

# Windle Valley News



Issued to all Members of Windle Valley Runners

## Editorial



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Congratulations to all the club members who completed the London Marathon last Sunday. It looks as though Laura was enjoying herself! The times are in the race results section on page 2/3.

A slim downed version this edition as, although we have had many members racing, we only have a few reports to publish.

Thank you to Christelle, one of our newer committee members, for undergoing the profile questionnaire.

The club registration to EA for

2010/11 has been posted and we await EA member cards through the post. I did receive several last year that could not find there way by normal post, largely due to address changes. Let us hope that our current membership details are as up to date as possible. In previous years we have asked members to please notify us of any email or postal address changes asap. Our current membership is 78 first claim members and 9 second claim.

Thank you to the club members who turned out to help at the Fleet Half. The club received a £100 donation.

Now that we have a new club logo the committee are investigating a new range of clothing that will incorporate that new logo. We will attempt to get some samples for club members to see.

WVR is 21 this year! The committee are inviting club members to submit ideas to celebrate this milestone. Suggestions can be made to any members of the committee. We will be meeting again in June, when we will hopefully have some ideas to discuss.

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## Wokingham Half Marathon 2010

I wasn't expecting much results wise from this run as I've been plagued with achilles tendon and calf trouble since July last year, meaning I hadn't trained very much and hadn't run at all for the previous two weeks, deciding that my calf would benefit more from a good rest.

I awoke to heavy rain on Sunday and decided to abandon my plan to walk/jog to the start, and opted to drive down instead. I got to the start area and queued up for the loos – not too bad a queue, and then headed off to get changed. There was a change to the baggage storage this year. In previous years you just left your baggage in the changing tent, but this year they had a supervised baggage tent and you had to leave your kit with them. Got changed and then found the queue for the baggage tent was massive!!!! When the 5 minutes to start announcement came over the tannoy I, and many others, decided to just leave our bags in the changing tent. This didn't leave me much time for a warm up and stretch so headed off to the 2 hour mark in the starting queue. I had my dustbin bag on, but was wondering if I should have put a long sleeved shirt on underneath my vest – it was pretty cold standing around there!!

The hooter went off on time and it took me about 6 minutes to cross the start line. I discarded the dustbin bag and settled into a 9:15 pace. The rain stopped and although my hands were cold for a while, I was soon glad I hadn't put anything on under my vest.

I managed to keep a steady pace for 7 miles when my lack of training started to tell, I slowed to about 10 minute/mile pace for a few miles and the last two miles were about 11 minute miles with lots of people overtaking me.

I only saw Keith from WVR at the start, but a cheery 'Well done Nick' from Steve at mile 12 was most welcome, and a 'Hurry up!' from my wife standing in the cold spurred me on for the last 100 metres.

Picked up my medal and headed off for a cup of tea and then retrieve my bag from the quagmire around the baggage tent. A lift home and a long soak in the bath – bliss!!! But I do ache today. Hopefully I'll be able to get some training in before the Maidenhead 10!

Nick Cook

## Maidenhead 10 mile

I, along with a few other Windle runners, ran the Maidenhead Easter 10 on Good Friday; and for change, the weather was good!! Not too cold and the rain held off until I was driving home. Another unusual occurrence was the race started on time!! In past years the start has been delayed because of long loo queues or long traffic queues trying to get into the business park. Perhaps

people are starting to realise this now, and getting there earlier, or perhaps they were using bushes more!!!

The boring bits round the business park are made a bit better by all the supporters and watchers, and it's nice to see the runners in the lead coming back down to the park as we're all going up the road. I waved at Keith and Laura a couple of times, and even got a wave and a smile back from Laura, so that was nice!!

The open stretch through farmland along the tractor path was pleasant this year, it didn't seem quite so windy as usual, and I caught up with a Fetcheveryone forumite there and had a little chat with her for a bit.

I managed to keep at a fairly steady 9 minute/mile for 7 miles, but the incline up to the railway bridge at mile 8 got me again, and I slowed a bit for the last two miles, but finished in the time I expected.

Got a Mars bar and a medal at the end, then made my way back to the car – it's always a nightmare trying to get out of the business park, and it took me nearly half an hour!!

WVR men finished 35<sup>th</sup> out of 39, and ladies 8<sup>th</sup> out of 21.

Nick Cook

## Race results (chip times used when available)

Bramley 20	14 <sup>th</sup> February	
189	Laura Hales	2.26.15
207	David Williamson	2.27.51
210	Keith Hull	2.28.03

Bramley 10		
219	Richard Sherlock	1.23.39
283	Colin Woods	1.29.10
340	John Williamson	1.34.56

Wokingham half	21 <sup>st</sup> February	
204	Peter Mannion	1.27.03
244	Laura Hales	1.28.09
312	Keith Hull	1.30.47
426	Geoff Williams	1.34.33
632	Julian Davies	1.38.41
1084	Mark Coxhead	1.50.27(sc)
1201	Dee Green	1.53.13
1220	Martin Cox	1.49.54
1736	Nick Cook	2.07.32

Surrey Tempest 10 14<sup>th</sup> March  
 12 Rob Batchelor 1.08.40(sc)  
 65 Chris Dent 1.21.44

Surrey Spitfire 20  
 397 Mark Coxhead 3.06.34(sc)

Fleet half 21<sup>st</sup> March  
 177 Peter Mannion 1.29.04  
 799 Chris Dent 1.48.10  
 852 Mark Wye 1.49.38  
 1021 Mark Coxhead 1.53.19(sc)  
 1073 Paul Conlan 1.53.57  
 1182 Richard Sherlock 1.56.16  
 1350 Robin Wakefield 2.00.48  
 1449 Colin Woods 2.02.48

Reading half 21<sup>st</sup> March  
 743 Keith Hull 1.31.26  
 867 John Mann 1.32.48  
 1155 Laura Hales 1.35.27  
 1826 Alastair Watts 1.39.11

Richmond 10k 27<sup>th</sup> March  
 77 Gordon Trout 47:45  
 180 Dave Pearce 52:12

Alice Holt half marathon  
 20 Nigel Knell 1.36.58

Maidenhead 10 2<sup>nd</sup> April  
 194 Laura Hales 1:07:23  
 196 Keith Hull 1:07:32  
 370 Jenny Peppiatt 1:13:12  
 425 Robert Littlejohn 1:15:41(sc)  
 487 Mark Wye 1:18:05  
 489 Elaine McEvilly 1:18:27  
 648 Mark Coxhead 1:22:59(sc)  
 713 Dee Green 1:24:52  
 827 Nathan Green 1:30:10  
 858 Nick Cook 1:31:40

Stockley Park 10k 5<sup>th</sup> April  
 20 Laura Hales 42:20  
 21 Keith Hull 42:27  
 61 Chris Dent 47:34

Combe Gibbet to Overton 11<sup>th</sup> April  
 123 Dee Green 2.30.48  
 124

London Marathon 25<sup>th</sup> April  
 2321 Richard Gurd 3.14.15  
 2821 Laura Hales 3.18.46  
 2948 Keith Hull 3.20.11  
 8159 Julian Davies 3.49.55  
 10318 Nigel Knell 3.57.53  
 11100 Robert Littlejohn 4.00.35(sc)  
 17086 Roland Clapton 4.23.36  
 19790 Mark Coxhead 4.33.28(sc)  
 22105 Sue Middlehurst 4.42.38

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"You don't want your house sale to be a long running saga"

**PROFILE** Christelle Gental**Born:** 2<sup>nd</sup> March 1971**Occupation:** Marketing Director**Pb's:** 48.32 – Club 10k

**When/why did you start running:** Strangely I used to hate running at school – I preferred team sports but when I first came to England I had to find an alternative. Running was the obvious choice as it's so easy to just buy a pair of trainers and get out there. But I only became a 'regular' runner since I joined the club which was about 4 years ago.

**Enjoy/dislike most about running:**

Enjoy – fresh air, sense of freedom, stress relief, meeting people, buying new trainers!  
Dislikes – 'the bad days' – heavy legs, stitches, blisters... and injuries

**How did you hear about the club:** A friend of mine from France convinced me to join a club for a bit of a challenge – best advice ever. I simply did a search on the internet and WVR was the closest club.

**Most memorable race:**

1<sup>st</sup> race ever – Tadley Xmas 2005 – where you have to cross streams and sticky plough fields...

**Recommended event:** Hogsmill Ladies 5 miles – no spitting and good atmosphere!

**Favourite event:** Cabbage Patch 10 miles – beautiful run through Twickenham and along the Thames in Richmond

**Least favourite event** – probably the club 10k..the first few were tough and it took me a while to memorise the route – dare I say it – it's much better now!

**Favourite training run –**

The Look Out without any hesitation – I'm always looking forward to the Bluebells week!

**Best race performance** – Cabbage patch – my first 10 miles. I wasn't sure I'd make it but not only did I finish it, I also did a decent time.

**Worst race performance** – Must be one of the Yateley's 10k – 52mn something...

**Running ambitions –**

I guess I could be accused of not being ambitious enough but for me running is about keeping healthy – so to carry on training regularly, feeling fit and improving my 10k time would be great.

**Best Championship position** – 5<sup>th</sup> I think

**Running tips** – Listen to your body – if it hurts cut down!

**Typical training week** – Tuesday – preferred training is Hills or Look Out; Thursday and once at the week end – usually 5 miles around Camberley

**Marathons and half marathons run** – None as yet – but I'd like to do a half this year.

**Sporting heroes** – Miles Cudmore! I think that Miles's running marathons across continents was amazing – and all for a great cause.

**Favourite shoe** – Saucony ProGrid

**Favourite pre-race food** – piece of toast with butter and honey + black coffee an hour before.

**Participation in any other sports –**

Pilates twice a week – excellent for core strength. I'd like to get into cycling. I just need more time...

<b>Summer Training</b>
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<p><b>For all training Check club website Or Ring Chris Dent or Katie Cousins</b></p>
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<p><b>+SUNDAYS @ 9.30am</b> Blacknest Gate, Virginia Water <i>+Except last Sunday in month "The Sun Inn", Chertsey Road Windsor (10k Handicap at 10am)</i></p>
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<p><i>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. .</i></p>
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## London Marathon 2010 – by Laura Hales

A relatively pain free 5.30 am start followed a peaceful six hours' sleep. Sunday 25<sup>th</sup> April 2010 was the date that I had been looking forward to and dreading in equal measure for the past six months. My biggest hope was that the many hours and miles on the road, track and in the forest would pay off – Keith always assured me that they would!

Thank God, the weather was looking less sunny than expected – I didn't fancy a hot one and Keith definitely didn't....

I arrived to catch the Bracknell Forest Runners Club bus to be greeted by lots of people to talk to: What was the weather going to do? What time are you hoping for? Will I beat Keith (I managed to beat him to the bus at least!)? I met a chap called Nino, running for the Samaritans. Nino said that this was his first and last marathon (we shall see!) I really admire all of those making the effort to run for charity and personal causes.

After a pleasant and relaxed bus journey we all made our way to the appropriate starting points, green pen 3 for Keith and me this year – with the celebrities! Gordon Ramsay was looking confident, the Angel of the North less so! We were pleased that pen 3 was nearest the front in the green area, meaning a less congested start would be guaranteed. It was 30 minutes before the start when the rain started to fall – not just rain, rain that gets you soaked to the skin in 30 seconds. We both took shelter in the men's changing tent – Keith thought that I would be more accepted in there than the other way around!

20 minutes before the start, we had no option but to venture out into the pouring rain to deposit our kit bags in the baggage lorries. Fortunately, Keith was well prepared - as ever - with a stock pile of black bin bags. We moved to the start area and the nerves really started to kick in. Looking down, I noticed that the man next to me had bare feet covered in plasters – at least I had my trusty Asics Nimbus to see me through. Some people may know that I suffer from a mild circulatory condition called Raynaud's Syndrome which makes my fingers white and numb in the cold. Although my fingers were suffering, for once, I was pleased to be cold and not sweltering in the wrongly predicted heat.

The gun went bang – and we were off! A consistent 7.15 pace was our aim – I trust Keith's experience at keeping a steady, even pace. By mile two, we were both getting warm, despite the cooler conditions. By mile three, I became aware of Keith singing – 'Here Comes the Sun'. While it was nice to hear a song, I'm pretty sure Keith was hoping his prediction would be wrong. Fortunately, the sun peeped out from time to time but it did not get uncomfortably warm.

Keith paced me beautifully for about 17 miles, until we became separated with me pulling ahead slightly as Keith slowed to take his energy gel. I managed to tag onto a lady with a sub 3.15 number for the next seven

miles, taking me to the 24 mile marker. 2.2 miles left and I was feeling okay – much better than last year. Tony gave me a shout from the mats and that spurred me on – over Westminster Bridge where my other half Steve was waiting to encourage me along the last mile. The mall was almost in sight!

As I approached Buckingham Palace, I felt such a feeling of relief and emotion that I could hardly catch my breath. I crossed the finish line in 3.18.48 – an improvement on last year. I was thrilled. Keith followed less than two minutes later and we hugged in a mixture of elation and exhaustion.

What a fantastic day. The crowds were amazing. Thank you to everybody for brilliant support – especially Rob Batchelor for forcing me to run extra fast during earlier races and a huge thank you to my great buddy, Keith, for being with me every step of the way...he even managed to get a word in edge ways!

### Leadership in Running Fitness Certificate

As explained in the last newsletter, this course is accredited by UK Athletics and designed for Running Club Leaders. There are three of us so far that have completed this course: Steve Moody, Jo Smith and Lucy Allen. The course qualifies and insures leaders to deliver safe and fun running sessions and we are issued with a leader's ID card. During the Summer training sessions on a Tuesday evening, Steve Moody will be mainly leading these and will include a mix of hill training, short and long intervals and fun group activities.

Jo Smith

### The Frimley Lodge Park Run

Just a quick message to fill you all in about the Saturday morning Park Runs. These are the same runs that been going on at Hurst Park, Teddington for many years. It is a Bar Code Event and that means you have to register via the Internet through their Web Site <http://www.parkrun.org.uk/frimleylodge/Home.aspx>. Once you have logged on and registered, then you will be given a Bar Code to download. You can then, if you like, seal it in a plastic wallet so it stays dry.

I and a few other Windle Valley bods have participated. It is a 5K run alongside the Basingstoke Canal. The two lap course is slightly undulating but flat. I have attended three to date and the numbers are starting to grow. It is mostly attended by local clubs and is carried out in a very friendly manner. The good thing about these runs is, they are totally free. You may be asked at some stage to carry out a bit of marshalling. Your results normally get posted onto their Web Site the next day.

If anyone is interested, please give me a call 01276 471 931 and I can fill you in with all the details

Enjoy running, cheers Tony Sheridan