

Windle Valley News

Issued to all Members of Windle Valley Runners



Editorial

INSIDE THIS ISSUE:

Page 1	Editorial
Page 2	Wokingham Half Dorney Lake Duathlon
Page 3	Newbury Duathlon
Page 4	Ringwood Triathlon Captains Challenge
Page 5	Summer Training
Page 6	London Pic's
Page 7	Race Results
Page 8	Profile - Steve Moody
Page 9	London report
Page 10	London cont'd

As you may be aware the club has been without a Ladies' Captain since the last AGM when Katie Pearce resigned from the post and a replacement has yet to be found. If any club member feels able to carry out the role of Ladies Captain the club committee would love to hear from them

The club committee have decided to run the Relay marathon this year in Lightwater Country Park at the beginning of September. We are bound by park regulations over when the Relay can be held so it has to be at this time. The committee have decided to relax the rule over team members running twice in an attempt to get more entries for the event. There will be more publicity this year in an attempt to increase the number of teams taking part.

Summer training has now started and a full list of venues and times are to be found on the club web site. I have also added the training schedule to this newsletter.

The Surrey Road League events for this year are:- May 1st Sutton 10k, May 8th Richmond Half Marathon, June 5th Dorking 10 mile, June 19th Richmond 10k, July 16th Elmore 7 mile, July 24th Elmbridge 10k and August 14th Wimbledon 5k. Any club runner entering these events automatically gains points for the club in the Summer Road league.



www.windlevalley.com

Above is the new business card that Rob Batchelor has kindly produced for us to help publicise the club. The club committee will all have some of these cards to give out to prospective members, if any club members feel that having some of these cards available would be useful please email Keith Hull at (keithhull1@hotmail.com) and ask for a supply of cards.

EDITOR Barry Andrews, * 12 Osborne Drive, Lightwater, Surrey GU18 5QU
01276 473757 bandrews@aol.com

WOKINGHAM HALF MARATHON 13th **FEBRUARY 2011 - Tony Sheridan**

0715

Sunday morning, feeling good and hydrated.

After my early morning dose of porridge, banana, blueberries cinnamon and hot milk, I was tummy wise and well prepared for my first half marathon after nearly a two year break through injuries. Peeping through the windows, I could see that it was going to be a fairly dull looking day but alas, not too cold, as it has been in the past at these mid-February events.

Pining on my race number to my club vest and tying the race chip to my shoe, I had almost finished donning all my attire. I always find it difficult to choose the correct kit for a half marathon, as the weather can be quite unpredictable on the day and can become very cold over a ninety minute period.

0850

I knew that over ten more Windle competitors had entered the race, so was looking forward to seeing some friendly faces. I left in good time as I knew that there would be, traditionally, a very long queue for the toilets. After parking in the town centre and meeting up with young Simon, I gave him a spare Windle Valley vest which I had promised him early that week. We then met up with Martin and his supporting wife who accompanied us to the race village.

0925

It was not too difficult to spot where the toilets were sited, as the queue that had formed had snaked its way through two lots of tennis courts. This is where I headed before shedding and bagging my additional kit.

0950

After a bit of pushing and shoving we made our way up to the allotted start positions

Met up with a few more faces including Laura, Keith, Geoff and Rob, who I believe was pacing our Laura. I plumped for the one hour fifty marker as I thought that if I was ever to finish before this time, then I might be passing some bodies near the finishing stages. This always gives you a bit of a boost, I feel. After a few customary good lucks to our club and a bunch from Woking A C, I get to my post

1000

OK and we are off. I cannot see the end of the line-up, as there were so many competitors it filled the whole lane. I could just about view the start line from where I was stationed. With finger poised over my stop watch I cross the electronic timing mat and press my watch for my thirteen point one mile trek!

Simon ran with me for about two miles and then moved on at a little faster pace than I was accustomed with. I decided from the start that I would try and maintain an even pace from the start. Eight minute per mile was my goal and this was suiting me very well. My plan seemed to come to fruition, as most of the time, I was overtaking runners. I had decided not to carry any fluids as I knew that there were plenty of water stations on the route. I took advantage of this at every stage with at least a couple of mouthfuls. At all the road junctions, the marshals and other supporters were clapping and shouting out their usual chants. It seemed a very friendly

atmosphere and gave one a feeling of enlightenment and camaraderie

1120

Still feeling in good shape and have just passed the ten mile marker, with eighty minutes and five seconds on my watch. My legs are now starting to feel a little tired but I am mentally focused, so push on hard as I can. Last hill over the M3 Bridge and a couple of miles to go. This was the punishing last miles I knew the route well, so stayed focused on the job. A quarter mile left and I still overtaking rivals. This puts me in a good frame of mind and seems to spur me on a little. With the finish line in site I put a sprint on so as not to let the guy behind me, to pass. Job done.

1150

Off now to change into some dry clothing and pick up my camera. Now a cup of rosy tea and a good debrief with the other Windle Team Members. Watched Laura receive her prize for fastest lady in her category and a PB to boot. Congratulations and to all club members who



took part. Not sure to date, where our men's team came.

Votwo Dorney Lake Duathlon 6/2/2011 - Nick Cook

I took part in my first duathlon on Sunday, I didn't particularly enjoy it, but have already entered for the Newbury Duathlon in March, so will be doing at least one more.

The reason I didn't really enjoy it was injury...again! After the January WVR 10k the previous Sunday and posting my best time for nearly 2 years in that, I was feeling fairly confident of a reasonable performance this weekend.

It was quite windy when I got to Dorney and so I was glad that I had turned up with a long sleeved bike top - I had thought a short sleeve top would suffice. I got all my kit out of the car, went and registered, and then took my place in the transition area. Went and stood in the loo queue and then had a short warm up run along the side of the lake. All was well! The race briefing was at 9:50 and as soon as that finished, the hooter sounded and we were off up the path alongside the lake. I was soon left quite near the back of the field. The sprint distance was 5k run, 20k bike, 5k run, so we had two laps for each of

the runs and 6 laps over the other side of the lake for the bike leg. Just after the turning half way round the first lap, I felt a twinge in my left calf muscle! I hadn't expected that! Anyway I carried on and finished ahead of about 2 people. Got my running shoes off, bike shoes, gloves and helmet on and off I went on the bike leg. The six laps went as planned, but the wind was really fierce going round the bend at the bottom of the lake. I overtook a few people on this leg and after 6 laps headed back to the transition area. When I got off the bike not only was my calf hurting, but my hamstring was hurting too!!! That hasn't happened to me before and I hobbled over to my place on the racks wondering if I'd be able to complete the second run. I decided I'd better go for it and hobbled up the path again. I managed to complete the run ahead of a few people, the goody bag station was empty, but I saw a lonesome bag under the table, so had that. I was also given a print out of my result.

There was a new timing system at this event which seemed quite good. Instead of a passive ankle dongle/thingie, we all had a small dibber attached to our wrists which we had to insert into a special dibber receiver at either end of the transition area and at the finish. Individual results were printed out and handed to you as soon as you crossed the finishing line. Results were also uploaded to their website as soon as everyone had finished, so I could check my overall results when I got home.

I hobbled back to my car, went home for a long soak in the bath, and then had a look at the results. I finished 77th out of 81 finishers – not my finest hour, although the times for the first run and the bike were about what I expected, and the second run was only 2 or 3 minutes slower. Anyway, I've got another duathlon and two sprint triathlons in the coming months before my main event of the year, which is the Windsor Triathlon – my first Olympic distance tri. I've got a wetsuit and plan to start open water swim training in April. I'm already having improver swimming lessons at my local pool to hopefully improve my stroke!

Newbury Duathlon - Nick Cook

I took part in the Newbury Duathlon on Saturday – and enjoyed it much more than the Dorney Duathlon last month. There were a few reasons for this. 1) The weather was better. 2) I didn't suffer any injuries/niggles. 3) I wasn't nearly last, and 4) I'd much rather run/bike a single loop in the countryside rather than several boring loops round a lake!

I did have a bit of a scare on Monday though, I went out at lunchtime for a run and after 2.5 miles I felt a twinge in my right calf. Being a bit of an idiot I ran back rather than just walking, so it hurt quite a bit for the rest of the day. I didn't do any more running the rest of the week, but I did expect it to flare up again during the duathlon – fortunately it didn't!

The start of the duathlon was at Chieveley village hall and recreation centre, so I set the SatNav and started out at 8:30. I got there in plenty of time, registered, and got my bike out of the car. Then disaster – my front tyre was flat! Fortunately I had a spare inner tube and pump, so quickly changed it. When I took the inner tube out a large piece of sharp, twisted metal came out too – that must have been there since I got the bike – lucky I hadn't had a puncture when I'd been out previously!

I got myself sorted in the transition area, had a warm up/stretch and then wandered over to the start for the briefing. I positioned myself towards the back and at 10:00 on the dot we were off for the first 5k run. During the first kilometre we were all jockeying for position and I ended up a bit further up the field where I stayed for the first run. It was quite a hilly route, and I wasn't looking forward to the second run. Out on the bike, the first part was through the village, which is a bit narrow and windy, so with cars and bikes it was a case of just sitting pretty until we got to a more open stretch of road. Then I was able to speed up a bit, and managed to overtake quite a few bikes during the 25k ride. I thought they would all overtake me on the second run, but only one bloke did, and I was quite pleased that I managed to finish the run quite strongly.

A very pleasant bunch of people had organised this race, and chip timing meant accurate results could be recorded. I finished 98th out of 136 finishers. Next event – the Ringwood tri.

20010/2011 Committee

CHAIRMAN

Ken Anckorn 01276 855205
anckornks@hotmail.com

SECRETARY

Barry Andrews 01276 473757
bandrews@aol.com

TREASURER

Jon Vickery 01276 502969
jon@jnvickery.com

MEMBERSHIP SECRETARY

Keith Hull 01276 24077
keithhull1@hotmail.com

CAPTAIN

Chris Dent 01276 25108
Cjdent@ntlworld.com

GENERAL MEMBERS

Bob Webb 01276 473202
Kellywebb@onetel.com

Jo Smith 01276 472904
joglow99@hotmail.com

Dave Pearce 01276 856349
windrush.44@btinternet.com

Tony Sheridan 01276 471931
me@tonysheridan.co.uk

Christelle Gental 01276 28262
cgental@nds.com

Jill Hopkins 01276 472509
Jill.burrells@talk21.com

Lucie Dennison 01344 426587
Lucie.pearce@sky.com

Lucy Allen 07899 917147
lucyallen78@yahoo.co.uk

Katie Pearce
Katiepearce35@gmail.com

Ringwood Triathlon Nick Cook

Realising that a 7:00 o'clock start would mean a very early alarm if I was to get there from home, I booked a room in a local hotel for me and Jan to make a long weekend of it. Preparation didn't go too well as I felt a twinge in my calf running on Monday (again!) and had a massage on it Tuesday. It seemed ok by Saturday morning, but by lunchtime, after traipsing round Bournemouth town centre looking for a bookies, it was really painful and I thought I was going to have to skip the run. But by the afternoon it had eased a bit, so I hoped it would be ok.

I got up at 5:30 Sunday morning for a 6:00 registration, then went for a short warm up jog just to test the calf - it seemed ok. I was in the second wave of the swim and did the 600 meters in 13:08, which is quite fast for me (still one of the last out of the pool though!) and then jogged into transition picking up loads of gravel on my feet as I went. Still got gravel on them as I put socks on. Started off on the bike having remembered to put my glasses on so I could actually see. Forgot gloves and wristband. Cycle computer wasn't registering so I don't know exactly how long that took. Approximately 1.5 hours for the 28 miles, will have to wait for the results for a more accurate figure. (Eventually worked out that the computer goes to sleep if it's kept on a stationary bike for any length of time, and doesn't wake up until it's taken off and put back on again)

The route through the New Forest was really nice, although it was quite hilly, and going up one rather steep hill I thought I was going to stop and fall off, as I probably wouldn't be able to get my feet out of the clips quick enough, but I managed to get up without stopping. It was quite chilly first thing though and I missed the gloves and



had cold feet 'cos they were wet. There were quite a few cattle grids to go over and they were very juddery!!!

Got back and started on the run taking it easy 'cos of the calf. Again, another pleasant, country route and went along ok, even overtook a couple of people!! By the end my calf was feeling quite sore, but a free massage at the finish eased it quite a lot. I finished the 10k in 50:42 (my watch), which is my best time this year by 2 minutes, so I'm not sure if the distance was very accurate. Final position was 128th out of 167 finishers.

Got a nice technical t-shirt and a slice of orange at the end. Overall - really enjoyed my first tri of the season!!

This tri is actually part of my training for the Windsor tri in June. I'm raising money for the Leukaemia & Lymphoma Research charity and have a just giving page at: <http://original.justgiving.com/nickcook57> if you'd like to sponsor me.

CAPTAIN'S CHALLENGE Frimley Lodge Park 5K Saturday 2nd April 2011 Chris Dent

I thank all those who supported my Challenge and turned out on Saturday, a total of 21 runners, helpers and supporters. Before the "off" we all assembled (most of us anyway) for the Club photos.

I believe we generated a fair bit of interest and our new "business cards" were certainly useful to hand out to those showing interest.

I would like to see WVR repeat our en masse visit perhaps in a couple of months or so.

Once again I thank everyone who supported this event.

7 th	Pete Mannion	18.59
20 th	Ian Lee-Emery	20.15
22 nd	Keith Hull	20.29
34 th	Ross Maclagen	21.35
57 th	Martin Cox	22.58
58 th	Laura Hales	23.01
61 st	Jo Obertell	23.33
78 th	Chris Dent	24.45
82 nd	Anne-Marie McLaren	24.54
86 th	Gordon Trout	25.01
91 st	Dave Pearce	25.21
94 th	Dee Green	25.24
116 th	Tony Hatch	26.58
126 th	John Williamson	27.29
131 st	Zira Longley	27.39
132 nd	Pam Berriman	27.40
139 th	Ramon Fernandez	28.38



Windle Valley Runners

SUMMER TRAINING SCHEDULE

TUESDAY EVENINGS

Meeting at The Lookout 7.00pm for 1 hour approx

19/04/11	Long Intervals
26/04/11	Hill Reps
03/05/11	Short Intervals
10/05/11	Mixed Intervals
17/05/11	Long Intervals
24/05/11	Hill Reps
31/05/11	Short Intervals
07/06/11	Mixed Intervals

14/06/11	Long Intervals
21/06/11	Hill Reps
28/06/11	Short Intervals
05/07/11	Mixed Intervals
12/07/11	Long Intervals
19/07/11	Hill Reps
26/07/11	Short Intervals
02/08/11	Mixed Intervals

09/08/11	Long Intervals
16/08/11	Hill Reps
23/08/11	Short Intervals
30/08/11	Mixed Intervals
06/09/11	Long Intervals
13/09/11	Hill Reps
20/09/11	Short Intervals
27/09/11	Mixed Intervals

THURSDAY EVENINGS

Meeting at various locations 7.00pm for 1 hour approx Social pace runs of 5 miles approx

21/04/11	Windlesham
28/04/11	Chobham Common
05/05/11	Lightwater
12/05/11	Pirbright
19/05/11	Blacknest Gate
26/05/11	Windlesham
02/06/11	Chobham Common
09/06/11	Lightwater

16/06/11	Pirbright
23/06/11	Blacknest Gate
30/06/11	Windlesham
07/07/11	Chobham Common
14/07/11	Lightwater
21/07/11	Pirbright
28/07/11	Blacknest Gate
04/08/11	Windlesham

11/08/11	Chobham Common
18/08/11	Lightwater
25/08/11	Pirbright
01/09/11	Blacknest Gate
08/09/11	Windlesham
15/09/11	Chobham Common
22/09/11	Lightwater
29/09/11	Pirbright

Windlesham

Remembrance Field Car Park

Chobham Common

Roundabout Car Park

Lightwater

Lightwater Country Park

Pirbright

Surrey Wildlife Trust Office Car Park
School Lane Pirbright Surrey GU24 0JN

Blacknest Gate

Roadside parking

**For all training
Check club website
Or
Ring Chris Dent or Katie Pearce**



Read Tony Sheridan's marathon report on the back page.

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.

Race ResultsSunday 23rd January Frimley canal Run 8.2 miles

50	Simon Edwards	1.00.00
100	Martin Cox	1.05.23
112	Richard Sherlock	1.06.59

Sunday 6th February Dorney Lake Duathlon

77	Nick Cook	1.42.59
----	-----------	---------

Sunday 13th February Wokingham half

162	Peter Mannion	1.26.29
177	Laura Hales	1.27.08
318	Keith Hull	1.31.14
360	Geoff Williams	1.32.26
674	Chris Drew	1.39.00
759	Simon Edwards	1.40.18
950	Tony Sheridan	1.45.27
1083	Martin Cox	1.47.28
1342	Robert Littlejohn	1.53.29(sc)
1361	Dee Green	1.54.10
1590	Nathan Green	2.01.09

Sunday 20th February Bramley 10 mile

58	Geoff Williams	1.09.51
352	John Williamson	1.35.27

Sunday 20th February Bramley 20 mile

214	Laura Hales	2.23.41
246	Keith Hull	2.27.10
410	Chris Drew	2.40.43
606	Russell Conaway	2.56.20

Sunday 6th March Cliveden 10k xc

33	Laura Hales	40.43
36	Keith Hull	41.08

Sunday 13th March Salisbury 10 mile

333	Chris Dent	1.19.48
339	Tony Sheridan	1.20.47
529	Colin Woods	1.40.11

Sunday 13th March Tadley 5.3 mile xc

15	Rob Batchelor	36.33(sc)
26	Keith Hull	39.05
84	Dave Pearce	50.08

Sunday 20th March Reading Half Marathon

12344	Dave Smith	2.57.14
-------	------------	---------

Sunday 20th March Cranleigh 21

250	Lucie Dennison	3.00.41
-----	----------------	---------

Sunday 20th March Fleet Half Marathon

147	Peter Mannion	1.26.03
262	Laura Hales	1.31.24
279	Keith Hull	1.31.59
396	Peter Hansen	1.36.00
977	Martin Cox	1.48.53
1000	Simon Edwards	1.49.30
1228	Paul Conlan	1.54.57
1522	Robert Littlejohn	2.00.53
1586	Irene Ernout	2.02.51

Saturday 26th March Newbury Duathlon

98	Nick Cook	1.49.11
----	-----------	---------

Saturday 26th March Richmond 10k

147	Gordon Trout	49.19
148	Lucie Dennison	49.19
238	Dave Pearce	52.47
327	Tony Hatch	55.25

Sunday 27th March Eastleigh 10k

1124	Richard Sherlock	53.27
1406	Colin Woods	58.12

Sunday 10th April Ringwood Triathlon

128	Nick Cook	2.43.48
-----	-----------	---------

Sunday 17th April London Marathon

2658	Laura Hales	3.19.10
3270	Keith Hull	3.25.02
5145	Joe Conlan	3.38.52
8160	Chris Drew	3.55.28
9232	Richard Gurd	3.59.36
11459	Jonny Deebank	4.10.12
12199	Lucie Dennison	4.13.30
12853	Dee Green	4.16.12
13707	Elaine McEvilly	4.19.53
13978	Sabine El-Bacha	4.20.50
19135	Martin Cox	4.41.25
19262	Russell Conaway	4.41.53

Friday 22nd April Maidenhead 10 mile

78	Peter Mannion	1.05.52
495	Dee Green	1.26.00
576	Nathan Green	1.29.01
633	Tony Sheridan	1.31.38

PROFILE Steve Moody

Born: Gosport, Hampshire, 18/3/51

Occupation: Retired now after being made redundant in 2006. My working career was in IT Training from the time I left university, and from the mid-1990's I was Customer Training Manager for several software companies.

Pb's:

Marathon 3.14.59, London Marathon 2001

Half Marathon 1.28, Gosport 2007

10 miles 1.06, Great South Run

10K, 39.48, Yateley

5 miles, 32.14, Hanney Five

When/why did you start running:

I started running in 1997. I used to do a lot of keep fit classes and some gym work. One of the people I knew at the David Lloyd Club had started running, and she talked me into doing some running with her. We entered a 10K race in Reading which I enjoyed doing and then she suggested we try to get places in the London Marathon in 1998. I got in through the ballot, and she didn't! Anyway, I was enjoying running by then. I actually carried my place over to '99 and my time that year was 3.50.

I started going to the Saturday morning running group at Esporta, which takes place in the forest at the LookOut, and was run at that time by one of the club's personal trainers, Darren. He moved away a few years later, and somehow I ended up as the person who replaced him in



leading the sessions. I think it was because I knew my way around the forest.

Enjoy/dislike most about running:

I enjoy most aspects of outdoor running. Over the last few years the best bit for me has been leading the running groups at Esporta and more recently for Windle Valley Runners as well. I seemed to just kind of stumble into that role too! I think I must be naturally bossy to fit into that role. I like the sociable aspects of running a lot,

so running in company is much preferable to running alone.

When I am out running I like to enjoy the places it takes me, I think I am in a bit of a minority in paying as much attention to my surroundings as to the running itself. I do notice nature and wildlife and don't mind breaking my run to observe things that I see, like red kites or parakeets in Windsor Great Park, or the wild deer in the LookOut. I enjoy the changes to the seasons and the changes that brings in the places we run, whether it's the bluebell woods or the Punchbowl in full flower or the autumn colours of the trees. As people who run with me know, I am not someone who likes to do the same route over and over again - or even twice in fact! I am more of a "let's go this way today" or "I wonder where this goes"



runner. Luckily, I am quite good at finding my way back again!

I dislike being injured, and I don't enjoy having to run indoors.

How did you hear about the club:

There are some members of Windle Valley who are part of the Saturday morning group, which was how I got to know them. Also I knew of the club through previously being a member of Bracknell Forest, and I'd run in the WVR Marathon relay event with them. I really liked the people from the club that I'd met, so I started meeting up with them for runs. Windle Valley is a much nicer club, so my membership of Bracknell lapsed soon after.

Most memorable race: Memorable? Probably running the Paris Marathon in 2007 when the temperature hit 31C. I can remember nearly every step of the way, it was living hell! Most marathons I've had enough by 20 miles - that one I'd had enough by 10K.

Recommended event: The Club La Santa Half Marathon in Lanzarote - it takes place every Tuesday at 7.30am - it's hilly, often windy, and you run through a very dramatic volcanic landscape. You finish in the sports stadium and can go for a swim afterwards - or straight for breakfast!

Favourite event: The Great South Run. I love the



course and the atmosphere, and I usually do a good time there.

Least favourite event: I think most events have their own merits, and I've never entered an event and thought afterwards "that was rubbish, don't know why they bother". On the other hand, there are certain races that don't attract me at all - The Grim and the Windsor Half Marathon spring to mind!

Favourite run: Well, as we're currently enjoying the nicest springtime that I can remember, I'll pick the runs that are best for this time of year. I love the Bluebell woods down the Bagshot end of the Look-Out, you not only have the bluebells but also the lambs in the field next to it, and you get to run along the edge of Rapley Lake. And of course for Sundays there is Valley Gardens and the Punchbowl in Windsor Great Park.

Favourite training session: Time pyramids of short intervals

Best race performance: Objectively, I think it was the Paris Marathon that I mentioned above, even though I didn't enjoy it. I managed to run a steady pace throughout and made up over 2500 places in the second half of the race.

Worst race performance: Too many to remember! And even if I could remember, I probably wouldn't want to talk about it.....

Running ambitions: Right now it's to get over my current injury and just get running again

Best Championship position: At Bracknell I won their age-adjusted club championship in 2001

Running tips: The best technical tip I ever got was to get my weight more forward, land more on my forefoot and that way to develop a better forward push off. Most people would benefit from that and become more efficient runners, therefore faster runners. But my best overall tip is that your running should be enjoyable, not a duty or just a routine.

Typical training week: About 35-40 miles on average, a

mix of interval sessions and medium length runs. Pre-marathon, my mileage goes up to about 60, which is the only way I've found to get myself properly ready.

Marathons and half marathons run: Marathons - London 5 times, Paris. Half-Marathons: lots and lots, but strangely not Bracknell which I've entered 4 times and not once managed to make the start line!

Favourite shoe: Nike Air Zoom Miler, which they don't make any more, Nike Lunar Glide, Mizuno Wave Rider

Favourite pre-race food: HobNob Flapjacks, yummy and high in energy :)

Participation in any other sports: At school and university I did a lot of tenpin bowling, I was on the university team and also got selected for England Students for a couple of international tournaments. Snowboarding and skiing (but not in marathon years), waterskiing. Other sports I just join in with casually when the opportunity is there.

Sporting Heroes: Miles Cudmore, Patrick Waller and Sarah Gee, all of them for incredible achievements that they really worked hard to do, and all of them are nice people despite that!

VIRGIN LONDON MARATHON 2011

Bit of a different slant on the London Marathon as I did not race myself but took part yet again as a Timing Mat Layer, if there is such a prestigious title? For those who are not familiar with what the Windle Valley Team carries out on the day, then I will explain very briefly. It's a full weekend commitment, as we start our activities sharp at 1100 on Saturday morning at the Holiday Inn hotel just off Piccadilly. We have a quick briefing about our roles that we all have to carry out and where we will be stationed on the day. After a few sarnies and a hot beverage we are all issued with our uniforms and ID, then off to meet up with the teams from Belgium, who administer the controls at each point of the race.

We meet all the "Mika Team" down on the Mall. There many workmen and women are very busy erecting the seating and gantries including many technicians running out what seems to be miles and miles of cabling around the finish. After a few introductory exchanges with our allotted crews we all set off in pairs to the various points of the course. Timing mats are laid out in duplicate around the whole course from start to finish and at every 5K point, including the halfway mark

This enables the guys to connect via Telecom land lines to the main operations room in the Mall. They sometime back this up with a satellite link. Once all the connections have been tested, which can take several hours, we return to the Mall

CLUB CLOTHING AVAILABLE

Running vests £18

Short sleeve T Shirt £18

Long sleeve T Shirt £19

Contact Mark Wye

At this point I usually arrange for a nice run around the parks. As it was, the few of who did run this year did so separately, because of timing. As you were aware this year the sun appeared as a nice blessing and the plumage surrounding the Palace (a nice detached housing situated at the end of the mall) look spectacular and were wafting some very pungent aromas. A lot of extra portable buildings and marquees were being erected in and around St James Park, littered with satellite dishes and yet more caballing. It looked like there might have been some sort of celebrations happening very soon.

Saturday evening is upon us and we all meet in the hotel restaurant for a well-earned celebratory meal and a good chat among ourselves. Some of the team only meet each other on an annual basis, so a lot to catch up with. After our meal and a few more glasses of wine I might add, we all soon retire to our rooms.

Bleep bleep, bleep bleep, it cannot be 0500 already! Luckily I had laid out my uniform for the early Sunday rude awakening and had packed all my belongings the previous day, so as I would not be late for the 0530 rendezvous at the hotel reception. Everybody then picks up their packed lunch including one for our timing team member. It's then a brisk walk down to the mall where we quickly grab a breakfast before finding our allotted vehicles. A lot of early morning banter is usually voiced at this time in the morning, as it seems we are the only people in the whole of London whom look like they have been on some sort of fancy dress night out and are on our way back home.

We arrive at our stations and wait patiently for the roads to close. We then can get down to business and lay out the two sets of rubber mats along with all the cables strewn beneath. The "Mika personal at this stage are busy connecting all their electronic gadgetry and testing yet again all the links to operations room. At this stage, it is always a bit of a waiting game as the first bodies to run past us do not start until 0900 when we see the young kids from all over the UK sprint past competing in a 5K Mini Marathon. The elite ladies set off at 0900 then the wheelchair competitors race off at 0920 followed by the mass field including the "men's elite" at 0945. We set our watches at this time so as to give us an idea when our club runners might come

past. I usually make an effort to photograph as many of the Windle crowd as I can. Pam Berriman and I were stationed at the 40K mark this year and did view most of our club members run past. It must help a little to hear some familiar voices at this period of the race, with only just over a shade of a mile left to go

We start to pack up as soon as we receive the call from control that it is time to stop the timing apparatus and store the correct equipment into the selected vehicles. Drive them to an allotted storage depot, and then deliver the vans back to the hire company in Battersea. Job done, then make our way home. This could be any time between 1500 and 1800 pending where you were stationed on the day

Just a quick thank you to Pete and Pam Berriman who sorted us all out over the weekend and a tribute to all those who competed in the race and who raised monies for their chosen charities

Tony Sheridan

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