

# Windle Valley News



Issued to all Members of Windle Valley Runners

## Editorial

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I have included pictures from the presentation evening held in January, more pictures can be found on the club website.

Printed in this issue are the results of both the **Club Championships** and **Roland's Trophy for 2003**. Michael MacClancy, who co-ordinates all the results for these competitions, has added a few words of advice.

A special well done to **Katie Pearce**, who was the 2003 winner of the Peter Dimmock Trophy.

**Kevin Pedley**, are resident and unpaid club coach has already been working hard on the summer training schedule, members who wish to train with the club on Tuesdays and Thursdays should check the club website for details or phone Kevin, Tony or Pam.

Tuesday is normally at the Look Out, Bracknell. Thursday venues vary, including Lightwater Country Park, Chobham Common, the Field of Remembrance at Windlesham and special 'end of the month runs'.

**The Relay Marathon** this year is due to take place on Saturday 10th July, this is subject to BO allowing us access, last year they did not know we were running the event and I had to do some delicate negotiations on arrival, fortunately the security guard on duty remembered us from

previous years and allowed the event to take place, this year I will be following up my phone calls and emails with a visit to confirm all is well, but please pencil in this date as you're help in any way would be appreciated.

**The Three Day Event** will take place at the end of May beginning of June and details and entry forms can be obtained from Wendy Davies 01276 850049 and myself 01276 473757



Miles Cudmore receives his trophy from President Bob Webb, Miles won the men's championships for 2003

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Mary receives the ladies trophy for 2003

### Mary MacClancy writes

"Thought you might like a short report on the "Barratts Canterbury Ten" on Sunday January 25th - a new race for most."

"We were looking for an excuse to visit Canterbury as I went to school there and we haven't been for years. Why not throw in a ten mile race, and you get a free sweatshirt too.

We arrived in Canterbury on the Saturday evening, on our way back from Paris by Eurostar (a business / pleasure trip). We left the hotel straight after breakfast of "Beans on toast" and parked the car at Canterbury College, where the race started, in order to do a bit of sightseeing. It was a beautiful, crisp morning with clear blue skies, so perfect for wandering around the cathedral and city before the tourists appeared. We made it back to the college by 10.30 to pick up our white sweatshirts.

The start was a bit chaotic - the usual overshooting of the start line so the start was delayed 10 minutes while all 900 of us moved back. The first mile was pretty slow and we soon bunched up again ascending up a path. Michael and I stuck together but I was already finding it difficult to pass people. After about 2 miles Michael went ahead and I never caught up - not helped by the battery on my watch dying on me. It was a beautiful route along country lanes, past pretty churches and across hop fields, mainly quite wide. The conditions were perfect, with clear blue sky and no wind. The course was quite undulating but without any really steep hills. For the last mile the cathedral was in sight but fortunately the finish was not that far.

Michael did a PB of 68.47 and I came in 2 minutes later at 70.56. The race winner did 50.32 and the first lady 55! The runners came from far and wide:

Brighton, Folkestone, Cambridge and London. Well worth a day out. We spent the rest of the day wandering around the sights, shops (loads of them) and eating our picnic beside the cathedral (a bit chilly).

We hope to make it again next year (hopefully with some others)."

### A Tale of Two PBs.

#### Wokingham Half Marathon – 8<sup>th</sup> February 2004

**Pre-race preparation** – I was forced to abandon my normal pre-race preparation of a quiet night in with a couple of beers and a Chicken Jalfrazi for a Burns Night Supper held at the illustrious Chobham Scout Hut. This is an annual event held to celebrate the birth or death (well, he's done both) of Robbie Burns, Scotland's best known dyslexic. As the event wasn't high on my 'must do before I die' list I'd volunteered to be chauffer, stay sober and sulk. My spirits weren't lifted on arrival and being greeted by a piper squeezing hell out of a set of bagpipes. (Does anyone not born north of the border like the noise this instrument makes? Even Ivan Chandler is not eccentric enough to include one in his latest musical combo.) Anyway before we could eat we had to suffer the unpleasant experience of witnessing the slaughter of the Haggis – unpleasant because it meant enduring more of the bagpipes. At this point I half expected the event to be disrupted by Chobham's branch of the Animal Liberation Front having first been attracted by the noise of the bagpipes which to the untrained, i.e. most people's, ear sounds like cat strangulation and then to rescue the poor Haggis itself. Never having seen one before I was surprised to discover that the Haggis looks like a giant grey slug, I'd always assumed that they at least had legs. The



poor creature was carried to the sacrificial altar, led by the Piper, where s o m e o n e (witchdoctor?) in

Mary receives the Wokingham Times Trophy, for being the first local lady home in the Wokingham Half Marathon

strange costume and speaking in tongues slashed the slugs' throat. The Haggis was then served with the traditional mashed spuds and swedes which all tasted much better than it looked, which is probably why you don't see too many Scottish restaurants in Surrey and I reckon even Jamie Oliver would struggle to make the dish look appetizing. Anyway it tasted good enough to warrant second helpings and with Clooty(?) Pudding to follow I thought that I probably had enough fuel to see me through the following days 13.1 miles.

Bedtime, however, had to wait a couple more hours whilst a record was played, I swear it was only one, and those less sober than myself indulged in some Scottish tribal dancing, a sort of more animated version of Morris Dancing. This being something else not high on my 'must do' list and mindful of the need to not risk injury I merely observed, sipped orange juice and talked to other wallflowers until Carole told me it was time to drive her home.

**Race Day** – You may remember from previous reports of this event that the club have expressed disappointment to the organisers over things such as the start, baggage and toilet provision. Well, the baggage tent had been re-positioned on higher and drier ground but the queues for the toilets still meant that the bushes were a more favoured option for many including Gordon Trout and myself who both being Postmen are used to putting up with such deprivation. Gordon, or Dougie or Norman as Pam is apt to call him in her increasingly occurring senior moments, was a half marathon virgin and therefore keen to listen to any advice from a seasoned campaigner like myself. The advice given was on the lines that the course is relatively easy, as flat as a pancake and if we did a steady run together we should manage less than 1 hour 50 mins.

The start seemed less chaotic than previous years, without the usual bottleneck in the first few hundred yards. I couldn't work out what was different so perhaps we'd just started closer to the front. Anyway I was off like a rat from a trap leaving Gordon/Dougie/Norman (a former engineer with Rolls Royce and other eminent companies) still struggling to start his watch. I carried on flying, the best I've ever felt during a race and soon realised that never mind the 1.50 I was going to do with Norman/Gordon/Dougie I was on for a PB. As I reached the finishing straight I knew that a sprint would get me under 1.40 I busted a gut crossing the line with a couple of seconds to spare on the official clock and stopped my watch at 1.39.52, five minutes better than last years PB. I've since discovered that I've been given an official time of 1.40.02, I suppose it's churlish to whinge about a mere 10 seconds, but.....

I watched Dougie/Norman/Gordon finish looking very strong in an official time (he didn't manage to stop his watch) of 1.43.20. A PB for his first half marathon, simply amazing???

As we had both attended the same pre-match function we agreed that our strong performances were down to the haggis dinner and that perhaps we should continue eating them throughout our training for the London Marathon. Anyone got a recipe for Haggis Jalfrazi?

Dave Pearce

## Michael adds a foot note to the Wokingham half.

After last year's Wokingham Half the committee wrote to the organisers pointing out a few deficiencies with things like the toilet and baggage facilities. I'm glad to be able to report that the organisers acted on many of our suggestions and this year's event was a marked improvement. The baggage tents (needed for refuge from the bitter wind) were easily accessible, there appeared to be fewer problems with toilets and the route was well marshalled with plenty of drinks stations. There's still a bit of a bottle-neck at the start but you can minimise the ill effects of this by pushing close to the front at the start. All in all it's become a good race, certainly better than Reading with it's continuing difficulties."

### 2003/2004 Committee

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## LADIES CAPTAINS REPORT SPRING 2004

Hi All

It's that time of year again the clocks have gone forward and we can't wait to try out the runs Kevin has in store for us ! In case you haven't heard our Tuesday runs start again at the Look Out this Tuesday 6th April .

So what's been happening since my Christmas report ? The presentation evening was a huge success again , many thanks to Dave Richards for the music and Phil for organising the evening . We had a great evening bopping away and also gave a few surprise awards this year too . So all you people who didn't make it this year put it in your diary for next January ok?

Big congratulations go to Phil and Nicky and Claire and David , both parents had bouncing baby boys in January and both are named Tom! Hope to see you back with us soon - babies too if you like !

The London Marathon is fast approaching 2 weeks today in fact . Good luck goes to Janice and ? Angela who are our only lady runners this year ( can't believe our Wendy's not running it! ) Dave and Gordon have been pounding the streets during our winter training-- hope your first marathon goes well Gordon - it should do Dave's an ace trainer! Thanks to everyone who will be helping lay the timing mats on the day , you may not receive instructions about the day until the last minute but DON'T panic you WILL know before the 17th - honest !

Turn out on our Tuesday and Thursday throughout the winter has been up and down, some times loads of people other times just a couple . But hopefully this will change now the spring has sprung! Sunday at Windsor remains a popular venue with a good turn out most Sundays.

As for races Mary and Kerry continue to represent the club as they did last year , maybe we can turn out with them this year ? If you fancy getting a ladies team together for the Surrey County Road League ( see recent news update on web ) please let me know and I will do the organising - come on girls !

Congratulations go to Mary who received a prize for being the first Wokingham lady resident over the line in the Wokingham Half Marathon and also for

competing against the elements in the Fleet Half too !

Congrats also to Dan Park who ran the Fleet - his first run for a while ! Thanks to Marie , Tom and Ellie for their support ! Well done to Marie who since my last report is fast catching up with Mary-leaving me way behind ! Chris P is also getting speedy and increasing her mileage - watch this space !

Apart from the usual races in abundance over the coming months please don't forget our Relay Marathon which usually takes place in July , if you want to take part then we also need you to do a bit of marshalling too . If you don't do the running bit if you and the family can help marshal that would be brilliant - let us know

Ginni, Chris P, Karen and myself completed the 4 mile Logan's Run today (4-4-04) I mentioned it last year ,we could do with a lot more local people doing it as all the proceeds go to the Phyllis Tuckwell Hospice . I must make a big effort next year and raise some money for the Hospice . It is a pleasant run inside the old Rushmoor Arena , there is also a fun run for the kids --maybe next year ?

Think that's all, please let me know if you would like to get a ladies team together for any of the many runs that are coming up , hope to see you all at our summer venues with Kevin our leader! Once again GOOD LUCK to all in the Marathon look out for 21 WVR scattered along the route beside the many mats , you are not the only ones getting up early that day we have to be on the Mall for 5am !!!!

Enjoy the Spring and a Happy Easter to you all !

Pam B

*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. .*

## MENS CAPTAINS REPORT SPRING 2004

It's been a fairly busy start to the year as quite a few members have entered races throughout the counties. As our ladies captain reported, attendances at our club runs have been a bit up and down but those attending have enjoyed the training. A very encouraging start to the summer training took place at the Lookout at the beginning of April. The weather was not too kind as we endured a few showers that sought to dampen our spirits. This did not happen as our coach Kevin had laid on some treats for the session. There were about 17 attending and we were put through our paces with reps, hill work followed by a steady warm down

A few of you were disappointed with the cancellation of the Woking Ten as indeed I was myself. I found the Towpath 10 a good substitute. Chris Lovell has invited us to his annual birthday run over his neck of the woods. This will take place at the end of May and is a very picturesque run

As for future events we have the usual well attended Yateley 10K series begins on the first Wednesday evening in June (02/06/04) Please contact me by whatever means so as we can put some teams together. The same goes for our Brickmakers Relay Marathon on 10<sup>th</sup> July. We need plenty of volunteers to act as marshals and as many members who can run on the day. Pam will organise the Ladies Teams

The River Relay takes place in the beginning of September; again we need mixed teams of six people. This is really a great event and has always been enjoyed by those participating

The London Marathon took place last Sunday. A group of us helped out laying the Timing Mats for Flora London again. A big thanks goes to our ladies Captain Pam and her husband Pete for organising. Congratulations to all those who raced on the day. I was able to photograph most of our club members at the 25K mark. The results should be on our Web site very soon together with a few pictures. A few PBs were attained but I have not got those to hand at present

On 16 June we have a competition between 2 orienteering clubs (SN, BKO) and 2 running clubs (Sandhurst and Finchampstead). It starts at Finchampstead ridges, Crowthorne at 6:40 with a 2-3 mile cross country, followed by a 2-3 kilometre (easy) orienteering race. This is very informal, need about 8 to make up a team. Actual numbers plus male/female ratio decided on the night according to who turns up. Winning time is around 30 mins, slowest about 60 mins. Any members interested? I would need to know before the event as food is provided after. It is a bit of fun and for all ages/abilities. Contact Peter or myself

Please tell me of any other races that you may know of coming up so as we may enter some teams

All the best for this summer's training

Tony Sheridan

### Summer Training

**TUESDAYS @ 7pm**  
The 'Lookout' at Bracknell.

**THURSDAYS @ 7pm**  
Various venues  
See web site  
Or look out for Email

**+SUNDAYS @ 9am**  
Blacknest Gate, Virginia Water  
*+Except last Sunday in month*  
*"The Sun Inn", Chertsey Road*  
*Windsor*  
*(10k Handicap at 10am)*

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### Roland's Trophy results 2003

	<b>Best</b>	<b>DOB</b>	<b>Age</b>	<b>Target</b>	<b>Rating</b>
John Williamson	0:43:09	23-Oct-41	62.47	00:33:18	77.17%
Keith Hull	0:41:08	02-Dec-48	55.36	00:31:07	75.65%
Geoff Williams	0:42:33	20-Nov-47	56.40	00:31:32	74.11%
Mary MacClancy	0:42:02	11-Feb-65	39.17	00:30:49	73.31%
Tony Sheridan	0:43:30	08-Nov-49	54.43	00:30:54	71.03%
Peter Tiner	0:43:02	18-Nov-52	51.40	00:30:17	70.37%
Jenny Peppiatt	0:42:41	20-Apr-82	21.98	00:29:55	70.09%
Michael MacClancy	0:40:36	26-Apr-62	41.97	00:28:04	69.13%
Graham Burns	0:39:31	22-Aug-66	37.64	00:27:17	69.06%
Dave Pearce	0:45:33	11-Jan-48	56.26	00:31:18	68.73%
Chris Lovell	0:48:41	23-May-42	61.89	00:33:04	67.94%

### Race Results

As you can see from the 2003 Championship Results in the newsletter the second and third places in the Men's Championship were decided by only 4 seconds. This means that it can be very important to make sure that your correct time is recorded in the official race results, these being the only basis for us to calculate the championship results.

Most large events now publish the provisional results on the internet very shortly after the race. If you ever think that the organisers have got your result wrong then you should tell them about. I was recently talking to the organisers of the Wokingham Half and they told me that their results went through about 8 editions before being finalised. They said that they actively welcome comments because this enables them to identify where there might be problems.

So, if you think there's a problem, complain. You never know, it might win you the Championship!

### Club Championships 2003 Final Results

Name	M/F	Best 10k	Best 10m	Best HM	3 events	5 10k's	Entry
Mary MacClancy	F	00:42:02	01:09:53	01:33:09	03:25:04		03:25:04
Katie Pearce	F	00:45:35	01:15:42	01:47:54	03:49:11		03:49:11
Kerrie Woods	F	00:49:31	01:21:59	01:51:19	04:02:49		04:02:49
Mary Painter	F	00:51:55	01:24:30	01:53:58	04:10:23		04:10:23
Pam Berriman	F	00:50:32		01:46:13		4:16:31	04:16:31
Miles Cudmore	M	00:38:54	01:03:06	01:25:06	03:07:06		03:07:06
Michael MacClancy	M	00:40:36	01:09:02	01:31:53	03:21:31		03:21:31
Keith Hull	M	00:41:08	01:10:03	01:30:24	03:21:35		03:21:35
Geoff Williams	M	00:42:33	01:09:27	01:33:15	03:25:15		03:25:15
Peter Tiner	M	00:43:02	01:12:40	01:33:49	03:29:31		03:29:31
David McLean	M	00:40:29	01:10:31	01:42:08	03:33:08		03:33:08
Richard Sherlock	M	00:44:00	01:12:43	01:39:03	03:35:46		03:35:46
Murray Wilson	M	00:41:59	01:13:05	01:41:23	03:36:27		03:36:27
John Williamson	M	00:43:09		01:37:54		3:40:42	03:40:42
Tony Sheridan	M	00:43:16	01:15:01	01:43:47		3:41:30	03:41:30
Richard Franklin	M	00:44:14				3:44:06	03:44:06
Ian Lee-Emery	M	00:45:56	01:17:05	01:46:01	03:49:02		03:49:02
Dave Pearce	M	00:45:33	01:18:19	01:46:02		3:58:29	03:49:54
Peter Taylor	M	00:46:59				3:59:15	03:59:15
Chris Dent	M	00:49:12	01:36:34			4:09:57	04:09:57
Richard Deacon	M	00:48:23				4:11:03	04:11:03
Chris Lovell	M	00:48:41				4:13:02	04:13:02
Peter Friar	M	00:50:11				4:27:41	04:27:41

## A YEAR ON FROM THE OPERATION...

**Many** of you have already been bored skinny by the saga of my leg op. One year's recovery has been quite interesting and a challenge. Briefly it all started, I think, by a fall in Woking Park warming up for the April 2002 2.85 miles Kingfield Canter Handicap. I tripped over one of the strange kerbs in the car park avoiding an ice cream van (!) and among other damage banged both knees on the kerb. Five minutes later and a lot of cleaning off of -muddy red stuff from knees, hands and head, I ran the race in a reasonable time. Running during the rest of the summer seemed normal.

Those who were running with me round the lake at Windsor Park on Sept 15<sup>th</sup>, 2002 may remember a loud bang from my left leg and a sudden halt of progress about a mile out. I staggered back to Blacknest Gate and pottered home driving carefully with the stiff leg. The stiffness around the knee improved a bit and gradually I began some gentle two to three mile runs in October and slow trots round Virginia Water in November and December. It was still uncomfortable to run, especially when any real effort into it so in early January 2003 I went to see my G.P. who asked what my best 10k time was - a good start. He thought that it might well be a cartilage problem and on the NHS it could be possibly looked at in May 2004... Several runners, notably Dave Nicholls and Mike Bott, recommended seeing Rowan Pool at Nuffield Sports Injury Centre in Woking. My G.P. suggested that too. A small legacy and recommendations made me decide that Nuffield it was to be. I made an appointment for a consultation on 7<sup>th</sup> January (phoning on 3<sup>rd</sup> January!) Rowan Pool suggested that it may well be cartilage trouble. An

MR1 scan would probably show up the problem but whatever was wrong would need correcting so he suggested save £600 and don't do an MR1. "I can do it next Monday, the 13<sup>th</sup> " he said, but I elected to go on the 20<sup>th</sup> January.

I took a slow trot around Virginia Water on Sunday the 19<sup>th</sup> in case it was my last run and off to the hospital on the 20<sup>th</sup>. Lots of preparations and I was out for an hour. I felt a bit odd for a while but did appreciate the menu and wine list! At the end of the day I walked down the stairs to reception and took a taxi home. I was given various exercises to do. Mr (they are Mr these consultant surgeons) Pool said that the cartilages were OK but there was some damage to the inside ball on the bottom of the femur, the bit that sits on the cartilage, and some damage to the membrane which had loosened and got caught in the knee joint. He smoothed out the

damage - possibly caused by that April fall which may have cracked the bone and caused the leg to jam in September when a tiny bit broke off. He accompanied the chat with several lurid pictures - fascinating! A physio session on the 26<sup>th</sup> was fitted in with various exercises practised and mobility checks done - all OK.

For 4 weeks exercises, gentle walks to shops and the odd bike ride slowly brought more flexibility and slowly reduced the swellings. On 2<sup>nd</sup> Feb a 50 minute walk in Windsor Park was completed without too much trauma. First run was 18<sup>th</sup> February - one mile in 10min 49secs. After two more slow one mile trips a 2 mile run was done in 20 minutes that week. On the 23<sup>rd</sup> Feb I staggered round the WVR 5k to the cricket ground in 34 minutes -no ill effects apart from a little stiffness. On 2<sup>d</sup> March I went round Virginia Water for the first time 4.2 miles in 42 minutes. On 4<sup>th</sup> March I had a check-up with Rowan Pool at Nuffield and progress was fine he said. On 5<sup>th</sup> March I managed the Woking Handicap in 25min 22secs (8.54m/mile).

Through March I did a few more gentle runs to strengthen the leg and improve fitness. I had lost a bit with no proper running since Sept 2002. Two weeks holiday away in Grenada provided complete rest from running. It was lovely on the beach etc but the rest actually reduced fitness and made it very hard to restart. It took 3 weeks to get back to where I was before the holiday, then a terrible cold for 2 weeks in May stopped progress, but after that ability and fitness improved quickly. At the end of May I entered the 3 day event. This was my first post op WVR 10k - done in 57 minutes, one mile on the track at 7.54 and the Red Road Hill run in 27.57 - total in 93 minutes - a triumphant last place - 7 minutes quicker than expected 3 months after the operation. It became obvious on the Red Road bit that downhill was difficult with the extra shocks on the knee joint sending a minor pain up the leg - a 'be careful' warning. Also sideways stresses are awkward so xc running is still slow on rough terrain.

By now I began to look for targets so my competitive runs, Woking and WVR h/c's and local measured routes were all logged and improvements have continued. At a follow-up consultation mid-Sept Mr Pool suggested I start putting a bit of welly into some runs so an extra effort in the Sept 10k handicap brought my first sub 50 minutes for a year (without wellies).

May to December 10ks have come down from 57 to 48.40 and Woking h/c from 25.22 to 21.29. On my local runs my 3.9 miles has gone down from 37.40

to 32.30 and a 5.5 mile route from 58 down to 45.48. I can still feel the point on the femur ball where the damage occurred so care is still needed. The improvement in times is partly the mending of the leg and also a recovery in fitness. One surprising thing is the acceleration throughout a run. The 10k handicap is producing negative splits of up to 3 minutes; it's taking a long time to warm up and stretch during the run as well as beforehand. The most satisfying performance since the op was the "race your age" MABAC run in Windsor Park on 4th January. This is a run across Smith's Lawn, Copper Horse, Village loop, Cumberland Gate and back -just under 8 miles. I had to do it in less than 61.35. Several trial runs in Oct, Nov and Dec produced a PB of 63.45 - 2 minutes outside. On the day I did 61.24 beating my age by 11 secs - somehow - great.

If you have to have repairs done get the professionals to fix them and look to long-term recovery. It can be very rewarding. Forget your previous times before injury - you're starting again.

I'm going to have to go a bit to get back to Mike and Mary MacClancy's times but it's nice to be back at club running speeds

By Chris Lovell

## Race Results

Hog's Back - December 2003

### Men's

237	Richard Sherlock	66.37
238	Chris Lovell	66.38

### Ladies

3	Susanna Harrison	50.44(sc)
15	Wendy Davies	56.38(sc)
56	Kerrie Woods	68.54
92	Angela Rutterford-Adams	76.37
93	Janice Tweed	76.37

Bramley 20 - 29th February

239	Susanna Harrison	2.26.16(sc)
314	Peter Williams	2.33.58(sc)
345	Dave Pearce	2.37.13
401	Gordon Trout	2.41.30

Reading half - 7th March

Ian Lee-Emery	1.42.23
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Wokingham half - 15th February

85	Susanna Harrison	1.24.09(sc)
199	Michael MacClancy	1.28.58
215	Dave West	1.29.19(sc)
267	Mary MacClancy	1.31.19
562	Dave Pearce	1.40.02
663	Ian Lee-Emery	1.42.38
691	Gordon Trout	1.43.20
1595	Marie Guinard	2.10.45(sc)

London Marathon 2004

1586	Richard Gurd	3.05.55
3071	Miles Cudmore	3.20.14
3083	Amanda O'Leary	3.20.21(sc)
6423	Gordon Trout	3.40.57
6953	Dave Pearce	3.43.43
17254	James Gold	4.25.19
17502	Sue Middlehurst	4.26.12
18005	Angela R-Adams	4.28.12
19182	Janice Tweed	4.32.54
27316	Dieter Sullivan	5.19.53
28063	Marie Guinard	5.27.00

## Summer training notes from the club website

**The format for summer training** (commencing on Tuesday 6th April 2004 at the Look Out, Bracknell) will be that we stick with The Look Out for Tuesday evenings (as the numbers were good for last year) and that we rotate 4 regular venues for the Thursday session.

The numbers for last year's Windlesham Thursday evening runs were not that good, hopefully by reducing it to once in every four as part of the regular venues we'll increase the numbers.

We will use the following 4 venues on a rotating basis: Chobham Common, Lightwater Country Park, Windsor Park and Windlesham.

As regards the 'run of the month' (for May onwards) we could invite our runners to nominate a venue(s) that would be suitable, I'm sure that other members have some interesting/scenic runs they may wish to 'share'. We will still incorporate Bob's Run and runs to celebrate birthdays etc.

I think it is important that we are flexible regarding the Thursday evening runs, if the numbers are down or the feedback is negative we can change venues for the following month. We will remind members to keep an eye on their e mails for WVR

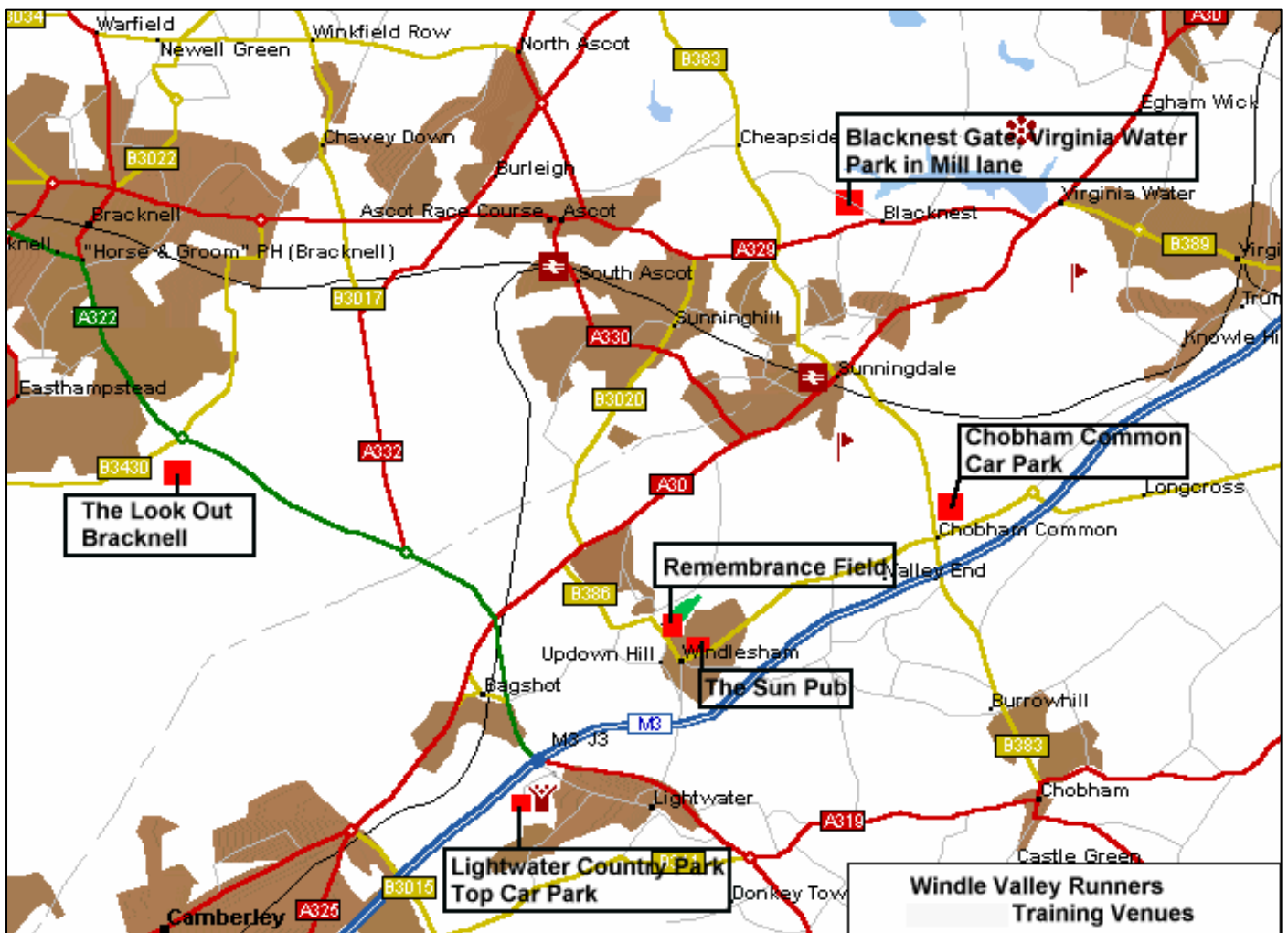
news updates and to regularly check the club's website.

Tuesday nights at The Look Out will, providing sufficient numbers turn up, be mainly confined to speed work, hill work and 'fartlek' runs, with the occasional general run/jaunt thrown in for good measure. To spice things up a bit I have 'obtained' some new routes and a couple of 'team' based sessions (I cannot reveal my sources!). It seemed that most of the regulars 'enjoyed' the more challenging sessions, once they realised that they did not get lost/detached from the main group.

I do not intend to specify a Tuesday training schedule, preferring a more flexible 'let's see who turns up approach' (and other factors which meant changing plans at the last moment).



President Bob Webb entertains Vice President Jean Haywood at the presentation evening D&D in January



### Race Diary

15% reduction for Windle Valley Club members on production of their membership cards at  
**Michael Bott**  
 Physiotherapist  
 01483 714263

**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

**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**

<b>May</b>		
Sunday 2nd	Sutton 10k	11am
Monday 3rd	Shinfield 10k	11am
Wed 5th	Woking Handicap 3 mile	12.30pm
Sunday 9th	Marlow 5	9.30am
	Alton 10	10.30am
	Portsmouth race for Life 5k	11am
	Hogsmill Ladies 5	10am
Sunday 16th	Hook 10	11am
	Concorde 10k	10.30am
	Oxford Mail Town and Gown 10k	10am
	Hillcrest 8k (Surrey)	11am
	Ranelagh Richmond half	8.30am
	Slough race for life 5k	11am
Sunday 23rd	Coombe Hill 5	9.45am
Tuesday 25th	Summer Trail Challenge 10k	7.30pm
Wed 26th	Woodland 5	7.30pm
Sunday 30th	WVR Handicap (3 day event)	10am
Monday 31st	WVR 3 day event mile	9.30am
<b>June</b>		
Tuesday 1st	WVR Hill Run	7pm
Wed 2nd	Woking handicap 3 mile	12.30pm
	Yateley 10k	7.30pm
Sunday 6th	Dorking 10	10.45am
Sunday 27th	Dysart Dash 10k	
	WVR Handicap 10k	10am
Wed 30th	Woodland 5	7.30pm
<b>July</b>		
Saturday 3rd	Dachet dash 10k	10am
Wed 7th	Yateley 10k	7.30pm
Wed 28th	Woodland 5	7.30pm

Check the website for club training venues and times.

**www.windlevalley.com**



John Williamson receives Roland's trophy for 2003