

Windle Valley News



Issued to all Members of Windle Valley Runners

Editorial

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AGM - news

The AGM will be held on Thursday 18th September, at the Field of Remembrance, Windlesham starting at 7.30pm

On page 8 of this newsletter Michael MacClancy has written an article explaining the current Club Championships format and also reminding members on the entry procedure for those championships, this follows some recent discussion by the club committee.

The Relay Marathon was held in July and proved to be a very good event. Particularly with the WVR Ladies team winning the ladies competition. On page 9 of the newsletter I have set out the overall competition results as well as the individual performances for the four WVR teams, we did have a few guests and second claim members running but it was very encouraging to have that many club members taking part. As usual the event would not have been the success it was without the help of other club members, friends and family, organising the course layout, marshalling, scoreboard, drinks etc. The event raised £440 for charity, a large proportion of this will go to Kidney Research UK, this being the nominated charity of the winning team Bracknell Forest.

Dave Ricards and Tony Sheridan are organising a club walk, details of which will appear on the club website 'www.windlevalley.com' and by email if you have given your

email address to Phil, it is important to keep Phil advised of any changes to postal or email address. That way you will be kept up to date with all that is happening in the club.

Pictured below at Windsor, Kevin Pedley who has been helping not only with club training but also in organising club teams to compete in various events. Kevin ran the third leg for the club team at Windsor in the Runnymede Runners Relay held on the 28th June. The team placed 13th from 31 finishers. Leg times were Barry Andrews (39.27) Wendy Davies (18.26) Kevin Pedley (40.31) Ivan Chandler (19.52) Stephan Nahajski (40.57) Tanya Thompson (21.18)



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Windle Valley 3 Day Event 2003 (Men)

Name	Club	10k time	1 mile	Hill run	Total	Place
Tim Ellis	Crawley AC	0:35:22	0:05:07	0:16:25	0:56:54	1st
Jason Harris	Woking	0:36:54	0:05:07	0:17:03	0:59:04	2nd
Roger Porter		0:37:20	0:05:13	0:17:10	0:59:43	3rd
Arthur Donnelly	Hart RR	0:37:32	0:05:28	0:17:55	1:00:55	4th
Mike Oliver	Hart RR	0:38:09	0:05:26	0:18:10	1:01:45	5th
Paul Wookey	Hart RR	0:38:58	0:05:37	0:17:28	1:02:03	6th
Tim Middlehurst	WVR	0:38:46	0:05:38	0:18:01	1:02:25	7th
Eric Mamet	Woking	0:39:42	0:05:35	0:17:51	1:03:08	8th
Michael MacClancy	WVR	0:41:09	0:05:44	0:19:30	1:06:23	9th
David McLean	WVR	0:42:06	0:05:40	0:18:55	1:06:41	10th
Keith Hull	WVR	0:42:09	0:05:43	0:19:09	1:07:01	11th
Michael Hogan	Hart RR	0:41:52	0:05:56	0:19:15	1:07:03	12th
Bill Lovesey	Woking	0:42:13	0:05:38	0:19:36	1:07:27	13th
Dave Nicholls	Woking	0:42:29	0:05:51	0:19:21	1:07:41	14th
Tony Sheridan	WVR	0:43:30	0:06:09	0:19:42	1:09:21	15th
Dave Pearce	WVR	0:48:24	0:06:38	0:22:15	1:17:17	16th
Alan Arnold	Hart RR	0:48:53	0:06:58	0:22:34	1:18:25	17th
Ralph Henley		0:54:48	0:08:05	0:26:10	1:29:03	18th
Chris Lovell	WVR	0:57:03	0:07:54	0:27:56	1:32:53	19th
Tom Rowley	Woking	1:01:04	0:08:33	0:29:39	1:39:16	20th

Windle Valley 3 Day Event 2003 (Ladies)

Name	Club	10k time	1 mile	Hill run	Total	Place
Jenny Peppiatt	WVR	00:42:42	00:05:59	00:19:15	1:07:56	1st
Mary MacClancy	WVR	00:42:49	00:06:13	00:19:33	1:08:35	2nd
Dawn Page	Hart RR	00:48:07	00:06:49	00:21:50	1:16:46	3rd
Janice Tweed	WVR	00:48:40	00:06:55	00:23:15	1:18:50	4th
Pam Berriman	WVR	00:51:47	00:07:09	00:23:29	1:22:25	5th
Ginni Brooker	WVR	00:52:11	00:07:06	00:23:24	1:22:41	6th
Karen Dann	WVR	00:53:39	00:06:59		1:00:38	



3 Day eventers waiting for opening time!!!!

*Lady Captains Summer Report (Pam Berriman)***Hi everyone**

I am sat here on a sweltering Wednesday evening having just completed the last of the Yateley 10k's. If the first race back in June was the wettest, then tonight had to be the hottest! After a day of temperatures in the 90's the evening felt just as hot and sticky! Again we had a good turn out from the club loads of men and Mary; Kerry, Sara and myself ran for the ladies. Everyone finished a few minutes (some only seconds!) later than last month – but hey we did it!

Big congratulations go to Mary who came 3rd lady V35 and won a cut glass whiskey tumbler. Well done Mary! This really has been her year with PB's at almost every run – the last club 10k she did in 42.49! And in July her Woodland Five time was only 27seconds behind husband Michael – there is just no stopping her. Look out for more PB's from Mary before the end of the year.

So what's been happening since last I wrote? First a BIG CONGRATULATIONS goes to the WVR ladies who ran in the relay marathon on the 12th July and came first! Well done to all who ran on that day and everyone who helped marshal too – apparently it was a scorcher of a day, thanks to Chris, Ginnie and Wendy for their help in my absence (perhaps I should go away next year we might win again!)

The London Marathon seems so long ago but everyone completed with Jenny Peppiatt doing especially well. Thanks to everyone who volunteered to help put the timing mats down, despite it being hard work everyone enjoyed the day and the night before too. So much so that I already have volunteers for next year! The organisers also appreciated us, not only would they like us to do it next year they donated £500 to the club! Can't be bad

The Shakespeare Marathon and half took place a couple of weeks after the London. I must apologise to Katie Pearce for not wishing her luck in the last newsletter sorry Katie . Miles Cudmore , Richard Gurd and Dave Pearce completed the marathon, whilst Katie and Tony did the half . Well done Katie on your excellent time of 1hr 47mins 54 sec's.

I am not going to go through all of the races we have completed as they are all on the website with reports. We won't be figuring much in the Surrey County Road League, as apart from Kerry WVR ladies didn't make many races. Maybe next year girls?.

Ginnie , Marie, Kerry and myself did managed to complete the Dysart Dash on a very hot Sunday morning. Before that Jenny, Katie and myself – on a hot Saturday this time- completed the Datchet Dash. But that's about it!

Thanks again go to Wendy for a brilliant 3 –day event lets have more WVR ladies doing it next year. Congrats go to Jenny who came 1st lady and Mary 2nd lady. Well done.

Training has been going extremely well on a Tuesday and Thursday with lots of people turning up for a session with our excellent coach Kevin, he now has a whistle and uses it with gusto, to make us all work hard on our reps, hills and speed work. (Well some of us anyway!) Thanks Kevin for adding some structure and quality to our Tuesdays and Thursdays. Thanks also to Keith and Miles for taking us to pastures new up into the mountains of the Lookout! Amazing!

Sunday runs at Windsor have been well attended and thanks to Bob for another lovely run in Sandhurst too, I had forgotten just how undulating it is – I always do!

Congratulations go to Clare who won't be running with us for a while as she is expecting her 1st baby – but she will be around to help out and support she assures me! Thanks Clare! Up to now Cecile has not had her baby he (yes he!) is due on 15th August – but in this heat I am sure he won't be late!

Well done to Marie who is running really well again and commiserations to Chris, who is still having problems with her Achilles, hope to have you back soon Chris we miss you! Thanks for all your support despite the injury!

I am sure there are many more races we can all get together and do as a team in the winter months; there is also the London to look forward to! Please don't be afraid to offer any reports on races to us at any time, and any lady wishing to do a profile – please feel free.

So enjoy the sun while it lasts – it will probably be snowing next month! See you all at the WVR BBQ on 23rd August and of course the AGM.

Keep on Running!

2002/2003 Committee

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Profile for Tony Sheridan our Club Captain!!

Born 8th Nov 1949 at Liverpool St Hospital London and within earshot of Bow Bells (supposedly a true "Cockney" cor blimey guv!)

Occupation Refurbishment Manager (posh name for Builder) Run my own business for the last 24 years but previous to that I was a Fully Qualified London Fireman for 12 years

Pb's 10k - 40 : 03 Blackpool 10 mile - 62 : 32 Cabbage Patch
Half marathon - 1hr 29min 32 Wokingham Have run a 39 :47, 10k at our club run

When/why did you start running

Started when I was employed as Fireman and competed in our Fire Services Races 1975. Continued off and on until approached by a one Ivan Chandler. He invited me to join a newly formed Windle Valley Running Club. I was encouraged a very great deal to start running again seriously as I had just finished doing a spot of PTA fund raising.

A small group of us decided to place ourselves in the mercy of the British Army at Aldershot who endeavoured to put us through our paces on the infamous assault course. I was flagging on every stage when a one, very sweet, Sgt Major decided to make an example of me by making me do ten press-ups. Not content with this masochistic behaviour, he made me carry out the performance in two foot of muddy water. Of course the local Camberley news photographer was eager to make a record of this dastardly deed and published it, in it's next issue. I'm convinced there must have been a conspiracy

Enjoy/dislike most about running	Enjoy meeting up on a regular basis with a whole lot of good spirited friends pushing one another at times to achieve better results in the races we compete in. I dislike being injured and become very grumpy
How did you hear about the club	See above
Most memorable race	My first Marathon 1985 Mars London 3hrs 30min 32
Recommended event	London Marathon
Favourite event	The Stragglers/Feltham Puffers River Relay
Least favourite event	10 mile run on the unfinished M25 in a snow blizzard
Favourite training run	has to be any of the numerous trails around Great Windsor Park
Best race performance	competing in the London Marathon in 2002 with a time of 3hrs 45min 34 and not hitting the dreaded wall
Worst race performance	Reading half when I had to stop and walk as I was completely creamed cracked
Running ambitions	To be able to run for the rest of my life
Best Championship position	not sure about this one but did achieve 9 th position 1994
Running tips	to warm down properly after a hard session or race and stretch correctly
Typical training week	Most times the club runs unless training for a marathon
Marathons and half marathons run	Completed three London and one Paris marathons and about 25 to 30 half marathons
Sporting heroes	Haile Gebrselassie Paula Radcliffe
Favourite shoe	Saucony
Favourite pre-race food	Spaghetti Bolognaise
Participation in any other sports	At present, I bike ride and swim but not that often. I use to play a lot of basketball and participated in Gymnastics at County level (County!ooooooh)

MENS CAPTAINS REPORT SUMMER 2003

It's very difficult not to repeat what Pam has scribed in her report but I'll give it a try. It was pleasant to see so many members taking part in this years' Yateley Road Race Series. I could not attend the July run as I was doing a bit of hill training in the south of Spain. The August race did not turn up too many PB's but Murray did gain his first PB. Mary did a good time and came 3rd lady Vet. Very well done

Our tailored runs on a Thursday have been very popular with all who attend. Kevin has now honed his coaching skills to a fine art and is catering for all abilities. Those of you who did not make the Lookout Run the other evening missed the prize giving ceremony. Our coach was awarded with a brand new "Spanish" tin whistle. I thank all members who contributed to the cost of the award. One euro well spent!

As you may have already read, Pam has mentioned our relay marathon. Thanks to all who participated and helpers. I did not make it this year, hill training in Spain.

Congrats to Tanya, Stefan, Wendy, Kevin, Ivan and Barry for competing in the Runnymede Relay in Gt Windsor Park 13th out of 31 teams! Good going. Myself. Yes you guessed it. Hill training in Spain!

Dave Mclean, who can usually only attend our Sunday morning sessions, has put in a couple of fine runs at our 10K trials. I'm sure we will witness a sub 40 before the end of the year. Good running Dave

Chris Lovells birthday run along the Basingstoke canal was well attended in May. Those who did make it were able to feast on some goodies and plonk at the finish kindly organised by Chris's wife Beverley

Those of you who made it to Dave Nicolls (Woking) South Downs birthday run on the 9th August did enjoy a testing 6ml run followed by a few dips in the sea afterwards. About 42 turned up and enjoyed a very hot day on the beach

A party of us this year decided to Race the Train in North Wales in mid August. Most of us travelled up on the Friday and after a long arduous journey for nearly everyone, a meal and early to bed. The next day after a hearty breakfast there was a long wait as the main race did not start until 2pm A record turnout for this year as over 800 runners braved the off road trail and took to the Welsh hills with enthusiasm. After about the 7th mile one was, how can I put it, seriously challenged with not only a steep hill but an extremely narrow path on a severe incline. This lasted for about 2mls. A few cheers from the supporters on the train that shadowed us for most of the run made some of us smile. Mine was more of a painful grin and a very quick wave.

Rob Batchelor beat the train with a time of 1hr 37min Wendy finished just under 2 hours, I crawled in after 2hrs 16min. 14 .7 mls in total. Great time had by all and recommend it. Link: www.racethetrain.co.uk

I have in my possession a quantity of waterproof, lightweight, protective hooded tops for those runners who like to stay warm for the first couple of miles of a race. They are free, so first come, first served. E-mail or call me. I will have some with me on the club runs

Finally those who would like to partake in a "River Relay" on Sunday 14th Sept please let me know ASAP No cost, the club will pay for this one. I do need at least two teams, so do not be shy. It's mostly flat and run along the riverbank

Cheers - Tony Sheridan

Diary of events

August

Sun	31 st	WVR Handicap 10k	10.00am	Sun Corner, Windlesham
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September

Wed	3 rd	Woking 3 mile Handicap	12.30pm	Woking Leisure Centre
Sat	6 th	Overton 5 mile	15.00pm	Overton Recreation Ground
Sun	7 th	Dry Hill 10	10.30am	Lingfield leisure Club
		Little Black Dress 9k	10.00am	Westfield, Woking
		Men in Black 9k	10.00am	Westfield, Woking
Sun	14 th	Alice Holt 10k	10.30am	Alice Holt Visitor's Centre
		Eridge Park 10 mile	10.30am	Tunbridge Wells
		The Larkfield 10k	11.00am	Larkfield Leisure Centre, Kent
Sun	21 st	New Forest Half	11.30am	New Milton
		Wimbledon 10k	10.00am	Wimbledon Rugby Club
Sun	28 th	WVR Handicap 10k	10.00am	Sun Corner, Windlesham
		Windsor Half	12.30pm	Windsor Great Park
		Charity Sponsored Walk	9.00am	Basingstoke Canal Visitors Centre

October

Wed	1 st	Woking 3 mile Handicap	12.30pm	Woking Leisure Centre
Sun	5 th	Julian Farrell 10k	11.00am	Kings International College
		Lynda Jackson Macmillan 10k	3.00pm	Merchants Taylors' School, Moor Park
Sun	12 th	Great South Run		www.onrunning.com
Sun	19 th	Cabbage Patch 10 mile	10.00am	Twickenham
		Abingdon Marathon	9.00am	Tilsley Park Athletics Track
		Fleet 10k		01252 691163
Sun	26 th	WVR Handicap 10k	10.00am	Sun Corner, Windlesham
		Barns Green half	11.00am	Barns Green, West Sussex

November

Wed	5 th	Woking 3 mile Handicap	12.30pm	Woking Leisure Centre
Sun	30 th	WVR Handicap 10k	10.00am	Sun Corner, Windlesham

December

Wed	3 rd	Woking 3 mile Handicap	12.30pm	Woking Leisure Centre
Sun	28 th	WVR Last Run of the Year	11.00am	Sun Corner, Windlesham

Race Results

Sutton 10k - May 4th

176	Richard Sherlock	47.12
177	Colin Woods	47.16
250	Kerrie Woods	52.24

Woodland 5 – May 28th

49	Michael MacClancy	41.44
60	Mary MacClancy	42.51
105	Dave Pearce	49.01
122	Chris Dent	51.29

Woodland 5 – June 25th

51	Wendy Davies	41.29 (sc)
90	Dave Pearce	46.34
107	Tanya Thompson	49.03
124	Chris Dent	51.20

Woodland 5 – July 30th

55	Michael MacClancy	41.52
62	Murray Wilson	42.38
87	Dave Pearce	46.04
133	Chris Dent	51.09

Datchet Dash 10k – June 21st

175	Jenny Peppiatt	44.38
275	Katie Pearce	47.39
369	Kerrie Woods	50.35
395	Pam Berriman	51.34
413	Chris Dent	52.21

Dysart Dash 10k – June 29th

215	Richard Sherlock	46.04
309	Kerrie Woods	50.54
339	Marie Park	52.47
347	Pam Berriman	53.04
414	Ginni Brooker	59.31

Elmbridge 10k – July 20th

283	Richard Sherlock	47.16
409	Kerrie Woods	52.47
483	Chris Dent	57.05

Asics Severn Trent Water Marathon

Sunday June 1st1st lady - Wendy Davies 3.12.42Yateley 2 – July 2nd

12	Rob Batchelor	35.20 (sc)
91	Dave West	39.35 (sc)
137	Michael MacClancy	40.54
196	Mary MacClancy	42.50
239	Richard Sherlock	44.47
363	John Hadfield	48.36
408	Kerrie Woods	49.54
433	Pam Berriman	50.54
444	Peter Friar	51.14
493	Dave Ricards	52.55
613	Fred Green	58.35

Hart Leisure Triathlon - May 5th

400/20k/5k		
178	Barry Andrews	1.14.37

Wantage Triathlon – June 15th

800/35k/12.5k		
48	Barry Andrews	2.25.32

Waterlooville Triathlon July 20th

600/40K/10k		
93	Barry Andrews	2.26.34

Forest 5 – June 11th

1	Rob Batchelor	28.40 (sc)
124	Ian Lee-Emery	37.51
173	Dave Pearce	39.44
230	Chris Dent	42.33
234	Pam Berriman	42.43
237	Marie Park	43.03
313	Fred Green	48.50

Yateley 1 – June 4th

15	Rob Batchelor	35.02 (sc)
156	Michael MacClancy	42.06
184	Kevin Pedley	42.56
191	Tony Sheridan	43.16
192	Mary MacClancy	43.18
233	Richard Sherlock	44.00
308	Colin Woods	47.03
452	Chris Dent	51.34
459	Pam Berriman	51.55
464	Peter Friar	52.05
483	Karen Dann	53.01
547	Sara Armstrong	56.20
548	Dave Ricards	56.21
612	Fred Green	61.01

Yateley 3 – August 6th

107	Michael MacClancy	41.55
151	Mary MacClancy	43.30
194	Richard Sherlock	45.20
215	Tony Sheridan	45.59
234	Murray Wilson	46.40
379	Chris Dent	51.32
386	Dave Ricards	52.00
391	Kerrie Woods	52.14
438	Pam Berriman	54.08
487	Sara Armstrong	56.36
529	Fred Green	59.12

Maidenhead 10 mile – April 18th

156	Michael Hopkins	1.10.32
157	Michael MacClancy	1.10.39
212	Mary MacClancy	1.13.28
268	Richard Sherlock	1.16.54
303	Dave Pearce	1.18.19
347	Katie Pearce	1.19.57
461	Colin Woods	1.25.37
462	Kerrie Woods	1.25.37
617	Chris Dent	1.36.34

Concorde Triathlon 17th August (age group pos.)
400m/20k/5k

26/86	Alastair Watts	1.08.57
7/13	Barry Andrews	1.16.10

Shakespeare Marathon and Half Marathon report – April 27th

A half dozen Windle Valley runners travelled up to Stratford Upon Avon for the 21st Shakespeare Marathon and Half Marathon. This popular and wonderfully organised event attracted over 2000 entries, about a quarter of whom did the marathon.

A breezy, wet morning gave way to sunshine and clouds by the 1pm start. One loop of the town centre brought loads of support, before we headed into countryside. The course was one lap for the half, and an elongated second lap for the full. Oh how flat the Midlands appear from the M40, their level plains stretching for mile after mile. A lie, we say, a lie ! The first section was undulating, but at least the steepest bit at Rummer Hill (mile 8) was a descent (14%). More taxing was the strong Southerly headwind, which became a welcome tailwind on the flat run north back to Stratford along an old railway line.

At mile 12, the marathoner's split off...fewer runners to break the wind this time, and Rummer Hill was renamed in a few people's minds at mile 18. But the tough bit was a never-ending 5-mile run up the Greenway, with the sun baking down and the tailwind helping progress, but providing little cooling. Into Stratford, and one mile to go ... an unwelcome uphill dogleg, and then back down to the river for what must be one of the best "run ins" in the country. River, swans, weir, church, theatre, pleasant lawns, bandstands, encouraging crowds England at its best and eventually the finish !

Great race, and some great Windle runs. Katie completed a fantastic half, and Tony was pleased to take yet more time off this year's best. David did really well to beat his four hour goal on a hard day. Miles just missed the 3:15 barrier and ended up in the medic's tent, but was fine later. Richard Gurd did brilliantly to complete a second marathon just 2 weeks after London. Congratulations all !!

Results

Half marathon

Tony Sheridan	1:43:47
Katie Pearce (60 th lady)	1:47:54
Dieter Sullivan	2:11:49

Marathon

Miles Cudmore	3:15:28
Richard Gurd	3:32:42
David Pearce	3:57:46

Logan's Run

I have been meaning to do this race for a couple of years but something has always cropped up, it not only clashes with our 10k but the Bracknell half and others . So this year Chris Peppiatt, Richard Sherlock and myself represented WVR. The race is ran every year in memory of Ian Logan who ran for AFD, sadly Ian was diagnosed with lung cancer in 1997 and died on the 15th August that same year.

His many running club friends decided to stage this event and ALL proceeds go to the PHYLLIS TUCKWELL HOSPICE in Farnham. Today less than 200 people turned out to complete the course, despite it being a very worthwhile and local event. Perhaps next year more WVR would like to take part and get loads of sponsors too? Keep the last Sunday free next year and we could have a big team event.

I digress! It turned out to be a hot and windy day with a 12 noon start - didn't like that bit! The course takes place in and around Rushmoor Arena and whilst it was good to be off the main roads, the race is ran on army track roads. It was quite undulating in parts and very twisty - turny too! The whole 10k is several times around the same bits of the course which at times got a bit confusing!

On the whole not a particularly exciting run BUT the reasons for doing it make up for that.

Well done to Richard who managed 46 mins, Chris on her 1st 10k in ages managed 51 mins and me a terrible 54 mins -- I need help!

Please remember this one for next year

Cheers
Pam B

Winter Training
Starts on Thursday 2nd October

TUESDAYS @ 7pm
Prior Heath School car park, Prior Road, Camberley

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
Windsor
(10k Handicap at 10am)

Club Championship Rules (Michael MacClancy)

The Committee received a request to consider a change to the rules governing the Club Championship. Currently you can enter the Championship in one of two ways. Either you can submit your times for your best 10k, 10 mile and half marathon or you can submit your best 5 10k times. The Club Champion is the member with the lowest total time for the three or five events. The Committee was asked to consider additionally allowing members to submit a marathon time. The Committee has discussed this suggestion at great length and has performed a detailed analysis of the effect that it would have on the Championship. We fully appreciate that a number of members regularly compete in marathons and we feel that it is correct for the club to recognise members' substantial achievements in running marathons. However, the Committee has concluded that it would be incorrect to allow marathon times to be used to qualify for the Championships. There are two reasons for this. Firstly, members submitting marathon times would have a substantial and automatic advantage over members using the other two methods because a correctly prepared runner should be able to complete a marathon faster than the two combinations of races. Secondly, the Championship in its current form rewards consistent performance in a range of events instead of emphasising a single strong performance over one distance.

Wokingham Half Marathon

After the considerable problems this year with the start of the Wokingham Half Marathon (inadequate toilets, poor baggage facilities, bottlenecks and poor timekeeping) the Committee wrote a letter to Wokingham District Council with some suggestions for improvements. Our letter was considered by the Acting Chief Executive and we received a detailed reply. One of the points we raised was the fact that in previous years the race has started in Bell Foundry Lane and that this reduced the bottlenecks in Cantley Park. The Council told us that the inconsideration and indiscretion of some runners who used the drive and front garden of a farmhouse in Bell Foundry Lane as a toilet was the reason for the change in the position of the start. The Council also justified the lack of toilets, saying that the mobile units they use have to have access to water and sewerage systems. The Acting Chief Executive has promised us that our points will be considered in the preparation for next year's event.

Club Championship Entries

This is a good time to start considering your entry for this year's club championship. In order to enter you need to have run in a 10k, 10 miler and half marathon or five 10k's during 2003. These races can have taken place anywhere but they must be on official courses (excluding our 10k handicap course) and you must provide us with official evidence of your finishing time. If you don't make an entry yourself but you have run in five or more club handicap 10k's we will take your best five handicap times as your entry. It's worth pointing out, though, that it's better to enter a 10k, 10 miler and half marathon than five 10k's. This is because most runners will take about 3%

longer to run the five 10k's than the three different events. This adds six to eight minutes to the total time. So, if you haven't yet run a half marathon or 10 miler this year give it some thought – you still have plenty of opportunities before the end of the year.

THE MILLAND SIX (& 21km for some) – TOO HOT TO TROT?

Sun 3rd August 2003

"The nearest hospital is some way away" is the encouraging notice attached to this race! And so it was, on a summers morn, that Ricards set sail, to challenge this "scenic and undulating" course, with no hospitals nearby.

I took the "no watch" approach, yes Tony (Sheridan), partly due to it being from Runners World and partly for psychological reasons! We, all fifty of us, lined up behind a white line, under some shady trees.

The banter was well under way – "notice the absence of any Mountain Goats? They prefer an easier climb!" – when the Klaxon sounded. It took at least four seconds for us back markers to cross the start line.

Off we loped, in the warm summer sun. At 30 degrees, the temperature was less (degrees) than some of the inclines! The terrain was varied – sand, rocks and even muddy puddles in places.

By the time we had completed the first mile, the race leaders had joined – and quickly passed us. Our first four miles were relatively shady, though the air remained warm. Thankfully, the hills eased as we reached a plateau of heathland – though the temperature increased considerably!

As we ran downhill, through trees and shrubs (after around five miles), there came a break in the foliage – and a choice. Three routes lay ahead; two of which had Hazard Tape marking them! A few of the 21k runners joined us, & one took a left (not seeing the hazard tape to his right) four or five followed. Thankfully, it turned out to be correct.

'A gentle amble home' followed, with a few supporters shouting encouragement. Needing some recovery time, I stayed on for the Prize Giving – entirely bottles of wine!

Ricards Reflections: What a jolly nice day out, ideal for a picnic and a number of genuine Country pubs nearby. (Meets the criteria for a Windle social methinks!)

Dave Ricards

Summer training will continue through September, but to take advantage of daylight we will be starting at 6.30pm

2003 Windle Valley Runners — Relay Marathon results for the club

Legs

Place	1	2	3	4	5	6	7	8	9	Finish	Team Name	Time
1st	19	6	6	6	6	6	6	6	6	6	Bracknell Forest A	02:35:11
2nd	6	4	4	5	14	5	5	5	5	5	Blackwater Valley Runners A	02:37:22
3rd	4	19	14	14	5	14	14	14	14	14	Hart Road Runners 'Elite'	02:37:44
4th	14	14	5	19	19	19	19	19	19	19	Sandhurst A	02:40:28
5th	9	5	19	4	4	16	16	16	16	16	Ranelagh Men	02:41:47
6th	5	9	9	16	16	15	1	1	1	1	Windle Valley Runners Men	02:52:18
7th	15	1	16	1	1	1	15	15	15	15	Southern Navigators	02:56:54
8th	11	12	12	9	15	4	4	20	20	20	Sandhurst B	03:06:10
9th	12	16	15	15	9	20	20	4	4	22	Blackwater Valley Runners B	03:10:40
10th	1	20	1	20	20	7	3	3	22	2	Windle Valley Runners Ladies	03:13:00
11th	13	18	2	7	7	9	7	22	3	3	Ranelagh Ladies	03:14:41
12th	18	7	7	12	2	3	17	7	18	18	Windle Valley Runners Smirkins	03:15:15
13th	16	2	20	2	3	22	9	17	2	4	Woking **	03:15:26
14th	20	15	3	3	18	2	22	18	7	7	Bracknell Forest B	03:15:29
15th	2	3	17	22	12	13	2	11	13	21	Sandhurst Ladies	03:18:10
16th	7	17	22	18	22	18	13	2	21	12	Hart Road Runners Ladies	03:19:13
17th	22	22	18	17	11	12	18	13	17	11	Hart Road Runners Select	03:19:44
18th	17	11	13	13	21	21	12	12	12	17	Windle Valley Runners United	03:22:35
19th	3	21	21	21	13	11	11	21	9	9	Hayes & Harlington Road Runners	03:23:32
20th	21	13	11	11	17	17	21	9	11	13	Hart Road Runners Mix & Match **	03:28:54
21st	10	10	10	10	10	10	10	8	8	8	Lilly Savages	03:47:05
22nd	8	8	8	8	8	8	8	10	10	10	Brickmakers Ladies	04:02:20

** time penalties added

Leg	Team	Leg	Time	Leg Time	Leg	Team	Leg	Time	Leg Time
1	WVR Men	1	0:18:08	0:18:08	1	WVR Ladies	2	0:19:40	0:19:40
1	Keith Hull	mv	0:34:45	0:16:37	1	Jennie Peppiatt	f	0:37:58	0:18:18
2	Mike MacClancy	mv	0:53:07	0:18:22	2	Katie Pearce	f	0:54:59	0:17:01
3	Roy Bell	mv	1:10:24	0:17:17	3	Wendy Davies	fv	1:16:30	0:21:31
4	Geoff Williams	mv	1:26:39	0:16:15	4	Bridgette Morris	f	1:37:04	0:20:34
5	Miles Cudmore	mv	1:44:02	0:17:23	5	Marie Park	fv	1:57:41	0:20:37
6	Mike Bott	mv	2:00:47	0:16:45	6	Ginni Brooker	fv	2:18:48	0:21:07
7	Ali Crossman	fv	2:16:23	0:15:36	7	Karen Dann	fv	2:39:48	0:21:00
8	Tim Crossman	mv	2:34:57	0:18:34	8	Janice Tweed	fv	2:57:00	0:17:12
9	Ivan Chandler	mv	2:52:18	0:17:21	9	Mary MacClancy	fv	3:13:00	0:16:00
10	Kevin Pedley	mv	TIME	2:52:18	10	Suzannah Harrison	fv	TIME	3:13:00
		6th					10th		

Leg	Team	Leg	Time	Leg Time	Leg	Team	Leg	Time	Leg Time
1	WVR Smirkins	18	0:19:15	0:19:15	1	WVR United	17	0:20:21	0:20:21
1	Paul Boulton		0:37:16	0:18:01	1	Paul Conlan		0:40:01	0:19:40
2	Roger Dyas		1:00:58	0:23:42	2	Zoe Hull		0:59:28	0:19:27
3	Andrew Monk		1:19:08	0:18:10	3	Fred Bell		1:20:48	0:21:20
4	Michael van Santen		1:38:46	0:19:38	4	Kathryn Pedley		1:42:35	0:21:47
5	Anthony Merryweather		1:59:57	0:21:11	5	Phil Morley		2:01:40	0:19:05
6	Steve Hall		2:20:35	0:20:38	6	Peter Taylor		2:16:29	0:14:49
7	Malcolm Coulter		2:36:22	0:15:47	7	Tim Ellis		2:34:55	0:18:26
8	Neil Wadford		2:55:24	0:19:02	8	Keith Harris		3:00:22	0:25:27
9	Andrew Blackburn		3:15:15	0:19:51	9	Sue Holland		3:22:35	0:22:13
10	Tanya Thompson		TIME	3:15:15	10	Michael van Santen		TIME	3:22:35
		12th					18th		

Just a brief report on the Relay Marathon, although British Oxygen were not expecting us on the day! they were most accommodating and once again with help from club members, friends and family we had a very successful event.

Our Club President, Bob Webb, is pictured here handing over the winners trophy to Bracknell Forest. Despite British Airways not being able to defend the trophy they won last year we had a very close and exciting race throughout the afternoon. In the ladies competition, with four teams competing, again close competition ensured excitement throughout with Windle Valley Runners own ladies team winning. A picture of that trophy presentation will appear soon!



HILLS by Ivan Chandler.

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. .

It has been said that races are won and lost on the hills.

But how do you deal with them? Perhaps you think "I'm going to get tired here" or "This is really going to slow me up" or "This is tough, I'd much rather being running on the flat".

Personally I love hills. I see them as a welcome challenge. In some ways, running up hills is preferable to looking ahead and seeing a long stretch in front where the thought of the distance that is still to be run can at times be daunting and disheartening.

Getting on top of hills can be a real boost to confidence and give you the edge over other runners who might start flagging at the very thought of a hill.

So how you approach hills in such a way that they'll never be daunting again?

There are three key elements to incorporate into the strategy.

1. Relax and quicken your step
2. Get connected with the ground below you and breathe deeply
3. Run over the hill

Let's look at these points in more detail:

1. Feel your whole body letting go of any resistance. Feel freedom and looseness in your muscles, joints and organs, think too yourself "My body is going to enjoy this" Bring a lightness into your step so that you're not necessarily running more quickly but the turn around of the running action is increased.

2. Sense the connection between your feet and the ground. Take in deep breaths through your nose and exhale through the mouth and feel the oxygenation of your system. Remember that the earth below is vibrating with energy and the connection will remind your cells how alive your body is. The power you receive from the breath driving through your body will reinforce this yogic process. Look down and just think of the now - you'll be surprised at how quickly those pre-conceptions of hill running will disappear.

3. Don't think of running up the hill - think of running over it. Don't think "I'm nearly at the top", don't even think ahead about the thought of release of running down the other side, it will come sooner than you think - just continue to concentrate on the experience of the moment.

There is one further aspect to incorporate into your thought pattern although, for some, it is difficult to perceive - imagine that you're running down the hill!

As you're looking at and connecting with the ground, see it as a downward gradient. This is more of a reason not to look up until you see the downward gradient sharply increase - don't be alarmed, you're over the top of the hill - and in a race you will be leaving the other runners still panting and groaning whilst you fade into the distance.

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

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