 11:00 WINDLESHAM PRAM RACE

January

- 2** British Millennium Marathon - Leyland
- 9** 10:00 Stubbington Green 10k
- 30** 10:00 WVR 10k HANDICAP

February

- 27** 10:00 WVR 10k HANDICAP

March

- 12** 10:00 Reading Half Marathon

- 26** 10:00 WVR 10k HANDICAP

April

- 13** 19:00 THURSDAY RUN
Chobham Common

- 27** 19:00 THURSDAY RUN
The "Look Out"

- 30** 10:00 WVR 10k HANDICAP

May

- 28** 10:00 WVR 10k HANDICAP

February 00						
M	T	W	T	F	S	S
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March 00						
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26	27	28	29	30	31	

April 00						
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17	18	19	20	21	22	23
24	25	26	27	28	29	30

May 00						
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29	30	31				

June 00						
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19	20	21	22	23	24	25
26	27	28	29	30		

July 00						
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17	18	19	20	21	22	23
24	25	26	27	28	29	30
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