

# Windle Valley News



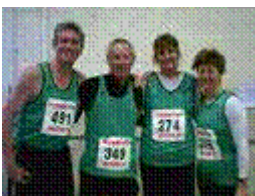
Issued to all Members of Windle Valley Runners

## Editorial

### INSIDE THIS ISSUE:

#### Page

- 1 Editorial
  - 2 Chris Dent profile
  - 3 Results/Tony's report
  - 4 Wendy's diary
  - 5 Diary cont'd
  - 6 Kevin on training/  
Pam's report
  - 7 Article by Richard Gurd
  - 8 Cont'd
  - 9 Handicap times
  - 10 Results/race diary
- Hayling Island 10 mile race



The annual club Dinner and Dance, to be held at Chobham Golf Club on Friday 28th January from 7.30 pm till 12 pm, promises to be a great event. All members have been circulated with details both by email and post. So the club committee look forward to seeing you there. A good meal, short presentation session followed by our very own Dave Ricards providing the music. The committee did debate and then investigate very thoroughly alternative venues but came back to Chobham as being the best value for money.

Kevin has written a short article for this newsletter on training, the club committee have thanked Kevin for his continued efforts with training and I am sure those of you who join in the sessions would want me to pass on your thanks also.

Thanks also go to Karen Dann and her family for hosting a club pre-Christmas social on Saturday 11th December, a very pleasant evening attended by members and their respective partners.

Once again the club has been given three places for the Flora London Marathon, the draw has taken place and the places have been given to David Mclean, Miles Cudmore and Gordon Trout. (Sue Middlehurst - reserve).

The club receives these places because of it's affiliation to the SEAA and SCAA and also the fact that we have over 100 paid up club members. The club AGM was successfully held in October this year (minutes of the meeting are on the club website), slightly later than usual, the turn out was good and the meeting brisk. The new committee members are listed in the newsletter with contact numbers

and Emails, whilst mentioning Emails could you please inform Phil Morley (membership sec) if you change Email address during the year. We do put out a lot of information via Email and some does not get received. For those few not using Email we do still post out reminders/information as necessary.

I have included the club 10k handicap results for the year in this newsletter. They will be used by Michael to calculate the winners of Roland's Trophy for 2004. Your club championship entries for 2004 should be with Michael by the time you receive this newsletter, the results will be announced at the D&D and full details will appear in the Easter newsletter. (Thanks to Michael for co-ordinating and calculating the results)

It is always interesting to read other club members exploits, whether they are directly related to running or not! Richard Gurd has had a very busy year and has written an account of his marathon/ultra races for this year, well worth a read. Wendy's warm weather training diary for early December makes interesting reading, although from a different viewpoint!

Please feel free to send in articles for the newsletter, we like to put short mini reports for races on the website and they can be sent or Emailed direct to Phil Morley, but if you would like to write an article for the newsletter it would be very welcome. We try and publish newsletters at Christmas, Easter (April) and in the summer (August).

**EDITOR** Barry Andrews, \* 12 Osborne Drive, Lightwater, Surrey GU18 5QU  
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Chris Dent : Profile

**Born** : 28<sup>th</sup> November 1948      Isleworth, Middlesex

**Occupation** : Design Engineer

**PB's** :

10km	40.17	Julian Farrell	1994
10 Mile	68.21	Maidenhead	1996
Half Marathon	1.29.20	Great Sam	1995
Marathon	3.36.43	London	1995. (Pre chip days) My watch from start -3.28.15.

**When/Why did I start running** : Second time round (first 1962-1965 – Thames Valley Harriers) was 1991 after taking my eldest boy to Camberley & District AC and realising how unfit I looked and was.

**Enjoy/dislike about running** : I think its all enjoyment really, the friendly faces and my personal drive to improve and get quicker.

**How did I hear about the club** : Getting to know many WVRs whilst competing in local races. I used to be very competitive with Wendy, how times have changed !.

**Most memorable race** : Must be my first London Marathon in 95. The atmosphere and the crowds certainly make it.

**Recommended event** : Marlow Half Marathon. Hills ?, what hills are they ?. Pure Hell !.

**Least favourite event** : This was only a one off but the Newquay Half Marathon takes some beating. Total of 1 marshal, positioned just after the start and then again just before the finish. No water stations either.

**Favourite training runs** : WVR Tuesday evening runs over the Look Out during the Summer.

**Best race performance** : I think the Great Sam Half Marathon 95. Not only a PB but was actually overtaking other runners in the last couple of miles.

**Worst race performance** : Maidenhead Ten – 2003. Suffering with bad back, walked for about 4 miles.

**Running ambitions** : To keep on going and do the London in 2024 !.

**Best championship position** : Haven't checked, but probably last.

**Running tips** : Vary your training mixed with loads of races.

**Typical training week** : At one time it used to be 6/7 days a week. I am now restricted to the Tues/Thurs club runs and a Sunday run either with the club or out alone.

**Marathons and half marathons run** : 2 - Marathons, London in 95 & 96, and have run 43 half marathons to date.

**Sporting Heroes** : I suppose Paula Radcliffe must be on the top of my list. Mohammed Ali and Bobby Charlton also feature.

**Favourite Shoes** : Asics Nimbus. I have a stock of these.

**Favourite pre-race food** : No particular routine for eating. If its fillet steak, chips and a bottle of red so be it !. Bacon sarni's have also been known to be on the menu.

**Participation in other sports** : Limited to swimming 6/7 mornings a week and cycling during the summer. Used to compete in the strenuous sport of darts and beer consumption.

Chris Dent      16<sup>th</sup> December 04



*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. .*

Gosport Half Marathon, Sunday 21<sup>st</sup> November 2004

Mary MacClancy	1.34.36	219th
Richard Sherlock	1.39.19	306th
Kevin Pedley	1.41.37	349th
Chris Dent	1.44.49	412th
Kerrie Woods	1.47.40	465th
Pam Berriman	1.49.42	503rd

Marlow Half Marathon : Sunday 7th November 2004

David Williamson	Senior	1:30:10	60th
Katie Pearce	Senior	1:40:12	211th
Gordon Trout	Vet60	1:42:38	254th
John Williamson	Vet60	1:45:14	316th
Dave Pearce	Vet50	1:46:29	341st
Chris Dent	Vet50	1:49:18	442nd

MENS CAPTAINS REPORT WINTER 2004

I hope everyone has had a good and festive Christmas and are looking forward to a prosperous new year. Since my last report, a core group of members have been participating in races throughout the country and flying the flag for Windle Valley Runners. Included in this list were the Cabbage Patch, Hayling Island and Tough Ten. Also, competing in a few half marathons including the Gosport, Marlow and Windsor. Well done to all those that did compete particularly Chris Dent who has attended most of the races to date. He has also been reducing his 10K race trial times dramatically throughout the year, well done mate!

This Years Olympics were a big highlight in the Athletic Calendar with Kelly Holmes bringing back two gold medals for her country. A big shadow of disappointment loomed over Paula who had to drop out of both her races. I believe it was only a glitch in her already fantastic career and will be looking forward to watching her compete again for the Marathon title in Beijing. I did hope to do a little training around the streets of Beijing myself when I visited China in November but due to a knee injury, it didn't happen.

China was a fantastic place to visit and I was lucky enough to walk part of the Great Wall and explore the remains of the famous Terracotta Warriors. I travelled with my eldest daughter Kelly and belonged to a party of twelve people from all over the world. After visiting about three large cities via overnight train journeys, our final destination was Shanghai. The trip lasted eleven days and we were able to soak up plenty of the cultural aspects of China.

I do know that a small posse have already started training for next years London marathon. I will not be competing in this event myself as I am not training due to a prolonged back injury. I do hope to be back soon in the New Year. For those of you who are interested in a few races prior to the flora London, then they might consider a few races coming up in the New year The Wokingham Half 13<sup>th</sup> Feb 1000 start The Bramley 10/20ml 20<sup>th</sup> Feb 1030 start. Bath Half falls on the 20<sup>th</sup> March. There are many more and if anyone needs an entry form, then please contact me ASAP via e-mail or telephone

Hope to see many of you who are attending the Annual Dinner Dance 28<sup>th</sup> Jan 2005. Have great New Year celebrations

Cheers Tony Sheridan

Hogs Back results

David Williamson	53.15	84th
Chris Lovell	62.27	253rd
John Williamson	63.16	270th
Richard Sherlock	64.42	312th
Bridget Morris	73.42	491st

Alice Holt Forest 10k - 12th Sept

Claire Parris	1.00.40	352nd
Sara Saunders	1.00.49	355th
Dave Ricards	1.02.21	364th

Marlow Half Marathon - 7th November

David Williamson	1.30.10	60th
Katie Pearce	1.40.12	210th
Gordon Trout	1.42.38	253rd
John Williamson	1.45.14	316th
Dave Pearce	1.46.29	341st
Chris Dent	1.50.11	444th

Chicago Marathon

David Williamson	3.27.18	3070th from 30881
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Pam Berriman reports  
Hayling Island 10 mile - Sunday 28th November

There were 6 WVR's in The Hayling Island 10 mile today and after a drizzly start it ended up just as drizzly at the finish ! The course was well marshalled but as with Gosport last week there seemed to be loads of cars in hold ups around the course. They all appeared to be sat patiently waiting ,except for one lady who decided to ignore the young policeman's up turned hand and mow me down instead !! After a screech of brakes and a ticking off from the policeman ( the woman in the car not me ! ) I managed the remainder of the run -- it did put me off my stride though -- silly woman !

Anyway , 1st across the line for WVR was our Katie her time -70 mins 23 secs .Although , Katie was not too pleased as she was aiming for a PB, as the course is such a flat one - Next time Katie !

Richard Sherlock just pipped Dave Pearce and Gordon Trout at the finish with 72.53 (approx) Dave and Gordon came in holding hands on 72 mins 56 secs . Well Done the lads !

I managed 82mins 30 secs I was very pleased with myself till I looked at my time for the Tough Ten which was only 4 mins slower!

Last but not least was our Ginni on 91mins ,Ginni was over the moon with this time as it is her 1st race for many, many, many months AND she managed to keep on running despite her bad back ! Well done Ginni. All the above times are our own -- not the official times . Kerry had to pull out of the run due to a bad cold - hope you are feeling better soon Kerry .

Thanks to Gordon for taking us down and for his selection of CD's , Katie however had a different view of all the ageing hippies in the car , Quote " Windle Valley road trip with ' Golden Oldies ' -- rather like an old peoples day trip to the seaside ! " Its the train to the next race for you Katie Pearce !

Cheers  
 Pam B .

**WARM WEATHER TRAINING DIARY – LANZAROTE**  
**2<sup>ND</sup> – 9<sup>TH</sup> DEC 2004**

**Day 1 Thursday 2<sup>nd</sup> December**

Nike shop, South Terminal, does very well between 5 and 6 am. More new kit for Wendy & Tim. Flight uneventful but the cutest babe next to Tim – not the female version but baby with brilliant smile, all the time he was awake.

Wet sunshine on the way to the Hotel 'Natura Palace'. No, not a nudist hotel! We have excellent room. All very cool so far. Spend pm on local reckee before going out for an 'easy' jog – easy for the Crawley athlete, more like. Need to stop after 4 minutes due to very heavy wet

sunshine. Tim insists on wearing his very new Nike sunglasses to keep out the hail stones! (No locusts to be seen – yet) Harbour under straw umbrella on the promenade. This is warm weather training because we have our shorts and t-shirts on in December. Return to the Hotel Natura to stretch in our suite and then drink first night fizz. Try to find English TV channel and keep trying. Tim (fast Crawley athlete) forced to indulge in pink fizz and cashews rather than water and raisons – heyho! Head on down to dinner – feel very green at the entrance, waiting for someone to tell us what, how and when. Manage to fill two plates each for starter but blow out when they ask us to get our desert before we have finished our main course. Better timing next effort. Rosé definitely holiday drink and make sure we are sure! Hotel entertainment not for active peeps, more in line with Saga excursion, so head back to room to tidy the last of the Rosé. We plan to hire a car and head up to La Santa the next day to find similar thinking playmates. Tim has told work he was going on his last chance 18-30 holiday with the Big '0 birthday next weekend but has ended up on Saga Holiday – whoops!

**Day 2**

Someone wears their sunglasses to the breakfast table. They must love their sunglasses as much as Tim. More wet sunshine. Head off to hire car so that we can escape Saga-land and travel to the Lanzarote Quarter, Half and Full Marathon the next day. Car hire accomplished we embark on poolside lunch – jumpers on. We then try a bit of scuba diving in the pool, making something else to put on the list of things to do before we go home. Manage to snooze in late afternoon sunshine while Tim heads off for an easy jog – yeah right! Drive up to La Santa – navigational challenge No 2. Good job Tim has built in compass. Wendy struggles to navigate way out of hotel let alone the resort. La Santa has much younger clientele – phew. Lots of nice physiques to be motivated by. Hang around for the pasta party and meet the lovely Louise from Belgrave. We know all runners are suspect but Louise had already done the 4 Day Challenge and was now going to do the half marathon as well.

We decide to head back across the island 'cos we are very, very tired. Wendy very grateful to her chauffeur, as always. Arrive back in time to top up on carb's before crashing. It's only 9 pm. Must be all the fresh air and sunshine.

**Day 3**

Early breakfast before being chauffeur driven to Costa Teguisse for the race. Luckily stumble upon the race start as Wendy being navigationally challenged, again. Queue 20 minutes for the loo then OFF. No warm up except for the sunshine. Race run in laps of 10k. Tim floats off for one lap and finishes 5<sup>th</sup> overall in the 10K. Thankfully clouds bubble up the half and full marathon. Wendy floats round for two laps and manages 8<sup>th</sup> Lady. Race organisation is brilliant and the medal is one worth keeping. So glad we participated. Meet up with Louise for de-briefing of the race and gossip exchange. She has won 1<sup>st</sup> in category so brings home some Lanzarote

Rock. Also meet Jill & Keith from Windlevalley/West4 – small world again.

Head back to La Santa with Louise and chill by the pool before going to the gym and doing a few weights and jog round the lagoon as a warm down to the race. Finish catching up with Louise before heading back to Sagaland for, what turned out to be excellent fish supper. 9 pm curfew comes round – oh so quickly, so cheese and biscuits just about squeezed in. Head off for a stroll down the prom. – Just to make sure we get enough fresh sea air for one day. No sign of the swarm of locusts. Feel very lucky and privileged to be walking along the seafront in 19 degrees at 10 pm on a December evening. COOL!

Sit on the beach for a while – no chance of being taken out by any freak waves (see Portugal diary). Walk back to the hotel just before wet moonlight falls. Piano player in full flow so beat a hasty retreat to the room and crash.

#### **Day 4**

Tim heads off for a long run. Wendy heads off for an easy stroll. Rendezvous pool side to chill before lunch. Pizza in pool bar then move onto beach to find pm chill zone. Mission accomplished until we start to think about Magnums and head back for teatime, light training and treats i.e. we filled our minibar with Coronitas as the Rosé is all gone. Warm weather training just gets tougher and tougher! Just made dinner in time to refuel. Crash ready to take on another tough day. Last to leave the restaurant.

#### **Day 5**

Plan A – Early jog, brecky, chill, track session, warm down and pilates quickly changes to: Plan B – Early jog, breck, Chill, Chill, Lunch, Chill and pilates! Weather deserved chilling to. Serious Scandinavian athletes at La Santa – very inspiring. Head back to discuss training and stuff whilst dining, drinking, and that wouldn't be water. Stroll down the prom to find Pizzeria with good female singer that the Windle Musicians would have loved to 'Jamm' with. Discuss lack of orientation and how Wendy would or wouldn't get back on her own. Wendy

learns 'Never Eat Shredded Wheat' with a clockwise turn! Hotel entertainment not happening for us but its ok for the happy campers!

#### **Day 6**

Take our hangovers out for an early jog then head off to Tymanfaya National Park to be tourists. Queue to go up the volcano so that's not gonna happen! Keep driving onto La Santa to do the track session postponed from yesterday and chill by the pool. CHILL being 'in the fridge' chill. Nike sunglasses stay on top of Tim's head rather than resting on his ears. Track session done and dusted, cool down done and dusted, head to bar for refuelling and return across the island to watch sunset from the volcano without a queue. Choose the one behind our hotel. The day has gone again already but still the evening to eat, drink and be merry. Mission accomplished.....last out of the restaurant again.

#### **Day 7**

Try to fit in training, scuba diving, chilling and eating and chilling and weight/core session and see the sunset before being lured by the cold beer and fizz fridge in Room 1240. Sit on balcony before last night in the restaurant then the pizzeria. Refuel on the yummiest Mexican feast. Walk along the prom and have a final beer in our favourite pizzeria. Meet lovely northern couple also escaping from their hotel entertainment. Chat, drink, and discuss lots of various holiday stuff that, as usual, turns to running talk. Having discussed training and marathons the discussion moves onto hernias, which then somehow, moves onto hernias! Gotta Smile!!!

Next WWTT planned for March 2005 in the Algarve. Let us know if you are interested.

Wendy Davies and Tim Ellis

### **Winter Training**

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

**THURSDAYS @ 7pm**  
Car Park by shops  
Heatherside  
Camberley

**+SUNDAYS @ 9am**  
Blacknest Gate, Virginia Water

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

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## **SUMMER TRAINING**

### ***A brief nostalgic overview for some of our newer members (By Edna Clouds)***

Back in the halcyon days of the early 1990s, when the summers were warmer and larks flew high above, hundreds of Windle Valley Runners regularly turned up in plimsolls, khaki shorts and sleeveless pullovers for summer evening training in Windlesham. Rationing had just ended and there was an air of optimism about the place and, although poor by modern standards, we were a contented bunch. The Field of Remembrance, which had returned to fallow after years of providing crops to support the war effort, was slowly recovering thanks to the careful management of a dedicated groundsman\*. Although the field was not at its best, we were proud to consider this our own 'field of dreams'. Here in this quiet rural backwater of north west Surrey, under the tutelage of our coach Wendy Davies, we would pioneer new ground breaking training sessions which we called 'fast-work'. Typically, one group would perform 10 x 1 mile 'intermission runs'. Each mile would be run in a shade under 4 minutes, quicker if we felt a bit lively, with a recovery (known as the intermission) of about twenty seconds, before commencing the next mile. I can't remember what our faster and more talented group did..... but I know some of them were pretty nifty. Ah.....we never had it so good but, alas, all good things come to an end, age takes its toll, people move on etc. etc. etc. Unfortunately, numbers turning up for training dwindled to all but a dedicated and loyal few..... change was in the air.

### ***'Dawn of a New Age'***

Although we occasionally visit our 'Field of Dreams' in Windlesham (to re-connect with our roots) our new summer training haunt for the past two years has been 'The Look Out' in Bracknell on Tuesday evenings. The increasing use and affordability of the motor car means that club members living in the outlying villages of Camberley, Lightwater, Frimley and even Finchampstead are able to attend training.

The good news is that numbers are on the up. We have re-introduced fast-work, which we have cleverly re-packaged as 'quick work' and replaced 'intermission' running with 'run fast... then rest a bit runs'. Feedback from our members has been positive and hopefully in the summer of 2005 we will build on this success.

### ***Meanwhile... Returning to this planet!***

With the passing of the festive season many of our runners will be focusing on 'The London Marathon' and the usual batch of early spring half marathons and ten milers. In response to requests from several members we intend applying some structure (in the New Year) to Tuesday/Thursday evening sessions, in other words... upping the intensity by introducing some speed-work in the form of intervals and tempo runs.

We have already 'test run' a number of these sessions in

and around the quieter well lit streets off The Maultway and The Portsmouth Road (on Tuesday evenings). They seem to be popular amongst those seeking to improve their times. As always these sessions can (and will be) be tailored to all runners of all abilities.

\* *An old word which means the same as 'grounds-person'*  
We welcome any suggestions/feedback from our members concerning our training sessions etc.

### **Ladies Captain Winter Report.**

Hi all

Hope you had a very Merry Christmas and all the best for 2005. Since my last winter report Mary's collarbone has healed and she is fighting fit and on form again. In fact she did a great time at the Gosport Half and came 4<sup>th</sup> lady vet- well done Mary. Michael fell and fractured his collarbone too a couple of months ago! Glad to say all is well and Michael is up and running again!

Turn out on a Tuesday and Thursday has been quite good and welcome to all the new members who have joined us. As I mentioned the Gosport Half back in November was well represented by the club, as was the Hayling Island 10mile. Alas due to work commitments I missed the Tadley 10k yet again, a favourite run of Dave & Katie Pearce it's a cross country which apparently can get very muddy! I will do it next year! .

And congratulations to Katie who came in 2<sup>nd</sup> lady!

Katie has done so well this year she always turns up for training and as a result all her hard work and determination has paid off with her excellent times. Well-done Katie!

Other races include The Marlow Half and The Cabbage Patch 10, I am sure there have been many more, anyone who would like to report on a race please feel free!

So the next big one will of course be The London Marathon, I am the only WVR lady doing it as yet with Dave Pearce the only man – as far as I know. So good luck to all the WVR who have entered the club draw – hope to see / join you out there on the long runs to come! Training for the big day starts properly after the New Year celebrations so see you out there. Still on the London Marathon – I need more volunteers to lay the timing mats again, I will be sending out another e-mail next week when I need to have names and numbers. In the mean time if anyone can commit please let me know.

Think that's all folks just a reminder about our Presentation Evening Dinner and Dance please get those forms back to Phil ASAP, hope to see you all then for a few drinks and a boogie, it's a good night so come on down!

Wishing you all a happy, healthy and peaceful New Year.  
Cheers Pam B

**To all Windle Valley Runners.**

A year on since I wrote an article on the London to Brighton road race and a far bit has gone under the bridge as they say! Last time I saw Barry he asked me if I could let him have the times for the races I have done this year, well here goes !

7. March Steyning Stinger Marathon; a down land run on chalk and mud with about 3,500 feet climb. Weather was cold with ground conditions wet, slippery and muddy. One not for the faint hearted I finished just before the rain and sleet in a time of 3 hr 33 min 53 sec.

4 April Bungay Marathon. A two lap undulating course with the weather being windy but dry. I finished in 3 hrs 7 min 41 sec

18. April London Marathon. Most people know this one! Rain. I finished in a gun to tape time of 3 hr 6 min 57 sec

25 April Stratford Marathon. A two lapper with a late start of 1 pm. The course is undulating with a good flat return section along a disused railway line, now a cycle route. Don't know why but this one has got the better of me all three times I have done it! This year I finished in 3 hr 22 min 19 sec.

1 May Magies Monster Bike and Hike. Not a race but the best thing my company have done for me! A 30 mile bike ride and then a hike of 8, 24 or 40 miles. I opted for the 40 mile hike but with the intention of running the flats and down hills and walking the hills. The event is along the Great Dean Way from Fort William to Inverness. It is mainly off road and has a few hills in it! On the hiking section the route climbs to about 1250 feet twice. I was on the late start of 10 AM and was determined to make it to Inverness by sun set as I did not fancy being in a forest in the dark in the middle of Scotland on my own This thought alone gave me enough go to be at the finish just after 9 PM when it was getting dark.

9 May. Isle of White Marathon. A one lap undulating course all on roads with a notable hill thrown in at about 22 miles! I was still suffering from the Scotland adventure with my shin and foot still stiff and swollen from what ever bit or scratched me and on two different types of antibiotics to sort it out. Still after 25.5 miles I forgot all about it and enjoyed the rest of the race to the tape! Finishing in 3 hr 13 min 14 sec

16 May Heistead Marathon. A two lap testing undulating course. Sunny and warm. One just like Stratford this one gets the better of me! This year finishing in 3 hr 21 min 50 sec

22. May White Peaks Marathon. A run along disused railways now cycle tracks over the Derbyshire Dales. This one is a point to point. You all meet at the finish and a bus takes you to the start, a good incentive to finish! The first 11 miles are a gentle uphill gradient then the rest is flat except for three sharp descents after 20 miles the last one being the longest. This run I felt was possibly the hardest of all this year mainly because of the 11 mile incline, still happy to finish in 3 hr 7 min 42 sec.

6 June. Lake Vynwy Marathon. A flat two lap course shaded by trees around a reservoir. The first two miles of the run are down a hill before you start the laps making this run have the potential for fast times. I finished in 3 hr 3min 1 sec.

13 June Dartmoor Vale Marathon. Again a two lapper on roads and with little cover from the sun. I finished in 3 hrs 9 min 36 sec.

20 June. Stoke on Trent Marathon. A Single undulating lap on roads. This one is also known as the friendly Marathon a locals pride themselves on getting the chairs out and cheering you on your way. This year's time of 3 hrs 3 min 30 sec was quite pleasing.

11 July Rottingdean Marathon. Summer4 down land run with yes you've got it a hill! Another one with about 3500 feet of climb. I was pleased with a time of 3 hr 39 min 45 sec.

18 July Fairlands Valley Challenge Marathon. Here's the route description in short hand now find the five check points! Something that I am not used to is running across fields and through woods trying to read short hand of which way to go. Still good fun except for two times I went wrong which added about 2 miles onto the distance. Finishing in 4 hr 7 min 35 sec.

5 Sep Kent Coastal Marathon. A lovely out and back course around the headland of Margate. This year it was on one of the few really hot days with a temperature of about 27 c I finished faster than last year in 3 hrs and **45 sec.**

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12 Sep. Nottingham Marathon. A one lap course the first half being undulating around Nottingham the second half being flat out around the National Water Sports Centre. The conditions were Windy and quite cool at 15 c. Don't know what clicked but I ended up running out of box and faster than what I have for years I crossed the line with hands raised and a big grin in a time of 2hr 53min 50 sec

19 Sep New Forest Marathon An undulating one lap course. This year the weather conditions were ideal, overcast and cool. Once again I found I had extra pace and finished in 2 hr 53 min 40 sec.

3 Oct London to Brighton 54 miles 198 yards. After last years run I thought things could not get better, thankfully I was wrong! I started with Adam Holmes of Fleet and Church Cookham running club with both of us looking for a time of about 7 hr 20 min. All was well up to about 25 miles which is where Adam had a bad patch and dropped off the pace. At 31 miles I was surprised and extremely pleased to see Wendy who had come out to cheer me on. A big, big thank you Wendy that really did lift me up and helped no end over the hills to Brighton. In the second half the weather closed in and by the time I had made it to the top of Ditchling Beacon it was driving rain with thick fog. A good reason to get to Brighton fast! I finished 9 the in 7 hr 10 min 17 sec, 36 mins faster than last year. Adam was overjoyed to finish in 7 hrs 44 min on his first time over this testing course.

10 Oct Kingston Marathon. A Flat three lapper. Legs were still heavy from the week before, which made me extremely pleased with a finishing time of 2 hr 53 min 44 sec

17 Oct Abingdon Marathon. A Flat single Lap course. My progress was slowed for about 2 miles from 10 to 12 miles due to a blister on my right heel which had been around since the start of September even so I was pleased with my finishing time of 2 hr 54 min 45 sec.

23 Oct Beachy Head Marathon. An off road down land run and you've got it there's some hills along with mud, chalk and flint ! This year was no change with the ground conditions being extremely wet due to the rain earlier that morning. I was spurred on by Mike and Mary who had come to support. Mike with a broken collar bone living dangerously by coming to see me on the start line just before the start with about 1400 people stacked up behind. Many, many thanks you two ! I finished in 3 hr 25 min 12 sec.

7 Nov Stevenage Marathon. This one is only held every ten years. A two lap undulating course along cycle paths around Stevenage makes it virtually traffic free. The conditions were ideal at 12 c and very light rain. The way this race was to unfold was something unreal. From the start I found myself high up the order and when I made my first check for the time at five miles I new things may happen today!. At 10 miles and the time was still faster than they had been for many a year. At half way the clock was on 1 hr 24 min 30 sec. I didn't do any time checks in the second half, partly because I could not see in the rain and partly because I knew what I had to do. On crossing the line in 2 hrs 48 min 56 sec I was over the moon, a new PB !

21 Nov Leicester Marathon. A one lap hilly course. This year the weather was cold with snow on the ground. I finished where I had left off two weeks ago in 2 hr 50 min 29 sec.

5 Dec. Luton Marathon. An undulating three lap course. This year's weather cold and calm. Once again not far behind the time of Stevenage, this time in 2 hr 49 min 37 sec my second fastest time.

I hope I haven't board you with all these marathon adventures I trust it will offer fellow members who want to run a marathon, other than the one everyone knows about some useful guidance in selecting one. These are far from all the marathons held in the U. K but represent most of the ones that don't need staying over the night before.

Luton marked a special point which is why I have run so many marathons this year. To run so close to a PB on my hundredth marathon was the icing on the cake

My wife, Andrea has also done just as many marathons this year but has not had to leave the four walls of our house to them, that is my kit is always turned round ready for the next many thanks Andrea !

And next year ? Don't know maybe a rest ? No

Many thanks for putting up with me.

Regards.

Richard Gurd.

2004 Handicap times

RUNNER	Jan.	Feb.	March	April	May	June	July	Aug.	Sept.	Oct.	Nov.	Best
<b>Men</b>												
Jon Bradbury								00:42:58				0:42:58
Paul Conlan						00:51:46	00:47:59				00:47:27	0:47:27
Mark Coxhead		00:58:04	00:52:47	00:51:24	00:50:07			00:47:33		00:46:01	00:47:19	0:46:01
Miles Cudmore		00:39:47										0:39:47
Richard Deacon				00:58:44						00:53:06		0:53:06
Chris Dent	00:54:25		00:51:36	00:52:33	00:50:24	00:49:20	00:50:23	00:50:01		00:47:19	00:47:07	0:47:07
Richard Franklin								00:58:07				0:58:07
Richard Gurd						00:40:08			00:38:47			0:38:47
Keith Hopkins								00:46:10				0:46:10
Keith Hull 00:40:04	00:41:11	00:40:37	00:41:20	00:40:28	00:42:26							0:40:04
Peter Jones	00:42:55			00:42:14							00:42:09	0:42:09
Duncan Irving								00:44:24	00:41:44		00:43:23	0:41:44
Ian Lee-Emery	00:46:37				00:47:00					00:48:54	00:49:17	0:46:37
Dave Lewis				00:50:01	00:48:12							0:48:12
Chris Lovell	00:48:45	00:47:34	00:47:29	00:47:44		00:46:38	00:47:44	00:46:21	00:46:27	00:45:45	00:45:44	0:45:44
Michael MacClancy				00:41:53	00:40:11							0:40:11
David McLean	00:40:19		00:39:32		00:40:20	00:41:31				00:41:46		0:39:32
Don Moore						01:13:51						1:13:51
Dave Nichols	00:43:38	00:43:00		00:44:45	00:42:40							0:42:40
Dave Pearce	00:48:21			00:45:36	00:44:37		00:46:12	00:46:01				0:44:37
Dave Ricards				00:56:53	00:55:11							0:55:11
Mark Robinson										00:43:15		0:43:15
Tony Sheridan		00:45:56	00:55:56	00:45:41								0:45:41
Dave Smith								01:00:10	00:57:48	00:56:09	00:56:28	0:56:09
Peter Taylor		00:50:48	00:48:08	00:48:09		00:48:27	00:48:12	00:47:45		00:48:09		0:47:45
Peter Tiner				00:50:16	00:48:55							0:48:55
Ian Todd	00:56:57											0:56:57
Gordon Trout	00:48:22				00:43:28	00:44:36	00:44:46		00:44:42	00:45:43		0:43:28
Warren Weedon		00:46:02			00:45:00	00:45:29	00:42:16					0:42:16
Murray Wilson					00:40:56							0:40:56
Geoff Williams	00:42:28		00:43:21	00:42:17	00:42:12	00:42:23		00:42:23			00:42:20	0:42:12
David Williamson					00:40:03							0:40:03
John Williamson	00:43:13	00:42:48			00:42:40	00:42:53	00:44:59			00:44:13		0:42:40
<b>Ladies</b>												
Sara Armstrong				00:56:57	00:54:13							0:54:13
Pam Berriman						00:56:26	00:52:20	00:50:37	00:50:56			0:50:37
Ginny Brooker						00:57:44						0:57:44
Jill Burrells								00:50:43				0:50:43
Wendy Davies									00:42:26		00:43:24	0:42:26
Marie Guinard				01:00:31								1:00:31
Mary MacClancy					00:42:34		00:42:49			00:44:06	00:44:22	0:42:34
Bridget Morris			00:55:56	00:54:01	00:54:36		00:54:36			00:55:17	00:52:07	0:52:07
Claire Osborn									01:03:16			1:03:16
Marie Park		00:49:15			00:47:18	00:47:41				00:47:00		0:47:00
Mary Painter	00:51:50			00:56:19			00:52:28	00:50:19				0:50:19
Katie Pearce				00:42:19			00:43:17	00:41:34	00:42:55			0:41:34
Chris Peppiatt				00:52:13			00:52:43	00:51:53	00:53:23			0:51:53
Jenny Peppiatt			00:44:37				00:44:40					0:44:37
Penny Reeve		00:55:42										0:55:42
Angela R-Adams	00:52:03											0:52:03
Andrea Sott	00:49:23								00:50:37	00:48:03	00:51:05	0:48:03
Janice Tweed	00:52:03											0:52:03

Windsor Half Marathon results - Sunday 25th September

Rank	Guntime	Rank	Chip Time	Race No	First Name	Surname
386	01:41:07.75	453	01:40:47.70	1969	MARY	MACCLANCY
388	01:41:09.20	455	01:40:48.35	2836	MICHAEL	MAC CLANCY
1397	01:57:28.65	1448	01:54:59.55	5782	MARY	PAINTER
2165	02:06:47.10	1857	01:58:57.95	6538	PETER	THOMS
2179	02:06:56.00	2346	02:04:27.35	4218	RICHARD	DEACON
2710	02:13:16.40	2698	02:08:46.15	6019	PENNY	REEVE
3730	02:31:01.25	3792	02:27:55.35	6537	ELAINE	THOMS

The Tough Ten - Sunday 3<sup>rd</sup> October 2004**CLUB CLOTHING  
AVAILABLE****Men's Vests**

M/L/XL - £12.00

XXL - £12.00

**Ladies Vests** £12.00**T-Shirts** £8.00**Track Suits** £52.00Contact Pam Berriman  
or Bob Webb

1. Katie Pearce	1.10.27	32nd
2. Geoff Williams	1.10.46	36th
3. Gordon Trout	1.12.13	43rd
4. Kevin Pedley	1.19.00	74th
5. Chris Dent	1.21.57	91st
6. Pam Berriman	1.26.56	112th

Cabbage Patch 10 mile - Sunday 17th October

Geoff Williams	1.08.57	197th
Jenny Peppiatt	1.11.06	252nd
Murray Wilson	1.12.18	283rd
Chris Dent	1.21.15	568th
Mary Painter	1.22.18	602nd
Sue Middlehurst	1.28.16	797th
Kerrie Woods	1.29.49	839th
Marie Pascal Guinard	1.42.20	1074th

Race Diary**RACE RESULTS**

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

**Barry Andrews**  
Secretary

January		
Sun 2 <sup>nd</sup>	Tadworth 10	10.30am
Sun 9 <sup>th</sup>	Stubbington Green 10k	10.00am
Sun 30 <sup>th</sup>	WVR Handicap 10k	10.00am
February		
Sun 6 <sup>th</sup>	Watford half marathon	10.30am
Sun 13 <sup>th</sup>	Valentine's 10k(Chessington)	10.00am
	Frosty Furlong 10k (Sandown Park)	9.30am
Sun 20 <sup>th</sup>	Bramley 10/20	10.30am
Sun 27 <sup>th</sup>	Goring 10k	11.00am
	WVR handicap 10k	10.00am
March		
Sun 4 <sup>th</sup>	Reading half marathon	10.00am
Sun 13 <sup>th</sup>	Hillingdon 5 mile	10.45am
Sun 20 <sup>th</sup>	Finchley 20	1pm
	Cranleigh 15/21	11.00am
Sun 27 <sup>th</sup>	Gatwick half marathon	10.30am
	WVR handicap 10k	10.00am
April		
Sun 3 <sup>rd</sup>	Totton 10k	2.25pm
	Woking ten ten	9.30am
Sun 17 <sup>th</sup>	London Flora Marathon	9.00am
Sun 24 <sup>th</sup>	WVR handicap 10k	10.00am

**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**

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

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

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