



Issued to all Members of Windle Valley Runners

## Editorial

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This newsletter is a little late in getting to you!! Mainly due to the debate over holding the Relay Marathon. Having had to change the date to September, due to communication problems with Linde (BOC), we did not have enough entries by the deadline and therefore reluctantly the event for this year was cancelled.

Consequently news for this newsletter is rather sparse and I have reduced the number of pages to reflect that.

Thank you to Chris and Katie for their contributions and also Steve Moody who wrote an article that I have included about one of his summer excursions abroad.

There are a great many race results in this issue and at the time of writing we still have the Julian Farrell 10k and Cabbage Patch 10 mile just around the corner.

The committee have decided to change the venue for this years AGM to the Windlesham Club and Theatre as the Cricketers in Windlesham wanted £150 for the room hire!

Phil Morley has decided to resign from his role as membership secretary and the committee discussed a replacement role and decided that combining membership with communications could possibly appeal, this job need not involve attendance

**TUESDAYS @ 7pm**  
Prior Road, Car park by school  
Camberley

**THURSDAYS @ 7pm**  
Prior Road, Car park by school

**+SUNDAYS @ 9.30am**  
Blacknest Gate, Virginia Water

*+Except last Sunday in month  
"The Sun Inn", Chertsey Road  
Windlesham*

Your "Windle Valley News" was very kindly photocopied by

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## “Some Things Are Just More Fun In The Dark”

### Prague Night Grand Prix 10K – 8<sup>th</sup> September 2007

Pat and I have just come back from a cycling holiday in the Czech Republic, made up of a week cycling round Southern Bohemia followed by 3 days sightseeing in Prague.



(picture is of the town of Telc)

The cycling was great, and we visited some really beautiful villages and countryside.

We got into Prague on the Friday night, and over breakfast next day planned out where to go – starting in the main square and then we'd head off to Prague Castle, which would be good for at least the whole day, if not Sunday as well. So we took the tram down to the city, and headed for the main square:



It was not quite how we expected – rather than a pretty baroque square full of shops, tourists and pigeons, we found ourselves right in the middle of Race HQ for the first ever running of the Prague Night Grand Prix, which was that evening at 9pm. By a strange coincidence, our running kit just happened to be in our suitcase.... and they were accepting entries on the day! Not only that, but the race fee of £12 got us a proper Adidas running shirt (in the right size), a kit bag, and lots of goodies from Adidas, Mattoni, etc. So, as you can imagine, the day got rapidly replanned, and we decided to leave the Castle till Sunday. However, we did still want to enjoy Prague, so we spent the day on fairly leisurely sightseeing, with a good Czech lunch and a couple of pints of (the real, czech) Budweiser at 4 o'clock. Not quite the way I usually prepare for a 10K!

Back to the hotel for a quick change, then down to the city for the races (in fact, separate men's and women's races – women first at 8.00, men at 9.00). Cheered Pat out and in on her race, then it was time for mine. Big crowd and lots of congestion at the start, but then a nice city centre course that took us round the cobbled streets of the old town, out to the river for an out-and-back kilometre on the east bank, before crossing to run along under the walls of Prague Castle, then back across into the town and the finish in the main square. After 5 days on a bike and then a day on my feet, with a fairly full stomach, I decided I'd just take it easy and enjoy being part of the race. Narrow cobbled streets, pretty churches and theatres, it all made a really nice course, added to by the night-time setting. After the first 2K, I realise I'm actually feeling OK, and as we cross the Vltava River towards 5K I am starting to pass people. Half-way comes up in 22 minutes, and I decide I do care about my time, so I push hard back towards the city centre, though still not forgetting to do my share of sightseeing along the route. Find myself on the finish straight back to the square, and cross the line in 42mins for a chip time of 41.40 – so, a negative split, I think it's my first ever in a 10K. Think I must train on draught lager more often.

Nice medal presented by smiling czech girls is the cherry on the cake – the medal is engraved “Some Things Are Just More Fun In The Dark”



Find Pat again and then we head off to meet up with our cycling group – the night is just beginning

Steve Moody

### Mens Captain Report

Well summer has drawn to a close, What Summer ?? I hear you say!! Our winter training programme starting at the beginning of October.

Since my last report there have been many good performances by our men and the turn out at local races have been encouraging. As many as 10 of our men contesting the last Yateley 10K. Many race results have been put on our website and are included in this Newsletter. Apologies to anyone whose results I have missed

If the attendances are anything to go by our training sessions have been successful this summer. Many thanks to Kevin Pedley and our new member Steve Moody with his intimate knowledge of Bracknell Forest who has lead our sessions over

at the Lookout. My thanks also to Dave Pearce for our Chobham Common and Jo Smith for our Lightwater Country Park runs.

It's now the time of year when we are thinking about getting in some good Club Championship performances. Well look no further, there are some good fast races coming up where I would like to see good club support.

Sunday October 7<sup>th</sup>. Julian Farrell 10K (support our ladies retain their team title)

Sunday October 14<sup>th</sup>. Cabbage Patch 10 Mile

Sunday November 4<sup>th</sup>. Marlow Half Marathon

Sunday November 25<sup>th</sup>. Gosport Half Marathon.

In addition to these for those who like to get their shoes a little muddy we have the following Cross Country races.

Sunday 18<sup>th</sup> November. Camberley & Dist. A.C. Frimley Fuel Allotments. (6.5K- Ladies and 9.5K for the men)

Sunday 9<sup>th</sup> December. Tadley Xmas Cross Country. 5.3miles

Finally my best wishes for a speedy recovery to Tony Sheridan who is on the mend from his fractured foot.

Chris Dent  
August 07

#### Ladies Captains Report

Firstly thank you to those who were ready and willing to support the Brickmakers relay marathon. It was unfortunate it didn't go ahead, lets hope more teams enter next year.

Anne-Marie's departure to Washington DC was an excellent excuse to extend summer training to the pub, thank you to members that came and offered their farewell wishes, she was a valued member and will be missed.

Well done to everyone who has been competing this summer, your results should all be included in this newsletter. A special mention to Jo, Lucy A and Sarah C who took part in the adventure Ace race at the look out. The race involved mountain biking and trail running with map based navigation and team challenges. Lucy and Jo's 'which ways north' team finished second in their category in a time of 4hours 50min- not bad for a team who didn't know N from S.

Finally I would like to wish everyone the best of luck in the Cabbage Patch 10. I have been informed we have over 20 Windle Valley entries – GO WINDLE!!

Katie Cousins  
August 2007

## 2006/2007 Committee

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### **RACE RESULTS**

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

### **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*

Apologies if I have missed anyone in the following results. I have collated these from published results on the web etc.

Chris Dent Aug-07

**Sunday 12th August 2007 Midhurst 10K 622 finishers**

Posn o/a	Name	Gun Time	Chip Time	Cat.	Cat. Posn
212	Chris Dent	46.46		MV55	9
227	Richard Sherlock	47.25		MV50	28
247	Mark Coxhead (sc)	48.14		MV45	25
259	Julian Davies	48.45		SM	77
327	Colin Woods	51.02		MV45	35
352	Vicky Davies	52.08		SF	26

**Sunday 5th August 2007 Milland Valley 21K Trail 295 finishers**

Posn o/a	Name	Gun Time	Chip Time	Cat.	Cat. Posn
56	Miles Cudmore	1.43.37		MV40	

**Wednesday 1st August 2007 Yateley 10K (Race 3) 697 finishers**

Posn o/a	Name	Gun Time	Chip Time	Cat.	Cat. Posn
75	Miles Cudmore	39.06	39.02	MV40	19
123	Steve Moody (sc)	41.16	41.11	MV50	9
148	Murray Wilson	42.17	42.08	MV40	45
181	Geoff Williams	43.29	43.25	MV60	3
210	Katie Cousins	44.44	44.36	SF	14
217	Kate Archer	44.52	44.40	FV35	9
303	Richard Sherlock	47.15	46.55	MV50	34
309	Chris Dent	47.25	47.06	MV50	35
367	Lucy Allen	48.56	48.32	SF	31
377	Colin Woods	49.18	48.56	MV40	110
385	Dawn Straker	49.33	49.13	FV35	18
390	Jo Smith	49.50	49.29	SF	35
402	Anne-Marie McLaren	50.21	49.40	FV35	21
411	Christelle Gental	50.37	50.13	FV35	22
472	Nick Cook	52.30	52.07	MV50	57
605	Dave Smith	58.53	58.20	MV60	15
638	Irene Ernoult	60.46	60.05	SF	81
DNF	Pete Jones			MV50	

**Friday 27th July 2007 Wedding Day 7K- Bushy Park 493 finishers**

Posn o/a	Name	Gun Time	Chip Time	Cat.	Cat. Posn
193	Richard Sherlock	33.18		MV50	
195	Chris Dent	33.22		MV50	
225	Lucy Allen	34.15		SF	
236	Colin Woods	34.35		MV40	

**Wednesday 25th July 2007 Woodland 5 (Race 3) 147 finishers**

Posn o/a	Name	Gun Time	Chip Time	Cat.	Cat. Posn
78	Mark Coxhead	48.08		MV40	
95	Chris Dent	50.22		MV50	
117	Sarah Calver	52.52		fv35	
135	Robin Wakefield	56.03		MV50	

**Sunday 15th July 2007****Tadley 10K****188 finishers**

Posn o/a	Name	Gun Time	Chip Time	Cat.	Cat. Posn
102	Chris Dent	49.55		MV50	23

**Sunday 15th July 2007****Elmbridge 10K****525 finishers**

Posn o/a	Name	Gun Time	Chip Time	Cat.	Cat. Posn
90	Jo Rodriguez	40.27			SC
303	Colin Woods	50.39		MV40	
432	Babara Rodriguez	58.36			SC

**Sunday 15th July 2007****Wycombe Half Marathon****883 finishers**

Posn o/a	Name	Gun Time	Chip Time	Cat.	Cat. Posn
146	Peter Mannion	1.40.54		MV40	

**Wednesday 4th July 2007****Yateley 10K (Race 2)****691 finishers**

Posn o/a	Name	Gun Time	Chip Time	Cat.	Cat. Posn
92	Steve Moody	40.40	40.35	MV50	6
126	Duncan Irvine	41.40			SC
156	Jenny Peppiatt	42.30	42.19	SF	9
174	Katie Cousins	43.10	42.59	SF	11
195	Kate Archer	44.13	43.45	FV35	9
302	Peter Tiner	47.11	46.36	MV50	36
336	Lucy Allen	48.06	47.30	SF	25
339	Jo Smith	48.12	47.36	SF	26
379	Colin Woods	49.20	48.52	MV40	115
396	Richard Sherlock	49.54	49.26	MV50	45
404	Christelle Gental	50.06	49.29	FV35	27
409	Nick Cook	50.12	49.47	MV50	47
428	Woody Gorham	50.42	50.04	MV40	121
440	Dawn Straker	51.21	51.02	FV35	31
446	Anne-Marie McLaren	51.27	50.51	FV35	33
602	Dave Smith	58.27	57.56	MV60	18
629	Irene Ernoult	60.45	60.07	SF	70

**Saturday 30th June 2007****Dorney Dash 10K****867 finishers**

Posn o/a	Name	Gun Time	Chip Time	Cat.	Cat. Posn
180	Kate Archer	43.23		FV35	
326	Julian Davies	47.47		SM	
431	Colin Woods	50.15		MV40	
778	Claire Parris	63.28		FV35	

**Sunday 24th June 2007****Trent Park Triffic Trail 10K****394 finishers**

Posn o/a	Name	Gun Time	Chip Time	Cat.	Cat. Posn
65	Katie Cousins	44.57		SF	4
143	Lucie Pearce	49.43		SF	11
150	Gordon Trout	49.59		MV50+	23
170	Dave Pearce	51.37		MV50+	26

**Wednesday 27th June 2007****Woodland 5 (Race 2)****135 finishers**

Posn o/a	Name	Gun Time	Chip Time	Cat.	Cat. Posn
33	Steve Moody	41.49		MV50	
43	Keith Hull	42.55		MV50	
76	Sarah Calver	47.12		FV35	
81	Mark Coxhead	48.00		MV40	
103	Dawn Straker	51.23		FV35	

**Sunday 24th June****Dysart Dash 10K****400 finishers**

Posn o/a	Name	Gun Time	Chip Time	Cat.	Cat. Posn
272	Colin Woods	50.47		MV40	

**Wednesday 13th June 2007****Forest 5****248 finishers**

Posn o/a	Name	Gun Time	Chip Time	Cat.	Cat. Posn
34	Steve Moody	33.41		MV50	
49	Murray Wilson	34.49		MV40	
52	Kate Archer	35.17		fv35	
91	Sarah Calver	37.33		FV35	
109	Chris Dent	38.28		MV50	

**Sunday 10th June 2007****Wargrave 10K****601 finishers**

Posn o/a	Name	Gun Time	Chip Time	Cat.	Cat. Posn
112	Katie Pearce	44.01		SF	
113	Kate Archer	44.05		FV35	
202	Chris Dent	47.43		MV50	
332	Dave Pearce	52.42		MV50	

**Wednesday 6th June 2007****Yateley 10k (Race 1)****677 finishers**

Posn o/a	Name	Gun Time	Chip Time	Cat.	Cat. Posn
117	Steve Moody	40.48	40.35	mv50	11
134	Duncan Irvine	41.17			
154	Kate Archer	41.56	41.45	fv35	5
170	Geoff Williams	42.33	42.29	mv50	20
183	Katie Cousins	43.00	42.27	fsen	7
240	Richard Sherlock	45.03	44.39	mv50	30
242	Sarah Calver	45.12	44.57	fv35	10
265	Chris Dent	46.00	45.45	mv50	33
372	Colin Woods	49.24	48.59	mv40	117
417	Christelle Gental	50.52	50.11	fv35	33
564	Irene Ernoult	57.30	56.58	fsen	50

**Wednesday 30th May 2007****Woodland 5 (Race 1)****154 finishers**

Posn o/a	Name	Gun Time	Chip Time	Cat.	Cat. Posn
37	Steve Moody	42.21		mv	
51	Keith Hull	43.31		mv	
61	Kate Archer	44.21		fv	
76	Sarah Calver	46.12		fv	
86	Chris Dent	47.00		mv	
107	Mark Coxhead	48.41		mv	