

# Windle Valley News



Issued to all Members of Windle Valley Runners

## Editorial

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Thanks for all the contributions for this Summer edition of the newsletter, several club members have asked if they could write articles for inclusion in the newsletter, any contributions would be welcome.

Another edition of the newsletter and the club, members and supporters have been very busy over the last few months with events, races and social gatherings, although a few more social gatherings, weather permitting, would be good! Since the last newsletter was published we have moved into the summer training schedule and together with the clubs own event, the Relay Marathon (results in the newsletter) and other local and national events club members have setting pb's and generally enjoying themselves.

running vests at £12.00 and these are available from Bob or Pam. The number of club members (on the 1st July) stood at 143, this is made up as follows - 88 men, 44 ladies and 11 juniors. It was agreed to purchase a Ladies Trophy for the Relay Marathon event and as the results show this was awarded to Sandhurst Joggers.

As reported in the Easter newsletter the club has entered the Surrey Road League, several of the events that count towards the league have now taken place, the individual results and reports appear elsewhere in this newsletter. After four events the club is currently 20th in the men's and 11th in the ladies. Several members of the club have scored points for the Road League including Colin and Kerrie Woods, Richard Sherlock, Pam Berriman, Dave Ricards, Woody and myself.

#### Committee matters.

Winter training will be starting on Tuesday 1st October

With regard to club clothing the committee has decided to price all

We hope to hold the Club AGM on Thursday 19th September at 7.30pm at the Field of Remembrance, Windlesham, agenda for the meeting is enclosed with your newsletter.



President Bob Webb presents British Airways with the winners trophy at the Relay Marathon

**EDITOR**

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ResultsLondon Marathon - Sunday 14th April

Results from the club web site, only those entered as WVR members, in alphabetic order.

6053	B.ANDREWS	M 52	3:36:44
12814	P.BERRIMAN	F 49	4:03:14
12654	V.BROOKER	F 41	4:02:32
13129	B. COLEMAN	M 46	4:04:42
24854	E. CONDON	M 55	4:52:32
2043	W. DAVIES	F 41	3:09:59
4148	R.GURD	M 38	3:26:02
7807	M. HOPKINS	M 47	3:44:34
2118	K. HULL	M 53	3:10:39
15616	D.PEARCE	M 54	4:15:15
14730	D. PRICE	M 34	4:11:30
7948	T.SHERIDAN	M 52	3:45:08
10716	A.SOTT	F 35	3:55:24
29573	D. SULLIVAN	M 47	5:28:10
7484	G. WILLIAMS	M 54	3:43:22

Second claim members

563	R. BATCHELOR	M 30	2:52:18
1322	D. WEST	M 53	3:03:05
2426	N. ADAMS	M 42	3:14:04
5563	P. GUINARD	M 48	3:37:00
946	A. HAIGH	F 32	3:48:38

Sutton 10k - Sunday 5th May

142	Colin Woods	45.05
178	Kerrie Woods	48.14

Hart Triathlon - Monday 6th May

400m swim/20k cycle/5k x country run

61	Alastair Watts	7.08	35.58	23.29	1.06.35
179	Julie Smith	8.07	42.17	26.27	1.17.01
181	Wendy Davies	8.17	45.00	23.48	1.17.05
187	Barry Andrews	9.57	42.18	25.05	1.17.20
346	Katie Pearce	8.35	55.09	29.15	1.33.35

Dorking Ten - Sunday 9th June

117	Barry Andrews	72.04
262	Pam Berriman	82.52
267	Dave Ricards	83.02

(see report)

Forest 5 mile - Wednesday 12th June

6	Rob Batchelor (sc)	29.07
46	Steve Mee	33.26
61	Kevin Pedley	34.27
68	John Williamson	34.56 (first over 60)
99	Wendy Davies	36.19
116	Julie Smith	37.04
174	Dave Pearce	42.08
183	Pam Berriman	40.24
203	Fred Green	47.04
281	Bobbi Tyler	47.08

Dysart Dash 10k - Sunday 30th June

154	Barry Andrews	43.03
197	Colin Woods	44.57
213	Woody	45.40
256	Kerrie Woods	48.05
270	Pam Berriman	48.51

(see report)

Waterlooville Triathlon - Sunday 21st July

600m swim/40k cycle/10k run

41	Alastair Watts	10.29/1.12.59/46.29	2.09.57
92	Barry Andrews	14.36/1.21.06/49.20	2.25.02

Three Day Event - men's result 2002

Name	10k	Mile	Hill	Total
Mike Waine	0:34:47	0:05:07	0:16:39	0:56:33
Roger Porter	0:37:24	0:05:08	0:17:14	0:59:46
Jason Harris	0:37:29	0:05:17	0:17:26	1:00:12
Nick Adams	0:38:50	0:05:19	0:17:29	1:01:38
Keith Hull	0:40:02	0:05:39	0:18:17	1:03:58
Mike Hogan	0:40:33	0:05:38	0:18:22	1:04:33
Steve March	0:40:54	0:05:36	0:18:37	1:05:07
Steve Mee	0:40:58	0:05:43	0:19:54	1:06:35
Alastair Watts	0:42:38	0:05:55	0:19:24	1:07:57
Patrick Guinard	0:43:34	0:06:10	0:20:10	1:09:54
Chris Lovell	0:43:11	0:06:25	0:20:33	1:10:09
Frank Hadfield	0:44:15	0:06:01	0:20:00	1:10:16
Dave Nichols	0:44:15	0:06:03	0:20:20	1:10:38
Alan Arnold	0:47:13	0:07:01	0:21:41	1:15:55
Dave Pearce	0:50:33	0:07:02	0:23:55	1:21:30
Don Moore	0:56:59	0:07:52	0:24:32	1:29:23

Three Day Event - ladies result 2002

Name	10k	Mile	Hill	Total
Christine Flynn	0:44:34	0:06:36	0:21:23	1:12:33
Fiona Bishop	0:46:48	0:06:40	0:21:51	1:15:19
Andrea Sott	0:48:51	0:06:48	0:22:10	1:17:49
Sue Davies	0:49:10	0:06:35	0:22:34	1:18:19
Pam Berriman	0:48:33	0:07:02	0:23:10	1:18:45
Ali Wigg	0:56:55	0:07:30	0:24:38	1:29:03
Sue Graves	0:58:59	0:07:52	0:27:26	1:34:17



The start of the hill run at the Three Day Event

## Results from the WVR Relay Marathon - Saturday 6th July

Leg	WVR Men's team	Time	Leg Time	Leg	WVR Ladies	Time	Leg Time
1	David McLean m	0:18:09	0:18:09	1	Tina Bonny fv	0:22:16	0:22:16
2	Kevin Pedley mv	0:34:44	0:16:35	2	Catherine Pedley fj	0:42:47	0:20:31
3	Mark L Robinson m	0:51:47	0:17:03	3	Susanna Harrison fv	0:58:34	0:15:47
4	Chris Pedley mj	1:09:07	0:17:20	4	Terry Adams fv	1:21:36	0:23:02
5	Chris Lovell mv	1:26:52	0:17:45	5	Pam Berriman fv	1:40:51	0:19:15
6	Ivan Chandler mv	1:45:06	0:18:14	6	Sheila Dodd fv	2:05:23	0:24:32
7	Jonathan Vickery m	2:03:33	0:18:27	7	Wendy Davies fv	2:22:19	0:16:56
8	Miles Cudmore m	2:19:04	0:15:31	8	Ginny Brooker fv	2:41:44	0:19:25
9	Mark Coxhead mv	2:37:31	0:18:27	9	Janice Tweed fv	3:01:11	0:19:27
10	Woody Gorham m	2:54:29	0:16:58	10	Ellen Maxwell fv	3:25:02	0:23:51
	5th TIME	<b>2:54:29</b>			13th TIME	<b>3:25:02</b>	

Team Name	Time
1 British Airways	02:37:53
2 Blackwater Valley Runners	02:38:38
3 Southern Navigators	02:45:22
4 Sandhurst Joggers	02:53:32
5 Windle Valley Runners	02:54:29
6 Ranelagh Harriers *	02:57:53
7 Bracknell Forest Runners	02:57:55
8 Woking *	02:58:29
9 Datchet Dashers	03:03:27
10 Runnymede Runners (Superalias)	03:09:52
11 Sandhurst Joggers Ladies	03:13:44
12 Runnymede Runners *	03:15:01
13 Windle Valley Runners Ladies	03:25:02
14 Hart Road Runners *	03:30:34
15 Ranelagh Harriers Ladies *	03:39:35
16 Hart Road Runners Ladies *	03:43:02

\* Time penalties added

## Yateley 10k race 1 - Wednesday 5th June

133	Geoff Williams	43.25
173	Richard Sherlock	45.17
185	Colin Woods	45.51
218	Kerrie Woods	47.59
227	John Hadfield	48.27
246	Pam Berriman	49.26
301	Peter Friar	53.08
368	Bobbi Tyler	60.49

## Yateley 10k race 2 - Wednesday 3rd July

46	Miles Cudmore	38.52
70	Keith Hull	40.19
113	Geoff Williams	42.14
158	Colin Woods	44.21
159	Richard Sherlock	44.21
226	Kerrie Woods	47.06
245	Dave Ricards	47.55
246	Pam Berriman	47.56
355	Chris Dent	52.57
423	Fred Green	57.10

The results for the Relay Marathon are shown here, with the total times and split times for our men's and ladies teams, together with the overall places and finishing times. I would like to thank all Windle Valley club members, friends and families who helped in any way to make this once again a successful event. We would have liked to have had a few more teams competing but the competition was close throughout and British Airways the deserved winners of the main competition. Special thanks to Bob and family for course setup etc, Tony for taking on the scoreboard and winning! and Pam for the marshals. Of course thanks again to both our captains for organising Windle Valley teams to compete in the event.

## Datchet Dashers 10k - Saturday 22nd June

30	Rob Batchelor	36.33
114	Keith Hull	40.31
157	Kevin Pedley	42.13
218	Richard Sherlock	44.22
238	Colin Woods	44.50
278	Woody	46.13
324	Kerrie Woods	47.42
365	Pam Berriman	49.00

## Elmbridge 10k - Sunday 21st July

214	Colin Woods	44.12
226	Richard Sherlock	44.34
237	Mark Coxhead	44.55 (sc)
245	Julie Smith	45.13
301	Kerrie Woods	48.02
371	Pam Berriman	50.28

## Woodland 5 - Wednesday 29th May

88	Michael MacClancy	44.26
118	Pam Berriman	48.22
135	Dave Pearce	50.40
156	Bobbi Tyler	55.38

Results from race 2 & 3 not available yet

## Elmbridge 10k - Sunday 21st July

Report by Pam Berriman

The day began quite cold as myself and Julie set off for Walton -on -Thames, this was the first time we had completed this run. By 10.30am the sun was out and apart from a bit of a breeze it was quite warm! The first person we see is Cliff Knowles and his wife Pat! - They were both on holiday down this way and Cliff is now running for Trentham Running club, it was great to see them both. Cliff started off really well but had to walk the last Kilometre as he had a problem with his achilles. It was a fast flat course (the first man home did it in 28mins!!) with lots of team entries, WVR's managed two teams the first man home was Colin Woods followed by Richard Sherlock. Next came Mark Coxhead. Congrats to Julie on a brilliant time of 45 mins well done Julie! Well done also to Kerry who followed next on 48 mins and myself I was 3rd lady but - I had a problem I have never had to stop in a race before but Sunday was a first. I was going great guns and should have been in just behind Kerry - my usual place - but unfortunately at the 6k mark I came over all peculiar - dizzy, short of breath so I stopped for a few minutes, sat down - head between legs then carried on. But of course this affected my time I ended up on 50 mins 16 secs. Perhaps it was the curry I had the night before - a bit dodgy maybe - never usually bothers me though. Apart from my dodgy bit I enjoyed the run especially the 3k alongside the Thames - look forward to doing it again next year - dinning on Pasta the night before! It was well organised and marshalled with good facilities afterwards too. Lets all have a go next year folks!!

## Wycombe Half - Sunday 14th July 2002

Report by Miles Cudmore

Driving into the car park, it quickly came apparent that my assumption of "about 200 runners" to was wildly inaccurate. The race report listed 1240 starters excluding no shows, of which 999 finished. The start on the Rye in High Wycombe was fantastic, with loads of space and scenic, tree lined grass land looking its best in the blazing sunshine and 25 C heat.

High Wycombe is not called "high" for nothing, and after the first half mile a 225 ft climb up Marlow Hill quickly got the lungs working. The welcome shade from trees then petered out as we headed into the countryside along gently undulating roads - really pleasant. The fun really began after a knee jarring 250 ft descent into Bourne End at half way, and the heat began to take its toll on many runners. Thanks to plenty of hydration and controlled pacing early on, I was fortunately able to prevent a major melt down. And then came the killer addition to this

year's course, a final unexpected climb + descent in the 13th Mile which was decidedly unwelcome. I was really pleased to finish 51st in 1:28:43, and a colleague visiting from Azerbaijan also managed a fantastic 1 hr 50 in his first half marathon. No other WVRs were present to my knowledge.

This was a fantastic and well organised event - try it next year!

## Yateley 10k (1) Wednesday 5th June 2002

Report by Pam Berriman

Well, I really thought this one would be called off as the rain pelted down all day long never ceasing once. At the last possible minute I made my way to Yateley, windscreens wipers groaning under the strain!. Met by Mr Ricards on a very muddy school field doing a spot of marshalling -- he had decided not to do the 10k -- wise man!

Again not many WVR's Kerry and myself the only mad lady runners congrats to Kerry on her time ( 47.?) despite having a cold well done Kerry. I came in at 49.28 - a bit disappointed in that one - but never mind always next time! The WVR men were - forgive me if I have this wrong or I miss anyone out - Geoff Williams, Colin Woods, Richard Sherlock, John Williamson, Peter Friar and again last but not least Bobbi Tyler. Sorry but I didn't hang around to find out the times. Surprisingly the weather did not put people off, as there was a big turnout, the field at the start of the race was like a river and again at the finish like a mud bath. I always enjoy running in the rain so it didn't bother me! Getting off the field at the end was a bit hairy as a few cars needed a hand to get out of the mud, but a good time was had by all!! Thanks Dave for the support (you have to do it next time) a special thanks to Wendy again for braving the rain and egging me on -- it really does help honest - especially at the end!

Here's to a sunny July run??

## Datchet Dash - Saturday 22nd June 2002

Report by Pam Berriman

Another warm day and another well marshalled run, Kerry came in 1st WVR lady with a sub 48min well done Kerry! I came in 2nd with my time of 48 mins 50 secs - again just the 2 of us! Running for the men were Keith, Kevin, Richard, Colin and Woody. Forgive me if I have missed anyone out! We received a brilliant long sleeved T- shirt for our efforts, this really is a nice run to do very friendly people too - lets have some more WVR in it next year!! Thanks Wendy for your support -- But I needed you at the end not the start!

*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. .*

Dysart Dash - Sunday 30th June 2002  
Report by Pam Berriman

This is the first time I have ran in this one - the starts a bit of a pain with no real parking as such - we parked in residential roads. There are also no changing facilities - although I changed in the clubhouse and left my bag there too - but not much room at all. Then we had quite a walk to the start - also it was not very well signposted either. But the run itself I enjoyed it was a couple of times round with quite a long stint on the tow path alongside the Thames, a lot of people disliked that part as it was quite rough under foot (Woody hated it and won't be doing it again!) Kerry was first WVR lady home in just under 48mins and again I came in 2nd just under 49mins -- making a habit of this aren't we? ! running for the men were Barry, Colin and Woody. It was a little warm again but apart from the facilities I enjoyed it -- oh and we also received a Dysart Dash water bottle for this one -- not a medal in sight--- nice one Dysart!!

Race for Life (Guildford) - 5k - Sunday 16th June 2002  
Report by Pam Berriman

There was a record turnout for this event this year - loads of women - (can't remember the exact number but there were no entries in the day) There seemed to be a lot of ladies walking this time, anyway I came in 1st WVR lady with Janet just behind me apparently (I didn't see her!) . I was quite chuffed as I did 21mins 42 secs Janet must have been chuffed with her time too and came in 2nd WVR - just the 2 of us! Maybe more ladies next year!

Dorking 10 mile - Sunday 9th June 2002  
Report by Pam Berriman

The forecast was again for rain - surprise, surprise but it held off nicely until our journey home then the heavens opened all afternoon!. I managed another 1st lady home for WVR -- again cos I was the only WVR lady doing it! and as far as I know the only other men were Dave Ricards and Barry Andrews. Dave and I set off together with a plan to complete the 10 miles in 8.15 / 8.30 per mile, and we did. I was really chuffed to have Dave to run with as I find it impossible to run and work out split times -

- senility setting in you see. So every mile Dave would shout out how we were doing, plus gabbing away to everyone and thanking all the marshals too -- I am sure if he kept quiet he would knock 5 minutes off his time. Only kidding Dave everyone loved yer - Bruce especially was glad of your mile times! Thanks Dave I will need that support next time! Anyway I completed it in 1hr 22 40 and Dave just behind me on 1hr 22 47. Barry did his 10 miles in 72.04 It was a challenging course with a few hills - but no worse than the hills around Camberley - well I don't think so anyway! It was a very well organised run, well marshalled and well watered. With lots of refreshments to buy at the end. We didn't get a medal at the end either - we received a MUG for a change - other clubs should do the same, much prefer a mug any day! Look forward to completing it again next year --- with perhaps a few more ladies and gents ?????????

Yateley 10k(2) - Wednesday 3rd July 2002  
Report by Dave Ricards

The correct race preparation is no sure sign of success, though it can help. Or, as our sporadic running friend Terri Grant would say: "Fail to prepare, then prepare to fail". And so it was on Wednesday July 3rd 2002, the runner was prepped for the race - but was the race prepped for the runner? At 5.30pm Ricards' puts his head down. He awoke at 6.50pm feeling decidedly "Karaoke-and-Rap". A gulp of water and two slices of toast later, he heads out of the door. It is now 7.15pm, a whole fifteen minutes before the race starts. At 7.25pm he joins Pam and the gang - Miles Cudmore, Peter Friar, Geoff Williams, Keith Hull, Richard Sherlock, Fred Green, Kerry and Colin Woods, Fiona and making a triumphant return.... Chhhhhrrrrriss Dent! 7.30pm, the Race starts, the field is feeling very springy underfoot, unlike the previous month, where the runners had to splash their way to the tarmac! The first K marker came into view very quickly. In only 4mins and 37 seconds for Pam and myself (Pam, imagine another nine of those!). K's two and three were hard on the lungs, Pam was straining to get the air in. (cont'd)

**Winter Training - starts Tuesday 1st October**

**TUESDAYS @ 7pm**  
Prior Heath School car park, Prior Road, Camberley  
Except 1st Tuesday of each month, which is at  
The Briar Centre, Briar Avenue, Lightwater

**THURSDAYS @ 7pm**  
Car Park behind the shops in  
Martindale Avenue, Heatherside, Camberley

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

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(Possibly due to Ricards' using it up by gassing!). At the 3K marker on Vigo Lane, with Kerry less than 75 yards ahead, Pam was finding this breathing lark harder than a skinhead using liquid Viagra for eye drops! We pressed on.

We collected - but did not stop for - two cups of water at the first drinks station. Thanks for the reminder Wendy. The 6k mark was passed after 30 mins of hard slog - this equates to a 50 min 10K, two mins slower than target and WE ARE NOT HAPPY WITH THAT

Along Reading Road and into Marsh Lane Mrs B. stepped on the gas, such that Ricards' had to shut-up-and-run (now there's a novelty!). Along Firgrove Road, we had a good battle with a lad from Hart Road Runners and passed a chap from Reading Road Runners. Turning right at the roundabout, and up the hill, there was a young lad - may be six? - with his head "stuck" in the railings. This prompted Ricards to recite a joke about Robbie, Will and Kylie in a similar situation. Pam was working too hard to be able to land a solid punch fortunately! The last K was very fast, along past the Junior School at 46:30, lots of encouragement for Pam - and some barracking for Ricards - from Barry and Wendy. Thanks folks.

### **Lady Captain's Report Summer 2002.**

It's that time of year again (as I write this we are almost at the end of July already!) Time to look back at what's been going on since the spring report way back in March. Aside from the report, I have tried to keep everyone up to date on the various runs that have taken place over the past 4 months, when they took place or as I have completed them. So, I won't bore you all with the details or times; just give you a reminder of what's been going on!

Looking back at the report I wrote in March, it was very much taken up with the London Marathon and didn't we all do well? Congratulations and well done to everyone who took part. Speaking for the ladies now however, the four WVR's who completed were:

Wendy, her time -3hrs 9mins 59 secs. Andrea (her first Marathon) - 3hrs 55mins and 24secs - well done Andrea! Ginni (her first London) - 4hrs 2mins and 32 secs and myself just behind Ginni on 4hrs 3mins and 14 secs. (Just a quick congratulations to Rob Batchelor too who also ran his 1<sup>st</sup> Marathon in an amazing time of 2hrs 52 mins and 18 secs.)

Then of course we had The World Cup; remember that?!! Then the excitement of soggy Wimbledon...who could forget the powerful Tim!

As I write this, Woody will be in Manchester way to help organise/co-ordinate the Triathlon event at the Commonwealth Games. Woody has been working very hard over the past few months, travelling back and forth to Manchester helping to get this event off the ground, so on behalf of the club Congratulations Woody! Hope all goes well, we will be looking out for you on the TV and we expect a full report in the Autumn Newsletter please! Where was I? I am afraid the London Marathon took it's toll on a few of us as injuries set in. Ginni suffered a bad

foot injury which did begin to grumble after the Fleet Half Marathon, despite her excellent time. As a result, Ginni had to take a couple of months off running to help the foot recover. Congrats to Ginni on completing her first Biathlon!

Our Tony has also been away for a number of weeks with an old injury- aggravated by the London Marathon. Tony has been supporting us on his bike at training sessions and races - come back soon captain we miss yer!

Apart from the usual loss of most of my toenails I have been injury free - touch wood! Mary has had problems with her back and is also taking it easy - not the result of the London I might add! Then there's our Chris, who has been suffering with her Achilles again, she too has been taking time off from running - but is still doing gym work, spinning, bike rides and lots of walking the dog!

So as you can imagine, this has taken its toll on all the races I had planned for us ladies as a team. As you will see there have been many events but sadly very few WV ladies taking part.

We kick off with Wendy's 3-day event - again thanks for a brilliantly organised 3 days Wendy. Congrats to Andrea Sott who came 3<sup>rd</sup> for WVR. Lets hope we can entice some more ladies to enter next year as we only had 7 ladies this year and only Andrea and myself WVR's.

The Woodland 5miles first of 3 in May saw myself come in 1<sup>st</sup> WV lady - as I was the only WV lady to run it! I had forgotten how hilly it is! The 2<sup>nd</sup> Woodland Wendy completed and Ginni too! The 3<sup>rd</sup> is at the end of July I will be enduring it again and who knows who else (I speak for the ladies only).

The Yateley 10k's got off to a very soggy start in June. A whole day of non- stop rain had left a very waterlogged field, from which hundreds of runners waded through for the start and finish! Kerry and myself were amongst the mad lot who ran for the club representing the ladies. The second run in July was perfect weather and with the help of Dave Ricards I managed my PB and completed in 47mins and 54 secs - thanks Dave! Well done to Kerry, who again just got in before me in 47min and 6 secs. Myself and Kerry will be doing the last Yateley in August - will anyone else like to join us...please?

The Dorking 10mile was a pleasantly undulating run! I represented the club along with Dave Richards and Barry Andrews. Onto the Forest 5 in June; Ginni, Julie, Wendy and myself ran for the club and quite a few men too, a good turn out.

The Race for Life in Guildford was a huge success with 3,000 women running/ walking in aid of Cancer Research. Janice and myself had a good run.

The Datchet Dash the week after is another well organised run with a brilliant long sleeved T-shirt as a memento - Kerry and myself ran for the club yet again! Must try and do it next year girls, even if it's just for the T-shirt!

Our relay marathon was a success and the ladies just managed to get a team together and come second out of the 4 ladies teams that entered. Well done us! I would particularly like to thank Terry Adams who ran for us at such short notice – that was her first run with us! Welcome to the club Terry! Thanks also to everyone who gave up their afternoon to run and marshal for us. Special thanks also to Catherine Pedley our youngest lady who also ran and marshalled for us.

This brings me to Sunday 21<sup>st</sup> July; The Elmbridge 10k. Julie, Kerry and myself represented the club. Congrats to Julie who managed a PB – 45 mins!! This is another well organised flat run along the Thames, of 3miles on road and 3miles on the towpath, very picturesque! Not my best run however!

Mary and Michael completed the Poole 10k (for the T shirt of course!) on the 3<sup>rd</sup> June – recommend it for next year. Well done to Mary and Kerry on doing the Stragglers Wedding Day 7k. Mary managed it in 35mins 24 secs just in front of Kerry who did 35mins 29secs. Michael and Tony also ran for the men. Then Dave Pearce and daughter Katy completed the Telford 10k – a tough undulating course and received brilliant T- shirts for their efforts! Well done!

Wendy completed The Surrey Slog Half Marathon (a very hilly off road run around Peasdale) and came in 6<sup>th</sup> lady, with a time of 1hr 44mins – Well done Wendy!!! Rob Batchelor also did this one and came 12<sup>th</sup> with a time of 1hr 33mins – Congratulations to Rob.

Bobs annual run around Sandhurst Thursday 25<sup>th</sup> was a lovely run – thanks Bob – I had forgotten how long, undulating and picturesque it is. Ten of us turned out this year, then Mary and Michael had a B- B- Q for us all. Thanks M&M for the lovely Bratwurst and very welcome beer; it was the perfect evening for it too Cheers!

I am sure there have been many more running events that have taken place over the past 4 months but I can only report on the ones I have been involved in. However, if you have taken part in a good run or any other event and would like to share it with us please either contact myself or Barry and let everyone know! You can always write a report for the newsletter or send one to Phil for the website.

On the social side its the annual WVR BBQ on the 24<sup>th</sup> August – everyone welcome, the venue is at Phil's as last year.

As for our training nights, the change of venue to the Look Out on Tuesdays proved popular in the early months, however, the past couple of months has seen a poor turn out, especially at Windlesham on a Thursday. Again, this is probably due to injured people but it would be so nice to see more of the club support either of these venues. So come and join us, you know it makes sense! The club 10k's continue to be popular with many other clubs taking advantage of this timed event. We ALWAYS need help with the timings, so if anyone would like to volunteer, please contact Barry, Tony or myself Thanks!

Finally, I would like to welcome another new member Claire Osborne. Claire completed her first London Marathon in April, Congratulations Claire! Completing a marathon is impressive but doing all the training on your own must have been hard going at times – brilliant. Claire joined us after being very taken and impressed by our website – Claire is not the first to comment on how good the site is thanks Phil!

I am up to Liverpool to do the Liverpool Half Marathon the 1<sup>st</sup> of September – so any tips on how to get a super fast time would be gratefully received!

Think I have rambled on enough but there's just one more item on the agenda... Good Luck to Julie and Jamie who get married in October; hope you have a wonderful day! Also, look forward to seeing/running with Jo, who is returning from Oz to be bridesmaid at the wedding – see you soon Jo.

That's all folks, see you at the AGM and hopefully at the winter venues – enjoy the rest of the summer!  
Pam B – Ladies Captain.

### **Men's Captains Report - Summer 2002**

I hope everyone is enjoying the Commonwealth Games as much as I am. I think we have won enough gold medals to match the wealth of the Old Lady of Threadneedle Street. A bid congrats to all of you who took part in the Brickmakers Relay Marathon. Well done to all participants and a big thanks to all those who helped out on the day. A special thanks goes to Barry our secretary/news editor/ Timing official. How many caps does that man wear? I did try and keep up with him on the results but completely lost it mid-way. Never was good at mathematics

A few members participated in the Stragglers Wedding Day 7K race on Friday the 26<sup>th</sup> July. It was a very warm night, but a really well marshalled race with a field of approx 600 bobs. We had a motley crew of six including Chris Dent, Mike & Mary McClancy Colin & Kerry Woods. Michael cut it a little fine as he had decided to travel to the venue by good old BR. He made it just in time with 3 minutes to spare but without a race number, with a 2 minute sprint down to Mary's car to collect, he left it with a good 90 seconds to er, warm up!

Most of the members attending the lookout venue have been pleased with plenty of coaching from our newly appointed coach Kevin Pedley. If people have not recognised him as yet, then he's the one who sports a silly baseball cap. This is to protect his eyes from the glaring sun, when it appears. I keep reminding him that he does not look at all silly

Those of you interested in competing in this year's River Relay, please contact me ASAP either by e-mail or telephone. It's on the Sunday 8<sup>th</sup> September.

Yours

Tony Sheridan Men's Cap



Club member profile - Ginni BrookerBorn - Chalfont St GilesOccupation – Working in sales for small, manic business in Ascot but was a nursery nurse in former life!Pb's - Fleet and Camberley half marathons this year , leading up to London Marathon. 1hr 48 for Fleet, 4hrs 2 for London.When/Why did you start running - 3 years ago I was bored with the gym and looking for something more sociable. I used to hash years ago in Jordan but did more drinking than running! So joining Windle Valley was appropriate! Someone at the gym gave me Wendy's phone number and that was it. I can hardly remember the first painful runs, in fact as we all know, they can still be painful. Pam, Chris, Wendy, Phil in fact everyone was very encouraging and I suppose it soon became addictive. I eventually cancelled my gym membership and found myself being entered for my first race, Brighton 10k. I was terrified but all went well. 2 marathons and lots of other races under my belt I still have a lot to learn but times are gradually improving. I'm still fascinated by the fact that I can run well but now believe that anyone can do it.Enjoy/dislike most about running - love the high and the fact that I sleep well, eventually and the social aspect (as you all know I love to talk). Don't like that sick feeling and trying to sort out my breathing - had better read Wendy's book.How did you hear about the club - one of the staff at the gym used to run with Wendy.Most memorable race - my first London this year 2002, took me several days to 'come down' a great day out.Recommended event - Marlow half, for the general experience, atmosphere and general good organisation.Favourite event - The Great South, it was my first 'big event', I like the course.Least favourite event - none really but sometimes our own 10k.Favourite training runs - Heatherside, Basingstoke Canal.Best race performance - London Marathon and occasional Club 10k's.Worst race performance - one Yateley 10k.Running ambitions - to keep going, I'm sure I will, run an American marathon, Boston would be nice and to move up a few places in the club championships.Best Championship position - 4th I thinkRunning tips - eat, drink and sleep well and enjoy.

For those who do not know Ginni! She is the one on the left! Pictured at the Relay Marathon last month.

Typical training week - very typical, usually all the club runs.Marathons and half marathons run - 2 marathons and 5/6 half marathons.Sporting heroes - nowadays Paula Radcliffe of course. Chris Evert, Andre Agassi in the old days.Favourite shoes - my first marathon AsicsFavourite pre race food - bagel and banana.Participation in other sports - now swimming and hope to get a bike soon and practise towards some adventure racing, hopefully a triathlon next year. Have done one aquathon.

<b>2001/2002 Committee</b>
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**RACE DIARY**

If you change your Email address or move house please let Phil and myself know so that we can update our club mailing list.

**August**

Sunday 25th	Handicap 10k	10.00am
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**September**

Sunday 1st	Sam 7	9.30am
Wednesday 4th	Woking handicap 3	12.30pm
Saturday 7th	Reigate 10	9.30am
Sunday 8th	Great South 10	tbc
	Dry Hill 10 (Lingfield)	10.30am
Sunday 14th	Alice Holt 10k	10.30am
Sunday 22nd	New Forest marathon	11.30am
	Nike 10k (Richmond)	tbc
	Guildford half marathon	9.30am
Sunday 29th	Handicap 10k	10.00am
	Nike Windsor half marathon	1.00pm
	Julian Farrell 10k (Camberley)	11.00am

**October**

Wednesday 2nd	Woking handicap 3	12.30pm
Sunday 6th	Lewes Downland 10	10.30am
Sunday 13th	Maidenhead Ladies 10k	11.00am
	Clarendon Way half marathon	10.30am
	Henley half marathon	10.00am
	Kingston Running Festival	8.00am
Sunday 20th	Cabbage Patch 10	10.00am
	Abingdon marathon	9.00am
Sunday 27th	Handicap 10k	10.00am

**November**

Wednesday 6th	Woking handicap 3	12.30pm
Sunday 24th	Handicap 10k	10.00am

**December**

Sunday 29th	Club Run (from the Sun)	11.00am
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Other races around this time of year are a bit thin on the ground or dates are not published yet. But look out for the Hog's Back in December

**CLUB CLOTHING  
AVAILABLE**

**Men's Vests**  
M/L/XL - £12.00  
XXL - £12.00

**Ladies Vests**  
£12.00

**T-Shirts** £8.00

**Track Suits**  
£52.00

Contact Pam Berriman  
or Bob Webb

**RACE RESULTS**

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

**Barry Andrews**  
Secretary

**NEW WEBSITE  
ADDRESS**

*Don't forget that up to the minute information is available on our website which is produced by Phil Morley. We now have a new address which is much easier to remember:*

**windlevalley.com**