

Windle Valley News



Issued to all Members of Windle Valley Runners

Editorial

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Entering races. Club members are reminded that entering a race as a club member, claiming a discount on the entry fee dictates the wearing of a club vest. (SEAA and SCAA rules). It also helps with our own club championships and spectators in spotting WVR who are competing.

Following the **Wokingham half marathon** a letter was sent, by the committee, to the organisers expressing reservations about several aspects of the organisation of this years event. The organisers have written back promising to look into some of the points raised but claiming that large numbers, the weather and matters outside their control as contributing to problems on the day.

Kevin Pedley (committee member) has been working hard (now he is retired!) on a comprehensive overhaul of our training programmes. Details of which are on the website at www.windlevalley.com and in this newsletter.

Our **Relay Marathon** is on Saturday 12th July, starting at 2pm from BOC in Windlesham, as usual we will need your support to run this event. Your captains would love to hear

from you if you are able to run 2.6 miles and/or help out with marshalling on the day.

The Surrey Road League. Pam has listed the events and dates of the races, which make up the league this year, in her report. The scoring system has been amended to help clubs competing with fewer runners, any entry forms I receive will be passed on to Tony Sheridan.

The Three Day Event . This annual event will be run at the end of May. Starting with a 10k on Sunday 25th May, followed on Monday 26th May by 1 mile on the track and finishing with the 2.6 mile hill run on Tuesday 27th May. Making a total of 10 miles in three days. Entry forms are available from Wendy Davies on 01276 474337 or Barry Andrews on 01276 473757.



Jenny receives the Peter Dimmock Trophy from the club president Bob Webb

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Ladies Captain Spring Report 2003

Hi All,

At last the sunny days are with us, for the moment anyway! What great weather to be training for the London Marathon which leads me nicely into my first bit of the spring report! Good luck to all that are running in the marathon on 13th April - not long now! For the ladies there will be Wendy Davies, Jenny Peppiatt and Janice Tweed, Tony will fill you in on the men! Good luck girls! Along with a few other WVR I will be putting down and taking up the timing mats this year – as yet we don't know where we will all be placed, but never fear we will cheer!

A record number of WVR turned out for our annual dinner and dance back in January; everyone enjoyed the night, especially the music! Thanks to Dave for the music and Phil for the organising, hope to see even more of you supporting the event next year.

The Fleet Half with its new route, on a lovely warm day had a brilliant turn out, despite the fact that there were also 2 other races that day. Congrats go to Mary (with yet another PB!) and Kerry the only WVR ladies in the race well done especially to Kerry who has had problems with her back.

The Cranleigh 21 saw Jenny Peppiatt and Peter Tiner representing the club and in the Tough Ten Janice Tweed, Tony Sheridan, Dave Pearce and Kevin Pedley pounded those hills!

The Woking Ten took place this weekend but as yet I have no details of who ran for the club.

Just a few dates for your diaries, the **Yateley 10k's** kick off 4th June, 2nd July and 6th August. These are really enjoyable road races and it would be great to see more ladies doing them this year – let me know if you can.

The Race for Life in Stoke Park Guildford is on 22nd June – this is a ladies only race with all abilities walking and running, as the main objective is to raise the awareness of breast cancer and of course raise lots of money. However, it is still a challenging 3x round Stoke Park. Again come on you girls!

WVR Relay Marathon will take place on the 12th July and whilst we need a team to compete, we need a team to help marshal the whole afternoon. Yet again I ask for as many volunteers as possible to help the afternoon go smoothly, if you can offer **any time** at all on that afternoon just call or e-mail myself or Tony. We need you!

The Surrey County Road League and Championships

fixtures are now out:

Sutton 10k – 4th May

Ranelagh Half Marathon – 18th May

Dorking 10miles - 8th June

Ranelagh 10k – 29th June

Elmbridge 10k - 20th July

Surrey County 5k – 10th August

Surrey County Road Relays- 13th September

If we enter any of these races we can score points and the more points we have as a team the higher we can go in the league / championships. It would be great to get a

ladies team together – last year our team consisted of Kerry and myself most of the time! **So come on the ladies!** If you would like to participate let me know ASAP.

The Forest Five is another series of races on the last Wednesday evenings in May, June and July again we could have a ladies team! .

Logan's Run – is a 10k run in Farnham on the 27th April all proceeds go to the Phyllis Tuckwell Hospice Chris Peppiatt and myself are hoping to run it anyone else like to? Let me know.

These are just a few of the races on offer in the next few months if there are any other runs you would particularly like to do and need some support please let me know!

Think that's about all apart from welcoming another lady to our club, her name is Bridget and she runs mostly on Thursday evenings. Welcome Bridget!

Good luck to Cecile who is expecting her first baby later in the year although you are not running anymore Cecile, please don't forget to keep in touch and let us know how you are and when the babe arrives.

Welcome back to Marie who has had her 2nd child and hopes to start running again with us next week! Last but by no means least congrats to Claire Osborne who completed the Adidas Kingston Breakfast Run on Sunday the only WVR – well done Claire!

Good luck to Miles and Dave, who are due to run the Shakespeare marathon at the end of April and Tony who is joining them for the half marathon run at the same time.

Look forward to receiving all your offers of help and entries for all the races! Cheers Pam B.



Michael, Mary and Tony at the Woking Ten 10



Geoff at the Woking Ten 10

Woking Ten 10, 30th March 2003

Well, Windle Valley are clearly a bright lot as everyone managed to move their clocks in the right direction, and make the 9:30 am start. And keen, with everyone opting for the 10 miler rather than the 10k.

Cool, overcast skies with little wind made conditions perfect. We started bang on time in a light industrial area, before heading past houses and into the countryside. The course was on roads and cycle tracks with minor undulations, and although traffic was not shut off there was plenty of room, aided by good marshalling. After 7 miles, we merged with the back end of the 10 k runners for a repeat half lap to the finish at the Woking Athletic Track.

The results include a host of PBs – Miles, Mike, Geoff, Mary, Tony ... plus probably others I can't remember ! Truly excellent.

Tony Sheridan (Men's Capt) reports

We have had a good start to the year with a lot of members participating in road and off road races. A good attendance was achieved at the Wokingham Half and the Woking Ten10. A few PB's attained to boot. I'm not writing out the results as I am sure Barry has made a note of these for your perusal later on in this newsletter. This year the Tough Ten coincided with the Fleet Half. I had never ran the Tough Ten before so I thought I would give it a go this year.

I now know why they named the race "The Tough Ten" You may care to read the report on next page!

As most people know it's X country season and some Windle lot have been participating in said practices, Sunday 19th January was one of those days that a few deciding to do the business

It was part of the mixed County x-country league. Windle Club are not part of the league so members had to run for other clubs. Most of us competed as Bracknell Forest Runners, Mike and Mary ran for Ranliegh

A few of us turned up an hour before the race and joined a small party for a 3ml warm up

After collecting our numbers we all headed for the start. The numbers grew very quickly and probably totalled over 200

At 1100hrs the fog horn cried out its familiar tune and the crazed pack of runners fled their spot. It had been raining the whole of the previous night so to say it was a tiny bit damp under foot would be an understatement. After the first mile, we had all jockeyed for our rightful positions having gained about 3lb extra weight on our shoes.

After a couple of miles the first of the testing hills bestowed us. As most of us struggled with the incline, our prayers were of escalators, travelators or lifts. None became available.

Those who braved the whole circuit were Mike, Mary, Dave, Chris and Ginny. Well done all

As you will be reading this newsletter after this year's London Marathon, I have to send a warm congratulations to all those members who completed. Brave stuff

I'll let people know in good time for this year's River Relay Event. It's a 30ml course with each team comprising of seven mixed age and sex. It will be a late August or early September slot. Details to follow

Cheers

RACE RESULTS

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

*Barry Andrews
Secretary*

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Race Diary

April				
Thurs	24th	Last run of the month	7pm	Lightwater Country Park
Sun	27th	WVR Handicap 10k	10am	The Sun, Windlesham
		Bracknell half marathon	9am	South Hill Park
Tues	29th	Training night	7pm	The Look Out, 6 miles
May				
Sun	4th	Sutton 10k	11am	Surrey League
Wed	7th	Woking 3 mile handicap	12.30pm	Woking Leisure Centre
Sun	11th	Race For Life, Ladies 5k	11am	Upton Court, Slough
		Alton 10 mile	10.30am	LMT College, Alton
		Concorde 10k	10.30am	Concorde Club, Heston
Sun	18th	Ranelagh half marathon	8.30am	County Championships
		Race For Life, Ladies 5k	11am	Tweesdown Racecourse, Fleet
		Hook 10 mile	11am	Hook Schools, Hook
Thurs	22nd	Birthday Run	7pm	from Chris Lovell's house
Sun	25th	WVR Handicap 10k	10am	The Sun, Windlesham
		Spelthorne 10k	9.30am	Spelthorne Leisure Centre
Mon	26th	1 mile track race	?	Probably at Woking
Tues	27th	2.6 mile hill run	7.00pm	Briars Centre, Lightwater
Wed	28th	Woodland 5 mile	7.30pm	Broadmoor car park
Thurs	29th	Last run of the month	7pm	Gracious Pond Road car park, Chobham
June				
Wed	4th	Woking 3 mile handicap	12.30pm	Woking Leisure Centre
		Yateley 10k	7.30pm	Yateley School
Sun	8th	Dorking 10 mile	11.am?	Surrey League/County championships
		The Wey navigation 19,4	9.30am	Godalming
Wed	11th	Forest 5 mile	7.30pm	Look Out
Fri	20th	Surrey Aquathlon	7pm	The Lido, Guildford
Sat	21st	Datchet Dash 10k	10am	Churchmead School, Datchet
Wed	25th	Woodland 5 mile	7.30pm	Broadmoor car park
Thurs	26th	Last run of the month	7pm	Blacknest gate at Windsor Park
Sun	29th	WVR Handicap 10k	10am	The Sun, Windlesham
Sun	29th	Dysart (Ranelagh) 10k		Surrey League/County Championships
July				
Wed	2nd	Woking 3 mile handicap	12.30pm	Woking Leisure Centre
		Yateley 10k	7.30pm	Yateley School
Sat	12th	WVR Relay Marathon	2pm	BOC, Windlesham
Sun	20th	Elbridge 10k	?	Surrey League
Sun	27th	WVR Handicap 10k	10am	The Sun, Windlesham
Wed	30th	Woodland 5 mile	7.30pm	Broadmoor car park
Thurs	31st	Last run of the month	7pm	Bob Allen's Run, Sandhurst
August				
Wed	6th	Woking 3 mile handicap	12.30pm	Woking Leisure Centre
		Yateley 10k	7.30pm	Yateley School
Sun	10th	Surrey 5k (Wimbledon)	?	Surrey League/County Championships
Thurs	28th	Last run of the month	7pm	Chobham Common car park
Sun	31st	WVR Handicap 10k	10am	The Sun, Windlesham

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. .

Roland's Trophy results 2002

Pos	Name	Best	Entries	DOB	Age Now	Race Age	Standard	Rating
1	John Williamson	0:41:06	8	23-Oct-41	61.48	60	00:32:45	79.68%
2	Keith Hull	0:39:14	8	02-Dec-48	54.37	53	00:30:47	78.46%
3	Chris Lovell	0:42:48	7	23-May-42	60.90	59	00:32:27	75.82%
4	Alan Forbes	0:48:04	5	21-Mar-35	68.07	67	00:35:12	73.23%
5	Geoff Williams	0:42:29	6	20-Nov-47	55.41	54	00:31:03	73.09%
6	Tim Middlehurst	0:39:25	4	27-Sep-58	44.55	44	00:28:41	72.77%
7	Richard Gurd	0:39:08	3	09-Sep-63	39.60	38	00:27:28	70.19%
8	Steve Mee	0:40:26	3	27-Feb-59	44.13	42	00:28:16	69.91%
9	Roy Bell	0:44:49	6	12-Mar-47	56.10	55	00:31:18	69.84%
10	Janice Tweed	0:46:41	6	19-May-57	45.91	45	00:32:33	69.73%
11	Peter Tiner	0:43:08	3	18-Nov-52	50.41	50	00:30:02	69.63%
12	Pam Berriman	0:48:33	3	20-Mar-53	50.07	49	00:33:43	69.45%
13	Jenny Peppiatt	0:44:02	4	20-Apr-82	20.99	20	00:29:55	67.94%
14	Peter Taylor	0:46:06	9	20-Dec-46	56.32	55	00:31:18	67.90%
15	Mary MacClancy	0:45:28	4	11-Feb-65	38.18	37	00:30:28	67.01%
16	Dave Pearce	0:46:56	9	11-Jan-48	55.26	54	00:31:03	66.16%
17	Michael MacClancy	0:42:29	4	26-Apr-62	40.97	40	00:27:52	65.59%
18	Russell MacDonald	0:42:45	3	21-Feb-63	40.15	39	00:27:40	64.72%
19	Les Henderson	0:47:39	3	16-Feb-49	54.16	53	00:30:47	64.60%
20	Chris Dent	0:50:44	3	28-Nov-48	54.38	53	00:30:47	60.68%
21	Peter Beck	0:50:06	3	01-Feb-53	50.20	49	00:29:48	59.48%
22	Elaine Thoms	1:00:09	5	25-Sep-46	56.56	55	00:35:42	59.35%
23	Faith Philpott	1:00:42	3	10-Feb-47	56.18	55	00:35:42	58.81%
24	Ian Lee-Emery	0:45:59	4	11-Oct-67	35.52	34	00:26:58	58.64%
25	Katie Pearce	0:51:29	3	19-May-83	19.91	18	00:29:55	58.11%
26	Bob Allen	0:54:01	5	28-Aug-46	56.63	55	00:31:18	57.95%
27	Peter Friar	0:50:10	7	14-Oct-56	46.50	45	00:28:54	57.61%
28	Rosemarie Gallagher	1:03:13	3	18-Apr-47	56.00	54	00:35:21	55.92%

Summer training

TUESDAYS @ 7pm
The Look Out car park, Bracknell

THURSDAYS @ 7pm
The Field of Rembrance, Windlesham
Except for the last run of the month
See the Race Diary

+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"

Race Results (please let me know of any errors)

Wokingham half marathon – Sunday 9th February

58	Rob Batchelor	1.19.07 sc
116	Susanna Harrison	1.24.35 sc
123	Miles Cudmore	1.25.06
134	Dave West	1.25.52 sc
240	Keith Hull	1.30.24
272	Wendy Davies	1.31.44 sc
320	Geoff Williams	1.33.15
340	Peter Tiner	1.33.49
382	Michael MacClancy	1.35.20
564	Mary MacClancy	1.40.02
679	Colin Woods	1.42.49
806	Dave Pearce	1.46.02
814	Pam Berriman	1.46.13
850	Tony Sheridan	1.46.52
1047	Kerrie Woods	1.52.12
1316	Janice Tweed	2.00.25
1520	Ed Condon	2.11.10
1602	Susan Middlehurst	2.18.26
1637	Dieter Sullivan	2.23.24

MABAC Windsor Great Park – Sunday 5th January

5	Michael Waine	46.04 sc
44	Kevin Pedley	55.44
47	Geoff Williams	55.52
51	Michael MacClancy	56.32
52	Peter Tiner	56.32
59	Dave Nichols	56.47 sc
80	Jenny Peppiatt	59.12
88	Tony Sheridan	60.06
92	Mary MacClancy	60.19
145	Chris Peppiatt	67.46
146	Pam Berriman	67.47
164	Don Moore	72.10 sc

Cranleigh 21 – Sunday 16th March

71	Peter Tiner	2.38.32
80	Jenny Peppiatt	2.39.56

Bramley 20 - Sunday 23rd February

303	Geoff Williams	2.39.19
552	Janice Tweed	2.59.40

Bramley 10 – Sunday 23rd February

90	Colin Woods	1.16.58
171	Kerrie Woods	1.24.56

Hayling 15k – Sunday 24th November 2002

Kerrie Woods	1.17.27
Dave Ricards	1.19.56
Sara Armstrong	1.19.56

Fleet half marathon – Sunday 16th March

277	Michael MacClancy	1.31.53
452	Mary MacClancy	1.38.10
605	David McLean	1.42.08
622	Colin Woods	1.42.31
682	Mark Robinson	1.43.30
723	Richard Sherlock	1.44.17
1290	Kerrie Woods	1.58.10

Reading half marathon – Sunday 9th March

1296	Richard Sherlock	1.43.10
2194	Ian Lee-Emery	1.46.01

Woking 10 mile – Sunday 30th March

95	Michael MacClancy	69.02
100	Geoff Williams	69.27
116	David McLean	70.31
136	Peter Tiner	72.40
144	Mary MacClancy	73.00
157	Richard Sherlock	74.07
172	Tony Sheridan	75.01
196	Colin Woods	76.54
280	Andrea Sott	82.55
303	Kerrie Woods	85.52

Tough Ten – Sunday 16th March

Kevin Pedley	75.04
Tony Sheridan	76.42
Dave Pearce	80.08
Janice Tweed	86.37

Chessington 10k – Sunday 16th February

Michael MacClancy	42.12
Mary MacClancy	45.24
Colin Woods	46.44
Richard Sherlock	49.40
Kerrie Woods	49.44

London marathon— Sunday 13th April

46	Susanna Harrison	3.01.56 sc
76	Wendy Davies	3.08.47 sc
228	Jenny Peppiatt	3.24.10
2319	Janice Tweed	4.25.53

154	Michael Waine	2.41.27 sc
5032	Geoff Williams	3.41.17
5942	Peter Tiner	3.47.27
7997	Colin Woods	3.59.28
19993	Ed Condon	5.20.54

Fleet Half marathon — Michael reports.

After the chaos and disarray at Wokingham and Reading it was a pleasure to run in the excellently organised Fleet Half Marathon today.

Fleet's 11:30 start is rather unusual but allows plenty of opportunity to have a decent breakfast and arrive in ample time. Parking in the centre of Fleet is a dream and the start in Calthorpe Park is in easy walking distance. In the park there are marquees for bag storage and refreshments and a huge number of portaloos with very reasonable queues.

One slight surprise was the distance to walk from the park to the actual start line in Leawood Road. Walking along a narrow track through woodland we did wonder whether we would reach the start on time but there was no real reason to worry. In Leawood Road there were very clear signs for predicted finishing times with plenty of space between them. Just before the start all the runners were moved forward towards the line. Once the gun had gone it only took Mary and I 15 seconds to cross the line, something of a record in itself!

The course first does a loop of Calthorpe Park, passing the Oatsheaf Pub where Pam and Pete Berriman were supporting. It then goes down the main shopping street before turning north-east towards the railway line. The first drinks station is near the three mile mark in Elvetham Road. With the sun shining high in the sky it was good advice to drink regularly. Having crossed the railway the course almost doubles back on itself through the new Elvetham Heath Estate, a pleasant mixed development of housing. The road has lots of roundabouts but these don't get in the way and, in any case, the road is closed to traffic, in common with most of the course.

Leaving the estate, you turn left up Minley Road, crossing the M3 and reaching the second drinks station just before the 6 mile mark. Then left up Blackbushes Road, a long steady climb before turning left down Rotten Green Road at about the half way point. This stretch seemed very long and it was easy to lose concentration, particularly when hearing the motorcyclists burning up at Fleet Services! Reaching the A323 there was a left turn under the motorway before a right towards Winchfield. The A323 appeared to be completely closed to traffic, indeed, I suppose it had to be to let all the runners get right across it. Just after the corner was the third drinks station. Plenty of attendants holding out cups of water although the first youngster I went to seemed reluctant to release his grip on the cup and most of its contents ended up over him!

Onwards towards the 9 mile mark and two portaloos specially provided for anyone who needed a quick pitstop, then a left turn at the Barley Mow where there were plenty of customers to cheer us along. This section of the course was very scenic and it was a joy to be running out in the country on such a lovely day. Going through Dogmersfield we passed another pub, the Queen's Head, in a wonderful location with more cheering customers in the beer garden. No beer for us

though, the final drinks station was but a short distance further on, an ideal location to set you up for the final three miles.

Picking up the pace at this stage of a race is always motivating, seeing as how many people are tiring and it seems quite easy to overhaul them. After a left turn into Hitches Lane we passed Hart Leisure Centre and, soon afterwards, the 12 mile mark. A short distance later, at the turning into Fitzroy Road, there was an official with a stop watch calling out times. He said there was just a mile to go! Excellent, now we can really grit our teeth and go for it! Keep passing people in Fitzroy Road before a sharp left and right turn and a straight section that seems much further than when I rode round the course on my bike the other day. At the end I hear Pam cheering me on before turning back into Calthorpe Park and a mad dash for the line. Check my watch just after the finishing line – 1:31:53, well inside my previous PB, so an excellent day's work. Shortly afterwards I was even more pleased to see Mary crossing the line in just over 1:38, a new PB for her too!

There were several other Windle Valley Runners in the race and it was particularly good to see Colin and Kerrie Woods still going despite their severe injury problems over the last twelve months.

Thanks to Pam and Pete for your support. Next time we want to see you running!

This is the best organised race I have ever run in the UK and I would thoroughly recommend it to anyone. (The provisional results were even posted on the web on the evening of the race!) It's a great pity it clashed with so many other popular events this time, perhaps next year the organising clubs can talk with each other to reduce the clashes? There were only about 2000 finishers this year. I wonder if the mobilisation of troops to the Gulf reduced the number of forces' entries?

London Marathon 2003

I have just returned from watching the London Marathon and have managed to get the results from the club runners I saw running, there may be others I have missed, please let me know.

A great race to watch Paula looked superb on the embankment at 24.5 miles and we were listening on the radio to get her finishing time.

Not to be outdone the men's race had a fantastic finish which I have just watched on video.

Well done to all the club runners and particularly Jenny with a very good pb.

Barry Andrews

Club Member profile — Dave Pearce

Born – 11.1.48, Clapham South London.

Occupation – Postman.

Pb's 10k, - Jan 2003 Club 10k, 45.34.
10 mile, - Cabbage Patch Oct 2002, 1hr 17m 40secs
half marathon, - Wokingham Feb 2003, 1hr 45m 17secs
marathon, - London 1995, 4hrs 10min

When/why did you start running, - I started about 20 years ago when I'd stopped playing football and wanted to lose weight and get fit for playing squash.

Enjoy/dislike most about running. – I can't think of anything I particularly dislike or else I wouldn't bother doing it. I enjoy being fit enough to run and like to think I'm delaying the ageing process. I want people to look into my coffin and say "don't he look well?"

How did you hear about the club? – I met Bob Webb many years ago when we were both serving on the same local Sports Council Committee. However I didn't join until around 1995.

Most memorable race. – I suppose my first London Marathon in 1992 for the atmosphere and the crowd support. Although at the time I vowed 'never again' I've applied every year since and completed it 6 more times. I also have some not so fond memories of an off-road marathon, the Elizabeth Cullen at Princes Riseborough in 1997. It had a staggered start at which you were given (imprecise) directions to checkpoints. It had more and steeper hills than the Marlow Half, I got lost several times, probably run closer to 30 miles and it took around 6 hours. Shame its not run anymore I might've been able to persuade the club to enter a team.

Recommended event. – Trent Park 10k, an off road 10k in Trent Country Park, Southgate, North London. Pleasant location, easily accessible just inside the M25 at junction 25. Well organised by Trent Park Trotters Running Club with a quality T-shirt for all entrants.

Favourite events. – Apart from the above and Windle Valley's monthly 10k, the Cabbage Patch 10, the Tough Ten at the Look Out, the Marlow Half Marathon and London Marathon.

Least favourite event. – Reading Half Marathon, I ran it in consecutive years a few years back and found it difficult to park, had a chaotic start and finish and was crowded throughout its boring route. I thought it poor value for money then and what I've read and heard since it hasn't improved.

Favourite training run. – The Sunday morning club runs in Windsor Great Park and running on my own across Chobham Common.

Best race performance. – Probably my last Half Marathon

at Wokingham. A PB at my age!

Worst race performance. – Almost certainly last year's Fleet Half Marathon. I was well into my training for London feeling fit and expecting a good time but I started to struggle after only a couple of miles. Before halfway I was overtaken by a drinking pal of my best mate, an occasional runner who up until then had considered me an athlete.

Running ambitions. - To get under 4hrs for a marathon.

Best Championship position. – No idea.

Running tips. – Read running mags and articles, talk to people who know what they're talking about (not me) and pick out the things that suit you.

Typical training week. – Work, it's a tough life being a Postie, the Tuesday, Thursday and Sunday club runs and the occasional lunchtime on Chobham Common with my dog.

Marathons and half marathons run. – 7 London's plus the off-road thing mentioned above and most of the local half marathons.

Sporting heroes. – Peter Osgood, Peter Bonetti, Gianfranco Zola, Colin Cowdrey and Alan Knott.

Favourite shoe. – I've been sticking with New Balance models for several years. New Balance don't waste money paying sports stars to endorse their products and the shoes are made in England and not in some Far Eastern sweatshop.

Favourite pre-race food. – Saturday night is traditionally curry night in the Pearce household. I'm the curry cook and wouldn't be allowed not to prepare one even if I wanted something more pre-race friendly.

Participation in any other sports. – Only cricket for Chobham nowadays. I nearly said squash as well but realised I haven't played for around 3 years. I could come out of retirement if any rubbish players want a game.

CLUB CLOTHING AVAILABLE

Men's Vests
M/L/XL - £12.00
XXL – £12.00

Ladies Vests
£12.00

T-Shirts £8.00

Track Suits
£52.00

Contact Pam Berriman
or Bob Webb

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:

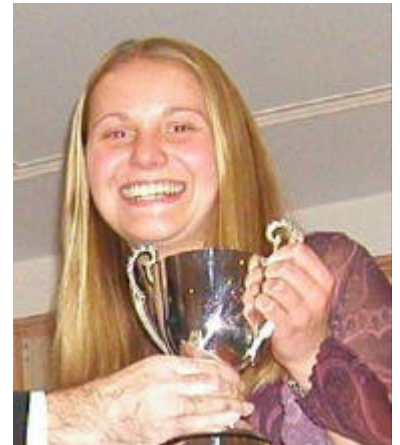
windlevalley.com

Club Championship Results - 2002

Family	First	10k1	10k2	10k3	10k4	10k5	10m	HalfM	Total
Peppiatt	Jenny	0:44:02					1:13:29	1:39:15	3:36:46
MacClancy	Mary	0:45:28					1:16:33	1:40:29	3:42:30
Tweed	Janice	0:46:41					1:19:40	1:47:29	3:53:50
Woods	Kerrie	0:47:06					1:20:54	1:47:13	3:55:13
Berriman	Pam	0:47:56					1:22:52	1:47:57	3:58:45
Thoms	Elaine	1:00:09	1:01:48	1:02:40	1:04:01	1:04:18			5:12:56
Cudmore	Miles	0:38:52					1:04:23	1:25:22	3:08:37
Hull	Keith	0:39:14					1:08:07	1:28:00	3:15:21
Andrews	Barry	0:42:25					1:08:27	1:32:12	3:23:04
Williams	Geoff	0:42:14					1:11:05	1:34:21	3:27:40
Lovell	Chris	0:42:48					1:10:03	1:36:11	3:29:02
Williamson	John	0:41:06	0:41:37	0:41:47	0:42:28	0:42:38			3:29:36
MacClancy	Michael	0:42:29					1:10:50	1:37:28	3:30:47
Pedley	Kevin	0:42:25					1:09:09	1:40:59	3:32:33
Woods	Colin	0:44:12					1:14:39	1:36:53	3:35:44
Sherlock	Richard	0:43:55					1:13:40	1:38:15	3:35:50
Bell	Roy	0:44:49	0:45:26	0:46:01	0:46:02	0:46:39			3:48:57
Taylor	Peter	0:46:06	0:46:26	0:46:39	0:46:59	0:47:08			3:53:18
Pearce	Dave	0:46:56					1:17:40	1:48:50	3:53:26
Sheridan	Tony	0:46:59					1:26:10	1:43:50	3:56:59
Forbes	Alan	0:48:04					1:21:04	1:50:19	3:59:27
Friar	Peter	0:50:10	0:50:11	0:51:08	0:51:17	0:51:38			4:14:24
Dent	Chris	0:50:44	0:52:17	0:52:21	0:52:57	0:53:23			4:21:42
Allen	Bob	0:54:01	0:55:36	0:57:35	0:58:53	0:58:55			4:45:00



Miles receiving his winners trophy from club President Bob



Jenny looks suitably impressed with another big trophy, well done.

Mary receives her second place trophy from Bob



FOOD FOR THOUGHT! (Kevin Pedley)

'You are what you eat' - is a saying bandied about by the food gurus, but for athletes wishing to improve or maintain their energy levels the saying has added resonance. Most of us know that carbohydrates, which are converted into glycogen, are an essential fuel for 'distance' runners. The problem is that different carbohydrates release their 'energy' into our systems at different rates. Knowing when to take certain types of carbohydrates in the lead up to, or even during, an event is important. How many times have you been out running and for some inexplicable reason fatigue sets in earlier than expected? This could be due to a number of factors such as tiredness, dehydration or over-training (or indeed under-training!) - But it could simply be due to what you ate/drank a couple of hours before you ran, food which initially gave you a 'lift', is now causing a dip in your energy levels.

Carol Cornish, a Windlesham resident, is a Specialist Dietician currently working within the NHS. During the past 26 years, she has developed an extensive working knowledge of nutrition and its effect on both healthy and unwell individuals. Carol can tell you a lot about blood sugar levels and how it can impair/aid your running performances. In addition to improving the well-being of her patients, Carol has put her knowledge to good effect in advising her 'sports-mad' son, currently studying sports science at university, on what to eat (or not to eat!) before his soccer games. Her 'appliance of science' had a positive impact upon his performances in terms of his energy levels. Carol will tell you, in matter of fact terms, that all she did was refer to the 'glycaemic index' in advising her son. The *gly...* what? Just read on!

What is the Glycaemic Index?

The glycaemic index of foods (or GI Factor) is a ranking of foods based on their immediate effect on blood sugar levels. Carbohydrate foods that are broken down quickly during digestion have a high glycaemic index. These foods raise the blood sugar fast and high, giving a quick boost of energy. Carbohydrates that are broken down slowly, release glucose gradually into the bloodstream and have low glycaemic indexes. The energy produced by these foods has a longer duration. The Glycaemic index (GI) of foods uses a scale where glucose = 100

The table below shows foods grouped as having a high, medium or low GI.

<u>LOW GI</u>		<u>MEDIUM GI</u>		<u>HIGH GI</u>	
Apples	38	Honey	58	Cheerios	83
Baked beans	48	Ice cream full fat	61	Cornflakes	84
Granary bread	40	New potatoes	62	Dark rye bread	76
Oranges	44	Rice basmati	58	White bread	70
Peach	42	Shredded wheat	67	Rice white	87
Lentils	28	Wholemeal bread	69	Mashed potato	70
Pasta	32	Weetabix	69	Watermelon	72
Noodles	46	Bananas	55	Rice Krispies	82
Spaghetti	42			Puffed wheat	80
Porridge	42				
Fruit bread	47				
Yoghurt low fat	33				

The Significance of the 'GI Factor' and Running

Both low and high GI foods are of benefit to the runner. But when is the best time to take them in order to maximise your performance? Low GI foods are best taken about two to three hours before exercise; variations are dependent upon how easily the food is digested. The benefits are that this will result in a slower more sustained release of energy. Generally speaking, high GI foods are best taken as soon as possible after an event as an aid to recovery (glycogen storage is faster during the 2 hours following exercise). Unfortunately, just when you think you have mastered this principle, confusion sets in because some types of high GI foods/drinks such as some sports drinks, energy bars and gels can be taken very close to or during an event to top up energy levels.

There is a wealth of information available on this subject via running journals/internet etc that merits research, especially if you're serious about improving your performances or fulfilling your running goals. Remember, planning what you eat and drink before that important race or prior to your training runs is not just for elite athletes!

Windle Valley Runners wishes to thank to Carol Cornish (BSc SRD) for her help in compiling this article.