



Issued to all Members of Windle Valley Runners

Editorial

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3 Day Event

Hopefully you will have received this newsletter before the Three Day Event has taken place over the Bank Holiday weekend of Sunday May 28th through till Tuesday May 30th. Details on the club website or direct from Wendy Davies (01276 850049)

Surrey Road League has started again, the events are Sutton 10k (already held on 7th May), Dorking 10 mile on June 4th, Ranelagh 10k on June 25th, Elmbridge 10k on July 23rd and Belgrave 5k on August 13th. We are entered for both ladies and men's team competitions. If you run you automatically get points for the club.

Relay Marathon

I am waiting for a response from BOC with regard to this years Relay Marathon, Tony has suggested in his report that it will be held on Saturday 8th July, somebody has told me that is the World Cup Final day, so maybe we will go back a week. As soon as details are known I will ask Phil to put the information on the Club website, also entry forms for other clubs to download and

send in. As ever with this event we do rely on club members supporting us to help the smooth running of the event, most years it is just a small band of faithful members and their families who turn out for the day. Even if you can only spare an hour or so your help would be much appreciated. Contact Pam or Tony if you can help, we need marshals and runners if we are to put teams into the competition.

Committee News

I must report to all club members that at National level the organisation and management of athletics has been going through some changes, there has been some unrest among clubs that our voices and opinions will not be heard under the new management system. We are now part of GB Athletics and will still affiliate to Surrey County AA each year. From my understanding of the changes being made it would appear that track and field clubs seem to have more to worry about than a club such as ours!

Events

Runnymede Relays and the

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Participation in any other sport

Everything, but I don't get chance to play them a lot any more. I love playing hockey, squash and tennis.

Mens Captains report Spring 2006

Summer training period has now arrived and has got off to a good start. We seem to have a good turnout at the lookout proving a popular venue by all. I spoke to Dave Nicols today and he has invited us to join the Runnymede Runners over at Windsor Park where they hold an informal 5ml race starting at Bishops Gate on the last Thursday of each month. It might be a good idea to do a little fraternization with our friends at Woking and Runnymede clubs for a change as we only see them on block at our own Brickmakers Event

I had a nice invite last month from a founder Windle member Rod Vigar who now lives in the Hague . My wife and I visited Amsterdam for a couple of nights then onto the Hague for a 10K race on the Saturday. It was The Hague International half marathon, 10K 5k plus a fun 1 K run. Rod and I childishly ran the 1K with his 4 year daughter as our pacemaker. Yeah, Yeah, we did actually finish it but I refuse to print the time! We then cheered on Rod's wife Fiona who tested the 5K course and subsequently completed it with a rousing cheer from her supporters. Next, the main event for the boys! Sporting our infamous Windle Valley vests, we went off with a field of about 4 thousand competitors. Rod and I nursing injuries, completed the course and were duly medalled, if that's the right word. After showering, we went back to watch the elite men finish the half marathon accompanied by about 22000 other runners. Yes, it was a large field and a great day out

We have Relay July. for on the team myself or enter a Saturday

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our own event to manage soon. The Brickmakers Marathon which is being held on Saturday the 8th Start time will be at 1400 We do need volunteers marshalling plus as many members who can run day. It would be nice to enter a ladies and men's plus a mixed team on the day. Please contact Pam as earliest as possible. We would also like to team for the Runnymede Runners Relay on 17th June with a noon kick off

Last Sunday, some of our club members had the honour of helping out Flora London Marathon lay the timing mats for the race. Most of us had front row seats as to say, and were able to cheer on all those Windle members who ran. Once again, Richard Gurd stormed home in an amazing 2hrs 47 followed by our new member Sarah Gee in 3hrs 08 Wendy Davis was our next lady in at 3hrs 18 then minutes later came Keith Hull 3hrs 27 Next was our first time London girl Katie Pearce at 3hrs 47 followed by Mary Painter 4hrs First timer Nicholas Cook raced in at 4hrs 17 closely followed by Ross



Wendy, running strongly but like Katie found the going tough this year!
There is always next year Wendy!

2005/2006 Committee

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Katie Pearce Club Profile

Born: May 19th 1983

Occupation: Development Coordinator for Tennis and Mini Tennis

PB's:	10km	41.34	Windle Valley 10k 2004
	10 mile	70.27	Tough Ten 2004
	½ Marathon	1:32:37	Wokingham 2006
	Marathon	3.35.07	Shakespeare Marathon 2005

When / why did you start running?

Dad used to drag me out of bed when I was about 13. It was usually a Sunday morning and felt far too early. I eventually began to quite enjoy it and would run more willingly. I started running properly in my last year of university (2003/4), it replaced hockey, netball, tennis etc.

Enjoy / dislike about running:

You can run anywhere any time. There is no limit! You can continually challenge yourself.

How did you hear about the club? My Dad, Dave Pearce

Most memorable race

Shakespeare Marathon, my first marathon. I felt so good all the way round.

Recommended event: Tadley Christmas Cross Country

Least favourite event

I don't really have one but if I had to choose Hayling 10. Despite having lots of toilets the route was dull, flat, concrete and boring.

Best race performance

Wokingham half marathon, a PB I beat Keith and Geoff. Geoff overtook me on the 13mile mark but with some grit and determination and that all important 0.1mile I won.

Favourite training run

The look out on a Tuesday night, particularly the wiggles!

Worst Race performance

London Marathon 2006, I felt awful very early on, I forgot to take my imodium!! I was in pain from about 16 miles, my quads cramped I was running over 10 minute miles, I was fairly spaced out from 18miles, so didn't really get to appreciate the crowds. Despite having perfect weather, plenty of training with good times, the Windle Valley crew, my family and friends behind me it went so horribly wrong!!!

Running Ambitions To complete a sub 40 10k! Best Championship position 1st.

Running Tips

Run off road as much as possible, it's much more interesting, harder work and great for your core stability.

Typical Training week.

Monday - weights/ aerobiking, Tuesday - Club run, Wednesday - Track, Thursday - Club, Friday - rest/gym, sat - rest, Sunday long run

Marathons / Half Marathons run

Marathons - 2. I don't really keep count probably about 10 Half marathons

Sporting Heros

Paula Radcliffe, she is truly phenomenal. Not only that, she is a Loughborough girl,

Favourite Shoe

My nice strappy high heeled black number, if you mean to run in New Balance 764's and the models after that.

Favourite Pre Race Food

I have a couple of favourite pasta recipes with lots of bread.

Race Results		58	Colin Woods	2.13.57
Wokingham half	12 th Feb	Fleet half	19 th March	
329	Katie Pearce	1.32.37	176	Jo Rodriguez(sc) 1.26.58
330	Geoff Williams	1.32.38	475	Katie Pearce 1.36.13
348	Keith Hull	1.33.34	543	Murray Wilson 1.38.02
385	Ian Lee-Emery	1.34.49	999	Colin Woods 1.47.49
470	Sarah Calver	1.37.46	1093	Pam Berriman 1.49.22
593	Sabine El-Bacha	1.41.11	1153	Chris Peppiatt 1.50.38
861	Nick Cook	1.48.02	1216	Nick Cook 1.52.12
1386	Dave Smith	2.05.08	1544	Chris Dent 1.58.16
Reading half	April 9 th	Woking 10	2 nd April	
943	Ian Lee-Emery	1.35.45	56	Geoff Williams 1.10.48
4232	Paul Conlan	1.58.27	69	Richard Sherlock 1.13.52
6264	Sue Middlehurst	2.11.39	91	Colin Woods 1.19.50
			98	Keith Hull 1.22.25
Maidenhead 10	14 th April	London Marathon 23 rd April		
264	Jenny Peppiatt	1.12.30	425	Richard Gurd 2.47.19
433	Nick Cook	1.19.17	1926	Sarah Gee(sc) 3.08.52
447	Dawn Straker	1.19.40	3083	Wendy Davies(sc) 3.18.48
455	Chris Peppiatt	1.19.53	4225	Keith Hull 3.27.06
629	Chris Dent	1.26.10	8148	Katie Pearce 3.47.24
844	Sue Middlehurst	1.38.29	11817	Mary Painter 4.00.23
			15850	Nick Cook 4.17.31
			16173	Ross MaClagan 4.18.51
			17301	Colin Woods 4,23.18
95	"To catch the reader's attention, place an interesting sentence or quote from the story here."	Bramley 10 mile 19th Feb		
		Michael MacClancy		
		1.10.31		
117		Mary MacClancy		
		1.13.04		
183		Colin Woods		
		1.18.52		
		Bramley 20 mile 19th Feb		
202		Wendy Davies (sc)		
		2.29.13		
Frimley 10k	26 th March			
215	Pam Berriman	57.11		
Cranleigh 21	30 th march			
99	Katie Pearce	2.45.51		
258	Richard Sherlock	3.11.53		
Cranleigh 15	30 th march			
27	Richard Sherlock	1.59.29		

Ladies Captain Spring Report

Hi all

Hope you are all enjoying the summer venues, once again The Lookout is proving a hit with lots of you turning out on a Tuesday – despite the damp weather up to now!

The London Marathon has been and gone big congratulations to all WVR's especially to Katie Pearce and Mary Painter after completing their 1st London Marathon.

Once again a big THANKYOU to all the WVR's who helped lay the mats this year- despite the soggy weather-- hope to see you all in 2007?

Congratulations to Jamie and Julie who had a very early arrival on the 19th January when baby Tom was born, his due date was March so he took everyone by surprise, however, all is well now and he is growing fast and can't wait to see his Auntie Jo in July!

Still on the baby front Good Luck to Claire Osborn who is expecting her second baby on the 30th June hope all goes well

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. .

Claire see you next year. Last but not least congratulations to Claire Parris who is expecting her 4th child in October – wondered why you hadn't been around lately Claire! Let us know how you are won't you?

Commiserations to Kerry Woods, who has had to hang up her running shoes – temporarily—due to a back problem, hope all is well Kerry and we see you back running soon.

Welcome home to Jenny Peppiatt after her teaching spell out in Indonesia, good to have you back Jen! Good Luck in the Triathlon on Bank Holiday Monday. Also welcome to 2 new ladies Kate and Lesley good to have you with us !

Congratulations to Sarah Knell who completed her first club 10k with us on Sunday in well under 60mins – a PB! Well-done Sarah!

Many races to look forward to this season. 7 ladies are running in The Hogsmill 5mile run -- this Sunday (May 7th) at Epsom .It is a ladies only run, a nice flat course and we received a free running vest last year, you can enter on the day – let us know if you are interested.

The Yateley 10ks in June, July and August are always very popular as they are held on the first Wednesday evening of the month, so too are the Woodland Five (very undulating course!) -held on the last Wednesday evening in May, June and July. I can't believe I did them all last year!

WVR's relay marathon in July – we will need lots of people to marshal that day so if you can help please let us know.

Wendy's 3day event will take place as usual over the May bank holiday weekend – see the website for details. Come on ladies we always need more WVR to support this brilliant event – go on enter!

You can find details of races on the website but if anyone would like to get a WVR team together for a particular run, please let us all know.

The new club long sleeve t- shirts seem to be a hit and the stock I have is going fast, if you placed an order from me way back in January can you let me know. I have one for Pete Tiner

and one for Geoff Williams; I hope to be at the Look Out on Tuesday see you there? If anyone would like a T- shirt again let me know and we can order more. I also have the club vests for sale too (ladies only)

Hope to see you all at our Tuesday and Thursday venues – see the WVR web site for the Thursday runs.

Looking forward to a long hot summer with plenty of good runs (and a bit of rain too maybe!)

Cheers Pam B.

INAUGURAL TRIP TO CALIFORNIA JANUARY 2006

Day 1: How many hours? Uneventful flight, just very long. Get fingerprinted and photographed then meet US Customs man with sense of humour which missed me completely! Asked if I was smuggling anything in!!!

Met at LAX and chauffeured by Don. Its 87 degrees! Stop on way to buy tiger shrimp. Check in to house and select rooms. Decide on separate rooms so W can fidget all night long if she wants to! D arrives home and wine is opened. Californian Chardonnay, mmmmmm happy noises!

D says we have to stay up till 8pm, so we drink more wine and enjoy fantastic shrimp Caesar salad, more happy food noises!!! Eventually retire at 8.11pm after 22 hour day. W to get refund on sleeping pills!!

Day 2: Both manage to sleep a bit. W up early, but still misses the 5.30am dog walk. Very civilised morning with Don and D getting ready for work (this is a very civilised home!) Hosts leave for respective offices. Such COOL hosts!

W and J go out for a run in the glorious sunshine. Run straight along Santa Ana Boulevard (so as not to get lost) and manage to run to the Marina. It's beautiful and getting very warm. Head back to house for stretches and breakfast in sunshine. Wow! Quick walk to check out local shops then Don arrives to take us to Laguna Beach. Check in to D's office then find a deli for lunch. This is the land of choice and there are TOO MANY. Take 10 minutes to decide on bread type, fillings, cheese type and dessert. Worth making the effort. Down to beach for

Summer Training

TUESDAYS @ 7pm
The 'Lookout' at Bracknell.

THURSDAYS @ 7pm
Various venues
See web site

+SUNDAYS @ 9am
Blacknest Gate, Virginia Water

+Except last Sunday in month
"The Sun Inn", Chertsey Road
Windsor

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D chauffeurs us to Marathon expo to collect race numbers and chips etc. W makes appropriate running shades purchase. J attempts to buy a water bottle but the woman tries to sell her hand warmers! D needed as translator!!!! W buys a STICK, an instrument of torture which she loves!

Day 3: W up at 4am padding around in D's slippers (which W seems to be getting very attached to!) tea in bed (again) for JT then quick jog to E17th St and back. Shower and fuff then off to swap meet (market) we manage a good bit of shopping and find some reading sunglasses! We are v happy!!! W retires to car for snooze while J & D finish shopping. Home to change, then off to Newport Beach to chill. D packs us beach chairs and towels. W asking for food so we find a deli and have to decide what to order. Decision eventually made we head down to beach. V large beach, so have to decide where to sit! Share out sandwiches YUM! W gets seagulled! and ends up with a 'Something about Mary' hair-do! Luckily seagull misses sandwich, so W can carry on eating! Hit snooze position and chill for an hour. Walk along boardwalk from pier to pier and admire the luxury homes and nice legs of roller bladders! Back to Ralphs to buy flowers for D and try to hide them from her – fail! Back to house D not feeling well so goes to lay down. W & J attempt to nap. Get up to wonderful carb loading dinner. Spag bol and shrimp Caesar salad (by popular request). Life is good. W & J allowed 1 glass of wine due to race tomorrow! Plans made re morning attack. No need to set alarms as W & J awake early. Funny that!

Day 4: After tea and toast and much fuffing head off to Fashion Island in the mist. Odd getting to start of race in the dark, makes the portaloos a hit and miss challenge! Quick photo in sunrise, then rather long National anthem before 7.30am start. Great atmosphere!

1st mile is slightly uphill then its mostly down hill all the way. W hits wall at 6 miles, walks and runs the rest of the way and finishes in 1.39. Runs in with triathlete training for Arizona ironman, already cycled 2 hours! W comes back for J. J sees W first (I'd know those legs anywhere!) It's really warm now and J finishes in 2.21., 2 minutes ahead of Kenyans (first and last time ever!) but they had run 26.2 miles! J took 16.49 to complete first mile due to enforced loo stop, lots of catching up to do! D is top supporter and cheers us in, then its chip off, medal on and meet up with D & W. Back to car and home for well earned shower. W makes J use the stick on sore ITB - PAIN!!! Champagne and birthday pressies in garden for D. Kelly arrives with trifle and more champagne, and Don cooks pancakes for us. Pancakes with maple syrup and fruit, followed by trifle, what a feast!

D needs a nap so Don takes W & J up in a Cessna 172, 1968 model. We take off in sunshine and head along coast to Dana Point. Absolutely wicked! Captain Don is the BEST!

Back to house and W & J try to nap (we really want to stay up past 8.30pm!) but fail. W gives up and goes for a walk. 6o/c and its time to get ready to go out to dinner. D provides dressing juice (champagne) make-up will be squiffy now! We are off to Bluewater Grill on Newport marina for fantastic fish dinner. W makes happy food noises and nearly breaks the waitresses arm when she tries to take the bread away! Bread comes home in doggy bag for toast at breakfast. Don drives us home (stayed up past 9pm!) W attacks trifle, D goes to bed and J attempts to watch 'Finding Neverland' with Don. Manage for a while then off to 'finding sleep'!

Day 5: Good few hours sleep for us both. W heads off for jog, J stays in bed and reads book! Breakfast then walk to 'nail' place for manicure and pedicure. 3 spa chairs requested with D sat in the middle so she can translate! Spa chair vibrates and Vietnamese 'worker ants' arrive – 1 for hands 1 for feet. We discover W has really ticklish feet and she giggles! 3 sets of pretty toes and fingers then we go to 'Ulta' for W to buy perfume. Too much choice, W in tailspin! Eventually chose a perfume because of pretty pink box! Walk back to house to get ready for afternoon outing. It's turned out nice again, its V warm. D drives us to Dana Point for Dolphin safari. Pick up to die for tuna sandwiches from Proud Mary restaurant. Climb on board Capt Dave's catamaran and immediately have to make choice about whether to go looking for whales or dolphins. We abstain! Dolphins spotted on horizon and we head off in hot pursuit. Another day in paradise! Chase them for an hour and worry that we will have to turn back without catching them! All of a sudden we are in the middle of the most amazing pod of over 2000 common dolphins, how cool! J ventures to front of boat, hanging on for grim death (white knuckles) J has to do 1 thing each day that scares her (according to W & D law) this definitely qualifies! Dolphin are everywhere we look, and love to play under the boat. It is 'awesome' eventually head back to shore and enjoy famous choc brownies. Look out for whales – no luck but sealions are comical. Home for dressing juice and home made tacos for dinner. Rick and Diana join us. Attempt to watch dolphin safari DVD. We've made it past 9.30pm. Yeah, one more full day to go!

Day 6: W brings J tea in bed and we get up to go for a run. Map in hand we head off to Nature Reserve. Its beautiful, with a track all the way round with vantage points to admire the view. W teaches J to run down hills. I knew it had all been too easy up to now! W finds a 'swingboat' a downhill followed by an uphill and we run repeaters on it. 'lean forward, let your legs go, use your arms' W calls instructions. I think I get the hang of it W very excited!!! We run back and have to turn the map upside down to find our way back! Its V warm. Showers and fuffing completed we set out to complete our list of shopping chores. Leave a note for D in case we get lost! 1st point of call coffee shop. We can't decide what pastry to have so order hot chocolate instead. Next stop Ulta for BOGOF on Maybelline. Have to make decisions, so there for ages. Into Ralphs for Guinness then walk home. Hungry now, so into kitchen for toast and fruit. D comes home from work and we sit in the sunshine waiting for Don. Pack picnic into car and drive to Newport for electric boat ride around harbour. Captain Don takes to driving boat, D is picnic fairy! – sunshine, champagne, pitta chips – perfect afternoon again! Look at all the homes and boats of the rich and famous! Another world! Back to pick up Taylor from school (cute grand-daughter) then watch 2nd half of Finding Neverland with large box of tissues!!! Final outing to pick up necessary pressies then return for dressing juice before our last supper at the Sushi bar. A first for J, who struggles with practise chop sticks! Fantastic fun and food – last evening and we've made it past 10o/c whahey!!!

Day 7: say sad farewell to D & Don at 7.15am. Go for run at nature reserve in the sunshine. Lots of walking breaks for J to enjoy the sun and scenery. Wendy decides I have to make up for walking breaks with hops, skips and squats - oh joy! Back to house for express stretch, shower and packing fuff, then off to

Gap sale. Both make extremely good sale purchases then debate over hot chocolate and cookie choice. Worried we will be late for chauffeur, so rush back, pack (stuff) super fast and manage to fit in time for an egg sandwich. Don comes home to say goodbye and before we know it the chauffeur has arrived, we are loaded into car and wave a sad goodbye.

Our holiday has gone by so fast. Planning to return next year so J can improve her race time and W can win!!!!

Wendy and Janice do America (again!!!)

Nick Cook - London Marathon

Set the alarm for 6 o'clock Sunday morning for an 8 o'clock parking space at Waterloo station. Against all expectations, I had slept quite well, so didn't feel too tired. Had a good breakfast, and set off at about 7 o'clock with the family in tow. Left them at Waterloo and headed off to Waterloo East for the train to Blackheath. I haven't seen a platform so crowded!!!! And more people crowded onto the train at London Bridge – there would have been more space in a tin of sardines!!! And then the train stopped just outside Blackheath for what seemed like an age – it was starting to get very hot in there, and we were wondering if we'd get to the start on time. We eventually managed to get off the train and joined the throng heading off to the blue start. Found the runners enclosure, got my tracksuit off, dustbin bag on and deposited my kit bag on to the truck. Got in a loo queue and then headed off to the start – I was in pen 7 having given a ridiculously slow finish time on my application. I thought about trying to sneak into pen 5, but they were checking the numbers, so I went to the correct pen and worked my way to the front.

We started moving a bit early according to my watch, but it may have been wrong, and surprisingly enough we were running quite soon and even ran over the start line. Stopped about 500 yards along though, and again after another few hundred yards. Completed the first mile in 11:34, but mustn't panic – don't want to go too fast too early!!!! Had to use one of the loos at about 3 miles, but still didn't want to try and make up time.

At about the 10 mile mark I saw a runner lying on the pavement being given mouth-to-mouth – he didn't look good – but there were apparently no fatalities, so I assume he was ok. I passed Zoe from Blue Peter and also the couple getting married on Tower Bridge, but I didn't see any other celebrities. I had taken my phone with the headset and got quite a few calls, mainly from my daughter waiting at the finish telling me to hurry up!!!! It was nice to get encouragement from family and friends as I went round, although I got some strange looks from other runners as I was shouting into mid-air when I couldn't be heard through the head set!!

I'd never seen the Cutty Sark, and was looking forward to running round that – but I missed it!!! I think I was so absorbed in the spectators that I wasn't really aware of where I actually was for most of the route. And the spectators were fantastic!!! I was glad I had my name on my vest and was wearing the Mohican wig – I got loads of comments and encouragement from the crowd, "Great hair Nick", "Keep going Mohican", "Dad, dad, look at that man's funny hair". I mainly kept to the sides of the roads to be nearer the spectators, doing high fives with the kids as I went past, taking sweets and jelly babies from them.

They certainly kept me going towards the end.

At one stage I met up with Colin Woods and we ran together for a bit, until we split up to go round a couple of runners and didn't seem to get back together again. I also saw Pam at one of the mat stations and gave her a wave.

At the halfway mark my time was 2 hours, a bit slower than I had hoped, but I was still feeling good, and after the slow start I thought that if I could keep the current pace up for the next 10 miles, a sub 4 hour time might still be on. My thighs started to ache at about mile 15 though, and they were hurting at 19 miles. It was then that I realised the sub 4 hours wasn't on, but I never thought I wouldn't finish and in the end I was pleased with 4 hours 17 minutes.

The weather was good for running, enough rain for a cooling effect, but not so much that I couldn't see through my glasses. It wasn't so good for spectators though, and my wife and kids went straight to the finish to get a good spot and waited there for 5 hours in the rain for me to come in. Hence the 'where are you?' phone calls every half hour!! They were cold and wet when I finally caught up with them – and they didn't even get a photo as I went past!!!! (Official photos are starting to appear on the internet though – so I expect I'll buy some of those).

At the finish I was really going slowly – but the crowds were still marvellous and kept me going – it really hurt just to get over the speed bumps in the road!!!! I have to admit I had a bit of a cry after I got my medal and goody bag – but it didn't look as if I was the only one – so no shame in that. We went over to the BHF runners' party where I had a well needed massage and a bit of food and then hobbled back to Waterloo for the drive home.

I had a really great day and wouldn't have missed it for the world – but I won't be doing it again!!! It really hurt and the long Sunday morning runs on my own were
(cont'd on back page)

Clothing Update

Pam has recently been showing off various items of clothing from our suppliers with a view to getting a variety of these for the club to sell.

They will be available for viewing at the January 10k as well as at normal club training runs.

So if you fancy some new kit for 2006 ask Pam for a look!

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

We have now purchased long sleeved Tee shirts.

Contact Pam for more

RACE RESULTS

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

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

really boring. My wife asked me if I would do it again, and when I said no, she said "Good – you can spend your Sundays doing jobs again now!!" Perhaps I should reconsider that decision!!!

I don't feel up to this month's club 10k, but hope to make the May one – see you there!!!

Events Diary

May

Sunday 14 th	Eton Super Sprint Triathlon	9.am
	Alton 10 mile	10.30am
	Concorde 10k	10.30am
	Ranelagh Half marathon	8.30am
Sunday 21 st	Hook 10 mile	11am
	Winchester 10k	10am
	Staines 10k	9am
Sunday 28 th	Windle Valley 10k	10am
Wednesday 31 st	Woodland 5 mile (race 1)	7.30pm

June

Sunday 4 th	Dorking 10 mile	10am
Wednesday 7 th	Woking 3 mile handicap	12.30pm
	Yateley 10k (race 1)	7.30pm
Friday 9 th	Surrey Summer Aquathlon	7pm



Katie Pearce, seems from her profile comments that this years race was quite a challenge, well done Katie for completing the course.

As ever see the club website, Runnersworld.co.uk website or

individual club/race sites for further details

Our Marathon Team, looks like another early start and a long day for those volunteers on mat laying, still, rewarded with some good views of the racing!

