

# Windle Valley News



Issued to all Members of Windle Valley Runners

## Editorial

### INSIDE THIS ISSUE:

**Page 2**  
Final 10k Handicap  
times (Men)

**Page 3**  
Final 10k Handicap  
times (Ladies)  
Gosport half report

**Page 4**  
Marlow half report  
Great Sam 10k  
The Great South

**Page 5**  
Race results

**Page 6**  
Windsor map (short  
runs)

**Page 7**  
Windsor maps (middle  
runs)

**Page 8**  
Windsor maps (long  
runs)

**Page 9**  
Club Walk report

**Page 10**  
Race Diary

A slight departure from the normal Running web sites to try:-

newsletter this issue in that there are less in the way of articles written by club members, although these are always welcomed. I have included the maps that Chris Lovell has prepared to show a variety of routes for running in Windsor Park. The club has a group running session there on Sunday mornings meeting at Blacknest gate (9.00 am), apart from the last Sunday of each month when we have the 10k handicap meeting at the Sun in Windlesham (10.00 am).

Our club membership is now approaching 150 and by the time you read this newsletter will probably have passed that figure. That number includes our junior and family members, not all our club members run or train with us on a regular basis, some in fact now live to far away to easily do that. Those of you who are able to receive email will have read Phil Morley's updates which keep most of us in touch with club developments, news etc. on a regular basis

The Club committee is now at full strength and currently has a number of issues that it is reviewing. These include club clothing and revising the club rules. Please feel free to approach any committee member (names listed in the newsletter) if you would like an item discussed by the committee.

Preparations for the Dinner/presentation/disco are well under way, Phil Morley is co-ordinating the event to be held at the Chobham Golf Club on Friday 11th January. This year we are trying to make the occasion more social and Dave Ricards is providing a disco for your entertainment!

[www.serpentine.org.uk](http://www.serpentine.org.uk)

A Running Club site

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

Magazine site for the American version of Runnersworld.

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

Magazine site for the UK version of Runnersworld

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

American site for running schedules, covers all distances

[www.sportsinjuryclinic.net](http://www.sportsinjuryclinic.net)

UK basic site of a sports injury therapist and orthopaedic surgeon

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

Sports science web site (sponsored by Gatorade)

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

Peak Performance web site monthly sports science newsletter

Other sites worth a look that cover a variety of running based issues

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

[www.iaaf.org](http://www.iaaf.org)

[www.ukathletics.org](http://www.ukathletics.org)

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

[www.running-log.com](http://www.running-log.com)

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

[www.10ktruth.com](http://www.10ktruth.com)

**EDITOR**

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**' 01276 473757**

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2001 Handicap times	Jan.	Feb.	March	April	May	June	July	Aug.	Sept.	Oct.	Nov.	Best
<b>Men</b>												
Nick Adams	0:39:15			0:39:15	0:39:21					0:39:39	0:38:09	0:38:09
Bob Allen						0:55:22						0:55:22
Barry Andrews			0:42:30		0:45:50					0:44:15		0:42:30
Rob Batchelor				0:35:29								0:35:29
Roy Bell	0:44:44				0:45:28	0:45:09		0:43:49		0:41:54	0:41:54	0:41:54
Mike Bott	0:39:30	0:39:32										0:39:30
Peter Cawsey								0:48:21				0:48:21
Ivan Chandler	0:44:49											0:44:49
Paul Conlan	0:48:17								0:46:30			0:46:30
Mark Coxhead	0:42:30	0:43:43		0:44:21	0:43:29			0:41:51				0:41:51
Tony Crilly	0:43:13											0:43:13
Chris Dent										0:46:24		0:46:24
Wolfgang Dohne	0:45:08											0:45:08
Alan Forbes	0:49:23					0:49:48		0:49:00				0:49:00
Peter Friar	0:47:18	0:48:39		0:48:51	0:48:14	0:49:39		0:50:49				0:47:18
Niall Gallagher	1:01:37	1:01:31		0:59:01								0:59:01
Julian Gascoyne				1:01:08				0:55:34	0:50:24			0:50:24
Woody Gorham					0:40:44	0:48:32						0:40:44
Patrick Guinard										0:44:25	0:42:46	0:42:46
Steve Gynn					0:50:12	1:09:00						0:50:12
Les Henderson	0:48:20	0:46:42									0:49:12	0:46:42
Keith Hull	0:40:31		0:41:28					0:42:12	0:41:13	0:40:07	0:40:17	0:40:07
Ian Lee-Emery				0:49:11	0:49:12			0:46:11				0:46:11
John Lock												0:54:04
Chris Lovell	0:43:26	0:42:30	0:43:10		0:43:11	0:44:01		0:43:56	0:43:05	0:42:48	0:42:27	0:42:27
Michael MacClancy	0:44:56	0:45:50	0:45:44		0:44:46			0:43:49		0:44:25		0:43:49
Steve Mee											0:41:27	0:41:27
Jim Miller		1:07:08		1:05:59	1:08:02						1:05:33	1:05:33
Phil Morley	0:48:55											0:48:55
Dave Nichols	0:43:05							0:44:19	0:43:49	0:43:28	0:43:08	0:43:05
Graham Palser		0:46:28									0:44:54	0:44:54
Dave Pearce	0:50:09		0:52:27	0:49:38	0:49:45	0:51:52		0:49:28	0:51:32		0:52:02	0:49:28
Kevin Pedley	0:43:40	0:42:20			0:44:33					0:43:02	0:42:31	0:42:20
Dave Ricards				0:55:35								0:55:35
Mark Robinson			0:40:34			0:39:30						0:39:30
Mark L Robinson					0:44:10	0:44:36		0:43:38				0:43:38
Tom Rowley								0:57:20		0:57:15	1:00:10	0:57:15
Tony Sheridan				0:44:42	0:44:21	0:46:23		0:44:35				0:44:35
Brain Sutcliffe				0:50:15				0:51:50				0:50:15
Peter Taylor	0:48:12	0:46:52		0:49:08				0:47:08			0:47:12	0:46:52
Peter Thoms					0:58:48				0:58:15		0:54:47	0:54:47
Peter Tiner	0:46:23		0:44:53	0:43:31						0:44:15		0:43:31
Ian Todd	0:53:24											0:53:24
Jon Vickery				0:44:57								0:44:57
Michael Waine											0:34:26	0:34:26
Alistair Watts	0:46:24	0:44:15	0:43:15									0:43:15
Dave West					0:38:41							0:38:11
Geoff Williams		0:47:53		0:48:22	0:48:21	0:48:46		0:46:53		0:45:10	0:44:43	0:44:43
David Williamson					0:38:25			0:38:09			0:38:36	0:38:09
John Williamson					0:44:35			0:44:48			0:43:07	0:43:07
David Yarnall	0:44:44				0:49:19	0:47:20		0:51:08				0:44:44
Des Yeabsley		1:03:10	1:03:46	1:03:11		1:05:37						1:03:10

No event due to road closure

2001 Handicap times	Jan.	Feb.	March	April	May	June	July	Aug.	Sept.	Oct.	Nov.	Best
<b>Ladies</b>												
Pam Berriman	0:55:07				0:52:46	0:52:29					0:52:02	0:52:02
Ginny Brooker	0:49:07			0:49:22	0:49:20					0:51:22		0:49:07
Allison Crossman	0:42:34	0:40:50								0:40:29		0:40:29
Karen Dann			0:51:22								1:07:40	0:51:22
Wendy Davies	0:42:06		0:41:04			0:41:40				0:40:29		0:40:29
Rosemarie Gallagher	1:04:26	1:02:03	1:04:06	1:03:57		1:06:33			1:10:25		1:03:30	1:02:03
Brenda Glover				0:55:19								0:55:19
Terri Grant				0:58:36								0:58:36
Susanna Harrison										0:39:58		0:39:58
Mary MacClancy	0:48:54	0:47:22	0:50:25		0:51:06			0:49:01		0:50:03		0:47:22
Marie Park						0:51:52						0:51:52
Katie Pearce					0:53:37			0:55:24				0:53:37
Chris Peppiatt	0:48:31		0:47:18	0:46:49	0:47:27			0:48:42	0:50:23	0:50:02		0:46:49
Jenny Peppiatt				0:47:15						0:46:03		0:46:03
Faith Philpott	1:01:40		0:59:31		1:06:35							0:59:31
Glenys Rebane	0:52:33											0:52:33
Angela Rutterford-Adams	0:51:15				0:53:38					0:56:17		0:51:15
Chris Small					1:03:10					1:03:12		1:03:10
Julie Smith				0:47:07						0:48:00		0:47:07
Andrea Sott		0:50:31		0:49:57		0:54:45						0:49:57
Elaine Thoms	1:01:47	1:01:36	0:59:30	1:01:38	1:02:35				1:04:41		1:02:00	0:59:30
Janice Tweed	0:51:15		0:51:47		0:53:44	0:54:04				0:56:16		0:51:15
Amanda Yarnall	0:52:53		0:57:08	0:59:09		0:56:49						0:52:53

No event due to road closure

### Gosport Half Marathon 18th November

What a grey day!! But that didn't dampen the WVR spirits! Chris Peppiatt, Kerrie and Colin Woods, Richard Sherlock and myself were the team today. The race started on the sea front and a very misty view of the Isle of Wight (I think) We then had a 2 mile loop to do and ended back where we started, to start the run proper if you see what I mean. The course took us away from the seafront and inland through country roads and housing estates where there seemed to be loads of traffic. At one point a police van took the lead of a very slow line of cars through a narrow country lane, presumably to stop peoples speeding past the runners. Then we were back on the sea front and had to do it all again! Yea it was a two lap course.

The marshalling was excellent, in most places on route, and the facilities at the school at the start and finish were excellent. It was lovely flat course and there was plenty of support from some very friendly people. But I don't think I would do it again. There is nothing worse than

passing the finish line knowing you have got to do it all again!! The traffic in parts was also very heavy and I must admit Chris and I had expected the run to be much more along the coast than it was.

The weather was very kind, despite being grey and miserable it was not too cold.

So how did we do? The official results will be on the web but Colin and Richard were first home followed by Kerrie, well done Kerrie great time 1.42? Chris completed in yet another PB 1.45! There is no stopping this woman well done Chris. Then there was me, yes last again BUT I have to say I really enjoyed it, my time 1.54 I am really chuffed cos I had a good steady run and even managed a little surge at the end (cheers Chris for making me move!) and as I sit writing this I don't ache anywhere, does this mean I didn't push myself hard enough I wonder???

I may try the Marlow next year, a lot harder but apparently much more rural, quiet and picturesque.

Pam Berriman

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## Marlow Half Marathon - 4<sup>th</sup> November

Chris and I had arranged to meet Wendy at 7.45 to set off in convoy to Marlow. This because our ever enthusiastic Wendy wanted to take her bike and cycle over the Chiltern Hills after lunch, as if running up and down them first wasn't enough. She was looking a bit sleepy when we arrived, but when we got to Marlow she somehow had acquired some make up and looked ready for action.

Chris and I weren't so sure, but after donning our numbers, lacing up our shoes, and having a quick warm up, we were as prepared as possible.

There was slight confusion as we lined up for the start, we were facing the wrong way! Only I could do that! We had to walk out to the road to line up, and then turn around. We set off in good time and tackled the first of many hills, which certainly got the breathing sorted! In fact the first few miles were definitely 'undulating', we were glad of the much publicised drinks at 3.5 miles when we got there. We did get some nice downhills through some woods and pretty landscapes. The support from the marshals was excellent and the fellow competitors friendly. We had a long flat stretch at 6, seven miles, felt well in control when we saw the half way marker, however there followed a very steep hill which even stopped me talking!

Once we'd cracked nine and ten miles. I felt I was winning and realised I could come in under 2 hours with a continued effort. After struggling up. What was promised to be the last hill (really!), at 11 miles we were able to pick up some speed over the last two miles to a good finish. Wendy completed in a very respectable 1.32, followed by Chris at 1.54. Wendy was the 4<sup>th</sup> lady to finish, well done. We really enjoyed the race, it was well organised, had a good atmosphere, not too busy and great scenery. I would definitely recommend it.

PS We liked the pub as well!!

Ginni Brooker

## Great Sam 10k—7th October

The run was held in the grounds of Wellington College, mostly offroad with lots of muddy bits, but relatively flat throughout. It was two 5k laps, very well organised with lots of marshals en-route, and plenty of supporters (thank you Wendy for yours!)

At the finish we were all given very welcome orange/ water and a Mars bar. On the whole we all agreed it was a good race, however there was some dispute on whether we would tackle it again (mainly because it was so muddy and there were many hazardous obstacles

such as tree roots) - still we all finished before the torrential rain started—in this sequence. First was Keith, then Chris L. then Michael, (apologies if I got this wrong men) then the ladies, Linda (congrats on 1st 10k— in under 50 mins, too!), Chris P, Mary, Ginni and (yes, I know) me last of all.

We are now looking forward? To next Sunday's Great South—it should be nice and windy again.

Cheers from your Captain  
Pam

## The Great South Run - 14th October

A full contingent, being myself, Chris, Pam and Wendy squeezed ourselves into Karen's car early on Sunday morning for the drive to Portsmouth, the weather was fine and dry promising slightly better conditions for the last hard push along the sea front. The traffic into Portsmouth was very slow so we arrived only just in time to change and warm up, not to shop as I had hoped! We met up with Mary and Michael at the last minute and then made our way to the start which was delayed due to the problems with the traffic. A much bigger field this year, we were hemmed in like sardines, is this what it's like to start London I thought. Eventually we were off and it took us a few minutes to cross the start line, it took a bit of sorting out to get settled into your own bit of road!

The course was slightly different this year due to a security procedure at the docks, this meant we had to loop round and run back through the start, a bit daunting when we knew what was still to come before we came back that way again.

Around 5/6 miles was hard, we had a chance to see Wendy finishing strongly along the front, once we'd been watered at 7 miles and felt a bit revived we pushed on and made an effort to cross the line in good time.

Saw a few well known faces along the way also had a great band to spur us on. All in all a good race but all agreed we might do well to let the train take the strain out of the journey next year.

Ginni Brooker

Surrey Cricketers—drinks to welcome home Jo Smith from Australia on Friday 21st December 7pm

Mulled wine and mince pies to help you recover from the Christmas Sunday Run at Windsor Great Park on Sunday 23rd December

*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.*

New Sam 10k—7th October

5	Robert Batchelor	37.15 (sc)
22	Dave West	39.34 (sc)
25	Nick Adams	39.53 (sc)
41	Keith Hull	41.37
65	Chris Lovell	43.34
74	Dave Nicholls	43.58 (sc)
102	Michael MacClancy	45.29
139	Chris Dent	47.18
192	Lynda McKenna	49.40
202	John Lock	50.06 (sc)
215	Chris Peppiatt	50.42
217	Mary MacClancy	50.55
245	Ginni Brooker	52.43
305	Pam Berriman	57.10
326	Tom Rowley	58.29 (sc)

Marlow Half Marathon— 4th November

Keith Hull	
Wendy Davies	1.32
Geoff Williams	1.44
Chris Peppiatt	1.54
Ginni Brooker	1.55

Great South—14th October

244	Wendy Davies	64.51
1047	Richard Sherlock	74.48
1252	Michael MacClancy	76.22
1362	Colin Woods	77.00
2124	Christine Peppiatt	81.51
2380	Mary macClancy	83.26
2606	Kerrie Woods	84.42
3030	Ginni Brooker	86.53
3109	Karen Dann	87.17
3896	Mike Blake	91.14
4273	Pam Berriman	93.19
5935	Dieter Sullivan	103.42

Windsor Half Marathon - 30th September

140	Dave West	1.27.51 (sc)
141	Wendy Davies	1.27.51
208	Mark Coxhead	1.30.41 (sc)
2317	Dieter Sullivan	1.59.41

Hart Leisure Sprint Duathlon—27th August

34	Dan Park	1.23.47
55	Barry Andrews	1.30.09
60	Wendy Davies	1.32.40
77	Julie Smith	1.43.12

Cabbage Patch 10 mile—23rd September

139	Nick Adams	64.34 (sc)
237	Keith Hull	69.21
251	Colin Woods	70.00
255	Barry Andrews	70.12
295	Richard Sherlock	72.02
326	Patrick Guinard	73.21 (sc)
509	Kerrie Woods	79.01
645	Dave Pearce	84.05

**Winter Training**

**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  
Windsor  
(10k Handicap at 10am)

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"

MAPS can be found on the website,  
under the ARCHIVE section for the Year 2001

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

1	Round Virginia water	4.21 miles
2	Blacknest gate—South Lake—past Totem Pole—along Polo grounds—Blacknest gate	4.12 miles
3	Blacknest gate—South Lake—Savill Garden—Cumberland gate - return along Smith's Lawn—Blacknest gate	5.43 miles
4	One circuit round Smith's lawn, Polo ground and Savill Garden	2.51 miles

MAPS can be found on the website,  
under the ARCHIVE section for the Year 2001

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

1	Blacknest gate—direct to Copper Horse—Dukes Lane—Horse trail Blacknest gate	6.53 miles
2	Blacknest gate—direct to Copper Horse—Dukes Lane—Prince Consort gate—Ascot gate—B road—Mill Lane—Blacknest gate	7.07 miles
3	Blacknest gate—direct to Copper Horse—continue round 'Village Loop' via Sandpit gate—Dukes Lane—Prince Consort gate— Ascot gate—B road—Mill Lane—Blacknest gate	8.14 miles
4	Blacknest gate—direct to Copper Horse—continue round 'Village Loop' via Sandpit gate—Dukes Lane—Horse trail—Blacknest gate	7.60 miles
<p>For extra distance, the 'Village Loop' gives you 2.47 miles and a circuit round the Polo Ground gives an extra 2.51 miles.</p> <p>The Horse Trail is very muddy after rain.</p>		

MAPS can be found on the website,  
under the ARCHIVE section for the Year 2001

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

1	Blacknest gate—via South Lake path—Totem Pole—Savill Garden—Copper Horse—Dukes lane—Horse Trail—Blacknest gate	8.36 miles
2	Blacknest gate—via South Lake path—Totem Pole—Savill Garden—Copper Horse—Dukes Lane—Ascot gate and B road—Blacknest gate	8.90 miles
3	Blacknest gate—via South Lake path—Totem pole—Savill Garden—Copper Horse—'Village Loop' - Dukes Lane—Horse Trail—Blacknest gate	9.43 miles
4	Blacknest gate—via South Lake path—Totem Pole—Savill Garden—Copper Horse—'Village Loop' - Dukes Lane—Ascot gate and B road—Blacknest gate	9.97 miles
5	Blacknest gate—via South Lake path—Totem Pole—Savill garden—Copper Horse—'Village Loop' - Continue East to Cumberland Junction—South via Smith's lawn—Blacknest gate	10.19 miles
6	Blacknest gate—via South Lake path—Totem Pole—Savill Gardens - Copper Horse—LEFT at Deer gate past Richardson's Lawn—bear left to Ox Pond—Cumberland Junction—South via Smith's Lawn—Blacknest gate	8.80 miles
For longer runs, add one circuit round Smith's lawn, Polo ground and Savill Garden		2.51 miles



Les Henderson's annual walk went from Peaslake to Coldharbour, where a visit to the Plough Inn was arranged. An excellent home made meal and ale were consumed here, before the long journey back. The early morning rain and drizzle gave way to a fine sunny day.

Hi All

It's that time of the year again and Barry has asked me to do my bit for the newsletter - so here goes.

Since the summer report the ladies have been busy completing races whilst still consistently turning out for training on Tuesdays and Thursdays. A big welcome back to Brenda who had a break during the summer and is now storming around Camberley on a Tuesday night. And another big welcome to our 2 new ladies Nicky & Janice, friends of Karens who have joined us, up to now on a couple of Tuesday and Thursday runs. If you need an application form to join WVR please see myself or Phil. So what's been happening as the nights have been drawing in?

September saw many of us climbing up and down hills around the beautiful Surrey countryside on a walk excellently organised by Les - looking forward to visiting the pub again next year Les! September was also the month in which many put pen to paper and entered The London Marathon.

October was a busy month with the New Great Sam 10k - not sure whether we enjoyed that one or not. With everyone's thoughts focussing on the club Championships the Great South was next on the agenda. What a good turnout we had that day with Wendy managing yet another P.B and Chris P. too. However, the delayed start, congestion and the threat of it being a BIGGER and better event next year I think many of us ladies may do the Cabbage Patch Ten instead! Forgive me if I have missed any other runs out - remember you can always e-mail me with your reports and I will include them in my reports - go on don't be shy! The club 10k in October had a huge turnout with Tony and myself clocking the times it was quite hectic - but I think I only made one mistake! A big thank you to Bev, Chris Lovell's wife for giving us a much needed hand that morning and again the next month too.

In November we had the Marlow half marathon and a great turnout by the ladies, followed by the Gosport Half Marathon with Chris P., Kerry & Colin, Richard & myself completing the course (Chris with another P.B!) Which takes us up to December and the famous Hogs Back - a great turnout with 11 WVR's doing probably their last official run of 2001 (Apart from the Club 10k of course) A very cold and early start but worth it for the awful climb up the hill then brilliant run down the other side - I have already written a report on this so enough!

Also December is the month we all find out if we are in or out of the London - Congratulations to Dave Pearce who has a place and of course Wendy. However, Ginni and myself have had our rejection letters through! Julie and Linda still have yet to find out but it looks doubtful that they are in. I honestly do not know who else has applied so if there are anymore rejections out there remember we have 3 club places BUT you must send your rejection letter to Barry ASAP. If all else fails Ginni and myself

will run for Charity - so get ready with your pledges - there is no way I am letting all this training go to waste!!

So as the year draws to a close what a busy year we have all had! Several ladies have run consistently well throughout 2001, many congratulations to Kerry who managed to keep this one quiet - Back in June she came in 2nd lady after completing the Jack Brabham 10k in Croydon - she won £30 and a cup. Also Kerry had a mention in the Athletic Weekly as she came 3rd lady in the Simon Lloyds half marathon, well done Kerry let me know next time and I can put it in my report. !

Congratulations to Mary MacClancy who has also steadily improved over the year. Both Mary and Michael completed the Essen Half Marathon whilst in Germany a couple of weeks ago and managed a P.B each! Mike completed in 1hr 39.39 and Mary 1hr 47.16 Brilliant! Michael also completed the Orlando Half Marathon - despite a 7-30am start and temperature of 25c Michael finished in 1hr 47 mins Well Done Michael.

Chris Peppiatt is another who has improved so much over the last year, she too kept this one quiet. Chris came in 1st lady over 50 in the Gosport Half and received a Boots gift voucher! Well done Chris! Like mother like daughter Jenny too is storming ahead of everyone - despite becoming a hard working, hard playing student again!

Wendy has worked hard all year and continues to get faster and faster - what more can I say about Wendy apart from thanks for all the help, advice and support she has given all of the ladies over the year - Cheers Wendy!

Before I sign off for the year a message for Tony from all the ladies - hurry up back to full training as they miss your encouragement and banter. Hope you are fit again soon Tony! Also a HUGE welcome back to Bob Allan who had his first run with us on Thursday night, since his operation a couple of months back - Good to have you back Bob! And welcome back to Jo, who has returned to England from Oz for 5 weeks. We all look forward to running with you again Jo! Last but not least, Mike Blake when are you going to join us again? Good to see you at the Great South.

All that remains for me to say is good luck everyone for the Club Championship and Roland's Trophy - I am sure it is going to be a close one this year. Don't forget our Presentation evening AND disco on 11th January. Book NOW while you still have some dosh!

Hope you all have a brilliant Christmas and look forward to lots of running in 2002!!

That's all for this year - Pam B Ladies Captain

Race diary 2002

Sunday 30th December	Club run from the Sun (easy pace) Cliveden xc (no entry on day)	11.00 am 11.00 am
Wednesday 2nd January	Woking 3 mile handicap (Jim Miller)	12.30 pm
Sunday 6th January	Tadworth 10 and 5	10.30 am
Sunday 13th January	Stubbington Green 10k	10.00 am
Sunday 27th January	WVR 10k handicap Epsom Oddballs 6.25 miles Runners World in training (10 mile Richmond)	10.00 am 10.30 am 9.00 am
Sunday 3rd February	Watford half marathon Bushy Park Trail 5.5 mile	10.30 am 11.15 am
Wednesday 6th February	Woking 3 mile handicap (Jim Miller)	12.30 pm
Saturday 9th February	Tilford xc 8.8k	2.00 pm
Sunday 10th February	Wokingham half marathon	Cancelled
Sunday 17th February	26,2 RRC Winter 10k	10.00 am
Sunday 24th February	WVR 10k handicap Bramley 20/10 mile (Hants)	10.00 am 10.30 am
Sunday 3rd March	Finch Coasters Tough 10 mile (Look Out) Berkhamsted half marathon	10.30 am 11.30 am
Wednesday 6th March	Woking 3 mile handicap (Jim Miller)	12.30 pm
Sunday 10th March	Reading half marathon Finchley 20 mile	10.00 am 1.30 pm
Sunday 17th March	Fleet half marathon Thames Towpath 10 Cranleigh 21 and 15 Hastings half marathon	12.15 pm 10.30 am 9.00 am 10.30 am
Sunday 24th March	WVR 10k handicap Combe Gibbet to Overton xc Kingston Breakfast Run 16/8.25	10.00 am 2.00 pm 8.20 am

**NEW WEBSITE  
ADDRESS**

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

**windlevalley.com**

**RACE RESULTS**

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

**Barry Andrews**  
*Secretary*

**CLUB CLOTH-  
ING  
AVAILABLE**

*Men's Vests*  
M/L/XL - £13.50  
XXL - £16.50

*Ladies Vests*  
£11.50

**T-Shirts** £8.00

**Track Suits**  
£52.00

Contact Pam Berriman  
or Bob Webb