

Windle Valley News



Issued to all Members of Windle Valley Runners

Editorial

INSIDE THIS ISSUE:

- P. 1 Editorial
- P.2 Presentation evening speech (part 1)
- P.3 Ladies Captain
- P.4 Race Results
- P.5 Adidas Training camp (part 1)
- P.6 Adidas training camp (part 2)
- P.7 Men's Captain
- P.8 Championship results from 2001
- P.9 Presentation evening speech (part 2)
- P.10 Race Diary

General

I am writing this column the day after the Woking Ten/Ten which combined the normal ten mile race with a 10k using part of the ten mile course. The 10k runners started 10 minutes after the main race and I was eventually overtaken just before the 6 mile marker by the leader of the 10k race who had just a few hundred metres left to run. It was good to run a race where I knew so many of the marshals, the support and encouragement was most welcome, so thank you to Woking for putting on such a good event and the weather was just right for racing! Special well done to Tony who ran the ten mile course twice!!

Whilst I was cycling home after the race I passed Ed Condon out for a long training run and so stopped for a brief chat.

Elsewhere in the issue I have tried to list our club members who are running in the London Marathon, apologies if I have missed anybody out and perhaps you can let me know.

Training

The summer training programme is listed in this issue on page 5 and the committee have made some changes following consultation with club members. The main change is for the regular Tuesday evening location and keep checking the website or your Email for any further changes to Thursday evening end of the month runs.

I have copied into this issue the complete championship results for 2001 and our Club Captains speech made at the presentation evening.

Committee

A repeat order of club running vests has just been purchased available from Bob (men's) and Pam (ladies), Pam also has a replacement stock of reflective bibs to

purchase for those club members still running into the late evenings.

From our total paid up membership of 135 members 107 have access to Email which makes it much easier for Phil to contact you with news which cannot wait for the next edition of the newsletter. Make sure you tell Phil if you change your Email or postal address so we can update our mailing list.

We are currently rewriting the club rules and the committee have approved certain changes and additions to bring them inline with current club organisation, they will be circulated to all members eventually before we call a special general meeting to ratify them, we would like to accomplish this before the next AGM in September.

Once again we have entered the club in the Surrey County Athletic Association Summer Road League in both the Ladies and Men's competition. The races included in the League this season are Sutton 10k on 5th May, Dorking 10 mile on 2nd June, Ranelagh 10k on 30th June, Elmbridge 10k on 21st July, Wimbledon 5k on 11th August and Wimbledon Road Relays on 14th September. If you enter any of these events you will automatically score points for the club. In addition the events at Dorking, Ranelagh and Wimbledon are used as the Surrey Championships, the half marathon event was Camberley.

Barry Andrews (editor)

EDITOR Barry Andrews, * 12 Osborne Drive, Lightwater, Surrey GU18 5QU
' 01276 473757 : bandrews@aol.com

Dinner and Presentation Friday 11th January 7pm

This year's presentation evening took place at Chobham Golf Club on Friday 11th January.

Chris Lovell won Roland's Trophy, with **Jenny Peppiatt** being the first winner of the Peter Dimmock Cup.

Keith Hull won the Men's Championship, with **Wendy Davies** winning the Ladies Championship.

Our guests of honour were our President **Bob Webb**, and our Vice President **Jean Heywood**.

Tony Sheridan officiated as Master of Ceremonies

Dave Ricards made the evening a memorable one with his excellent Disco.

Full Championship results and Rolands Trophy Results appear elsewhere in this issue.

Presentation Speech—made by **Tony Sheridan** assisted by **Michael MacClancy**

First of all I would like to ask our President, Bob Webb, and Vice President, Jean Heywood, to join me here at the front and present the trophies. Whilst they are making their way forward I'll take the opportunity to say a few words about the Club's activities in 2001.

One of the main reasons people join running clubs is to enter races and competitions and Windle Valley Runners have been very active on that front in the past year. As far as we know club members represented us in more than 33 individual events last year, both in the UK and abroad. Apart from the usual local competitions our attractive green and black vests have been spotted in the Paris Marathon and in half marathons as far afield as Orlando in Florida and Sydney in Australia. In all we have had entries in thirteen 10k's, seven 10 miles, eleven half marathons and 2 marathons. In addition to these we have had team entries in several relay events and there are a few members who, not content with running, have also entered duathlons and triathlons. The most strongly supported event of the year was the Wokingham Half Marathon, in which we had 26 entries and it is also worth noting that we had 12 finishers in the London Marathon. I think that I should particularly mention the ambassadorial efforts of three of our members last year who between them had worn club colours in at least 44 events. These are Colin Woods with 16 and Kerrie Woods and Richard Sherlock, each with 14. Notable achievements have been Rob Batchelor's time of thirty-six minutes ten seconds in the Elmbridge 10k and one hour nineteen minutes and forty-six seconds in the Wokingham Half, club best times for these distances last year. The fastest 10 miles run by a Windle Valley Runner in 2001 was Nick Adams' one hour, four minutes and thirty-four seconds in the Cabbage Patch. The fastest club marathon that we know about was Wendy Davies' three hours, five minutes and fifty-two seconds in London. Of course, running isn't just about being the fastest. There are many members who, in the course of the year, have set their own personal best times or successfully fought back from injury or experienced the relief and elation of completing their first marathon. You know who you all are and you can now

bask in your own individual glory.

Men's Championship

These are made for the best time for either a 10k, 10 mile and half marathon or for five 10k's. The member placed third in the men's championship ran a Yateley 10k in forty-two minutes and thirty-nine seconds, the Cabbage Patch Ten in one hour and ten minutes exactly and the Gosport half marathon in one hour thirty-four minutes and twenty seconds, making a total time of three hours, twenty-six minutes and fifty-nine seconds. That person is **Colin Woods**. Colin. Second place in the men's championship goes to someone who ran forty-two minutes and thirty seconds in our March club 10k, one hour ten minutes and twelve seconds in the Cabbage Patch Ten and achieved an excellent one hour thirty one minutes and one second on the tough Camberley half marathon course. Second place goes to our club secretary, **Barry Andrews**. And now we come to the winner of this year's Men's Championship. Our Champion ran the Lara Surrey Classic in thirty-eight minutes and fifty-four seconds, the



Keith Hull.

Ladies Championship

Just like the men, the ladies have to run either a 10k, 10 mile and half marathon or else five 10k's. The member who placed third in the Ladies Championship had a total time of three hours fifty-four minutes and thirty-three seconds. Her best 10k was forty-six minutes and forty-nine minutes in the April club handicap and she followed this by running the Great South ten mile race in one hour, twenty-one minutes and fifty-seven seconds. Her best half marathon was in Gosport with a time of one hour forty-five minutes and forty seven seconds. She was also sixth fastest in Roland's Trophy, only about 90 seconds behind Chris Lovell. Third place in the Ladies Championship goes to **Chris Peppiatt**. Second place goes to someone who ran Yateley in a best time of forty-seven minutes and forty-four seconds and then ran the Garden City ten in one hour, eighteen minutes and seven seconds. Her best half marathon was also in Gosport, with a time of one hour, forty-one minutes and thirty-eight sec-

Hi Folks,

Well spring really has sprung if all the lovely daffodils and crocuses are anything to go by, they really do brighten up a morning run don't they? Soon be into our summer training and moaning about the heat- we can but dream!

Since Christmas training for the London Marathon has taken over some of our lives, so forgive me if I go on a bit about it during the course of this report. Since my last report we have had a very successful disco and presentation evening in January, and judging by the very positive feedback that I received from everyone attended, everyone enjoyed it. So looks as though we need you again for next year Dave! Thanks to the committee and Dave for organising such a brilliant evening.

Congratulations go to Wendy, Kerry and Chris on their awards, and a special mention to Jenny on being the first to win the Peter Dimmock award – well done Jenny and ladies.

2002 kicked off with another well attended club 10k in January and again in February – we have so many runners these days we need at least 3 people to help with the times at the finish – so any offers of help would be gratefully received! Although training has been a bit fragmented the past few months due to marathoners putting in extra miles, we have still managed to see everyone at some point on a Tuesday and Thursday, and Blacknest gate continues to be the venue for our long runs on a Sunday. Training for the Marathon seems to be going well and the weather has also been kind with no real problems.

As far as I know Wendy, Ginnie and myself are the only ladies in the club doing the marathon and Barry, Dave P., Colin, Tony, Rob B. Dave W and Ed Condon are the men – Peter Friar has decided to pull out and do it next year – good luck Peter. Apologies to those I have missed out. Running has definitely taken over our lives at the moment, Ginnie Dave and myself are doing most of the training together especially the long runs, apologies to everyone our families especially, as we must be real running bores! Ginnie is running for Asthma Research, Dave for BLISS (prem babies) and myself for Diabetes. Anyway good luck to everyone on the 14th and thanks to family and friends for all your patience and support!

There have been quite a few runs since Xmas; The Chichester 10k was well attended by the ladies with Jenny, Kerry and Chris and with Colin and Richard for the men.

The main run for the marathoners was the Bramley 20/10 on the 24th February – but as far as I know only Barry and Wendy did it due to the amount of people following the Runners World schedule- it reached it's limit very quickly. As a result Dave, Ginnie Tony and myself were rejected and ended up doing our own thing.

The Tough Ten was on the same day as the Camberley Half, 3rd March so again WVR were split. Congratulations to Wendy who won 3^d lady at the Tough Ten, Dave P.,

and Kevin also did that one. The Camberley Half had a poor turn out – only about 200 people, but with a good turn out from WVR- Ginnie, Tony, Peter F., Barry, Keith, Alan, Kerry, Colin, Richard and myself all completed. Ginnie and I were especially chuffed to do 1hr 50 mins we used it as a training run and stuck to 8.5 min miles and felt good at the end too.

The Brighton Half saw Mary, Michael, Tony and Richard Gurd represent WVR – Congrats to Michael on his 1hr 37 mins? PB?

Chessington 10k- Mary and Michael, Kerry, Colin and Richard completed.

Eastleigh 10k— Mary and Michael completed this one 17th March, Mary in 48. 43secs and Michael 42.45 – Congrats to you both. Mary recommends this run as you get a free T- Shirt!

Also on this day saw a huge turn out for the 21st Fleet Half Marathon – The Pre –London Run. I think there must have been a couple of thousand people and loads of WVR! Ginnie, Chris P, Alan F, Kerry, Colin, Keith, Alan (New Member and 1st Half Marathon well done!) Dave P, Chris L. and myself completed this one and the rain stayed away! Ginnie and myself again were really chuffed with our times of 1hr 49 and 1hr 47 respectively. Well done to Kerry again on a great time of 1hr 47 . Many thanks to Woody for his much needed support on route and good luck in Manchester Woody! Please forgive me again if I have missed any more men out -- Perhaps Tony can fill in, Tony completed the Hastings Half that day too.

Just a reminder that the Surrey League Championships begin in the summer and I hope to have a ladies team this year, I will let you know when we get the entry forms.

I have purchased some more reflective running bibs we now have 14 and a few running vests for sale, please let me know if you wish to buy – the reflective vests are cheaper than the shops at £6- 30p each and the ladies vests are £11- 50 each.

I think I have gone on enough, once again good luck to everyone on the 14th and look forward to seeing you all at The Look Out and Windlesham for our summer training in April . There are of course lots of races to do too so come on all you ladies lets have a team !!

Cheers Pam B. Ladies Captain

Thursday 23rd May

Chris Lovell is having a 60th birthday run and drinks, buns and bananas afterwards. The 'chat' paced trot 5.5 miles along canal towpaths and the heath lanes from my house. 107 Batten Avenue, Woking. Start at or soon after 7pm. Room for 10-12 cars with out upsetting the locals. Call Chris 01483 475603 or I am at most training runs.

24th February 2002 Bramley 20

38	Rob Batchelor	2.08.31(sc)
106	Dave West	2.15.06(sc)
191	Mark Coxhead	2.23.45(sc)
217	Amanda Haigh	2.24.50
229	Susanna Harrison	2.25.09(sc)
268	Wendy Davies	2.29.16
361	Geoff Williams	2.35.16
429	Barry Andrews	2.41.25

Bramley 10

73	Richard Sherlock	1.13.40
155	Colin Woods	1.21.38
158	Kerrie Woods	1.21.42

I ran in the **Bramley 20** on 24th February.

It was pleasant to run in a race near home for a change - I have made a habit recently of running in races in East Anglia, which means an early start, and a long drive back afterwards.

My wife, Sue, came with me, both to support and to drive home if I didn't feel like it after running 20 miles! We arrived about 45 minutes before the start, and took shelter from the rain in the School that was the HQ for the race. I emerged reluctantly about 5 minutes before the start, and wriggled my way into the middle of the pack. The race started and we all set off. There were Runner's World pacers in the race, but I wanted to run my own pace, at least for the first few miles. I was aiming for 2 hours 35, so I wanted to average 7min 45sec miles. My habit is to start faster and then to slow down later - although the experts recommend reverse splits, I'm fairly happy with getting ahead of my schedule and then trying to hold onto it late on.

The steady drizzle became heavier as the race went on, so at least it wasn't too hot! Wendy motored up to me at about the 6 mile mark, stopped for a brief chat and then eased away from me. Because it was a two lap race, we had the depressing prospect after about one and a quarter hours, of returning to the start and starting all over again. Nevertheless, the second half of the race went relatively quickly. This was the furthest I had run, so I didn't know how I would feel towards the end. In fact, I felt really good, and even overtook some people in the last mile - not exactly a finishing burst, more of a trickle.

I finished 361st, in 2:35:16, and was absolutely delighted. Roll on the Flora London Marathon

By Geoff Williams

3rd March 2002 Camberley Half Marathon

27	Keith Hull	1.28.00 (Camberley)
45	Barry Andrews	1.32.12
50	Mark Coxhead	1.33.24 (sc)
87	Alastair Watts	1.38.31
91	Colin Woods	1.39.00
92	Richard Sherlock	1.39.03
120	Tony Sheridan	1.42.00
158	John Hadfield	1.47.14
166	Kerrie Woods	1.48.12
170	Alan Forbes	1.48.40
182	Pam Berriman	1.50.28
184	Ginni Brooker	1.50.39
196	Peter Friar	1.54.19

A very good turn out from the club as the Tough Ten was also running at the Lookout.

2001 Hogs Back results (missed the last edition)

Men		
73	David Williamson	52.54
180	Patrick Guinard	58.13 (sc)
203	Mark Coxhead	59.00 (sc)
310	Brain Coleman	62.45
372	Richard Sherlock	65.31
426	Colin Woods	67.04
518	Phil Morley	72.02
561	Ed Condon	77.18
593	Jim Miller	93.40

Ladies		
4	Susanna Harrison	52.57 (sc)
24	Jenny Peppiatt	60.51
56	Chris Peppiatt	65.31
70	Kerrie Woods	67.07
80	Pam Berriman	67.52
84	Mary MacClancy	68.19
92	Ginni Brooker	69.30

Ladies team 9th from 17

Men's Vet team 21st from 22

17th March- Fleet Half Marathon

Keith Hull	1.29.44
Chris Lovell	1.36.11
Colin Woods	1.37.03
Alan Forbes	1.50.19
Dave Pearce	1.55.23
Peter Beck	1.59.24

Kerrie Woods	1.47.13
Pam Berriman	1.47.57
Ginni Brooker	1.49.11
Chris Peppiatt	1.57.22
Amanda Yarnell	2.10.39

Thanks to all members who helped with this edition. Any contributions are gratefully received. However, please be aware that work may appear on the internet and the Editor reserves the right to alter it. Unless otherwise stated views are those of the editor. Please notify me of any mistakes or omissions. Thank you. .

2001/2002 Committee

SECRETARY

Barry Andrews 01276
bandrews@aol.com

TREASURER

Jon Vickery 01276
jnvickery@Tesco.net

MEMBERSHIP SECRETARY

Phil Morley 01276
philipmorley@compuserve.com

CAPTAINS

Tony Sheridan 01276
Sheridans@totalise.co.uk
Pam Berriman 01252
pam_berriman@hotmail.com

GENERAL MEMBERS

Bob Webb 01276
Ginni Brooker 01276
Kevin Pedley 01276
Kevin.Pedley@Tesco.net
Michael MacClancy 01344
windle@herzel.waitrose.com
Alastair Watts 01276
alastair.watts@waldontelecom.com
Tony Crilly 01276
tonycriilly@saladintechnical.co.uk
Dave Pearce 01276
windrush.44@btinternet.com

+SUNDAYS @ 9am

Blacknest Gate, Virginia Water

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

Summer Training 2002

Tuesdays — The Look Out at Bracknell — 7pm

Thursdays—Remembrance Field at Windsesham — 7pm

Except for the last Thursday of each month — 'Run of the Month' - 7pm
April 25th Blacknest Gate
May 30th Chobham Common
June 27th Lightwater Country Park
July 25th Bob's Run—Sandhurst
Aug 29th Chobham Common

ADIDAS MARATHON CAMP – 15TH TO 17TH FEBRUARY 2002

FRIDAY

Arrival optional evening jog 7.30pm
Group introduction / Outline objectives. 8 -9.30pm
Evening meal available.
Relaxation / open discussion / pub

SATURDAY

7.30am -Optional easy 5km trail jog 8 -8.30am -Buffet style breakfast

9am -Stretching, the correct and manageable way.

10am -Training for endurance, using Hills, tempo and trails; how to train specifically for a marathon

-Practical hill sessions, covering differing types of this 'bedrock' training regime.

12.30- Packed lunch

-adidas presentation:

-Racing -warm/cold.

-Training -warm/cold/wet

-Shoes -for training/racing/trail.

-London Marathon Souvenir Range Preview.

-Opportunity for Footscan testing.

Body conditioning and x training.

3-4.30pm -Fartlek principles and a practical forest session.

5.15-7.15pm -Massage and injury prevention. Nutrition and hydration, principles and best practice session.

8.00pm - Group dinner

-Social time/one-on-one consultations.

SUNDAY

8am

-Buffet style breakfast.

-Theory session in lodge: the long -Training run, with Eamonn Martin.

10am

-Guided group long runs in Forest.

12.30

-Packed lunch.

1pm

-Theory session: mind games, -How to cope, how to succeed.

Disband from lodge approx. 3pm.

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"

Adidas Marathon Camp 15th - 17th February 2002

Following the flyer Wendy sent out with the last newsletter before Xmas, we decided to follow her suggestion, paid our money and let her book us in on the above camp. February seemed a long way away back in December, but as always it soon came around and so Chris, Ginnie, Wendy and myself found ourselves travelling up the M4 to the Forest of Dean and the training camp. There was a mixture of girlish excitement as we went over all the sweets and chocolates we had packed for our midnight feasts, but also a little bit of apprehension too what had we let ourselves in for?

As you can see by the schedule it was to be a -fun? - packed weekend! We arrived at the Dean Centre after a good journey and were met by Nick Anderson, one of the leaders of the course (and former Hampshire cross-country champion). He was very friendly and showed us to our rooms. Chris, Ginnie and myself shared: Ginnie on bottom bunk, myself on top, Chris by the window! Wendy was next door sharing with a couple of Datchet Dashers mates. There were 44 people in total and we all got to know each other during our supper, which was a very substantial lasagne with loads of salad and bottles of beer – very nice! Then off to the pub to get to know everyone even more! The food over the weekend was amazing, and loads of it too - breakfasts were particularly good, also.

The optional run the next morning WAS a very easy trail jog, and so nice to run in the forest – only 2 people out of the whole group declined. After breakfast we had a very good session on how to stretch properly and of course the importance of stretching after and not before a run. We also had the opportunity of booking a session with a sports physiotherapist at a reduced rate.

The next practical session introduced us to Tempo running with a session in the forest again. We discussed the benefits of fast running as part of marathon training, then did 3 times around as fast as we could, (85%) now I know what that means -a hard session! but we had lots of positive encouragement from Nick and Keith to help us round. After a huge lunch (not the packed lunch as stated on the schedule) the Adidas rep did his bit and many of us bought lots of Adidas gear surprise, surprise! My new shoes and tights are very flash!

Our last practical session of the day was a fartlek session we observed how the pros did it then did it ourselves, unfortunately my hip didn't like it so I watched! So 3 sessions in one day - a record for most of us- and after a few beers at the pub before and after supper we collapsed into bed knackered.

The Sunday began with a talk by Eamonn Martin and a cheer as we watched the video of him winning the 1991 (I think) London Marathon. It was quite informative, but all we really wanted to do was get out and complete our long

run of over 2hrs .It was a beautiful morning when we finally got going and great to be running in such a lovely place, after setting off together we all found someone to run with. We were also very grateful to one of the leaders who went ahead on his bike ensuring we took the correct route, and also with a load of drink bottles in a rucksack on his back ensuring we were all drinking too, very much appreciated!

With the weekend almost over we all got together to talk about how the weekend had gone and how we were all going to eat more sensibly, stretch more and rest more too. The weekend had been a great success we had met lots of very friendly people, had a good laugh and learnt a lot of valuable tips on training in general – not just for the marathon. It was good to be in the company of like-minded people all mad about running and all of different abilities. I did fear that most of the people would be superfit and superfast that was not the case, we were all a very mixed bunch.

I know I speak for the others when I say a big 'THANKYOU' to Wendy for organising the weekend, we would never have got around to it Wendy – cheers! We would recommend the weekend to anyone wanting to improve their running or training for a marathon or simply to get away from the fumes and noise , and be 'at one with nature'!

It was worth it just experiencing sleeping in a top bunk and eating all those chocolate goodies before we went to sleep – like being a kid again ! If anyone is interested the Telephone Number is 01756 753803 or visit www.trailplus.com. Pam B .

Flora London Marathon 2002

Good wishes go to all club members running this year.

Geoff Williams
Brian Coleman
Ed Condon
Pam Berriman
Ginni Brooker
Wendy Davies
Dave Pearce
Barry Andrews
Patrick Guinard
Nick Adams
Andrea Sott
Darren Price
Tony Sheridan
Amanda Haigh
Mark Coxhead
Rob Batchelor
Richard Gurd
Keith Hull
Colin Woods

If you are running and not on the list apologies and please let me know. (Ed.)

I have just returned from the Woking 10 10. This year they held the 10 mile with a 10K starting a little later. Seemed to me a great idea. The 10 Mile was well attended by a contingent from Windle. The times should be up on their Web site very shortly. The guys who took were Jenny Peppiatt Janice Tweed Mary MacClancy Kevin Pedley Barry Andrews Michael MacClancy Chris Lovell Mark Coxhead Nick Adams. The course is a little undulating in places but overall it's a fairly fast course and well marshalled. We all received a medal and a goodie bag (if you were quick enough. I didn't receive one ahhhh, so you can guess it was not a PB for me!) The weather was good with a few bright sunny spells and no wind.

Attendances at the club runs since the beginning of the New Year have been good. A lot of members are doing a few extra miles, as many are in training for this year's Flora London Marathon. We have a fair sized squad to date. If I do miss out anyone to the following list then please give me a call, as Phil Morley would like to have a list to hand. He intends putting the results on our Web Site that Sunday evening

PAM BERRIMAN GINNY BROOKER WENDY DAVIES KEITH HULL COLIN WOODS RICHARD GURD DAVE PEARCE BARRY ANDREWS GEOFF WILLIAMS TONY SHERIDAN MICK HOPKINS ROB BATCHELOR DAVE WEST ED CONDON

Pam and I will be hoping to enter some teams for this year's Brickmakers Relay Marathon. It will take place on a Saturday in early July. Date yet to be confirmed. Last year we entered 3 teams. We were fairly successful as teams came 3rd 14th & 16th out of 21 teams. Not bad eh! Let Pam or me know if you would like to join in the teams

A few members have been secretly competing in the odd Triathlon and I am pleased to report that our overseas member Jo Smith has just finished her first "TRIATHLON" finishing 710 out of a field of 1030. Well done Jo!

If anyone is up for a birthday celebration run then all hands on deck for Chris Lovell's 60th. He is inviting all to, as he has put it, "A CHAT PACED TROT" from his home in Knaphill. It's on Thursday 23rd May and he promises buns and bananas afterwards. Sounds a little suspect to me but I will be there if only to try his banana filled buns! I think Chris is trying to say, bring your own booze, thank you

Les Henderson, one of our founder members is about to leave the country and take up new residency in France. He has decided to sort of semi retire there and to commute back to England when necessary. I sure members will be sad to see him leave and would want to wish him and his wife Lucette all the luck in the future. Just to allay any fears, I did make sure he had paid this years membership fee. He paid me with a Scottish £5 note, is this legal tender? Answers on a postcard please!

Don't forget that the new venue for the Tuesday Summer Training run will be at the "Lookout" at Bracknell. We will try and split into groups for training purposes so as we have a fast, (including hills) group then a slower team according to capabilities. Numbers will dictate

Have a Happy Easter

Tony Sheridan - Men's captain

Windle Valley Runners-Three day event

**Sunday 26th May-10k run
Monday 27th May- 1 mile
Tuesday 28th May- hill run**

The Club will be running the three day event again this year. The format will be unchanged from previous years with a 10k run on the Sunday morning, run in conjunction with the end of the month handicap. The 1 mile race at Woking track on the Monday evening and the hill run in Lightwater on the Tuesday evening.

Entry forms available from Wendy Davies.
(01276 474337)

Tough Ten-Sunday 3rd March 2002

44	Wendy Davies	1.11.00
67	Kevin Pedley	1.14.48
146	Mary MacClancy	1.23.46
158	Dave Pearce	1.26.32
187	Janice Tweed	1.32.00

Windle Valley Runners—2001 Championships

Family	First	Gender	10k1	10k2	10k3	10k4	10k5	10m	HalfM	Total	
Davies	Wendy	f	40:16					01:04:51	01:26:50	3:11:57	
Woods	Kerrie	f	47:44					01:18:07	01:41:38	3:47:29	
Peppiatt	Chris	f	46:49					01:21:57	01:45:47	3:54:33	
MacClancy	Mary	f	47:22					01:23:26	01:47:16	3:58:04	
Brooker	Ginni	f	49:07					01:26:53	01:55:06	4:11:06	
Dann	Karen	f	48:27					01:27:17	01:56:46	4:12:30	
Berriman	Pam	f	51:15					01:32:00	01:53:48	4:17:03	
Tweed	Janice	f	Best 5 WVR Handicaps								4:27:06
Thoms	Elaine	f	Best 5 WVR Handicaps								5:06:31
Gallagher	Rose	f	Best 5 WVR Handicaps								5:18:02
Hull	Keith	m	38:54					01:07:31	01:29:34	3:15:59	
Andrews	Barry	m	42:30					01:10:12	01:31:01	3:23:43	
Woods	Colin	m	42:39					01:10:00	01:34:20	3:26:59	
Sherlock	Richard	m	42:30					01:11:47	01:35:26	3:29:43	
Lovell	Chris	m	42:28	42:59	42:47	42:34	42:27			3:33:15	
Pedley	Kevin	m	Best 5 WVR Handicaps								3:36:06
Bell	Roy	m	Best 5 WVR Handicaps								3:37:30
Williams	Geoff	m	44:43					01:14:04	01:39:11	3:37:58	
MacClancy	Michael	m	42:57					01:16:22	01:39:39	3:38:58	
Taylor	Peter	m	Best 5 WVR Handicaps								3:58:32
Friar	Peter	m	Best 5 WVR Handicaps								4:02:41
Pearce	Dave	m	49:28					01:24:05	01:50:22	4:03:55	

Rolands Trophy for 2001

Name	Best	Standard	Performance	Target to beat	Deficit
Chris Lovell	42:27	00:32:27	76.44%	00:42:27	00:00:00
John Williamson	43:07	00:32:45	75.96%	00:42:51	00:00:16
Roy Bell	41:54	00:31:03	74.11%	00:40:37	00:01:17
Alan Forbes	49:00	00:34:49	71.05%	00:45:33	00:03:27
David Williamson	38:09	00:26:58	70.69%	00:35:17	00:02:52
Geoff Williams	44:43	00:31:03	69.44%	00:40:37	00:04:06
Kevin Pedley	42:20	00:29:21	69.33%	00:38:24	00:03:56
Tony Sheridan	44:21	00:30:17	68.28%	00:39:37	00:04:44
Peter Tiner	43:31	00:29:34	67.94%	00:38:41	00:04:50
Peter Taylor	46:52	00:31:03	66.25%	00:40:37	00:06:15
Les Henderson	46:42	00:30:17	64.85%	00:39:37	00:07:05
Pam Berriman	52:02	00:33:25	64.22%	00:43:43	00:08:19
Mary MacClancy	47:22	00:30:14	63.83%	00:39:33	00:07:49
Ginny Brooker	49:07	00:31:12	63.52%	00:40:49	00:08:18
Mark L Robinson	43:38	00:27:40	63.41%	00:36:12	00:07:26
Michael MacClancy	43:49	00:27:40	63.14%	00:36:12	00:07:37
Jim Miller	65:33	00:41:21	63.08%	00:54:06	00:11:27
Alistair Watts	43:15	00:27:06	62.66%	00:35:27	00:07:48
Janice Tweed	51:15	00:32:00	62.44%	00:41:52	00:09:23
Dave Pearce	49:28	00:30:47	62.23%	00:40:16	00:09:12
David Yarnall	44:44	00:27:29	61.44%	00:35:57	00:08:47
Peter Friar	47:18	00:28:41	60.64%	00:37:31	00:09:47
Andrea Sott	49:57	00:30:14	60.53%	00:39:33	00:10:24
Angela Rutterford-Adams	51:15	00:30:58	60.42%	00:40:31	00:10:44
Elaine Thoms	59:30	00:35:21	59.41%	00:46:15	00:13:15
Ian Lee-Emery	46:11	00:26:58	58.39%	00:35:17	00:10:54
Peter Thoms	54:47	00:31:35	57.65%	00:41:19	00:13:28
Amanda Yarnall	52:53	00:30:00	56.73%	00:39:15	00:13:38
Rosemarie Gallagher	62:03	00:35:00	56.41%	00:45:47	00:16:16
Julian Gascoyne	50:24	00:28:16	56.08%	00:36:59	00:13:25
Niall Gallagher	59:01	00:31:18	53.04%	00:40:57	00:18:04

Cont'd from page 2

seconds. Her total time was three hours, forty-seven minutes and twenty-nine seconds. Placed second in this year's Ladies Championship is **Kerrie Woods**. It isn't very hard to guess who has won this year's Ladies Championship. She had an outstanding year. I have already mentioned her success in the London Marathon. She ran the Oxford Town & Gown 10k in forty minutes and sixteen seconds and the Great South 10 mile in one hour, four minutes and fifty-one seconds. Her best half marathon time was one hour, twenty-six minutes and fifty seconds at Lake Vrynwy in mid Wales. Her total time for the Ladies Championship was three hours, eleven minutes and fifty-seven seconds. Apart from winning the Ladies Championship this time would have won this year's men's championship and her time in Roland's Trophy was good enough to have won that too, despite the considerable



disadvantage the handicapping system puts her under. Ladies and gentlemen, please join me in congratulating this year's Windle Valley Runners Ladies Champion, the all-conquering, ever loyal, **Wendy Davies**.

Peter Dimmock Cup

When Peter Dimmock retired as Club President last year he donated to the club this cup and some money to fund an award to encourage our younger members. The Club decided to make the award to the young member who could demonstrate the greatest individual achievement in athletics in the last year. This year it has been decided that the cup should be awarded to someone who has been running with us for a couple of years now and who has made substantial progress in this time. Last year she placed third in the Surrey County Ladies Half Marathon



and she completed the London Marathon, her first, in the staggering time of three hours, forty-two minutes and forty-seven seconds, a time which many a more seasoned runners would gladly have as their own. She is currently studying at University and we know that she will put her £50 prize, to be spent on sporting equipment mind you, to good use. Ladies and gentle-

man, please join me in congratulating the first ever winner of the Peter Dimmock Cup, **Jenny Peppiatt**.

Roland's Trophy

Roland's Trophy recognises the fact that younger men tend to run faster than older ladies, and older men for that matter, and is therefore awarded to the member who was fastest in our monthly 10k handicap, the handicap system making allowances for age and gender. Anyone who was placed in the top three of the club men's or ladies championships doesn't qualify for Roland's trophy, because they've already won something! This year the competition for Roland's Trophy has been very close with only a couple of minutes separating the top six or so positions. It's worth mentioning that in third place, with a qualifying time of forty-one minutes and fifty-four seconds, only one minute and seventeen seconds behind the time he needed to win, is **Roy Bell**. In second place, with a qualifying time of forty-three minutes and seven seconds, a mere sixteen seconds behind the time he needed to get to win, is **John Williamson**. But this year's winner obviously had his heart set on Roland's Trophy because he entered more club 10k's than anyone else, nine in all. Ladies and gentlemen, please join me in congratulating this year's winner of Roland's Trophy,



Chris Lovell.

If you change your Email address or move house please let Phil and myself know so that we can update our club mailing list.

RACE DIARY

March

Friday 29 th	Maidenhead 10 mile	9.30am
Sunday 31 st	Handicap 10k	10.00am

April

Wednesday 3 rd	Woking 3 mile handicap	12.30pm
Sunday 7 th	Totton 10k	2.30pm
	Grim 8 (Aldershot)	11.00am
Sunday 14 th	London Marathon	9.00am
Sunday 28 th	Bracknell half	9.00am
	Handicap 10k	10.00am

May

Wednesday 1 st	Woking 3 mile handicap	12.30pm
Sunday 5 th	Fordingbridge 10k	11.00am
	Horsham 10k	11.00am
	Sutton 10k	?
Monday 6 th	Watford 10k	11.00am
	Hart Triathlon	9.00am
	Shinfield 10k	12.30pm
Sunday 12 th	Alton 10 mile	10.30am
	Concorde 10k	10.30am
Sunday 19 th	Slough 5k (women only)	11.00am
	Woodley 10k	11.00am
	Marlow 5	9.30am
	Hook 10 mile	11.00am
	Sudbury Court 10k	11.00am
	Military Challenge 10k	TBC
	Ranelagh Richmond half	10.30am
	Oxford Town and Gown 10k	10.30am
Thursday 23 rd	Chris Lovell's Birthday Run	7.00pm
Sunday 26 th	Handicap 10k	10.00am
Wednesday 29 th	Woodland 5	7.30pm

June

Sunday 2 nd	Dorking 10 mile	?
Tuesday 4 th	Surrey Summer Aquathlon	7.00pm
Wednesday 5 th	Woking 3 mile handicap	12.30pm
	Portsmouth D Day 10k	7.00pm
	Yateley 10k	7.30pm
Sunday 9 th	Wargrave 10k	10.00am
Wednesday 12 th	Forest 5 mile (Bracknell)	7.30pm
Sunday 16 th	Guildford 5k (women only)	11.00am
Saturday 22 nd	Datchet Dash 10k	10.00am
Wednesday 26 th	Woodland 5	7.30pm
Sunday 30 th	Dysart Dash 10k	10.00am
	Handicap 10k	10.00am

July

Wednesday 3 rd	Woking 3 mile handicap	12.30pm
	Yateley 10k	7.30pm
Sunday 21 st	Elmbridge 10k	?
Sunday 28 th	Handicap 10k	10.00am
Wednesday 31 st	Woodland 5	7.30pm

August

Wednesday 7 th	Woking 3 mile handicap	12.30pm
	Yateley 10k	7.30pm
Sunday 11 th	Surrey 5k (Wimbledon)	?
Sunday 25 th	Handicap 10k	10.00am

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 Pam Berriman
or Bob Webb

RACE RESULTS

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

Barry Andrews
Secretary

NEW WEBSITE ADDRESS

Don't forget that up to the minute information is available on our website which is produced by Phil Morley. We now have a new address which is much easier to remember:

windlevalley.com