

# Windle Valley News



Issued to all Members of Windle Valley Runners

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## Editorial

This Easter edition of the WVR newsletter is a touch late! But I have waited for various race results and other articles to try and fill the pages.

One advantage of using Email is that the number of pages can be altered to suit the material available!

The Surrey Road League has started and we have managed to score points in the second event the Richmond half marathon, thank you to all those club members who took part in that event.

The other events in the league are:-

31st May	Dorking 10
28th June	Dysart 10k
26th July	Elmbridge 10k
9th Aug	Belgrave 5k

If any club members enter these events they will score points towards the League. Our next club event will be the Marathon Relay, we are hoping to run this event in September at Lightwater Country Park again. Once again Dave Pearce and Katie Cousins will be in charge so watch for Email details requesting your help.

Barry Andrews

## Captains Report

### Training

Winter training has been extremely successful and well attended this year. However with lighter days and warmer weather I am sure we are all keen to hit the summer trials and enjoy the Surrey countryside, I expect you out in force.

Thank you WVR

Many thanks to all those that have represented the club in races since Christmas and congratulations to those who have recorded PBs. I would like to thank all the Windle Valley members who have volunteered to help marshal and lay mats this year. Without volunteers like you events wouldn't be able to run and we wouldn't have the reputation of a helpful, friendly club. A massive thank you to Pam in particular who coordinates our Windle representative at these events.

Looking to the future

We are thinking of entering Windle Valley in the local cross country league but need a commitment of interest from members. Please let me know if you are interested.

Katie Cousins

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## Race Results

Bramley 10 mile - 15<sup>th</sup> Feb

57	David Williamson	1:07:41
164	Richard Sherlock	1:18:35
186	Wendy Davies	1:19:53 (sc)
203	Colin Woods	1:21:39
294	John Williamson	1:28:17
336	Mark Coxhead	1:31:28 (sc)

Bramley 20 mile - 15<sup>th</sup> Feb

271	Miles Cudmore	2:30:19
282	Laura Hales	2:31:40
339	Jenny Peppiatt	2:36:35
361	John Mann	2:39:01
448	Katie Cousins	2:45:46

## Water of Life half marathon 22nd march

Ann Gudde	1:56:38
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Maidenhead 10 - 10<sup>th</sup> April

192	Keith Hull	1.07.18
238	Laura Hales	1.08.58
249	Geoff Williams	1.09.15
251	Duncan Irvine	1.09.19 (sc)
330	Lucy Allen	1.12.31
331	Steve Moody	1.12.31
401	Julian Davies	1.14.28
540	Lucie Pearce	1.18.30
590	Jo Smith	1.19.46
653	Dave Pearce	1.21.32
655	Vicky Davies	1.21.37
802	Nick Cook	1.27.25

London Marathon - 26<sup>th</sup> April

## Ladies

483	Laura Hales	3.29.02
802	Sarah Calver	3.39.14
828	Katie Cousins	3.39.56
2261	Glenys Rebane	4.07.10
3854	Vicky Davies	4.28.27

## Men

2267	Peter Mannion	3.17.57
2650	Keith Hull	3.21.40
3012	Steve Moody	3.25.02
5829	Richard Gurd	3.45.41
11518	Ramon Fernandez	4.16.12
11612	Mark Wye	4.16.40
12829	Dave Smith	4.23.25
17763	Robin Wakefield	4.51.58

BA Concorde 10k – 3<sup>rd</sup> May

34	Keith Hull	42:17
79	Richard Sherlock	49:23
93	Colin Woods	50:52

Shinfield 10k – 4<sup>th</sup> May

18	Robert Batchelor	36:20 (sc)
116	Robert Littlejohn	43:69 (sc)
169	Chris Dent	45:36
203	Richard Sherlock	46:51
304	Tony Sheridan	50:50
408	Kelly Sheridan	54:56

Whitstable 10k - 4<sup>th</sup> May

73	Lucy Allen	43.18
172	Jo Smith	47.17

Richmond half marathon – 10<sup>th</sup> May

604	Ann Gudde	1:56:38
644	Jane Longworth	1:58:20
645	Tony Sheridan	1:58:24

Bracknell half marathon – 10<sup>th</sup> May

339	Robert Littlejohn	1:49:21 (sc)
662	Robin Wakefield	2:02:18

Staines 10k – 17<sup>th</sup> May

47	Keith Hull	41:03
151	Chris Dent	47:43
188	Colin Woods	49:48

Bognor 10k – 17<sup>th</sup> May

342	Richard Sherlock	49:23
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## Lakeside run

56	Peter Hansen	55:15
83	Mark Coxhead	58:04(sc)
186	Colin Woods	1:05:08

**Membership reminder to all members**

**Lucy Allen reminds all members who have not paid their 2009/10 subs that they are now overdue!!**

**Kindly take appropriate action if this request is applicable to you.**

## Summer Training Schedule

### Tuesday/Thursday Training

Please note the following dates for the rest of the Summer.

### Tuesdays at the Lookout Bracknell

19/05/09	7.00pm	07/07/09	7.00pm	25/08/09	7.00pm
26/05/09	7.00pm	14/07/09	7.00pm	01/09/09	7.00pm
02/06/09	7.00pm	21/07/09	7.00pm	08/09/09	6.45pm
09/06/09	7.00pm	28/07/09	7.00pm	15/09/09	6.45pm
16/06/09	7.00pm	04/08/09	7.00pm	22/09/09	6.45pm
23/06/09	7.00pm	11/08/09	7.00pm		
30/06/09	7.00pm	18/08/09	7.00pm		

### Thursdays

21/05/09	7.00pm	Windsor
28/05/09	7.00pm	Windlesham
04/06/09	7.00pm	Lightwater Country Park
11/06/09	7.00pm	Chobham
18/06/09	7.00pm	Windsor
25/06/09	7.00pm	Windlesham
02/07/09	7.00pm	Lightwater Country Park
09/07/09	7.00pm	Chobham
16/07/09	7.00pm	Windsor
23/07/09	7.00pm	Windlesham
30/07/09	7.00pm	Venue TBA
06/08/09	7.00pm	Lightwater Country Park
13/08/09	7.00pm	Chobham
20/08/09	7.00pm	Windsor
27/08/09	7.00pm	Windlesham
03/09/09	6.45pm	Lightwater Country Park
10/09/09	6.45pm	Chobham
17/09/09	6.45pm	Windsor
24/09/09	6.45pm	Windlesham

Please note that we have now changed the meeting place for our Chobham runs to the Chobham Village Car Park next to the cannon).

Chris Dent

### 2008/2009 Committee

#### CHAIRMAN

Ken Anckorn  
anckornks@hotmail.com

#### SECRETARY

Barry Andrews 01276 473757  
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#### VICE CAPTAINS

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## Club Member Profile - Barry Prince

Born - In the 70's

Occupation - IT Training Manager

Pb's 10k, 10 mile, half, marathon - 10k 48:09 . Never done a half or full marathon race

When/why did you start running - Enjoyed cross country at school. Been jogging intermittently ever since

Enjoy/dislike most about running:

Enjoy - The great feeling when a run is going well, makes you glad just to be alive

Dislike - Injury

How did you hear about the club - Internet

Most memorable race - Breaking 50 mins on the club 10K in August last year

Recommended event - The Windlesham 10K of course (if you can forget Steep Hill)

Favourite event - Submerging into a hot bath after an evening run during the cold winter months

Least favourite event - Anything between October and March

Favourite training run - Along the seafront when I lived on the south coast

Best race performance - Club 10K April 2009, somehow beat pb without too much effort

Worst race performance - Club 10K July 2008, too hot for once

Running ambitions - Run 1 marathon. Bring down my 10K time

Best Championship position - Somewhere near the back

Running tips-

1. Join a club

2. Accept that there will always be good and bad runs and that you can rarely tell which it's going to be in advance

3. You can (almost) never be over dressed for a run

4. Run with someone who keeps you entertained, takes your mind off the pain!

5. Whenever Lucy protests "you're holding back" remember to smile and politely explain that you're still warming up, despite her clearly not believing you.

Typical training week -

Tuesday evening, rush home from work, get changed, drag self to club training session whilst hungry and trying to remember why you do this. Meet friends at club training session, have a bit of a chat and a moan, start running sheepishly. Remind Bridget which way we're going. Eventually warm up and forget about being hungry, get into a good rhythm and remember how much you enjoy running.

Thursday, repeat Tuesday.

Saturday or Sunday, long(ish) run followed by lots of sleep (essential if body is to recover and get full benefit from week's training)

Marathons and half marathons run - None

Sporting heroes - Paula Radcliffe

Favourite shoe - Asics Kayano 14

Favourite pre-race food - Large strong coffee with many sugars. Lots of Polos.

### Summer Training

**For all training  
Check club website  
Or**

**Ring Chris Dent or Katie Cousins  
Details of summer training are in the  
newsletter**

**+SUNDAYS @ 9.30am**  
Blacknest Gate, Virginia Water

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

*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. .*

## Maidenhead 10

I ran the Maidenhead 10 on Good Friday for the 4th year in a row, and the weather didn't disappoint (again!) It always seems to either rain or be very cold. It rained this time.

I got up nice and early and headed off to the Nortel Business Park in plenty of time – they said there would be no delays this year – a 9:30 sharp start without fail (we'll see!)

Got to the turn off the A4 and there were loads of cars queuing to get down to the Park – I've always just driven straight in previously. Anyway, I got parked up, had a wander round, found the loos and bumped into a few WV runners (a good WVR turnout this year). Went off for a warm up jog and headed off to the start at about 9:20. Then I heard the announcement that I knew would be coming, "The start's been delayed for 10 minutes to give the loo queues time to go down" – ah well, 10 minutes isn't too bad. I positioned myself towards the back of the throng – now that this race has chip timing there's no need to get as near to the front as possible.

The hooter went off at 9:40 and we were off – that's when the rain started. Just a drizzle, but enough to be a nuisance for glasses wearers!! I was running at an average pace of about 8:30 minute miles (although they were varying greatly – I don't know if the mile markers were accurate!) and feeling quite comfortable. I passed Mark just past the 5 mile marker and was still feeling good. Then just before the 8 mile mark, I came to the gentle slope up and over the railway. Now, I run this part of the course as part of my lunchtime runs as I work on one of the airfield estates, although I run it the other way round. The way I run it that gentle slope isn't a problem, but this way round, it just drained all the energy out of me, and I slowed down to a 9:25 minute mile. Mark overtook me during the last mile, but I finished with an 8:35 minute mile. At the finish we were presented with a medal and a welcome Mars bar. Fortunately too, there were helpers to get the timing chips off – I couldn't bend down to get mine off!!!

Wandered back to the car and just sat for half an hour before getting out of the business park – lots of cars this year!! I was a bit disappointed with my time of 1:26 – I was hoping for 1:25, but that bad ninth mile finished me off – more training required before next year!! There were some good looking times amongst the WV runners and the men finished 30<sup>th</sup> out of 40 and the ladies 8<sup>th</sup> out of 27. Well done!!!

There were 1152 finishers

## Lakeside Run

Not a very auspicious start to my 2009 racing calendar. My first event of the year was the Lakeside Canal Run, and I ended up in hospital!

It was very different weather from last year – wet and windy rather than cold and frosty!! The route had changed too, apparently there had been a fatality on the road part of the course over Christmas, and the police had advised a change of route. This meant it was a bit shorter than last year and a lot flatter.

I got to the Lakeside complex quite early and sat in the car for bit before going off and finding the loos. I then met Colin and Richard before going for a warm up jog. I felt a bit of a twinge in my right calf, but hoped it would go away with a bit of a run. Mark Cox and Peter Hanson were about too, and we met up at the start.

I started off running with Colin and after a while I started to feel my calf a bit more and was considering pulling out but didn't really want to, so carried on. After a bit I began not to notice it so much. There were a couple of bottlenecks quite early on, firstly where we went down onto the canal path and then when we went back onto the road by a really big puddle – some people just charged straight through the puddle.

At about 3 miles Colin upped the pace a bit, but I was starting to feel my calf again, so let him go. The 5 mile marker was where I came a cropper. My glasses were steaming up and I waited until I reached the marker which was attached to a bridge before looking at my watch. Suddenly, CRUNCH...my head hit the curved part of the bridge where I had strayed too close to it. My glasses went flying into the canal and as I saw them starting to sink into the depths I dropped to knees and managed to grab them before they disappeared.

I got back up quickly and was ready to carry on when I became aware of blood gushing out of my head. I staggered back to the side of the bridge where one of the event cameramen was standing and asked him to phone for a marshal. He didn't have any event phone numbers, so phoned 999. He passed me his cloth which was keeping his telephoto lens from getting wet, which I used to try to stem the blood which was pouring down my front. A spectator on the bridge flagged down the ambulance which arrived quickly and I was whisked away to Frimley Park hospital.

I was dealt with very quickly at the hospital as they didn't want me bleeding all over their waiting and triage rooms and I was then able to phone my wife to come and pick me. The nurses said I wouldn't be able to drive again that day. I now have a four inch gash on my head with eight large stitches in it, and I can hardly walk 'cos my calf really hurts now! I shall have to get some physio on it before the Wokingham Half in two weeks time.

Nick Cook

### **CLUB CLOTHING AVAILABLE**

#### **Men's Vests**

M/L/XL - £12.00

XXL - £12.00

**Ladies Vests** £12.00

**T-Shirts** £14.00

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

### Windle Valley Runners at the London Marathon 2009

Once again the club was well represented at the Flora London Marathon this year with 13 members running (results elsewhere in the newsletter) .

Under the direction of Pam a number of club members and friends/family assisted again with the laying of timing mats for the event. This noble task enables the club to benefit from additional marathon places and a donation for £500.

### **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**