

Windle Valley News



Issued to all Members of Windle Valley Runners

Editorial

INSIDE THIS ISSUE:

Page 1	Editorial
Page 2	Tony's report
Page 3	10k times
Page 4	Pam's report
Page 5	Michael's profile
Page 6/7	Richard Gurd London to Brighton
Page 8	Race diary
Various	race results

As we move into a new year I wonder what expectations you have for your running and other sporting exploits?

Once again rejections for the London Marathon seem to be popular and I for one will be looking at triathlons again to fill the training schedule leading up to the summer months.

Richard Gurd has provided an entertaining article on the London to Brighton run and whilst I suspect that not many club members would consider this distance his comments make for a good read.

The final times for the club 10k's are included in this newsletter and you will have recently received a copy with your Club Championship entry form, Michael would love to hear from you and the 10k times may just help you to fill in that entry form. Also included in the same mailing was an invitation to the club Dinner and Dance, once again being held at the Chobham Golf Club on Friday 9th January.

Scattered throughout the newsletter are various race results and a report from Pam on the Gosport half, remember that mini race reports can be found on the club website covering the popular races that many club members enter. As with the club newsletter all articles are

welcome and not just race reports.

Committee news:- We are looking at possible changes to the club vest, currently investigating alternative materials and position of art work, more details later. As a follow up to the club Relay Marathon, held in July, cheques have now been presented to Kidney Research £220, Field of Remembrance £100 and St.John's £100. Our current club membership stands at 137, although that number will probably have changed by the time this newsletter is published.

Just back from Windsor Park run with after run goodies supplied by various club members, tried to test all the home made mince pies (just failed!)



Finish of the 'mulled wine and mince pie run' at Windsor on Sunday the 21st, Rob just joined us for a mince pie!

<p>EDITOR Barry Andrews, * 12 Osborne Drive, Lightwater, Surrey GU18 5QU ' 01276 473757 : bandrews@aol.com</p>
--

MENS CAPTAIN WINTER REPORT 2003

Another year seems to have flown by and it's Christmas shopping time once more. I do hope you all have filled in your forms for the men and ladies championships. We have had a lot of newcomers join us throughout the year, especially at the Lookout. This does seem to be a favourite off road venue and aided by our new coach Kevin, well done.

I know that a few of you have been plagued with injuries but I am glad to see that most of you are back running again. Not forgetting Ladies and their babies

It's with regret that I have to tell you the sad news that one of our members of the past who moved up to the north of England has died. It was our very dear friend Cliff Knowles. I am sure that like me, we would want to send our deepest sympathies to his wife and family

As most of you know but in case those of you were not aware, our running club is not part of the MABAC League. That does not stop us attending their races under the heading of Magic. They have a little 8ml X country race on Sunday 4th Jan at Great Windsor Park near Blacknest gate. It starts at 1100hrs and entry is free. They have also organised a gentle long run from the RAF Memorial car park on Sunday 28th December 2003 0945hrs. This is particularly a good festive run and gets rid of those post Xmas blues

MABAC arranges a series of eleven Sunday morning races throughout the year, particularly aimed at the fun runner. The clubs in the league take turns to act as host. These are very popular cross-country events, open to all members and guests, held in some beautiful parts of the Surrey countryside. Points are gained by every runner who completes the course. As well as the senior race of just over 8 km / 5 miles there are also joggers' and junior events of about 4 km / 2.5 miles. (The Windsor and Cranleigh races are different — longer, and on roads.) Running numbers will be given out at the event itself. Start: 11 am.

For those of you who are well into trivia and pub quizzes then this might be of interest.

The name MABAC dates from the seventies, when the League was first set up. The prime mover was **Alan Blatchford**, who died in 1982. He organized a running group at the **British Aircraft Corporation** works in Weybridge (now British Aerospace). **Ralph Henley** brought in runners from **Matthew Arnold School, Ashford**. Hence **MA-BAC**.

Looking forward to seeing you all at our Presentation Evening on Friday 9th January. Don your best garb please and you may boogie to our Disco run by "Dave the Rave"

Have a merry Christmas and an injury free two thousand and four New Year.

Tony Sheridan

(No comment needed for this picture!!!)

**River Relay—14/9/03****Windle Valley A team**

leg		leg time	pos
1	Rob Batchelor	23.16	2
2	Keith Hull	34.59	10
3	Miles Cudmore	50.18	13
4	Jenny Peppiatt	28.35	20
5	Dave MacLean	35.29	12
6	Tony Sheridan	38.52	22
Team placed 22nd		total	3.31.29

Windle Valley B team

leg		leg time	pos
1	Ginni Brooker	34.22	35
2	Michael MacClancy	34.16	8
3	Michael Hopkins	52.09	19
4	Geoff Williams	26.59	13
5	Kevin Pedley	39.09	21
6	Marie Park	48.40	36
Team placed 36th		total	3.55.35

Geoff hands over baton to Kevin in River Relay

**2003/2004 Committee****SECRETARY**

Barry Andrews 01276
bandrews@aol.com

TREASURER

Jon Vickery 01276
jnvickery@Tesco.net

MEMBERSHIP SECRETARY

Phil Morley 01276
philipmorley@compuserve.com

CAPTAINS

Tony Sheridan 01276
Sheridans@totalise.co.uk
Pam Berriman 01252
pam_berriman@hotmail.com

GENERAL MEMBERS

Bob Webb
Kellywebb@onetel.com
Ginni Brooker 07739
Kevin Pedley 01276
Kevin.Pedley@Tesco.net
Michael MacClancey 01344
windle@herzel.waitrose.com
Dave Pearce 01276
windrush.44@btinternet.com
Dave Ricards 01276
david_ricards@hotmail.com

	Jan.	Feb.	March	April	May	June	July	Aug.	Sept.	Oct.	Nov.
RUNNER											
Men											
Bob Allan				0:53:13							
Roy Bell					0:47:27	00:51:13					
Graham Burns			0:41:00	0:39:54	0:39:31						
Brian Coleman									00:47:51		
Ed Condon									00:54:01		
Paul Conlan	0:49:48	0:48:02		0:49:18				0:52:33			
Mark Coxhead	0:48:25	0:51:01									
Miles Cudmore	0:38:54										
Richard Deacon		0:49:54	0:49:33	0:48:23	0:52:14		0:53:09	0:50:59			
Chris Dent	0:50:22	0:50:26	0:49:12	0:52:50	0:50:35		0:52:07	0:51:39		0:53:48	0:53:22
Wolfgang Dohne	0:45:24										
Alan Forbes	0:49:17										
Richard Franklin		0:46:11	0:44:26		0:44:14		0:45:35	0:44:57			0:44:54
Peter Friar	0:50:11					0:53:36				1:00:35	
Patrick Guinard		0:46:48	0:44:25								
Richard Gurd										0:41:34	
Keith Hull			0:41:08		0:42:09					0:41:45	
Peter Jones								0:42:24		0:40:33	
Ian Lee-Emery			0:46:43	0:46:49				0:45:56			
Chris Lovell				0:57:01	0:57:03	0:54:22		0:51:24	0:49:40	0:48:55	0:48:41
Michael MacClancy	0:41:53	0:42:42		0:41:15	0:41:09			0:40:49		0:40:36	
David McLean					0:42:06		0:40:29	0:41:28			
Tim Middlehurst	0:39:47				0:38:46						
Don Moore		0:59:08									
Dave Nichols		0:43:33		0:47:59	0:42:29						0:44:31
Graham Palser				0:57:28							
Dave Pearce	0:45:33				0:48:24		0:48:38	0:47:30	0:49:08		0:48:24
Dave Ricards				0:57:15							
Mark Robinson					0:43:07						
Tom Rowley				1:05:24	1:01:04			1:03:39		1:01:54	1:01:37
Tony Sheridan		0:46:10			0:43:30				0:44:40	0:44:05	
Peter Taylor		0:46:59	0:47:12	0:48:05	0:48:07	0:48:28	0:48:29			0:49:11	
Peter Thoms						0:59:32					
Peter Tiner	0:43:02			0:45:26	0:43:17						
Murray Wilson								0:43:10		0:41:59	0:43:05
Geoff Williams	0:43:00							0:43:40	0:42:33	0:42:55	0:44:10
David Williamson							0:40:02				0:41:10
John Williamson						0:45:33	0:45:03	0:43:09		0:43:15	0:43:42
David Yarnall						0:51:35		0:51:23	0:51:29		
Ladies											
Pam Berriman	0:52:24				0:51:47						0:50:32
Ginny Brooker	0:51:15				0:52:11						
Karen Dann				0:57:03	0:53:39						
Wendy Davies	0:41:19										
Rosemarie Gallagher		1:04:05									
Liz Grout	0:58:28			0:59:37	0:56:38						
Marie Guinard		1:00:27					0:59:43				
Susanna Harrison						0:39:57					
Mary MacClancy	0:46:27	0:44:41		0:43:54	0:42:49					0:42:05	0:42:02
Claire Osborn				0:57:03							
Mary Painter							0:56:02	0:51:55			
Katie Pearce							0:47:13	0:45:35			
Chris Peppiatt	0:49:32										
Jenny Peppiatt	0:42:41		0:44:06		0:42:42						
Faith Philpott	1:01:28			0:59:46							
Penny Reeve				0:57:20	0:55:38		0:53:33				0:52:21
Andrea Sott	0:48:14							0:49:47	0:49:12		
Elaine Thoms		1:03:40									
Janice Tweed	0:52:29				0:48:40						

Hello again.

It seems a long time since my summer report when we were complaining of the excessive heat! Now we are well into our winter training in the cold and dark!

I had hardly finished writing my last report when word came in about Mary Macclancy, she had taken a tumble and fractured her collar bone! Mary as you all know was breaking personal bests in almost every race she entered, so it came as a bitter blow to have to stop running! But despite having to have surgery and her collar bone pinned Mary managed to go on a walking holiday a few weeks later hiking up hill and down dale! Needless to say she was back running in no time and has since managed a few more PB's! There is no stopping our Mary!

So what has been happening? The turn out on a Tuesday & Thursday for the winter runs has not been so good - from the ladies view point that is. Bridget has just got back after many weeks with a foot injury - welcome back Bridget! Sue has also had problems and is finding the Winter runs a little difficult to get to - so hope to see you in the Spring Sue. Ginni has had the Flu and with work commitments is also finding the weekday runs difficult too- hope to see more of you after Christmas Ginni.

On a more positive note Chris Peppiatt has started back again after over 6months off running with her achilles problem - welcome back Chris we have missed you! Marie has been running so well since her return last year, she leaves me behind every time (nowt different there then !) Well done Marie!

Congratulations to Cecile on the birth of her baby boy back in August we look forward to running with you again soon. Good luck to Clare and Nicki who are due to have their babies in January (20th & 22nd) hope all goes well and don't forget to let us know what sex the future WVR juniors are!

Back to running I am not going to go through the races since the last report as they have all been reported on . But I must just mention The Gosport Half which took place on the 16th November, it was a beautiful hot sunny day - more like August than November. It really is a lovely place to run with the start next to the sea. Four WVR ladies completed, Mary, Jenny, Kerry and myself, congrats to Mary who not only managed a PB but has won a prize for 1st lady vet! Look out Paula! Thanks to Ginni and Chris P for their brilliant support throughout the race .

The Tadley cross country run took place last Sunday 7th Dec - a favourite of Dave Pearce- I will definitely do it one day Dave! The Hogs Back 8mile takes place next week 14th Dec , not clashing with the Tadley this year, I will be

in Liverpool so have a good excuse!

Those who have entered for the London Marathon will know if they are in or not by now. Apart from Jenny P and Wendy D who have automatic entry this year, myself and Janice T are in for the ladies! Good luck Janice. I will not be doing it in 2004 as I am off to Thailand for 3 weeks in February so I have deferred till 2005. Don't forget those who have not secured a place this year there is always the club entry.

We will be having our usual mulled wine and mince pies on the Sunday before Xmas - at Blacknest Gate Windsor. We only do a leisurely run so everyone welcome! On Monday 22nd December is our Christmas drinks session at the Sun Inn Windlesham again everyone welcome.

That's about all folks looking forward to seeing you all at our presentation evening on the 9th January when we will be rocking and a rolling to Dave's Disco so put on your posh frocks !!!

So Happy Christmas and a good (injury free) New Year to you all !

Pam B . (Ladies Captain)

Race Results

Gosport Half marathon 16/11/03		
100	Mary MacClancy	1.33.09
110	Michael MacClancy	1.34.57
155	Jenny Peppiatt	1.39.01
161	Richard Sherlock	1.39.24
312	Kerrie Woods	1.51.19
323	Pam Berriman	1.52.39

Gillingham Trotters 7.5 – 2/11/03

61	Mary MacClancy	52.24
68	Michael MacClancy	53.14

Stragglers Cabbage Patch 10 mile 19/11/03

102	Susanna Harrison	1.05.17(sc)
198	Michael MacClancy	1.09.21
208	Mary MacClancy	1.09.53
211	Keith Hull	1.10.03
248	Geoff Williams	1.11.25
320	Richard Sherlock	1.13.34
393	Katie Pearce	1.15.42
557	Dave Pearce	1.20.16
636	Kerrie Woods	1.22.30
707	Mary Painter	1.24.30

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. .

Club member profile- Michael MacClancy

Born: Cardiff

Occupation: Self-employed management consultant

Pb's 10k - 40:36 (Club 10k 2003), 10 mile - 1:09:02 (Woking 2003) , half - 1:31:53 (Fleet 2003), marathon - not entered

When/why did you start running: 1994-5. We were living in Germany and my work took me away from home rather a lot so Mary started running with a local group for something to do. It took a lot of effort on her part to get me interested!

Enjoy/dislike most about running: I enjoy the companionship on training runs. I actually quite dislike the competitiveness in races.

How did you hear about the club: Mary saw a group of runners in Rye Grove on her way back from work. She drove alongside them and had a conversation with Tony Sheridan through the car window!

Most memorable race: Orlando Half Marathon 2001. See worst race performance.

Recommended event: Thames Valley Cross Country Series. The food at the end of each of the races is wonderful.

Favourite event: Gillingham Trotters Hilly 7.5. This is a good excuse to visit some friends in Dorset.

Least favourite event: Wokingham Half – I think the organisation is appalling. I do it because it's my local race.

Favourite training run: Windsor Great Park, Sunday mornings. Bill Bryson loves it too. The Park, that is, not the run!

Best race performance: Club Handicap October 2003 (40:36)

Worst race performance: Orlando Half Marathon 2001. I was tired because I had only flown in the previous evening. The race started at 7:30 am and it was already about 75°F. I started too quickly, got dehydrated and had to walk a couple of sections. I felt dreadful. Still, the food and drink at the finish were fantastic!

Running ambitions: To keep going for as long as I can without injury.

Best Championship position: I don't know. I've never been good enough to care!

Running tips: Buy 'The Competitive Runner's Handbook' by Bob Glover and Shelly-Lynn Florence Glover, 1999.

Typical training week: Hard to say. I tend to run most Sundays, Tuesdays and Thursdays with WVR or Finchcoasters and will add runs on Wednesdays, Fridays and Saturdays depending on how I feel or what races I'm preparing for. I cycle a fair bit and have just started doing some weight training to improve my endurance and strength.

Marathons and half marathons run: I have no interest in running marathons because I've seen too many people injure themselves during the preparation or the race itself. Half marathons: Windsor (2), Fleet, Wokingham (2), Orlando, Gosport, August Blumensaat-Gedächtnislauf (Essen), Sussex Beacon, Bracknell (2)

Sporting heroes: Anyone in a Welsh rugby shirt, anyone in a Liverpool FC shirt. If I'd been able to play rugby then I would have wanted to emulate Gareth Edwards. Paula Radcliffe is my running inspiration.

Favourite shoe: I don't think I've tried enough to be able to say. Although I've had more Asics Nimbus than any other.

Favourite pre-race food: Porridge

Participation in any other sports: Not really sports as such, more pastimes. Cycling, skiing, hill-walking.

More Race results

Alice Holt 10k – 14/9/03		
36	Susanna Harrison	42.23(sc)
58	Murray Wilson	44.18

Julian Farrell 10k – 5/10/03		
5	Rob Batchelor	35.02(sc)
21	Dave West	40.46(sc)
32	Keith Hull	42.51
85	Chris Dent	51.30

Hayling Island 10 – 30/11/03		
212	Kevin Pedley	1.09.24
269	Richard Sherlock	1.12.43
356	Tony Sheridan	1.17.20
(positions in men's race)		

96	Kerrie Woods	1.21.59
(position in ladies race)		

Winter Training

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

THURSDAYS @ 7pm
Car Park behind the shops in
Martindale Avenue, Heatherside, Camberley

+SUNDAYS @ 9am
Blacknest Gate, Virginia Water

+Except last Sunday in month
"The Sun Inn", Chertsey Road
Windsor
(10k Handicap at 10am)

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"

London to Brighton 54 miles 198 Yards 5th October 2003.

I first did the London to Brighton run in 1991, then it was a little bit longer at 55 miles as it finished by the Palace pier on the sea front. I finished in about 8 hours 24 mins and swore I would never do it again! Anyway time goes by and the call to return gets stronger and stronger. Eventually I return to run the race again in 2002 and this time it did not seem as bad! mind you the finish is now away from the sea front due to the traffic in Brighton and the distance is now 54 miles 198 yards. I finished just inside 8 hours 15 min, mind you I did have trouble moving off the finish line due to cramp in both legs.

I had not planned to run the London to Brighton this year but after the Isle of Thanet marathon on the 7 September I was encouraged by other runners to enter. I took an entry form and sat on it for a week! Then after the Nottingham marathon decided to enter.

A week before the race the final instructions landed on the door step and I knew it was on! The day before the race was spent making the final arrangements, filling bottles with drinks, bags with raisins and filling the car with pairs of running shoes.

My Dad and brother came up to London with me there at 6 am to register for the start at 7 am. At the registration I placed my special drinks in the crates to be taken out to the drink stations placed every five miles. I placed drinks and some goodies at the same distances as last year 15, 25, 35, 45 miles. On my right hand I penned last years split times for 10, 20, 30, 40, 50 miles, I planned to run at the same 3:45 marathon pace as last year.

The days forecast was good with plenty of sun, so at 6:55 with the sun just thinking of getting up I was by Big Ben in my lucky hat and sunglasses and the normal running kit! At 7 am on the first bong we were off a nice steady start over Westminster Bridge and on our way to Brighton! My Dad and Brother drove back home for breakfast leaving me to slog it out on my own for the first half. It wasn't long and the field of about 100 had spread out and little groups were forming. At 10 miles I was slightly slow at 86 mins 6 sec this I blame on waiting for the tram to cross in Croydon! After the hills, to get onto the North Downs, came the 15 mile point and the first special drink of 500ml of flat coke with 50 % water a bag of raisins and a banana. Then the first big mile stone crossing over the M25. At 20 miles things were back on track with the last 10 in 85min 4 sec slightly slower than last year. At 25 miles the next drink change this time 500ml of SIS high carb and a pack of cheese and onion crisps! Next came the sighting of my car with mum and dad. At 30 miles things were still going fine still slightly slower than last year with the last 10 miles in 85 min 15 sec. I was now feeling the distance and a bit congested up top most likely due to the crisps. At about 31 miles the route crosses over the M23 and onto the B road to Balcome, at this point it also gets a bit more hilly. On the first hill I managed to clear the congestion and find myself with a new lease of life. The next eight miles are

my best picking off runners who have gone off to quick and not left anything for the second harder half. At 35 miles I pick up another drink of 330ml of SIS high carb, and at 40 miles the news is good the last 10 miles done in 84 min and 37 sec quickest 10 mile split and over hills! However it has not come without cost and the legs are starting to feel heavy, still now in range only 14 miles to go!

At 45 miles I pick up the last of the special drinks this time back to coke and water for a caffeine shot! Things are now definitely hard, legs like lead and the last big hill to cross, Ditching Beacon all 800 feet to the top! After getting through Kemer the inevitable happens, time for a walk, still I'm not down and out and after 200 yards I'm back running, passing another runner before turning the corner to face that hill! Back to walking Ditching Beacon passing another runner on the way. The top is a very welcome site a drinks station but what's more the most motivating thing of all after 7 hours of running a clear view all the way to the sea only some five miles away! All down hill now except for one section.

Back running now extremely tired but just about going looking for the 50 mile point. Then when I thought the 50 mile post had been nicked or blown away a man jumps out of a parked car and gives the time for 50 miles, I look at my hand to see what last years split was and the man shouts out " am I right " I have not got the energy to muster a reply and continue on my stagger towards Brighton. 40 to 50 miles was 91 min 27 sec slower but still pleasing so far into this race. Over the A27 and onto the final hill up and onto the outskirts of Brighton, again back to walking for this one. Once at the top I vow not to walk again and start staggering down the final section to Brighton. There just before the first houses is the last drinks station which I leave as I still have coke and water. The encouragement from the people on the drink station is great and I manage to pick up a bit more steam for the last 2 miles.

The finish is one of those moments you don't forget in a hurry nothing elaborate not that many spectators just extremely pleasing to see. The finish comes up quickly one cross of a main road onto a track in a park and 100 Yards. Once over the line the lady who gave me the entry form puts a medal round my neck and gives me a kiss on the cheek, don't tell the wife!

My brother is there to meet me and mum and dad arrive too late after having trouble finding a parking place. I later find out that my wife and kids came down to see me finish but arrived too late. I was to blame as I anticipated finishing about the same as last year and not in 7 hours 46 min and 36 sec some 24 mins quicker! Without the support on route from my mum and dad I know my time would have been a lot slower so maybe I should blame them!

Attending the prize giving at Brighton Race track was an experience not because I was up for anything but to see the silverware that was dished out. The most pleasing to see was for the first team, this went to Thanet Road

Runners who were on another planet when they were called up. Thanet are a small well banded club who put on a number of events including what I think is one of the most friendly and interesting Marathons in the country, as they put it they are the only club to put on a marathon in Kent. This they manage to do when the marathon field has not exceeded 120 in all the years I have run it.

I hope this long winded and personal account of this race has wetted the appetite of at least another two Windle Valley Runners which is what is needed to finish a team. Apparently the results and history of this race are on the Road Runners Cub website. Sadly like so many historic races this race is under extreme pressure and may not be run again. All I can say is if it's on next year and you half think you want to do it, do it because you may not get the chance to ever again. It took me 11 years to go back then some encouragement to get me to return for a third time the following year, now I am just hoping it's on next year and I am fit enough to enter. It would also be nice to see a Windle Valley team travel to Margate for the coastal Marathon at the start of September 2004.

Keep Running.

Richard Gurd.

Gosport Half marathon - November 2003

What a beautiful sunny day for a Half Marathon ! There was hardly a cloud in the sky and very little wind as we set off to Gosport. Mary, Michael, Ginni and myself met up with Chris Peppiatt (looking very fit!) , Jenny Peppiatt , Colin & Kerry Woods and Richard Sherlock . A good turn out for WVR's.

Once again there where loads of runners (at least 300 - I think) to partake in this very enjoyable flat run . The only down side for me is that it is twice around the same course. By 7miles I could have quite easily given up BUT - hey I didn't , despite it being my 1st half marathon for a year!

Mary MacClancy is just going from strength to strength, Mary came storming in with yet another PB at 1HR 33mins !! Well done Mary. Not far behind was Michael , followed by Jenny P, then Richard S, followed by Kerry W, then last again myself- but I did it !

So well done the ladies ! Thanks also to Chris P. and Ginnie B for there fantastic support 3 times along the route - Ginnie recommends the bacon butties from the Weyside cafe near the start ! But she wont be enjoying the butties next year - as she will be DOING the run !

Thanks also to Michael for driving us to the start !
A luvverly day out - despite my aches as I type !

Yours Pam B.(Ladies Captain)

Ian Lee-Emery reports on the Marlow half marathon Sunday 2nd November

Tough run on Sunday but feeling pretty pleased with myself none the less. This is the first time that I have run the **Marlow Half** and following a brief chat with others I got the strong impression that the hills on this route were not conducive for Personal Bests.

Nevertheless, I was determined to run to plan - 'Straight Eights' - 13.1 miles at 8 minute miles giving a total time of 1:44:48 (which would be a PB by 1m12s).

Below is how I got on, mile by mile:

8:43 - aargh, the race starts up hill!! putting me behind by approx 45s. Plenty of time though to make it up - How I dislike hill starts...Chat to **Dave Pearce** and he points out **Brian Coleman** ahead.

8:09 - better but still slightly off the pace - shoes full of water and horizontal driving rain and a few falling branches have left me a minute to find.

8:06 - pretty close to the pace but I can see a line of runners rising! I note a runner in striped yellow and black far ahead and decide that I will try to overtake him before the race is out. But now 1m20s to find later!

8:47 - tough half mile climb. Two minutes to find now but still feeling pretty good. Course now more suited to the wet section on a Tri!

8:15 - lots of short climbs and descents but still slipping back - now 2:15 to find!

7:19 - bit more like it gentle decline and finally warmed up - totally soaked though but only 1:45 off.

7:45 - feeling great and still chipping away at it, only 1:30 off at over half way. Fellow runner says he drove the circuit last week and it nearly put him off. I ask him why and he tells me I have yet to see what the course has to offer!

8:27 - long gentle incline but steep decline with a torrent of water rushing down the road - waste of a good hill, back to 2 minutes again

9:37 - the penny dropped! 1 in 4 up hill for a mile I'm not sure I'd want to drive up this hill in this weather unless it was in a 4x4 - lots of people walking and I'm running past but not so you'd notice!, now close to 3:45 off the pace and decide that perhaps the PB is a little ambitious on this course at this stage. But not walking - never have on a race and never will...golden rule.

7:50 - bit more like it on the table top - 3:30 off but I should still break 1h 50 which is my 'must make' target for all Half's this year, overtake the yellow and black clad runner from earlier

8:42 - final hill so the crowd tell me but now I have 4 mins to find and only a few miles to go!

7:58 - back to plan

7:10 - now on the first mile but descending 1:50 looks safe only being 3:10 off

0:35 - sprint the last few hundred yards shaving 15 secs. No records at 1:47:30 but feeling a race well run!

(Having run Marlow Ian I know just what you mean!! Ed)

**CLUB CLOTHING
AVAILABLE**

Men's Vests
M/L/XL - £12.00
XXL - £12.00

Ladies Vests £12.00

T-Shirts £8.00

Track Suits £52.00
Contact Pam Berriman
or Bob Webb

RACE RESULTS

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

Barry Andrews
Secretary

**NEW WEBSITE
ADDRESS**

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

windlevalley.com

Race Diary

Dec		
Sun 28th	Club Run from the Sun Corner	11.00am
Jan		
Sun 4th	Tadworth ten	10.30am
Sun 11th	Stubbington Green 10k	10.00am
Sun 18th	Epsom Oddballs Perch V	10.30am
Sun 25th	Club 10k	10.00am
	Romsey 5 miles	10.30am
Feb		
Sun 1st	Watford half Marathon	10.30am
Sun 8th	Wokingham half marathon	10.30am
Sun 15th	26.2 10k, Chessington	
	Tunbridge Wells half marathon	10.00am
Sun 29th	Bramley 10/20	10.30am
	Club 10k	10.00am
	Goring 10k	
March		
Sun 14th	Hillingdon 5 mile	10.45am
	Fleet half marathon	11.30am
Sun 21st	B&Q Eastleigh 10k	2.30pm
Sun 28th	Club 10k	10.00am
April		
Sun 18th	Flora London Marathon	9.45am
Sun 25th	Club 10k	10.00am
	Shakespeare marathon and half	

Windsor Half marathon – 28/9/03

153	David Williamson	1.30.17
419	John Williamson	1.37.54
1778	Mary Painter	1.53.58
1992	Tanya Thompson	1.55.20
3173	Liz Grout	2.11.11

(chip times)

Marlow Half marathon -2/11/03

126	Murray Wilson	1.41.23
197	Ian Lee-Emery	1.47.30
249	Brian Coleman	1.50.21
257	Dave Pearce	1.50.49

Southampton Tri – 31/8/03

18	Alastair Watts	1.22.19
----	----------------	---------

(400m/30k/5k)

Quintana Roo Tri – 14/9/03

83	Alastair Watts	1.03.12
----	----------------	---------

(750m/20k/5k)

Hart Sprint Duathlon -25/8/03

40	Mary MacClancy	1.22.52
41	Michael MacClancy	1.22.54



Keith and Michael looking suitably pleased after running in the River Relay. Results in the newsletter

Marie running for the club in the River Relay. Results are in the newsletter.

