

# Windle Valley News



Issued to all Members of Windle Valley Runners

## Editorial

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### 2003 Flora London Marathon

If you have been rejected and would like your name to be entered into the club draw, please send proof of rejection to Barry Andrews before Monday 30th December.

Struggling to cope with the recent weather reminds me of a Wednesday evening back in August when Wendy suggested that we go and support WV members at the last Yateley 10k of the series, seemed like a good idea and it was a very good race with an excellent turn out from the club (13 runners), but the rain was quite unbelievable!! I have never been ankle deep in water whilst watching a road race, but the runners seemed to cope very well.

I have been able to compete in several triathlons and duathlons this year along with a few other club members, and various results appear in the newsletter. A big congratulations to Alastair Watts for completing his first half-ironman (Alastair has written an article for this newsletter about his day in Wales), also Janice Tweed who not only has been cycling to Windsor on Sunday mornings but had her arm twisted into competing in the Hart Sprint Duathlon in late August. These events are increasing in popularity and although the cycling needs working on as it is normally the longest discipline, they do allow you to meet and make new friends, rumour has it that Ginni may try a tri next year! Another event I managed to run

in was the Julian Farrell 10k at the end of September, I was presently surprised to see Keith Hanman and Cliff Knowles, both past members of the club who had come down to Camberley to take part.

Several club members have managed excellent marathon performances in the last few months and I am sure that the club Captains will be mentioning some of them in their reports but Wendy's run in Chicago, a pb in 3.02.53, Amanda's run at the Wolverhampton Marathon in 3.14.17, another pb and Richard Gurd in the same event 3.06.06 and lastly Miles Cudmore in Venice with a time of 3.18.43.

Enclosed in the newsletter posting you will find the Club Championship entry form and details, I urge you to complete the form and return it to Michael MacClancy who has agreed once again to co-ordinate the process (thanks Michael).

Finally congratulations to Julie who got married recently and a warm welcome to all new members who have joined the club recently including Karen Matthews, Jim Murray, Cecile Savin and Sara Armstrong.

Commiserations to Chalkie White who has had to resign from the club through recurrent injury problems!

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### Club member profile - Geoff Williams

Born: South Woodford, on the border of London and Essex. I am proud to be an Essex man!

Occupation: National HR Director, Unilever, UK

PBs: 10k - 0:42:14 10 miles - 1:11:05  
Half Marathon - 1:34:20 Marathon - 3:43:22

When/why did you start running – I first started running in 1998. I wanted to become a little fitter and was casting around for some form of exercise. I started running around the block, and gradually built up from there.

Enjoy/dislike about running – I enjoy the feeling when I stop running! I feel contented and at ease with the world. I also enjoy races – I'm still competitive and I like to push myself to improve my performances. I don't enjoy the 20 mile training runs before a marathon, or running in high winds.

How did you hear about the club – I stumbled on it by accident. Running through the village one Sunday morning, I found this group of scantily clad people standing outside The Sun. Bob Webb invited me to join and, after mature reflection, about 4 months, I did.

Most memorable race – the August 2002 Yateley 10k, where it rained torrentially from about 30 seconds into the race until the end. By this time we were wading through rivers and lakes in the road – not enjoyable, but certainly memorable!

Recommended event – if you want to run 26.2 miles, the Flora London Marathon takes a lot of beating

Recommended event – the Yateley 10k series in June/July/August each year. The races take place on a Wednesday evening, they are well organised and well supported.

Least favourite event – the Great North Run – it was my first race, and I found the sheer numbers terribly frustrating. Not just the long wait simply to reach the start

line, but the congestion that I experienced on all 13.1 miles of the course.

Favourite training run – the one I do most frequently is at Virginia Water, running from the Black Nest Gate, round the South side of the Lake, through the deer park and back via the B road to the beginning, so this must be my favourite.

Best race performance – the Bramley 20 in February this year. I felt really good, did my target time, and even overtook a few people in – the last mile.

Worst race performance Several Club Handicap 10Ks in Summer 2001. Although I was training more, my times weren't improving. I realise now that a large part of this was the effect of the hotter weather.

Running ambitions – to run the Flora London Marathon in 3.30 next year; to once sneak below 40 minutes for 10K; to carry on running for decades to come – all a little optimistic, perhaps

Best Championship position – 8<sup>th</sup> in Men's (and miles behind Wendy as well)

Running tips – As a comparative newcomer to running, I feel ill-equipped to give tips, but... A recent conclusion I have arrived at is that I have been doing too much poor quality mileage, so I am trying to vary it much more with interval training, tempo runs, and slower long runs.

Typical training week – at the moment, I am doing aerobic work in the gym, and a few weights, Mon/Wed/Fri, speed work on Tues, a tempo run of about 5 mls on Thurs, a fartlek of 6 miles on Sat, and a 10 miles run on Sun. After Christmas, I will replace 1 or 2 of the gym sessions with runs, and increase the Sunday run.

Marathons and Half Marathons run – Very few! My only marathon is London in 2002. Half Marathons – Great North, Marlow, Great Barford in 2001, and Hillingdon Gazette and Gosport in 2002.

Sporting heroes – Graham Gooch, Keith Boyce (spot the Essex connection!), Bobby Charlton, Seb Coe

Favourite Shoe – Asics 2060 – last year's model.

Favourite pre-race food – huge quantities of pasta the week before, and thick toast and loads of syrup on the morning of the race.

Participation in other sports – Only as a spectator – I'm a cricket fanatic and watch it live; otherwise, I enjoy watching tennis, football and rugby on TV. I'm currently threatening to take up active tennis again after a break of 35 years.

## Llanberis Half - Ironman 1.9km Swim 90km Bike 21km Run

"I followed a string of lights snaking their way down through the Llanberis Pass at 4:30am. My start was at 7:15am but the roads would all be closed at 5:00am. It was raining, cold and there was fog-am I insane? What did I think I was doing when I entered this race! The kids were trying to sleep in the back-they seemed to find it all quite exciting-I couldn't let them down.

Transition was buzzing: "how cold is the water?", "it's freezing mate" etc etc. I said goodbye to the family and tried to look tough although I have to say I felt very nervous-it was still raining and dark. Now to work-check my food, my tyres, my carbo fuel, my running kit, did I know the where to go etc-so much to think about. Transition was unusual in that you had to grab a bag of your clothes for each change and then run into a tent, change, then run out. All seemed fine with my kit so I changed into my wetsuit and waded into the lake-Christ, cold does not describe this.

I found 600 people bobbing around in the water waiting for the hooter-wow, what a sight! This was why I was here! The day was dawning and someone shouted Ogy Ogy Ogy-600 voices erupted in reply and we were off. The water was cold, brown and very deep. There were bodies everywhere but I felt good-exited the water in 34:00 mins PB-Great! Changed then off on the bike. First part flat and fast but then the Pass! Massive hill for over 4 miles but still felt OK. I seemed to be the only one in just a tri-suit, was I doing something wrong? Yes-it was cold and getting colder. Must drink, must eat-drunk too much-had to stop. Bike finished-fantastic-under 3 hours PB! Could I do the run? Did I have enough left? Barely, the course was up Snowdon Pass and back-saw the winner coming down as I was going up-truly awesome-at least I was in the same race! I only just made it, 1:49 for half marathon Ok considering walking included. Saw my kids on the home straight-they ran alongside for a bit but were faster than me by now-so tired- hardly had the energy to speak let alone sprint to the finish. My time 5h 30 mins-better than I dared hope for-so happy and proud of myself-will I do another-Oh yes!

Alastair Watts 5:30hours

## It's not so grim up north...Amanda Haigh reports

It's nearly 2 years since I moved to the Midlands and I still miss all the training, races and camaraderie "down south" but there are quite a few events up here that may be worth a jaunt up the motorway.

Indeed, unbeknown to me, one Windle Valley member joined me at the recent Wolverhampton Marathon on 7<sup>th</sup> Sept. I was sauntering along at a steady pace, having a chat with a group of very friendly guys 'n' girls from Trentham Runners, and what should I suddenly see but a WVR vest zooming past me, worn by Richard Gurd! By the time I'd realised who he was, he was long gone and

unfortunately I didn't see him at the end. Richard finished in a fantastic 3hrs 06.06, brilliant considering the 23 degree heat and constant sun by the time we had finished. I managed a PB of 3hrs 14.17 so I was really pleased, at long last putting the London Marathon disaster to bed. The race is a combination of events – marathon, half marathon, and half marathon cycle ride. Reading the joining instructions it sounded like a recipe for disaster but was very well organised, marshalled and there were actually bottles of water en route rather than naff little cups. It is a relatively flat course (alas the undulations come towards the end of each loop – not good on my legs at 23 miles!) with some fast times – the lead man in the half marathon was 1hr 10.37 and the lead lady 1hr 14.12 (mind you, she does run for GB!). The lead man in the marathon was 2hrs 43.24. If you enjoy real scenery then it is probably not for you but if you can sacrifice beauty for lots of housing estates on wide, relatively flat roads then it is a good one to enter and you receive a decent quality T-shirt for your efforts.

The Newark half is another relatively flat course in Nottinghamshire. I expected it to be very rural but again we were running through lots of housing estates before eventually heading out into the country. The course was very well watered – 9 drinks stations over 13 miles but I won't be rushing back to do it again. There were no signs as you approached the town to show any evidence of a race (I even stopped 1.5 miles from the town to check I was in the right Newark!), no signs to parking, no signs to the start, no-one knew where the exact start was etc. Despite this, the actual route was well marshalled so there was no danger of getting lost and again you got a good quality T-shirt. I managed 1hr 31.27. Times were fast – the lead man ran it in 65 mins (he was from Kenya!) and the lead lady did a PB in 1hr 22.

Probably the best course I have found is the Ron Hill Roman 9 in Stratford Upon Avon which is very rural and more undulating. It is a good start for spring marathon training because it is run in early January so it gives a good benchmark as to how you are running. The only slight problem can be the weather – Torvil and Dean would have had a field day the first year I ran it whereas last year it was almost shorts weather. This is worth a definite trip up the M40 – doesn't tire you out to the point of not being able to do anything else and takes place in a great town for sight seeing and pub lunches. Last 2 years have provided a mug as a reward – rather bright yellow thing but at least it is useful!

### **RACE RESULTS**

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

**Barry Andrews**  
*Secretary*

2002 Handicap times	Jan.	Feb.	March	April	May	June	July	Aug.	Sept.	Oct.	Nov.	Best
<b>RUNNER</b>												
<b>Men</b>												
Nick Adams		0:40:00			0:38:50							<b>0:38:50</b>
Bob Allen	0:58:53	0:57:35	0:58:55	0:55:36		0:54:01						<b>0:54:01</b>
Peter Beck	0:53:23			0:52:44	0:50:06							<b>0:50:06</b>
Roy Bell				0:47:45	0:46:01	0:46:39		0:45:26	0:44:49		0:46:02	<b>0:44:49</b>
Paul Conlan	0:48:26											<b>0:48:26</b>
Mark Coxhead	0:43:44		0:44:17			0:48:28	0:45:01	0:43:48				<b>0:43:44</b>
Tony Crilly	0:44:17											<b>0:44:17</b>
Miles Cudmore						00:40:26						<b>0:40:26</b>
Chris Dent						0:54:17	0:52:17	0:50:44				<b>0:50:44</b>
Mike Everitt	0:46:45			0:46:34								<b>0:46:34</b>
Alan Forbes	0:49:34	0:48:51		0:48:04	0:48:08		0:50:10					<b>0:48:04</b>
Peter Friar	0:50:10	0:50:11	0:51:08	0:52:45			0:52:55	0:51:17		0:51:38		<b>0:50:10</b>
Julian Gascoyne	0:49:26										1:04:03	<b>0:49:26</b>
Woody Gorham									0:42:59			<b>0:42:59</b>
Patrick Guinard	1:01:53	0:41:59		0:44:52	0:43:34				01:03:27	0:46:54	0:45:29	<b>0:41:59</b>
Richard Gurd						0:40:02	0:39:46	0:39:08				<b>0:39:08</b>
Les Henderson		0:48:15	0:48:40	0:47:39								<b>0:47:39</b>
Keith Hull	0:40:09	0:39:51	0:39:14	0:40:50	0:40:02			0:41:39		0:40:47	0:42:28	<b>0:39:14</b>
Ian Lee-Emery	0:46:55				0:46:37		0:45:59			0:48:11		<b>0:45:59</b>
Chris Lovell	0:43:18	0:42:58	0:42:48	0:44:06	0:43:11	0:43:37		0:44:30				<b>0:42:48</b>
Michael MacClancy	0:43:07							0:43:50		0:45:44	0:42:29	<b>0:42:29</b>
Russell MacDonald	0:44:15			0:42:45		0:44:55						<b>0:42:45</b>
David McClean				00:42:20		00:41:54						<b>0:41:54</b>
Steve Mee	0:40:26		0:42:11		0:40:58							<b>0:40:26</b>
Tim Middlehurst	0:40:06				0:39:51				0:39:29	0:39:25		<b>0:39:25</b>
Jim Miller				01:09:55								<b>1:09:55</b>
Don Moore					0:56:59							<b>0:56:59</b>
Dave Nichols	0:43:47	0:42:51	0:43:44	0:43:25	0:44:15	0:43:18			0:47:37		0:43:44	<b>0:42:51</b>
Dave Pearce	0:53:57		0:52:16	0:51:26	0:50:38	0:49:34		0:48:40	0:48:55	0:46:56	0:47:46	<b>0:46:56</b>
Kevin Pedley			0:42:25								0:43:12	<b>0:42:25</b>
Dave Ricards	0:48:51				0:47:19							<b>0:47:19</b>
Mark Robinson				0:38:31								<b>0:38:31</b>
Mark L Robinson	0:43:10											<b>0:43:10</b>
Tom Rowley		0:58:50	0:58:26					0:58:48			1:00:47	<b>0:58:26</b>
Tony Sheridan			0:46:59							0:48:54		<b>0:46:59</b>
Peter Taylor	0:47:40		0:47:57	0:46:06	0:46:59	0:46:39	0:48:39	0:47:08	0:46:26		0:47:48	<b>0:46:06</b>
Peter Thoms					01:00:39							<b>1:00:39</b>
Peter Tiner		0:46:45				0:45:42					0:43:08	<b>0:43:08</b>
Bob Tyler					0:59:08							<b>0:59:08</b>
Michael Waine					0:34:47	0:34:48						<b>0:34:47</b>
Alistair Watts	0:43:05				0:42:38							<b>0:42:38</b>
Geoff Williams				0:43:26		0:42:57	0:43:41		0:42:29	0:42:41	0:42:38	<b>0:42:29</b>
David Williamson	0:37:49		0:38:29									<b>0:37:49</b>
John Williamson	0:43:19	0:41:47	0:42:28	0:41:37		0:41:06	0:43:52	0:42:38		0:42:49		<b>0:41:06</b>

**Ladies**

Teri Adams						01:00:00		00:56:58				<b>0:56:58</b>
Pam Berriman			0:49:20		0:48:33						0:51:15	<b>0:48:33</b>
Ginny Brooker			0:49:31									<b>0:49:31</b>
Rosemarie Gallagher	1:04:23	1:03:13									1:05:40	<b>1:03:13</b>
Terri Grant	1:00:38			1:01:42								<b>1:00:38</b>
Susanna Harrison						0:39:50						<b>0:39:50</b>
Mary MacClancy	0:48:38							0:45:28		0:46:29	0:45:59	<b>0:45:28</b>
Lynda Mckenna	0:49:03											<b>0:49:03</b>
Katie Pearce	0:53:57		0:51:29				0:55:32					<b>0:51:29</b>
Chris Peppiatt	0:48:34	0:48:07										<b>0:48:07</b>
Jenny Peppiatt	0:44:58	0:46:45						0:45:39			0:44:02	<b>0:44:02</b>
Faith Philpott	1:01:30	1:02:16									1:00:42	<b>1:00:42</b>
Angela R-Adams			0:53:42				0:56:42					<b>0:53:42</b>
Julie Smith			0:48:05									<b>0:48:05</b>
Andrea Sott		0:47:36			0:48:51							<b>0:47:36</b>
Elaine Thoms		1:02:40		1:04:01	1:00:09					1:01:48	1:04:18	<b>1:00:09</b>
Janice Tweed			0:53:42		0:47:20	0:46:41	0:56:42	0:50:16		0:52:42		<b>0:46:41</b>
Amanda Yarnall	0:57:49											<b>0:57:49</b>

*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.*

Julian Farrell 10k – 29<sup>th</sup> September

23	Keith Hull	41.03
31	Barry Andrews	42.25
40	Richard Haseldine	44.36
52	Richard Sherlock	46.36
82	Alan Forbes	49.58
95	Chris Dent	53.23

Lake Vyrnwy Half Marathon – 15<sup>th</sup> September

107	Wendy Davies	1.25.39 (sc)
173	Keith Hull	1.29.22
571	Janice Tweed	1.47.29

Hart Sprint Duathlon – 26<sup>th</sup> August

47	Barry Andrews	1.25.26
88	Janice Tweed	1.48.05

Alice Holt 10k – 14<sup>th</sup> September

36	Susanna Harrison	41.02 (sc)
63	Mark Coxhead	43.04 (sc)

Hayling 10 mile – 17<sup>th</sup> November

230	Richard Sherlock	1.11.47
235	Colin Woods	1.12.00

Cabbage Patch 10 mile – 20<sup>th</sup> October

277	Michael MacClancy	1.10.50
454	Colin Woods	1.16.30
457	Mary MacClancy	1.16.33
514	Dave Pearce	1.17.40
601	Janice Tweed	1.19.40
729	Kerrie Woods	1.24.01

Concorde Tri – 18<sup>th</sup> August  
400m/20k/5k

80	Barry Andrews	1.15.15
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Yateley 10k – 7<sup>th</sup> August

72	Susanna Harrison	38.56 (sc)
166	Geoff Williams	42.35
170	Michael MacClancy	42.46
195	Richard Sherlock	43.55
201	Colin Woods	44.08
305	Mary MacClancy	47.04
311	Kerrie Woods	47.13
338	John Hadfield	47.51
413	Peter Friar	49.51
417	Pam Berriman	50.01
419	Ginni Brooker	50.05
481	Chris Dent	52.21
533	Dave Ricards	55.03

Windsor half marathon – 29<sup>th</sup> September

194	Miles Cudmore	1.33.12
215	Wendy Davies	1.33.48 (sc)
364	John Williamson	1.38.20
1578	Andrea Sott	1.55.37
2213	Ian Lee-Emery	2.02.40
2466	Dave Ricards	2.05.13

## Thanet 10 mile -1st December

43	Miles Cudmore	1:04:23
110	Geoff Williams	1:11:05

## Gosport half marathon — 17th November

45	HARRISON Susanna	01:24:54 (sc)
49	CUDMORE, Miles	01:25:22
72	MIDDLEHURST, Tim	01:28:07
137	WILLIAMS, Geoff	01:34:21
213	SHERLOCK, Richard	01:39:47
225	MACCLANCY, Mary	01:40:29
242	WOODS, Colin	01:41:55
356	WOODS, Kerrie	01:51:24
375	BERRIMAN, Pam	01:53:52
394	BROOKER, Virginia	01:55:36

<b>Winter Training</b>
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<b>TUESDAYS @ 7pm</b> Prior Heath School car park, Prior Road, Camberley
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<b>THURSDAYS @ 7pm</b> Car Park behind the shops in Martindale Avenue, Heatherside, Camberley
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<b>+SUNDAYS @ 9am</b> Blacknest Gate, Virginia Water
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<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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Your "Windle Valley News" was very kindly photocopied by <b>CHANCELLOR &amp; SONS (Estate Agents)</b> 26 High Street, Camberley, Surrey, GU15 3RS      Tel. 01276 63231 <i>"You don't want your house sale to be a long running saga"</i>
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## WHERE HAVE ALL THE RUNNERS GONE?

(from Kevin Pedley)

It is rumoured that that Windle Valley Runners has many members but, alas, not many runners. Can this be so? The monthly 10k handicap continues to draw a healthy turnout, so surely this rumour can be dispelled....can't it? Unfortunately, if one were to cast an eye over the small numbers turning up for club training this 'rumour' establishes a measure of credence. Some of our members have remarked that it is disappointing turning up for training sessions to discover only a handful of runners. It is possible that potential new recruits to the club could share this sentiment.

Notwithstanding work/domestic commitments, injuries and illness, it would appear that the existing club runs have lost their appeal to many members. As a committee it would be wrong to adopt the 'ostrich' principle and hope that the situation will right itself. We therefore intend to review and ultimately revamp our club training runs in a bid not only to enhance but sustain the numbers. This process will involve seeking the views and ideas of you... the members. In the meantime, if you still run and have a window of opportunity do try and make it to some of our training runs. I think most runners would agree that the more people who turn up, the more satisfying and enjoyable the session is. Remember, all abilities are catered for.

To kick start the new year it is intended to introduce some informal winter cross country 'meets' on the first Saturday morning (8.30am) of each month, commencing on Saturday 4th January 2003 at Chobham Common. With some low level local publicity the first 'meet' can serve as a platform for a kind of 'new members for the new year' type campaign, hopefully attracting people who are keen to endorse their 'keep fit' resolution in a meaningful manner.

Further details will be circulated by e-mail, telephone and the old fashioned word of mouth.

### Cross Country News - report by Ginni Brooker

Remembrance Sunday dawned very wet and uninspiring but Wendy and I were not to be deterred and set off to attend the first race of the local league, hosted by Datchet dashers.

As we drove to Windsor the weather improved and on arrival we were greeted by a large field of runners.

Wendy bumped into a few friendly 'rivals' and I renewed my acquaintance with the Bracknell Forest ladies. They weren't too keen when I suggested a warm up run but were eventually persuaded and then dragged me all the way round the field.

After the welcome and the requisite silence at 11.00am we were off, around the field again, for the first lap before setting off alongside the river.

The first half was flat and easy underfoot as on paths and tracks. After safely negotiating a stile we were plunged into the sticky stuff, a newly ploughed field which just loved our shoes! There followed a very wet and slippery bit, by this time I was tiring a bit, however

rallied as usual when I neared the finish.

I even managed to get in before Wendy came to cheer me in! Just under 50 mins. And Wendy was a very respectable fourth.

After struggling to change under our towels, standing on a bit of tarpaulin, we were well rewarded with a wonderful spread and tea. Wendy and I completed our afternoon with a bit of shopping!

To be recommended, very sociable, better for your legs and good food

### Gillingham Trotters 7.5 Mile 3 November 2002

Mary MacClancy reports

Six Windle Valley members took a weekend away in Dorset to run up and down a few hills along pleasant country lanes.

The weekend started at Karen's cosy cottage near Shaftsbury with fireworks and delicious pre-race fare thanks to Karen and Ginni. Despite atrocious weather on the journey down, the evening was thankfully fairly dry.

The following morning, despite a heavy downpour at 8 a. m., was bright and sunny. Karen, Mary & Michael had all done the race in 2001, so knew what to expect. The green Windle Valley vests really stood out and several people asked me where we came from.

The race starts off downhill - always a bad sign and after 2 miles there are definitely more ups than downs. Pam found her nose was almost touching the road on one of the hills. Ginni commented that it was definitely a mini version of Marlow. Teresa & Jeff of Gillingham Trotters sadly couldn't run this year as they were marshalling. They'll make up for it by running the Wokingham Half with us next year! Thanks to Chris Peppiat and Karen & Ginni's families for their support. There should be some good team photos to see later.

The winner took just over 40 minutes, with 157 runners in total.. Michael was hampered by his hip injury but still made it home first, with me in hot pursuit and followed by Pam, Ginni & Karen.

Michael MacClancy	57:16
Mary MacClancy	57:43
Pam Berriman	1.03:28
Ginni Brooker	1.04:23
Karen Dann	1.07:37

The reward was a glass!

A thoroughly enjoyable weekend. Same again next year? It must be easier than Marlow or the Venice Marathon,

## Race Diary

December

Sunday 29th Last Club Run of the Year 11.00am At the Sun, Windlesham

January

Sunday 5th Tadworth 10 10.30am Tattenham Corner

Sunday 12th Stubbington Green 10k 10.00am Hampshire

Sunday 26th WVR Handicap 10k 10.00am The Sun, Windlesham

February

Sunday 2nd Grim 8 Multi-terrain Noon Aldershot

Watford half marathon 10.30am Cassiobury Park, Watford

Wed 5th Woking Handicap 3 12.30pm Woking Leisure Centre

Sunday 9th Wokingham half marathon 10.00am Cantley Park, Wokingham

Sunday 16th Goring 10k 10.30am Goring on Thames

26.2 RRC Winter 10k 10.00am Chessington

RNLI Goodwood 6 10.00am Goodwood Motor Circuit

Sunday 23rd Bramley 20/10 10.30am Bramley Primary School

Runner's World Pacing Run 15 mile www.runnersworld.co.uk

WVR Handicap 10k 10.00am The Sun , Windlesham

March

Sunday 2nd Berkhamstead Rotary half marathon 11.30am Cricket Club, Berkhamstead

Camberley half marathon 9.45am Frimley Lodge Park, Frimley Green

Flora London half marathon 12.00pm Silverstone Racing Circuit

Wed 5th Woking Handicap 3 12.30pm Woking Leisure Centre

Sunday 9th Reading half marathon 9.30am Riverside Leisure Centre

Petersfield half marathon 10.00am Petersfield School, Petersfield

Sunday 16th Tough 10 10.00am Lookout

Fleet half marathon 11.30am Calthorpe Park, Fleet

Cranleigh 15 & 21 9.00am Cranleigh

Sunday 23rd Adidas Breakfast 16 & 8.2 tbc Kingston Town Centre

Sunday 30th Woking 10 & 10k 9.30am Sheerwater Athletics Track, Woking

WVR Handicap 10k 10.00am The Sun , Windlesham

April

Wed 2nd Woking Handicap 3 12.30pm Woking Leisure Centre

Sunday 13th London Flora Marathon 9.30am Blackheath, London

Sunday 27th WVR Handicap 10k 10.00am The Sun , Windlesham

## MEN'S CAPTAIN REPORT

It's been a busy year for most of you guys that is of course including the Ladies. Since my last report in August many of you lads have been notching up some very good results. Our new boy on the block Miles Cudmore has achieved some really outstanding times particularly in his recent Marathon in Venice 3hrs 18min as well as a blinding 1hr 25min Gosport Half Marathon, well done! I have to mention Geoff Williams who flew around the Bramley 20ml earlier this year in a record 2hrs 35min, as the preverbal jazz enthusiast would say, nice! While on the subject of our Geoff, I was not at all miffed that he beat me in this years London Marathon by 106 secs, oh no, not a bit! Enough whinging. A very quick mention of Alistair Watts's Half Iron Man which he completed in September in a blistering 5hrs 30min. Great Endurance

If you live in the Knaphill Area, then do not be surprised if you are receiving your post much earlier than usual. Our own resident Postie, Dave Pearce has been knocking up some PB's not to mention the Cabbage Patch 10. Along side Dave is Michael McClancy who has

again been notching up good times throughout the year. Do not worry

Michael, as they say in a cinematic voice "I Will, Be Back"

I have failed to be right up to speed on all the races, as I have not raced since this year's London Marathon due to a reoccurring injury. Kevin Pedley our newly elected "Training Coordinator" (altogether, ooooh!) would like as many people as possible to join him in a run on the first Saturday of each month. The run will be off road. The venue will be either The Look Out or Chobham Common.

Have a really chilled out Xmas and see you all in the New Year

In spirit with the cinematic speech

"That's all Folks"

Tony Sheridan

## Windsor half marathon — report by Miles Cudmore

Arriving at the Windsor Half, it was clear that something BIG was afoot. Thousands of cars, acres of tents and masses of people milling around in bright sunshine in the meadows around the Long Walk. Fabulous, if warm at 21 C. The race was superbly organised. First off 30min before the main start were the pushed wheelchair competitors - they had the biggest smiles of the day as they came by the crowds. The start was memorable, a huge colourful snake flowing up Long Walk to the Copper Horse. After passing Bishopsgate, we turned towards Duke's Lane and did the Village loop before returning to the Copper Horse where a large crowd gave fantastic encouragement. Passing Smith's Lawn seemed to take an age, but after crossing the bridge below the Polo grounds we headed into new territory up a private road to link up with Duke's Lane again. Very pleasant, if uphill! The second dose of Village Loop" was a bit of a puff - but at least the end was in sight. The finish down Long Walk seemed to go forever ... but the superb encouragement spurred everyone on. A quite brilliant event. My race did not go to plan, but the lessons are worth passing on. I soon realised that my planned pace was too fast with the heat and hills, so backed off and drank plenty of water. But I got more tired than I realised, and pushed the last mile too hard. After the finish I had to sit with the medics before being able to leave. Things gradually worsened, and after dousing with water for cooling failed to stop the slide, I was stretchered to the St Johns field unit and placed on oxygen. I am fine now - huge thanks to the medics. Causes are tricky to pin down - my recent long runs have been 20 - 22 miles and I was fully hydrated at the start. I put it down to the mix of heat + sun, fatigue after flying from the USA two days before the race, a slight cold, drinking less than training runs and pushing that last mile. Many others had difficulties, so be careful when pushing it in hot sunny conditions! Time, not important really. 1:32:58

## Venice marathon—report by Miles Cudmore

Race morning started with a nervous breakfast at 5.45 am before a boat and bus ride to the start in Stra, a country town near Padova. 6,000 marathoners filled the streets in perfect weather, a cool and overcast 14 C with little wind.

At 9:20am, a roaring crowd carried us through the start line, and a huge ribbon of runners began to weave its way through the Italian countryside beside a river. Fantastic. It took a couple of km for the crowds to thin out and enable a steady rhythm to be established. I was placed in the last starting "box" as a first time marathoner, and so was able to spend most of the race overtaking people. This was great psychologically, although getting past pacer groups was tricky and it would have been good to be able to "settle" with a group for a while.

10 km and then 20 km zipped by remarkably fast before the course headed into an industrial area and entered Mestre with huge crowds, noise and music. Thousands had turned out, quite amazing. Approaching the causeway to Venice at km 34, the number of walkers steadily escalated as those who had began too fast hit

the "wall". Latin blood and thinking ahead clearly did not always mix at the start ! Once in Venice itself, the 37 km marker signalled a mere 5 km to go .... and then the first of 13 bridges over canals made its presence felt. Ramps had been erected to ease progress, but the descents tested the legs. The route went along the southern side of the island, and crossed a specially erected pontoon bridge across the Grand Canal to pass by St Mark's square. The final km continued along the waterfront to huge cheers and endless shouts of "Bravi BraW" before that special feeling of finishing "my first marathon". I was delighted to complete the course in 3:18:43, and must extend my thanks to all those in the club who have given such excellent support and encouragement to a newcomer.

The La Salle Bank Chicago Marathon – 13th October 2002 - Diary by Wendy Davies

Friday 11th. Safely arrive at Terminal 4, for 12.30 BA Flight to Chicago. A couple of quick sweats as credit card is questioned and scanner beeps as I go through customs. Feel I have red cross over my head. Scary take off but I'm the only one sweating. I'd be no good as cabin crew member. I have strict instructions not to drink alcohol before the marathon so my plan is to take small bottle of fizz with me but the kind steward opens bottle for me so it would have been rude not to drink it. As most of you know I have the will power of a gnat. I'd just have to celebrate before the event, no matter the outcome. Dinner brought by happy and attentive cabin crew - well done BA but they ran out of Salmon - oh dear, dilemma - just do not fancy chicken curry but am starving so luckily they find me a pasta veggie option. All gone very quickly. Spot other marathon runners on flight. Not difficult due to stereotypical dress sense! I feel well dressed in comparison. Spot fellow Algarve regular (still wearing same tracksuit therefore easy to recognise AND avoid!) Already seems years since last meal. Tea finally arrives at 7pm. Eat the cake and send cabin crew on mission for second piece. They return with three variations of my original request but I wanted the square cake! Survive bumpy landing - only person sweating again, - only to get stuck in runway traffic jam. Just like M3 on Friday evening. More queues at customs where I nearly had my bananas confiscated. Queue for taxi, queue on freeway (just like M25 on Friday afternoon, too) Psychotic taxi driver gets me to Michigan Avenue shaken and stirred. The sun is just going down on a beautiful afternoon so quickly dump luggage and head out to last of sunshine. Now 11pm UK time. Fight with lift in hotel which has a mind of its own but finally I'm strolling along the bank of Lake Michigan. Knowing that's it's a long time till breakfast I find room for my fourth meal of the day. Have to give in and retire as it is now 2am UK time. Sirens wail at 10 minute intervals so give up trying to sleep. Great marathon preparation NOT! Flick 40 TV channels, try to read book, eat more carbs, and drink more water - why do I do this marathon thing? It's still very dark and breakfast is at least 4 hours away. Am booked in on room only basis so use Lonely Planet Guide Book to locate Lou Mitchell's Breakfast Bar, which lived up to its recommendation and served the most truly wonderful



Wendy gets some last minutes tips from Kevin before flying out to run the Chicago Marathon!

waffles on the planet. I return to hotel at 8.30am local time (Chicago is 6 hours behind UK) I wait for Adidas/LPG Reps and we set off to watch The Friendship SK run along the bank of the Lake. Am getting the buzz now so attempt to walk to Expo to get running number. I ran out of pavement so returned to the Hilton to take a cab as originally advised by rep's. Another Psycho taxi ride but not before bumping into a few key people, notably, Paula and Gary, Boring Foster - whoops, I mean Brendan, Steve Seaton and The Penguin from Runners World. The Expo was good but far too busy so quick shop and back to hotel, change for carbo loading at excellent Italian named Edwardo's, just two blocks west, I think! "So when's my next meal" all I seem to think about. Return to hotel to sort my kit. The sun is shining and it's a beautiful warm afternoon BUT it's time for bed, AWWREADY. (Chicago speak) Flick 40 TV channels again but difficult to concentrate. I actually manage 7 hours of sleep, so much better than last nights 10 minutes but it is only 2am Chicago time - the race is at 7.30am so have to wait another two hours before I can eat my power bar and banana. 4 am and it's finally time to get up and get ready. 5 am - Go for warm up along the bank of lake Mich. "BUM"... forgot my camera. The city and Sears Tower lit up to my left and Lake Mich with the yachts to my right. So, so pleased I came. Back to room for more carbs and pin number on selected long sleeve top. A very chilly wind so need gloves, too.

7 am Sunday 13th October. Just have to cross freeway to get to start. I have a preferential start number so I start just 20 metres from the front but some suspect athletes in fancy dress also near front. The first mile is a little slow but feeling good. The first drinks station is soon ahead but .....aaahhh, get a bit of a shock - no bottles, only cups. Have to wear most of my Gatorade on my chest and gloves and rinse with the cups of water that follow. There is a constant call of "Good Jarb" as in 'Good Job' Wind seems to be constantly in my face but have @:1 guardian angel from Crawley AC to shelter behind and check my splits. The Chicago support is very vociferous with some good bands and some not so good bands. The noise level is similar to London. The course is good and think we cross the river four times. Everything goes to

plan and enjoy myself until 22 miles when my legs shrank. I try to stay positive and settle for a PB. Have to tell my pacemaker to "go for it". Sub 3 hours for a first marathon - fantastic. Retrieve my legs at 24/5 miles but wind very strong. The tunnel is warm with brilliant music to help me through the last mile. I can see the finish and I can hear that Paula has broken the World Record. How good do I feel now!? Brilliant, Brilliant run. I finish happy and satisfied. No baggage to worry about as I can cross the road to hotel 400m away. Hot shower and off the Edwardo's for repeat of last evening meal Scrrummmm! Move on to Hilton to see if results are available and bump into reps, one of whom had run 2 hours 35 and was on his 5th pint of Guinness. Am in with the right crowd, then! I'm introduced to a previous Chicago winner Mr Steve Jones, who shows me the first 75 male and female results. Oh well...., perhaps I can make the top 100. Decide on small Guinness to be sociable before returning to hotel for a rest and the post race party. Return to Hilton at 6 pm to find others still there but they had moved on from Guinness to Gin and Tonics. Join them for a swift half .....2 pints later change plan and decide to give post race party a miss. By now Kitty O'Sheas Irish Bar has a table full of happy, drunk and loud Brits. Game of the evening is to name band so that everyone can sing a song and sing along! Joined by rotund Karaoke expert from Chicago. Am getting hungry again so let them stagger off without me. Find great Tuna Sandwich to tide me over until .....

#### Monday 14th October

and.....breakfast at Lou Mitchell's. So looking forward to the best breakfast on the planet. No problem walking, perhaps the other people hobbling around city didn't drink enough Guinness last night. Decide to queue for Sears Tower Tourist Thing but running out of time - still need to pack and have lunch. Give up on Sears Tower and take a walk in the sunshine along the bank of the Lake. Lobby of hotel has last evenings acquaintances recognisable by their grey faces and gravelly voices and dark sunglasses, waiting for the taxi to the airport. Join them and share a Limo back to a very civilised terminal 5. I have very relaxed and quiet flight back to Heathrow - big thanks to Peter Tiner. I had such a perfect weekend, thanks to all the peeps who helped and supported me. I arrived back at 7.30 am UK time Tuesday to be greeted and chauffeured home by Janice (fleece woman) Tweed. Straight back to the Office and the Real World. AAAHHH.

#### The last WVR ladies report of 2002

This report comes to you on yet another dark, wet and miserable Sunday. We seem to be having so much rain I find myself longing for one of those cold, crisp and frosty mornings so typical - usually - at the end of November!

So what's happened since my last report? Ladies Winter training started on the 1<sup>st</sup> October with yet again the same old faces; however, we do have three new ladies Cecile, Sue and Karen. Sue and Cecile join us most Tuesdays and Thursdays; Welcome to WVR ladies!

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**CLUB CLOTHING  
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*Men's Vests*  
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XXL - £12.00

*Ladies Vests* £12.00

*T-Shirts* £8.00

*Track Suits* £52.00  
Contact Pam Berriman  
or Bob Webb

**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**

**Pam rehearses her presentation  
speech**

We can always accommodate more so come and join us all you ladies out there! Races since my summer report are put on our Website, so I'll just briefly summarize them here!

In September I managed to complete the Liverpool Half Marathon. I was disappointed in my time but it was a very hot day and I had been out the night before with all my family – that's my excuse anyway!

The Windsor Half was equally as hot as Nicky & friend (well done to you both on your first half marathon), Wendy and Andrea ran for the club. Welcome back Andrea, hope we see you at our training sessions soon.

Congratulations go to Amanda Haigh who now lives in the Midlands and came 1<sup>st</sup> lady in the Wolverhampton half marathon on September 1<sup>st</sup> AND she got a mention in the Runners World to boot, well done Amanda!

The Cabbage Patch Ten took us into October with Wendy, Janice, Kerry and Mary running for the ladies. Well done especially to Mary on her PB. The reason myself and Ginnie failed to complete the Cabbage Patch was due to a very late Saturday night spent in London with Julie at her hen night celebrations! Despite Wendy joining in on the celebrations too, she managed to do the 10 miles! There's dedication for you! Congratulations on a brilliant time for the Chicago Marathon 3hrs 2mins – what a star our Wendy is! Can we expect a sub 3hr for the London next year, I wonder?

The Gillingham Trotters 7.5 in Dorset took us into November on the 3<sup>rd</sup>. Mary again was flying around the course not far behind Michael! Followed by Ginni Karen and myself. It was a very hilly

course as Mary has reported! Thanks to Karen for putting us up in her cottage and for providing food and fireworks the night before!

The cross-country runs have started. Ginni & Wendy did the Datchet run the 2<sup>nd</sup> week November. The Gosport Half was well supported with Mary doing yet another PB – Look out Wendy! Congratulations to Ginni and Kerry our other lady runners. Ginni seems to be back in the swing after her London Marathon injury, and despite sciatica problems and Mary and Kerrie have entered many races. Welcome back also to Chris, who has been injured for a number of months, I will soon be seeing the back of her again I am sure!

A big welcome home to Marie and Dan Parks who returned from Scotland in the summer, congratulations on the birth of baby Eleanor. Marie will be joining us again in the New Year. More congratulations go to Julie and Jamie who are now Mr. & Mrs. Newall – photos of the evening 'do' are on the web, hope your 3 weeks in New Zealand was a wow Julie! It was great to see Jo again too; she looked lovely as Julie's bridesmaid, hope you have a brilliant Christmas in Oz Jo.

For December races there are the Bracknell Forest Runners X- countries 1<sup>st</sup> & 15<sup>th</sup>. The Hogs Back 8mile on 8<sup>th</sup>, the Tadley Runners Xmas X- Country is also on that day. Then the Cliveden X country on 29<sup>th</sup>.

We will be having our usual pre- Xmas drink - details to follow. Also Mince Pies and mulled wine at our Windsor run the Sunday before Christmas.

That's about all folks. Please forgive me if I have forgotten to mention anyone / race / event. Have a great Christmas - hope to see more ladies running with us next year. Kerrie and I need you all to enter the Surrey Road League events 2003. Don't forget our Annual Presentation Evening is on 10<sup>th</sup> January ; good luck to all who have entered – look forward to an evening of dancing and a prancing and having a good time! See you all on the 10<sup>th</sup> – Wishing you all a Happy (injury free) New Year!

Pam B. Ladies Captain.