



Issued to all Members of Windle Valley Runners

Editorial

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Katie Pearce, winner of the 2005 Ladies Club Championship

Since the last issue the club has had a very successful AGM. Kevin Pedley suggested at a committee meeting earlier in the year that perhaps a change of venue might encourage more club members to attend, it must have been the thought of having the meeting at the Cricketers in Windlesham that persuaded so many of you to attend. I tried very hard to keep the business down to a minimum so that we could enjoy the hospitality on offer at the earliest possible hour. Thank you to everybody who attended and contributed to the evening. As a result of the AGM our committee has a slightly different look to it now with the addition of our two new vice captains, Katie Pearce for the ladies and Hywel James for the men, congratulations to both of them.

At our Christmas committee meeting Michael MacClancy accepted the chairmanship of the committee and this move has settled the committee numbers and related posts. The annual marathon draw was made at the meeting and this year we had 5 places in total to

give out. The club has received three places for several years now due to the strength in numbers and our voting rights within the SEAA and SCAA. Those places have gone to Colin Woods, Nick Cook and Mary Painter. The club also received two places in recognition of the mat laying carried out by a number of club members and friends over the last two years. The committee had already decided that these places should be offered firstly to anybody who had helped with the mat laying. Steve Gorham and Trinni Johnson were the lucky!! recipients.

Phil Morley has been busy renewing membership for club members, it is really important that we can contact you by email if you have that facility so please keep us up to date with any changes you make to your email address. Recent club emails have concerned training times, the Sunday meeting at Windsor has now changed to a 9.30 am start for an experimental period.

I have included the results of this years club championships and Roland's Trophy together

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TADLEY XMAS CROSS COUNTRY RACE

Well, it was a bloody cold start to the day but alas, it turned out to be a somewhat beautiful day. I and our men's vice captain set off nice and early so as one of us could enter on the day

Tadley was our destination and the Tadley Christmas Cross Country five mile race was our aim. I changed it to the Christmas Run as I am sure that if the poor chap was alive today and not form down give credibility.

"To catch the reader's attention, place an interesting sentence or quote from the story here."

perhaps a bit of a runner, then he would have just turned up and signed his registration with just an X. No, he would have written J Christ like any normal punter. So I am trying to give him some sort of credibility.

Now that I've got that off my chest, we had a crew (or possie for you lot who are more progressive) of three boys and five girls. Not quite enough for three teams but never the less, two teams were automatically entered

The start happened to be about a mile and a half away, so it lent it's self to a nice warm up run to the kick off. Everyone was in a good positive mood and seemed to be chomping at the bit, so to speak. There were about one hundred and thirty runners. I spotted a few from London and Portsmouth Clubs.

The course was fairly tough in parts, as you had to run through a few cold water streams and navigate at least three very muddy hills to

boot. Most of the course seemed to be very similar to our own training grounds at the Lookout.

The leader of our gang (and that is no reference to Gary Glitter at all) was Hywel who stormed on and finished in just over forty minutes. Next came Katie then myself followed by Dave. Next Mel, then Chris and Crystal stormed in together. Karen blasted through putting us lot with a chance of some recognition

Everyone stayed for the prize giving and to our delight young Katie received a well deserved prize for coming in as the second lady to finish

Well done to all those who participated and maybe an even bigger turnout next year?

Cheers

Tony Sheridan Men's Captain

LADIES CAPTAIN REPORT WINTER 2006

Hope you all had a good Happy and Peaceful Christmas.

Winter Training has been going well at the usual Tuesday and Thursday venues, and despite the weathermen's predictions of freezing weather it has been quite mild – will they ever get it right?

First of all I would like to welcome Katie Pearce who was elected Ladies Vice Captain at our AGM in October, in view of taking over from myself as Ladies Captain next October. Also welcome to Hywel James also elected as the Men's Vice Captain good to have you both on board.

BIG congratulations to Dave Ricards and Sara Saunders who got themselves hitched at Gretna Green on 10th November- you kept that SO quiet the pair of you --hope you will both be very happy together.

Not long to go before Jill and Keith get wed too, good luck once again to you both and well done on completing the Amsterdam Marathon way back in October (Keith's 1st Marathon)

That brings me to the many races since my last report in September. Firstly well done the Ladies for coming 1st Ladies team in the Julian Farrell 10k on October 10th– congrats to all the ladies who represented WVR. The first 3 ladies received a £10 Sweat Shop Voucher! Most of the WVR ladies ran in the Julian Farrell that day leaving only Janice Tweed to battle out the Tough Ten well done Janet!

Next big run was the Cabbage Patch 10 miles always a favourite, Katie managed a PB and it was Mel's 1st 10 miler congrats on your time of 1hr 19 mins Mel. Chris, Sue Middlehurst, Marie Guinard and myself completed the ladies team on that lovely warm day.

The Gosport Half on the 20th November only had Chris, Mel and myself representing the WVR ladies. Chris ran in 1hr 47 and Mel 1hr 44 well done to you both. Alas, my painful hip just refused to carry me around so I wimped out at the half way point. I was very disappointed as I have NEVER not completed a race before, anyway after 2 weeks of no running, blood tests and an x-ray everything is fine – trouble is I am having problems with my knee now! I will be visiting a sports therapist soon!

Congrats to Jill and Keith who completed the Brighton 10k on 20th November, well done Jill on your PB 46mins 33secs!

Well done to all who suffered the Marlow Half Marathon the week before the Gosport Half.

Katie did the ladies proud and received a prize for coming 2nd lady in the Tadley 5mile X country on 4th December. Mel, Chris, Crystal and Karen all represented WVR ladies. Special congrats to Karen on her comeback run!

Apologies if I have missed anyone out but, once again please let us know if you are entering any races so I can mention you, or better still write a report!

Welcome to Crystal who joined us in October and ran the Tadley 5miles hope to see you in 2006 Crystal .

I forgot to mention it in my last newsletter, congratulations to Rhonda on her first 10k, Rhonda completed the August Yateley race in just under an hour well done, hope to see you running again with us soon.

Good Luck to Julie & Jamie Smith who are due to have their baby in March, enjoy the peace while you can the pair of you!

A big thank-you to Kevin for organising the Christmas Running schedule, we had a lovely Christmas Eve run at Chobham . Together with Woking Runners, we all enjoyed loads of mince pies and mulled wine after a very easy social run. Then throughout the festive season we met up at our usual places, culminating in a lovely walk/run at the Look Out on

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Race results

1106 Marie Guinard 1.40.07

Beachy Head Marathon

Legoland 10k – 16th October

9 Richard Gurd 3.25

Ian Lee Emery 44.56

Nick Cook 51.56

Windsor half marathon - 25th September

183 Wendy Davies 1.32.27

1104 John Williamson 1.49.17

1884 Nick Cook 1.56.52

Marlow half marathon – 6th November

298 Ian Lee Emery 1.45.16

824 Janice Tweed 2.17.36

Tough ten – 2nd October

34 Geoff Williams 1.09.44

48 Wendy Davies 1.12.35

127 Bridget Morris 1.29.07

Gosport half marathon - 20th November

310 Richard Sherlock 1.41.21

355 Melanie Hartshorn 1.44.01

393 Colin Woods 1.46.29

414 Chris Peppiatt 1.47.44

Julian Farrell 10k - 2nd October

21 Keith Hull 42.05

31 Katie Pearce 43.46

45 Richard Sherlock 45.31

49 Kevin Pedley 45.59

55 Michael Flaherty 47.02

59 Steve Gorham 47.52

67 Dawn Straker 48.46

71 Jill Burrells 49.08

83 **“To catch the reader's attention,** Dave Pearce 52.01103 **place an interesting sentence or quote** Claire Parris 57.09118 **from the story here.”** Dave Ricards 57.37

119 Sara Saunders 57.49

Ladies team placed 1stMen's team placed 3rdCabbage Patch 10 mile – 16th October

283 Katie Pearce 1.11.05

291 Geoff Williams 1.11.27

482 Richard Sherlock 1.17.28

515 Steve Gorham 1.18.18

563 Melanie Hartshorn 1.19.33

635 Colin Woods 1.22.01

664 Chris Peppiatt 1.22.50

879 Pam Berriman 1.28.59

976 Susan Middlehurst 1.33.17

Brighton 10k – 20th November

Keith Hopkins 43.07

Jill Burrells 46.33

The London Marathon 2006 – A training diary

31/12/05 – 8/1/06

I've watched the London Marathon for many years on the television and always thought it would be something I'd like to do – but I wasn't a runner, so no way!! I lost weight a few years ago and took up running, but still wasn't ready to do a full marathon. I persevered though and gradually worked my way up through 10ks to half marathons and just over a year ago I decided to apply for the 2005 London Marathon. Unfortunately I didn't get a place and wasn't aware of the WVR ballot until after I'd thrown away my rejection slip. This time, I was ready!!! When I got rejected in the ballot this year, I kept the rejection slip and as soon as I got the e-mail for the WVR ballot, it was in the post straight away!!!

On New Years Eve, the post came through the door and amongst the letters and cards (my wife's birthday is on the 2nd) was a hand written letter to me – what could that be? I opened it and I had got one of the WVR places! Yippee!!!! I'd been for a run a couple of times since Christmas so decided I'd get up the next morning and start my training – hope I wouldn't have too much of a hangover!!!

New Years Day – and up at 8 o'clock for a run – no hangover either (which surprised my wife after my party performance the night before!) I decided to just go for a short run this morning –

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.

just a gentle 3 miles, which went ok.

During the day I studied the Marathon News for information on doing the marathon, charities to run for, nutrition information and training plans. I decided I'd run for the British Heart Foundation as my dad died of a heart attack when I was just a boy; and settled for the 'real world' training plan – just 4 days a week running, building up to a long run of 19-20 miles 3 weeks before the main event (although I'd like to get up to at least 22 miles). I also attend an aerobics class once a week and will be able to cycle and swim regularly (I'll want to enter more triathlons after the marathon!). I got the application form and cheque in the post the next day.

Back to work on the Tuesday and I thought I do a fartlek session at lunchtime. Went off at a gentle jog and after about a mile put on a bit of a spurt for a faster run for the length of 3 telegraph poles. Half way through this, disaster!!!! I felt a twinge in my left calf – the same calf that I've been having problems with over the last year! I decided to abandon the fartlek session and slowed right down to finish a very slow 4 mile jog. The calf felt alright while I was running, but during the rest of the day it got quite painful and I was hobbling quite a bit.

So, that was my running training scuppered for a while. I phoned up the physio for an appointment and got a session booked in for the following Monday. I went for a 13 mile bike ride on Thursday, and got up early on Friday for a swim. Got to the pool only to find it was shut for 'essential maintenance' – I could have stayed in bed for another half an hour!!!! A 10 mile bike ride this morning (Sunday) and now to wait and see what the physio says tomorrow (the pool is still closed!)

Well, if this account hasn't been too boring, I'll submit a training diary every now and again for the WVR newsletter, keeping you up to date with my progress. I hope you will find it interesting. In the meantime, if anyone has any hints or tips on marathon running and training, please feel free to contact me on my following e-mail address. ncook@informatica.com.

Nick Cook

9/1/06 - 15/1/06

Monday – The physio says my calves aren't too bad and that I

can start running again – hooray!!! She's also suggested that I have regular massage on them once a week for the next few weeks – I wonder if the Health Insurance people will pay for that – I'll ring them this

Afternoon!!!

No they won't – so I'll have to fork out the £20 from my own pocket – never mind, I suppose it's for the best!!!! Went for a 3 mile jog this evening and my left calf started playing up after 2 miles!!!! I'm getting worried now – will I be fit enough to run a marathon in April???

Tuesday – Phoned the physio and I've got to go back tomorrow. Aerobics tonight – I love being the only bloke in a class full of women!! ?

Wednesday – Went swimming this morning and did 32 lengths (800m). I haven't been since September and it tells – my arms really ache now!!!! Must try and go at least once a week!

Physio says I shouldn't go running again until at least the weekend. I've got a massage session on my calves tomorrow, I'll probably go cycling Friday and Sunday, and go for a run Monday.

Thursday – Massage was brilliant! A full massage on both legs – they felt great afterwards! I was quite disappointed when she said once a fortnight would be sufficient – I was looking forward to a r e p e a t n e x t w e e k ! !

Friday – Went for a 13 mile bike ride at lunchtime – forgot my stopwatch, but think it was a record time for this route. Must remember to tighten up the saddle to stop it dropping forward every time I go over a bump!

Saturday – Daughter's 15th birthday. She's got friends over for a sleepover so Jan and I are going out for an Indian. Now, what does it say about Indian food in the nutrition guide!!!!

Sunday – Kids!! Who'd have 'em? It finally went quiet downstairs about 3:00am!! Got up at 9:00 for a 20 mile bike ride. Forgot to tighten up the saddle, and I must get another pair of padded shorts!! OOOOOHHHH! I felt quite tired at the end of the ride, but I haven't cycled that distance for some time. If 20 miles on a bike's tiring, how's running 26 miles going to feel? I do cycle hard though, I'd be going a bit easier running that far. Still 3 months of training to go – I should be alright by

Winter Training

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

THURSDAYS @ 7pm
Car Park by shops
Heatherside

+SUNDAYS @ 9.30am
Blacknest Gate, Virginia Water

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

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++ London Marathon Mats - April 23 2006 ++**Pam Berriman writes****HELP!! WE NEED YOU!**

Hi Everyone,

Happy New Year to you all! It is that time of year again and the London Marathon will soon be upon us,

so I am sending out another e- mail for FIRM offers of help to once again lay the timing mats down on the 23rd April.

For those who have not helped before here is what I need from you

1. A definite commitment to help on the 22nd & 23rd April – this involves meeting at the hotel near the start of the Marathon midday on the 22nd, checking in, having lunch and then being taken on a tour of the route and finding out exactly where you will be and what to do on the day.

2. Having a laugh over a 3-course meal in the evening and a glass of wine maybe and to bed early (well some of us!)
Ready for a very early start on the 23rd (5am)

3. Spending the whole of the 23rd on the Marathon course – depending on where you are placed determines what time you get home.

For example -- The Embankment timing mats are the last set of mats on the course, therefore, the people allocated to that position would be in place from 7am when the roads close until the roads are opened and the mats taken up at 16.15.

The mats may then have to be returned to Deptford, which means you may not get home until early evening .

It does make it one long day!

4. A packed lunch will be provided and it will arrive at the hotel BEFORE we start.

We also have a free greasy spoon breakfast before we start too if you like!

5. The only thing you have to pay for is your travelling expenses to London.

The hotel and meal is paid for by the London Marathon However, we do try and give help towards your travelling costs after the Marathon.

6. Van Drivers – the more people who are willing to drive a Vauxhall Van in and around London would be a great help

7. Only fit people need apply! The timing mats are extremely large, heavy and awkward to handle so if you have any back problems it's not a good idea to help.

8. Nearly forgot the important bit we also get given free Addidas t-shirts, waterproof jacket and tracksuit top.

And as from this year we have been given 2 Guaranteed entries for the Marathon.

So if you help this year your name will go into the draw for 2007 if you so wish!

SO WHAT ARE YOU WAITING FOR?? I need 21 volunteers if you could please e- mail or call me

before **Friday 3rd February with a DEFINITE Commitment to help on the 2 days .**

VERY IMPORTANT can you also let me know --

1. Your mobile number

2. Your T- Shirt and Jacket size

3. If you are a vegetarian or have any special dietary requirements.

4. If you are willing to drive a Vauxhall Van.

HOPE TO HEAR FROM YOU ALL SOON!

(Tel 01252 371347)

pam_berriman@hotmail.com

Editorial cont'd

This request has been on the club website since Saturday 21st January, so you may have already responded to Pam. By the time the newsletter reaches you time will be tight for replies so if you are interested in helping contact Pam soon.

Special thanks to all contributors for this issue, I delayed publication by a couple of weeks this time to include the Championship Results and pictures from the D&D. I really hope that all those who attended enjoyed the evening, extra special thanks to Kevin for taking on the role of master of ceremonies, Dave Ricard for the

Participation in any other sports: I still play Cricket, Golf and Tennis as well as Cycling (if anyone fancies doing the Etape du

Name: Hywel James

Born: Cwmbran, South Wales

Occupation: Contract Manager for Centrica (the people who own British Gas)

Pb's 10k, 10 mile, half, marathon: If you have seen me run these will all seem pretty unbelievable but I was 18 years younger and 2 and a half stone lighter.

10k: 36:30 Sutton Park 1988

10 miles: 59:07 Solihull 10k 1988

Half marathon: 1:18:20 Tour of Torfaen 1990 something (great race for PBs. Starts in Blaenavon at the top of the valley and you run to Cwmbran at the bottom of the valley. Downhill all the way except for the last half mile !! They still run it if anyone wants to pick up a PB.

Otherwise 1:21:18 at Presteigne is my best half on a proper course.

Marathon 3:10:18 London 1988

When/why did you start running: Started running at Comprehensive because I was too small to play Rugby honest !! Cwmbran had one of only 3 tartan tracks in UK at the time I was growing up and I spent my summers watching top class athletics meets and was inspired by Dave Bedford, Tony Simmons, John Davies and Ian Thompson. Distance running was always my first love and I remember doing a 16 mile training run at the age of 14 in a pair of Dunlop Green Flash I've never admitted that to a Physio !!

Enjoy/dislike most about running:

Like: Explorer runs – go out, get lost, find some great views and good off road tracks, come home late to a nice cup of tea and a piece of cake !! Other than that I like being shattered, it means I've just spent the previous half hour or so thinking about nothing other than running myself into the ground. No pain no gain !!

Dislike about running: Boring winter road work !! Uneven pavements and twisted ankles !!

How did you hear about the club: Shortly after moving into the village I was coming back from the cricket club and noticed a Race Marshall at the corner of Highams Lane. It was Bridget, who told me all about the Brickmakers marathon and WVR and got me interested and the rest I got from the notice board in the village !

Most memorable race: New York Marathon, though it was in extraordinary circumstances being just 2 months after the World Trade Centre attack. The atmosphere in the city was incredible and the support on the day of the race had the hairs standing up on the back of my neck at times.

Recommended event: New York Marathon obviously, or otherwise the Beast which is run around the Dorset Coast from Corfe and is organised by Poole Harriers. They don't even know how long the course is. It's said to be 13 / 14 miles and has everything, lots of off road, costal paths, big climbs, great views but no swamps like some similarly named events. Great event if you like to get out and run for the sake of it.

Favourite event: Cross Country ... sheer hard work, no distance markers or PBs to worry about, just beat the guy in front of you. Hence my recommendation for the Beast above.

Least favourite event: London Marathon .. I've fallen out of love with it and it's not a parting on friendly terms. Don't get me started on the list of things I've got against it, especially if I've had a beer.

Favourite training run: Anything that takes in Lightwater Country Park, I love those hills

Best race performance: Solihull 10m (see above) – for once in my life I was a real runner. Also taking part in a 4*1 mile road relay and competing against a top class Kenyan team. I ran leg 3 and my sole objective was to stop us being lapped. I ran around 4:58 and finished around 50 yards ahead of the 4th Kenyan. I was shattered for sure.

Worst race performance: London 1988 – I was so well prepared for a sub-3 (all of my other PBs were within 6 weeks either side of it) and on the day I blew it, never been so upset after a PB in all my life.

Running ambitions: One more sub-40 10k and a sub 3:30 in my next marathon (my 10th and probably my last) and to break all my Vets PBs this year.

Best Championship position: This years whatever that is.

Running tips: Too many to list after 35 years but always ask for advice and listen to your body.

Typical training week: Plenty of good intentions, 3 runs completed out of a scheduled 5, a night on the beer that wasn't intended and a promise to myself to do better next week.

Marathons and half marathons run:

Marathons: Cardiff 1981 – 3:20 Gainsborough 1984 – 3:30 London 1988 – 3:10

Abingdon 1994 – 3:18

London 1999 – 3:54

London 2000 – 4:12

New York 2001 – 3:44

London 2002 – 3:26

Stratford 2005 - 3:55

Too many halves to remember.

Sporting heroes: Anyone who played for Newport RFC or in a Welsh Rugby team that beat England. Running wise the one and only "Lord" Steve Ovett. Sportsman of all time: Sir Steve Redgrave.

Favourite shoe: Fila Ancerus – great off road shoe, if anyone knows where I can still get hold of a pair let me know.

Favourite pre-race food: Toast and Marmite and Bananas

Tour some time have a chat with me) and in my past played Rugby, Football and did Triathlons.

	Jan.	Feb.	March	April	May	June	July	Aug.	Sept.	Oct.	Nov.	Best	Target	Rating
John Williamson	0:47:45	0:45:39		0:43:53	0:43:41					0:44:20	0:45:00	00:43:41	00:34:04	77.99%
(Geoff Williams)	0:42:31	0:42:26	0:41:45				0:42:39		0:43:19	0:43:04		00:41:45	00:32:09	77.01%
Keith Hull	0:41:38		0:43:02			0:41:32	0:43:30	0:45:50	0:43:09	0:44:57	0:41:28	00:41:28	00:31:52	76.85%
Chris Peppiatt	0:53:06	0:50:35	0:51:13	0:51:01	0:50:49	0:51:24			0:51:24	0:49:57	0:49:06	00:49:06	00:36:26	74.20%
Chris Lovell	0:46:29	0:46:28	0:46:13	0:45:59	0:47:07	0:46:52	0:46:19	0:48:28	0:47:45	0:47:19		00:45:59	00:33:44	73.36%
(Mary MacClancy)	0:43:55	0:44:07	0:44:17		0:45:13		0:45:22					00:43:55	00:31:12	71.04%
David Williamson	0:38:22	0:39:10	0:38:32									00:38:22	00:26:58	70.29%
(Michael MacClancy)	0:41:24	0:42:59	0:42:11		0:40:50		0:40:53					00:40:50	00:28:28	69.71%
(Katie Pearce)	0:45:12				0:45:04	0:49:49				0:44:52	0:43:09	00:43:09	00:29:55	69.33%
Kevin Pedley									0:46:05	0:44:54	0:44:05	00:44:05	00:30:31	69.22%
Tony Sheridan				0:52:54	0:49:00						0:46:02	00:46:02	00:31:35	68.61%
Pam Berriman	0:54:47			0:50:38		0:51:49	0:52:44			0:54:42		00:50:38	00:34:40	68.47%
Hywel James	0:43:11	0:43:50				0:42:56		0:45:58	0:44:42	0:45:33	0:44:07	00:42:56	00:29:07	67.82%
Dave Pearce	0:47:14							0:47:53				0:48:37	00:47:14	67.47%
Peter Taylor	0:48:54		0:49:47	0:48:46	0:48:22							00:48:22	00:32:27	67.09%
Kate Archer									0:46:02	0:46:35	0:46:13	00:46:02	00:30:42	66.69%
Paul Conlan	0:44:21	0:48:05	0:45:31								0:54:10	00:44:21	00:29:34	66.67%
Chris Dent	0:48:46	0:48:40	0:48:53	0:49:41					0:56:24	0:53:56		00:48:40	00:31:52	65.48%
Dave Smith	0:57:05			0:56:22	0:55:36	0:54:56	0:55:37		0:55:54			00:54:56	00:35:12	64.08%
Michael Flaherty	0:42:32			0:42:25	0:43:05	0:43:29	0:46:40		0:48:02	0:47:21		00:42:25	00:26:58	63.58%
Dawn Straker				0:56:05	0:51:53	0:52:29	0:51:55	0:50:42	0:49:16	0:48:47		00:48:47	00:30:28	62.45%
Mary Painter	0:53:28		0:51:03				0:52:23					00:51:03	00:31:12	61.12%
Keith Hopkins				0:48:56	0:46:24	0:44:39						00:44:39	00:27:06	60.69%
Nick Cook				0:48:52	0:49:26					0:49:59		00:48:52	00:29:34	60.50%
Janice Tweed	0:56:49		0:59:12		0:57:43					0:59:46		00:56:49	00:33:25	58.81%
(Mel Hartshorn)				0:56:02	0:51:22		0:51:17	0:52:37		0:57:33	0:53:05	00:51:17	00:29:55	58.34%
Richard Deacon	0:49:47		0:50:48	0:49:34	0:52:19		0:50:13					00:49:34	00:28:54	58.31%

Note: Runners in (Brackets) are Championship Prizewinners and are ineligible for placings in Roland's trophy
Their theoretical position is added for interest.

Club Championship results for 2005

Men	Name	Total	10k1	10k2	10k3	10k4	10k5	Best 5			HM1
								Best 10k	10ks	10m1	
	Richard Gurd	03:06:16	00:38:28					00:38:28		01:04:16	01:23:32
	Michael MacClancy	03:18:17	00:40:50	00:40:53	00:41:24	00:42:11	00:42:59	00:40:50	03:28:17	01:09:05	01:28:22
	Geoff Williams	03:22:34	00:41:45	00:42:26	00:42:31	00:42:39	00:43:04	00:41:45	03:32:25	01:09:06	01:31:43
	Keith Hull	03:24:10	00:41:28	00:41:32	00:41:38	00:43:02	00:43:09	00:41:28	03:30:49	01:10:48	01:31:54
	Richard Sherlock	03:37:54	00:44:45	00:45:25	00:46:01	00:46:23	00:47:53	00:44:45	03:50:27	01:13:44	01:39:25
	Michael Flaherty	03:38:11	00:42:25	00:42:32	00:43:05	00:43:29	00:46:40	00:42:25	03:38:11		
	Hywel James	03:38:46	00:42:56	00:43:11	00:43:50	00:44:07	00:44:42	00:42:56	03:38:46		
	Dave Pearce	03:40:53	00:47:14	00:47:53	00:48:37			00:47:14	02:23:44	01:13:58	01:39:41
	John Williamson	03:42:33	00:43:41	00:43:53	00:44:20	00:45:00	00:45:39	00:43:41	03:42:33	01:18:06	01:49:17
	Chris Lovell	03:51:28	00:45:59	00:46:13	00:46:19	00:46:28	00:46:29	00:45:59	03:51:28	01:18:30	
	Colin Woods	03:59:06	00:47:16	00:47:51	00:47:57	00:47:57	00:48:05	00:47:16	03:59:06		
	Chris Dent	04:05:43	00:48:40	00:48:46	00:48:53	00:49:41	00:49:43	00:48:40	04:05:43		
	Nick Cook	04:08:42	00:48:52	00:49:26	00:49:59	00:49:54	00:50:31	00:48:52	04:08:42	01:25:11	01:56:52
	Richard Deacon	04:12:41	00:49:34	00:49:47	00:50:13	00:50:48	00:52:19	00:49:34	04:12:41		
	Dave Smith	04:38:25	00:54:56	00:55:36	00:55:37	00:55:54	00:56:22	00:54:56	04:38:25		

Ladies	Name	Total	10k1	10k2	10k3	10k4	10k5	Best 5			HM1
								Best 10k	10ks	10m1	
	Katie Pearce	03:27:25	00:43:09	00:44:52	00:45:04	00:45:12	00:49:49	00:43:09	03:48:06	01:11:05	01:33:11
	Mary MacClancy	03:29:20	00:42:12	00:43:55	00:44:07	00:44:17	00:45:13	00:42:12	03:39:44	01:12:43	01:34:25
	Mel Hartshorn	03:54:51	00:51:17	00:51:22	00:52:37	00:53:05	00:56:02	00:51:17	04:24:23	01:19:33	01:44:01
	Chris Peppiatt	03:59:40	00:49:06	00:49:57	00:50:35	00:50:49	00:51:01	00:49:06	04:11:28	01:22:50	01:47:44
	Dawn Straker	04:10:31	00:48:47	00:49:16	00:50:42	00:50:41	00:51:05	00:48:47	04:10:31		
	Pam Berriman	04:11:07	00:50:38	00:51:49	00:52:44	00:54:42	00:54:47	00:50:38	04:24:40	01:28:59	01:51:30
	Sara Saunders	04:26:23	00:54:13	01:01:28				00:54:13		01:31:02	02:01:08
	Claire Parris	04:40:56	00:54:52					00:54:52		01:38:03	02:08:01



The Club Trophies



John Munday the club Vice President presents special awards to Tony and Pam



Michael MacClancy receives his second place trophy from President Bob Webb



Richard Gurd, winner of the Men's Championship receives his trophy from Bob Webb



Geoff Williams, third place in the Men's Championship



Mary MacClancy second place in the Ladies Championship



Kevin Pedley, Master of Ceremonies, making a point during his presentation speech



Chris Peppiatt receives a special award for her services to the club. Presented by Pam Berriman Ladies Captain

Clothing Update

Pam has recently been showing off various items of clothing from our suppliers with a view to getting a variety of these for the club to sell.

They will be available for viewing at the January 10k as well as at normal club training runs.

So if you fancy some new kit for 2006 ask Pam for a look!

CLUB CLOTHING AVAILABLE

Men's Vests

M/L/XL - £12.00

XXL - £12.00

Ladies Vests £12.00

T-Shirts £8.00

Track Suits

RACE RESULTS

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

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

Check the club website (windlevalley.com) for other events, also Runners World website (runnersworld.co.uk) for online race entries

January

Sat 28th Bushy Park Time Trial 5k 9 am (run most Saturdays)
 Sun 30th WVR Handicap 10k 10 am
 Epsom Oddballs Perch 6.25 miles 10.30 am

February

Wed 1st Woking 3 mile handicap 12.30 pm
 Sun 5th Watford half marathon 10.30 am
 Sun 12th Wokingham half marathon 10 am
 26.2 RRC 10k 9.30 am
 Sun 19th Bramley 10/20 mile 10.30 am
 Sun 26th WVR Handicap 10k 10 am

March

Wed 1st Woking 3 mile handicap 12.30 pm
 Sun 5th SIS Dunsfold 10k 10 am
 Sun 12th Frimley park 10k 9.30 am
 Sun 19th Fleet half marathon 11.30 am
 B&Q Eastleigh 10k 2.30 pm
 Sun 30th WVR Handicap 10k 10 am
 Combe Gibbet to Overton 16 miles 2 pm
 Cranleigh 15/21 miles 9 am

April

Sun 2nd Totton 10k 11 am
 Lyminster 10k 10 am
 Kingston breakfast run 16 8.30 am
 Woking 10 mile 9.30 am
 Wed 5th Woking 3 mile handicap 12.30 pm
 Sun 9th Reading half marathon 10 am
 Fri 14th Maidenhead 10 mile 9.30 am
 Sun 24th Flora London Marathon 9.45 am
 Sun 30th WVR Handicap 10k 10 am

May

Mon 1st Watford 10k

11 am

Christmas Eve get together for a run with members of Woking at Chobham Common. Once Kevin had finished with the training we got into the festive spirit with mulled wine and mince pies.

Wed 3rd Woking 3 mile handicap 12.30 pm

