

# Windle Valley News



Issued to all Members of Windle Valley Runners

## Editorial

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**Club AGM is on  
Thursday 14th  
October**

Since the last newsletter was published in April the club has hosted two major events. The 3 Day Event, held at the end of May (co-ordinated by Wendy Davies) and the Relay Marathon. The results for both events, together with a few pictures are included in this Summer edition of the newsletter. Both events had significant numbers of competitors taking part and were blessed with good weather. The Relay Marathon is our chance to raise funds for charity, this year with 21 teams taking part we have £420, after minimal expenses, to give out. The winning club Stragglers nominated The Children's Trust at Tadworth as their charity so a large proportion of the £420 will go to that charity. Thanks go to all WVR members, family and friends who helped make these two events a success.

As usual at this time of year many club members are involved in other racing events both on and off road, the race results section includes those I know about or have found but please send me details of any other events/results so that they may be included in the newsletter.

**Committee news.** Dave Ricards has left the committee and has been replaced by Karen Dann. We are indebted to Kevin Pedley for continuing to lead our midweek training sessions, numbers are good and a few new faces have appeared at training. It has been decided to move the club AGM to slightly later in the year, October 14th is the date, time 7.30pm at the Windlesham Field of Remembrance Hall and club members will be circulated with information concerning the AGM at the end of September.

**Surrey Road League.** As in previous years the club has been entered into the Surrey Road League which covers races around the county including the Sutton 10k, Dorking 10 mile, Ranelagh 10k, Elmbridge 10k and Wimbledon 5k. The best 4 results count for the overall championship. WVR were placed 27/28 in the men's and 16/22 in the ladies. So thank you to anybody who entered the races and scored points.

**EDITOR** Barry Andrews, \* 12 Osborne Drive, Lightwater, Surrey GU18 5QU  
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### **London Marathon 2004**

#### **ABC – Against Breast Cancer**

Hi,

What a marvellous day, what an excruciating pain, but what a wonderful result! Yes, not only did I complete the Marathon but I ran it in 3hours 41minutes (provisional) – well in advance of my wildest expectations. I thought if I could just break 4 hours that would be magnificent, but to be 19 minutes inside is quite remarkable for this old Troutie on his first outing.

For me it was a race of 2 parts. Up to 17 miles it was so enjoyable, my pre-race training enabled me to run a comfortable average time of 7minutes 45seconds per mile and allowed me to witness and enjoy the tremendous support and encouragement of the mass of spectators, generous offerings of sweeties, bananas etc and the various bands – jazz, pop and pipes. It was truly uplifting and quite emotional to see individual runners running for so many charities and the outlandish costumes (how one can do the distance dressed as a bouncy castle I will never know!).

Then after 17 miles the pain set in. My upper body was ok, my feet were ok, but my legs - oh the excruciating pain! Then the head became dizzy, but frequent drenching with water eased it, but only momentarily.

For the last 6 miles, it was mind over matter: willing the next mile post to arrive, goaded on by the crowd, thinking of you dear sponsors...and then The Mall came in sight. I had finished - what a relief!

Getting the medal, getting the goodies bag, getting

wrapped in foil...I was so weary, but my legs just wanted to continue running – who was in control now??

If women ever say again “You men don’t know pain until you’ve given birth”...! I’ll answer “You women don’t know pain until you’ve run your first marathon!”

Thanks again for your generous encouragement and support for my charity ABC, Against Breast Cancer. I hope you enjoyed following the race on the TV, I liked taking part – despite the pain – and was so chuffed with my time and with the donations raised – so far approximately £900.

Yours aye,

Postie Gordon

PS: I’ll try to collect the outstanding sponsorships during the week.

### **WVR—Windle Valley News-Summer 2004**

#### **A TALE OF 2 PBs PART 2 and HOW “DOUGIE” DID IN THE LONDON MARATHON 2004**

I remember it well. I was having a traditional Sunday morning “fry-up” in our warm kitchen on a cold, wet March 2002. The telly was on and I was poring over the Sunday Times sports section. “Bang” went the start of the London Marathon, I looked up from my tattie-scone topped with a gorgeous, yellow, fried egg and thought : hell, I’d fancy doing that one day !! Two years later, and after much teasing from young Dave Pearce, two failed Marathon entries, a knee injury, a WVR wild card entry, months of intensive training from my now-mentor & personal trainer, Dave P., warm support from fellow club members, practice pre-race pees and poos (timing and control was all important, I was assured, by Pam to prevent in-race “movements”), ham-string massages from Viv (no pain, no gain ) Hazelton and there I was on the coach from Woking taking Dave and I to Greenwich Park for the start of the 2004 London Marathon.

This area of London was Dave’s old stomping ground, thankfully. He had to direct the coach-driver, otherwise we would have missed the race and still be going round Clapham Common (we had already been round it 4 times before Dave took over). He also knew the local Football changing rooms, so we could change in the dry and have a final pee. Good luck smit us, but not in the shape of a black cat, more in the form of a desperate Gordon

Ramsey, running across our path to the back of a lonely shed for his pre-race pee (and ladies, he did not wash his hands – a black mark for the country's best f\*\*\*\*\* TV chef). Then on to the start, with my new WVR green vest, topped with a black bin-bag to keep me warm. Five minutes to go and milling with the running throng, I had to leave Dave for another nervous pee. Pam's warning of such bodily failings was coming true, and should I have taken her recommended medicament to control my solid relief? Too late, edging forward, word filtered back that we'd started. Dougie wished Dave and Gordon a good race and over the line we ran, some 10,000 in the BLUE start, and blow me down, but some guys were stopping for another pee, already!! But not this gallant duo. Well, not until after 3 miles when we both agreed to stop and take relief when one had the greatest cry of nature. Thankfully, that was the last of the pee talk—and also of solid relief. (My great paranoia of a mid-race unharnessed bodily function had been unfounded). So on with the race. Well it was absolutely wonderful, at least for the first 20 miles! The murky, drizzly day in old London town was ideal for the runners but it didn't dampen the encouragement of the tremendous spectator support. Londoners and visitors were quite magnificent. Their generosity of applause and food goodies; the fun music from bands and discos; together with the jazzy and outlandish outfits of the "fun" runners made it a most enjoyable day for Dougie and Gordon on their debut marathon.

The detailed and disciplined training programme of the maestro, and veteran marathoner, Dave, paid handsome dividends on the day. We were running well within ourselves on a 7.45m average mile (a tad better than target) and enjoying every minute of the first 17miles. There was even the "fast" mile as the duo was inspired by the skirl of the bagpipes—yes our Dave is a closet "jock" at heart!! Then the body started to "feel" the race, but no fear we had trained for 20 miles. Yes, but after 20 miles came the pain, aching and agonising, from hip to foot! Then the heady dizziness saw Dougie and Gordon miss the 21 mile marker, they thought they were going backwards, until with great relief, the 22mile marker came into view. What an uplift, the mind hadn't completely gone!

The "wall" was being climbed, driven on by those wonderful, encouraging spectators, the dream to finish my first marathon (and without walking), the ABC (Against Breast Cancer) charity sponsors, and my humming the metronomic and inspirational pipe-tune "Black Bear". Yes the "jocks" Dougie and Gordon were going over the top of the wall and the finish line. Closely followed by their mentor, who made it all possible, and fellow "jock" for the day, Dave.

WOW, what a race and what marvellous PB's for all three: 3h.43m for Dave and 3h.40m for Dougie and Gordon. And then the MEDAL, goodie bag and foil blanket and a wee kiss from the "Flora" lassie!! BUT, I felt like "Death": cold, knackered, aching agonisingly so, and completely vacant. But strangely, my legs wanted to continue running!! Dave recovered in a trice, like a true veteran and climbed the "1000" steps to the changing area, whilst I declined the "mountain" and slumped down underneath Admiralty Arch and devoured every one of my freebie goodies and thought, "never again"!!

Then my family found me, Dave returned, and along came my old apprentice pal Mike who ran it in 3h.25m at the tender age of 62. It was all hugs, kisses, congratulations, photographs, banter and life came back. Then we parted and the family and I went for a well-

earned meal, and after copious amounts of Italian red wine (to hell with what the book says) my colour returned, the pain had dulled, euphoria grew and London 2005 was the new dream!!!

But how do you enjoy the last 6 miles?

Apparently no one does! It's amazing, but after asking all our marathon veterans, no one could give me the panacea. The marathon can be 20 miles of enjoyment, but then there comes the wall: 6 miles of hell, agonising pain and mind blowing to boot! Yes girls, I guess it's like having a baby!! And WOW we'd do it again!

Gordon (Dougie) Trout

### 2003/2004 Committee

#### SECRETARY

Barry Andrews 01276  
bandrews@aol.com

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## Ladies Captain Report Summer 2004

Hi All

It's hard to believe we are nearly at the end of our summer training, time is going by so fast – must be me' age! The London Marathon is now just a distant memory congratulations to all who took part on such a soggy miserable day! Well done to Gordon on a brilliant 1<sup>st</sup> London (sub 4hrs) just in before Dave too! He enjoyed it so much he has already entered for next year; Dave hopes to do it again with Katie alongside him! Some of us already have a place for next year and have started their training (me!) Thanks also to all of you who helped with the timing mats this year despite the awful weather it went very well and most people enjoyed the experience, see you next year!

Congratulations go to Jenny Peppiat and Katie Pearce gaining their degrees good luck to you both in your future careers and well done!

Welcome back to Claire who started joining us at the Look Out again after the birth of baby Tom in January, good to see you again Claire.  
Also good to see Rhonda back again after a few months off getting over her ear operation and Sue & Ken after a spell away.

A big WVR welcome to Keith and Jill who joined the club at the beginning of the summer and have been with us most nights since, hope you are enjoying the runs both of you! Good luck to Nicky who joined us last month and is training for the Loch Ness Marathon! Her first marathon too – let us know how it goes Nicky and good to have you with us.

There have been the usual races since the last newsletter unfortunately we didn't manage to get a ladies team together for the Surrey County Road League, but many of us have managed to run in the races over the last 3 months.

The Yateley 10k's went off well with usual pouring rain for the 2<sup>nd</sup> race and scorching hot for the others! Marie, Sara, Kerry and myself represented the club.

The Woodland 5 series was as tough as ever and with its new route (better than before although a very cruel up hill to start!) Marie and myself were the only WV ladies with only a few WV men too

The Datchet Dash was held at a new venue, had it not been for the gale force winds that day it would have been quite a pleasant 10k around Dorny Lake! Marie, Ginni, Kerry, Katie, Jill and myself represented the club

that gusty day!

The Boris 5 ( Forest 5 ) was another regular race with a few WVR in attendance too.

Wendy's 3-day event was a huge success as usual with our Mary coming 1<sup>st</sup> and our Marie coming 2<sup>nd</sup>. Well done ladies, especially well done to Marie who has improved so much over the past year. (Good luck to Dan Marie's husband who is out in Iraq at the moment until January – keep smiling Marie he will be back before you know it!)

Unfortunately we couldn't get a ladies team together for the Relay marathon but congratulations to the WV men who came in 5th and thanks to Ginni, Karen, Bridget and Chris for helping to organise the marshalling on the day-again in my absence!

Chris P, Jenny P and Mary represented the ladies at The Wedding Day Race , a couple of weeks ago although it's a bit of a trek to get there it is a very nice run to do – apparently!

We have our WVR BBQ on Saturday the 21<sup>st</sup> hope the rain holds off, and then lots of training at our winter venues in September I can't wait!

Thanks to Kevin who has been putting us through our paces on a Tuesday and Thursdays we have had loads of people turning up especially at the Look Out on a Tuesday – it really is a popular place to run

Whilst Kevin has been on holiday thanks to those who have organised runs each Tuesday and Thursday Dave P and Miles especially! We all enjoyed the ' Wiggliest run ever 'at the Look Out last night – up hill and down dale!

That's about all from me apologies if I have missed anyone out – again it's me' age!

Enjoy the rest of the summer see you all at Prior Road in the dark!

Cheers Pam B

## Race Results

### Bath Half Marathon – 14<sup>th</sup> March

350	David Williamson	1.30.42
652	John Williamson	1.37.27

### Hook 10 mile - 16<sup>th</sup> May

26 <sup>th</sup>	David Williamson	1.08.48
47 <sup>th</sup>	John Williamson	1.14.22
75 <sup>th</sup>	Ian Lee Emery	1.18.55

*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. .*

Hart Triathlon – 3<sup>rd</sup> May

400m/20k/5k

22 <sup>nd</sup>	Alastair Watts	1.05.25
139 <sup>th</sup>	Barry Andrews	1.17.09
143 <sup>rd</sup>	Julie Newall	1.17.27

Wantage Triathlon – 6<sup>th</sup> June

800m/35k/12k

55 <sup>th</sup>	Barry Andrews	2.31.13
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Windsor Triathlon – 13<sup>th</sup> June

1500m/40k/10k

172 <sup>nd</sup>	Alastair Watts	2.21.03
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Eton Sprint Triathlon - 11<sup>th</sup> July

400m/20k/5k

288 <sup>th</sup>	Julie Newall	1.10.14
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London Triathlon – 1<sup>st</sup> August

1500m/40k/10k

47 <sup>th</sup> age group	Julie Newall	2.41.09
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Concorde Triathlon – 22<sup>nd</sup> August

400m/20k/5k

120 <sup>th</sup>	Barry Andrews	1.16.39
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Surrey Aquathlon - 11<sup>th</sup> June

500m/5k

21 <sup>st</sup>	Wendy Davies	30.46 (sc)
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Surrey Aquathlon – 6<sup>th</sup> August

500m/5k

33 <sup>rd</sup>	Peter Jones	33.37
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Maidenhead 10 mile – 9<sup>th</sup> April

92 <sup>nd</sup>	Richard Gurd	1.03.50
145 <sup>th</sup>	Michael MacClancy	1.06.52
197 <sup>th</sup>	Mary MacClancy	1.09.24
272 <sup>nd</sup>	Katie Pearce	1.12.47
287 <sup>th</sup>	Richard Sherlock	1.13.31
395 <sup>th</sup>	Dave Pearce	1.17.04
396 <sup>th</sup>	Gordon Trout	1.17.04
423 <sup>rd</sup>	Brian Coleman	1.17.41
567 <sup>th</sup>	Kerrie Woods	1.23.27
577 <sup>th</sup>	Chris Dent	1.24.08
814 <sup>th</sup>	Ed Condon	1.37.47

Men's team 19/34

Ladies team 7/15

Sutton 10k – 6<sup>th</sup> June

235 <sup>th</sup>	Kerrie Woods	53.20
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Dysart Dash 10k – 27<sup>th</sup> June

210 <sup>th</sup>	Richard Sherlock	46.15
357 <sup>th</sup>	Kerrie Woods	55.17

Elmbridge 10k – 25<sup>th</sup> July

498 <sup>th</sup>	Kerrie Woods	57.47
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Datchet Dash 10k – 3<sup>rd</sup> July

91 <sup>st</sup>	Wendy Davies	40.38 (sc)
150 <sup>th</sup>	Katie Pearce	42.10
161 <sup>st</sup>	Richard Haseldine	42.31
309 <sup>th</sup>	Keith Hopkins	46.41
319 <sup>th</sup>	Marie Park	46.47
469 <sup>th</sup>	Jill Burrells	50.26
490 <sup>th</sup>	Richard Sherlock	51.02
491 <sup>st</sup>	Kerrie Woods	51.02
567 <sup>th</sup>	Pam Berriman	53.27
623 <sup>rd</sup>	Ginni Brooker	54.52

Woodland 5 – 26<sup>th</sup> May

66 <sup>th</sup>	Gordon Trout	45.03
77 <sup>th</sup>	Dave Pearce	45.50
92 <sup>nd</sup>	Marie Park	47.18
105 <sup>th</sup>	Mark Coxhead	49.15 (sc)
120 <sup>th</sup>	Chris Dent	52.16
128 <sup>th</sup>	Pam Berriman	53.25

Woodland 5 – 30<sup>th</sup> June

62 <sup>nd</sup>	Gordon Trout	44.50
74 <sup>th</sup>	Marie Park	46.28
86 <sup>th</sup>	Mark Coxhead	47.59 (sc)
128 <sup>th</sup>	Steve Gorham	55.13
129 <sup>th</sup>	Pam Berriman	55.21

Woodland 5 – 28<sup>th</sup> July

73 <sup>rd</sup>	Dave Pearce	46.13
83 <sup>rd</sup>	Mark Coxhead	47.31 (sc)
104 <sup>th</sup>	Chris Dent	50.27
117 <sup>th</sup>	Pam Berriman	52.20

Forest 5 – 9<sup>th</sup> June

76 <sup>th</sup>	Gordon Trout	36.09
93 <sup>rd</sup>	Dave Pearce	37.24
154 <sup>th</sup>	Chris Dent	40.58
228 <sup>th</sup>	Ginni Brooker	46.32

<b>Winter Training</b>
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<b>TUESDAYS @ 7pm</b> Prior Heath School car park, Camberley
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<b>THURSDAYS @ 7pm</b> Car park at shops Martindale Ave, Heatherside, Camberley Check website for start date
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<b>+SUNDAYS @ 9am</b> Blacknest Gate, Virginia Water <i>+Except last Sunday in month</i> <i>"The Sun Inn", Chertsey Road</i> <i>Windsor</i> <i>(10k Handicap at 10am)</i>
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## Race Results

Yateley 10k – 2 <sup>nd</sup> June		
115 <sup>th</sup>	Michael MacClancy	40.36
133 <sup>rd</sup>	Murray Wilson	41.07
157 <sup>th</sup>	Geoff Williams	41.53
203 <sup>rd</sup>	Mary MacClancy	43.11
232 <sup>nd</sup>	Richard Sherlock	44.08
325 <sup>th</sup>	Keith Hopkins	46.44
326 <sup>th</sup>	Marie Park	46.44
372 <sup>nd</sup>	Jill Burrells	47.51
466 <sup>th</sup>	Chris Dent	49.45
511 <sup>th</sup>	John Hadfield	51.02
546	Kerrie Woods	52.03
619 <sup>th</sup>	Sara Saunders	55.16
738 <sup>th</sup>	Fred Green	61.05

Yateley 10k – 7 <sup>th</sup> July		
76 <sup>th</sup>	Michael MacClancy	39.57
121 <sup>st</sup>	Geoff Williams	42.02
151 <sup>st</sup>	Mary MacClancy	43.20
171 <sup>st</sup>	Richard Sherlock	44.04
244 <sup>th</sup>	Marie Park	46.05
415 <sup>th</sup>	Pam Berriman	51.49
427 <sup>th</sup>	Kerrie Woods	52.23

Yateley 10k – 4 <sup>th</sup> August		
136 <sup>th</sup>	Murray Wilson	42.25
148 <sup>th</sup>	Geoff Williams	42.59
176 <sup>th</sup>	Mary MacClancy	43.43
198 <sup>th</sup>	Gordon Trout	44.15
332 <sup>nd</sup>	Marie Park	48.04
410 <sup>th</sup>	Chris Dent	50.28
457 <sup>th</sup>	Pam Berriman	51.36
522 <sup>nd</sup>	Kerrie Woods	53.50
544 <sup>th</sup>	John Hadfield	54.46
649 <sup>th</sup>	Dave Ricards	58.28

### Series results for Yateley

Geoff Williams 8<sup>th</sup> in age group (V50)  
 Mary MacClancy 6<sup>th</sup> in age group (VF35)  
 Marie Park 8<sup>th</sup> in age group (VF35)  
 Kerrie Woods 14<sup>th</sup> in age group (SF)

### Farringdon triathlon - 5th September

800m/36mile/9k  
 63<sup>rd</sup> Barry Andrews 2.57.35

### Hart Duathlon—30th August

6k/20k/5k  
 30<sup>th</sup> Michael MacClancy 1.22.41  
 48<sup>th</sup> Mary MacClancy 1.28.11

## MENS CAPTAINS REPORT SUMMER 2004

Not a great deal to tell you since my last report but I will endeavour to fill you in with the latest gossip. Training has been going well as expected with our favourite venue the "Lookout" Hill work seems to be on the menu a fair amount of the time at this particular venue but not too many complaints as yet. I will have a word with Kevin about this and if we do have any moans, then I will advise him to just double the hill work. With that off my chest, I have to admit that I have not been able to attend meetings as much as I had intended. I have had to work away from home on many occasions of late but in Arnold talk, will be back for full Winter Training.

Our Summer Social Bar-B-Q event took place a couple of weeks ago and the weather was on our side for that night only. Members and guests that did attend enjoyed the crack and I think a good time was had by all. A big thanks for all those who brought food and helped out plus a pat on the back to Phil who gave up his few hours between holidays and work schedules. A final cheers to my wife Lynn and daughter Lucie who hosted brilliantly.

To date. I have had very little response to anybody willing to take part in the River Relay this year so I have abandoned the idea

Our own event, the Brickmakers Arms Relay Marathon which took place in July went off very well. A big attendance by over 22 clubs and we had our first team finish in 5<sup>th</sup> place and the B team flying in at 13<sup>th</sup> place. The Twickenham based Stragglers came first this year

I am injured at present but will hope to be in training with you regulars very soon

Best of luck  
 Tony Sheridan

## **Karen Dann profile – our newest committee member**

**Born** - 18<sup>th</sup> February 1961

**Occupation** - Teaching assistant

**Pb's** 10k – 50 mins          Marathon – 4 hours 20 mins (Paris)

**When did you start running** - started at about 12 years of age

**Why did you start running** - my sister belonged to Camberley Athletic Club, we were coached by Ron Sandford, I later progressed to Bracknell Athletic Club and ran 800m and 1500m on the track also cross country.

**Enjoy/dislike most about running** – I just enjoy putting on running shoes, opening the door and setting out. Dislikes would be injuries that stop you running

**How did you hear about the club** – out running and met Janice Tweed

**Most memorable race** – Paris Marathon, good atmosphere and good weekend away

**Recommended/Favourite event** – Cross country at Epsom racecourse

**Running ambitions** – Just to be able to keep running and stay injury free and to enjoy running

**Running tips** – Stretching, warm up - cool down are as important as the run itself (and something that I am far too good at ..... rest!!)

**Typical training week** – I do not seem to have one at the moment! With a young family and a job it seems almost impossible to fit in regular training but I would ideally like to run all the club training sessions, 3 – 4 times per week. The club does a great job offering variety in its training schedule

**Marathons run** – Paris          **Half marathons run** - Camberley

**Sporting heroes** – Paula Radcliffe – Kelly Holmes. But also all those wonderful people out there who give up their free time to help and encourage others to run – like Ron Sandford. The coaches, marshals, time keepers, organisers etc. all too many to mention but without whom many of the events and clubs around the country would not be able to exist.

**Favourite shoe** – Saucony, I have tried others but keep coming back to them. Touch wood they are the only shoe I have remained injury free in.

**Favourite pre-race food** – don't really have one as I do not race very often, but if I did it would probably be pasta

Your "Windle Valley News" was very kindly photocopied by  
**CHANCELLOR & SONS (Estate Agents)**  
26 High Street, Camberley, Surrey, GU15 3RS          Tel. 01276 63231  
*"You don't want your house sale to be a long running saga"*

**Race Diary**

September		
Sunday 12 <sup>th</sup>	River Relay	9am
	Alice Holt 10k	10.30am
Sunday 19 <sup>th</sup>	Cancer Research 10k (Reading)	9.30am
	New Forest half marathon	11am
	Wimbledon 10k	10am
Sunday 26 <sup>th</sup>	WVR Handicap 10k	10am
	Budgens 10k (Reading)	11am
	Maidenhead 8k	10.30am
	Epsom College 10	10am
October		
Saturday 2 <sup>nd</sup>	Sweatshop Adventure	10am
Sunday 3 <sup>rd</sup>	Finch Coasters Tough 10	10.30am
	Alton Downland 10k	10.30am
	Wimbledon 10	11am
	North Downs 10	10am
Wednesday 6 <sup>th</sup>	Woking Handicap 3	12.30pm
Sunday 10 <sup>th</sup>	BUPA Great South 10	10am
	Henley half marathon	10am
	Kingston Running Festival	8am
Sunday 17 <sup>th</sup>	Cabbage Patch 10	10am
	Abingdon Marathon	9am
	Croydon 10k	10.15am
Sunday 31 <sup>st</sup>	WVR Handicap 10k	10.am
November		
Wednesday 3 <sup>rd</sup>	Woking Handicap 3	12.30pm
Sunday 7 <sup>th</sup>	Marlow half marathon	9.30am
Sunday 21 <sup>st</sup>	Gosport half marathon	11am
	Camberley XC	11am
Sunday 28 <sup>th</sup>	Hayling 10 mile	10am
	WVR Handicap 10k	10am

Check the following web sites for more information on races or training times and places

[www.Runnersworld.co.uk](http://www.Runnersworld.co.uk)

[www.Windlevalley.com](http://www.Windlevalley.com)

Contacts (put together by the committee)

Physiotherapist

Michael Bott                      01483 714263

Massage Therapist

Carl Bradshaw                    07976 429227

Half Moon

01276 473329



Mary receives her prize for winning the ladies section of this years 3 day Event.

### Windle Valley 3 Day Event 2004

Name	Club	10k time	1 mile	Hill run	Total	Place
Mary McClancy	WVR	0:42:34	0:06:20	0:19:44	1:08:38	1
Marie Park	WVR	0:47:18	0:06:42	0:21:29	1:15:29	2
Isy Paton	Hart	0:50:05	0:06:58	0:22:56	1:19:59	3
Sue Davies	Woking	0:51:46	0:06:50	0:23:41	1:22:17	4
Bridget Morris	WVR	0:54:36	0:07:46	0:24:04	1:26:26	5

### Windle Valley 3 Day Event 2004

Name	Club	10k time	1 mile	Hill run	Total	Place
Chris Bradfield	Datchet	0:32:35	0:05:03	0:14:58	0:52:36	1
Tim Ellis	Crawley	0:36:11	0:05:43	0:16:15	0:58:09	2
Paul Dennis	Woking	0:39:53	0:05:29	0:17:28	1:02:50	3
David McLean	WVR	0:40:20	0:05:28	0:18:15	1:04:03	4
Michael MacClancy	WVR	0:40:11	0:05:35	0:18:39	1:04:25	5
Keith Hull	WVR	0:40:28	0:05:37	0:18:49	1:04:54	6
Mike Hogan	Hart RR	0:40:47	0:05:48	0:18:50	1:05:25	7
Duncan Irving	Woking	0:41:44	0:05:43	0:19:13	1:06:40	8
Geoff Williams	WVR	0:42:12	0:06:09	0:19:30	1:07:51	9
Dave Nichols	Woking	0:42:40	0:06:02	0:19:43	1:08:25	10
Warren Weedon	WVR	0:45:00	0:06:00	0:19:36	1:10:36	11
Gordon Trout	WVR	0:43:28	0:06:41	0:20:51	1:11:00	12
Dave Pearce	WVR	0:44:37	0:06:18	0:20:23	1:11:18	13
Mark Coxhead	Cruisers	0:50:07	0:07:02	0:21:51	1:19:00	14

**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

**Relay Marathon 2004**



Wendy collects the trophy for The Woking ladies team



Stragglers receive the winners trophy

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

**Barry Andrews**  
 Secretary

	Leg											
Place	1	2	3	4	5	6	7	8	9	Fin	Team Name	Time
1st	6	5	6	6	6	6	6	6	6	6	Stragglers	02:32:00
2nd	20	6	11	11	11	11	11	11	11	11	Bracknell A	02:34:32
3rd	18	20	20	5	20	20	7	7	7	7	Hart Harriers	02:45:20
4th	5	11	18	20	7	7	20	20	20	20	Sandhurst Men	02:47:48
5th	11	18	5	7	16	18	5	18	16	16	Windle Valley	02:51:58
6th	14	16	7	18	18	5	16	16	5	5	Blackwater VR	02:52:26
7th	16	7	17	16	5	16	18	5	18	18	Woking Men	02:55:33
8th	17	17	16	17	12	12	12	12	12	12	Bracknell B	03:01:00
9th	12	12	14	12	17	17	17	17	17	17	Woking Ladies	03:06:04
10th	7	4	12	14	4	4	13	4	13	13	Ranelagh	03:11:12
11th	1	14	15	4	14	8	4	13	10	10	Hart Trotters	03:11:36
12th	15	15	9	15	9	13	9	10	9	4	Hotchkiss Heartthrob	03:21:22
13th	13	9	8	1	8	9	10	9	4	15	Windle Valley Mixed	03:22:53
14th	4	13	4	8	13	10	8	15	15	14	Surrey Police	03:29:17
15th	9	1	13	9	10	14	15	8	8	21	Sandhurst Ladies	03:33:00
16th	21	8	1	13	15	15	14	14	14	3	Archers Animals**	03:33:31
17th	8	2	21	10	21	1	1	3	3	1	The Inn @ West End	03:37:09
18th	3	21	10	3	1	3	3	1	21	9	Hart Runners**	03:42:09
19th	19	19	19	21	3	21	21	21	1	8	Hart Angels**	03:45:05
20th	2	3	2	19	19	19	19	19	19	19	Bracknell Ladies	03:49:06
21st	10	10	3	2	2	2	2	2	2	2	The Erly Ladies	04:04:33

\*\* time penalties have been added

**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**

Leg	Windle Valley	16	Time	Leg Time
1	James Dean		0:17:22	0:17:22
2	Dave McLean		0:33:27	0:16:05
3	Mark Coxhead		0:52:24	0:18:57
4	Gordon Trout		1:10:29	0:18:05
5	Peter Jones		1:27:23	0:16:54
6	Chris Lovell		1:46:52	0:19:29
7	Geoff Williams		2:03:46	0:16:54
8	Tony Sheridan		2:22:00	0:18:14
9	Tim Ellis		2:35:59	0:13:59
10	Michael MacClancy		2:51:58	0:15:59
		<b>5th</b>	<b>TIME</b>	<b>2:51:58</b>

Leg	Windle V Mixed	15	Time	Leg Time
1	Mary MacClancy		0:19:04	0:19:04
2	Bridget Morris		0:39:36	0:20:32
3	Jill Burrells		0:59:16	0:19:40
4	Chris Peppiatt		1:20:00	0:20:44
5	Sue		1:46:25	0:26:25
6	Steve McKinley		2:03:34	0:17:09
7	Ginni Brooker		2:24:16	0:20:42
8	Julie Newall		2:42:11	0:17:55
9	Karen Dann		3:04:11	0:22:00
10	Dave Lewis		3:22:53	0:18:42
		<b>13th</b>	<b>TIME</b>	<b>3:22:53</b>