

Windle Valley News



Issued to all Members of Windle Valley Runners

Editorial

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The Club AGM was held in October, again at the Surrey Cricketers, Windlesham. With the promise of a 'free' drink the numbers attending were good! Changes to the club committee were made and the revised list is included in the newsletter on page 3. The major changes are that we now have new captains, Chris Dent for the men, Katie Cousins for the ladies, a big thank you to Pam and Tony for their hard work over the last few years. Ken Anckorn has become the committee chairman, Ken has kindly provided us with a potted life history for the news letter under the banner of Club Member Profile.

The Annual Presentation Evening takes place on Saturday 3rd February 2007. Invitations have already been sent out to all club members and by the time this newsletter reaches you the date will be fast approaching. So please send in your replies soon. The committee decided that this year we would change to a Saturday in response to those club members who may have to normally get up for work on a Saturday morning, instead you will just have to get up for a run! As the pictures show in this edition of the newsletter a hardy

band of club members have been competing in a variety of races during the Autumn months, results for these races are presented on page 7. Chris Dent has written several short reports to accompany these pictures/results.

The club has been given three 'club' places for the 2007 London Marathon, these have been won by Keith Hull, Anne-Marie McLaren and Sarah Calver. Good luck with your training!

Due to the mat laying endeavours of several club members, under the leadership of Pam we were given a further two places these have been given to Dave McLean and Dave Smith.

At our most recent committee meeting club training was discussed, it was generally felt that Tuesday and Thursday sessions were both well attended and seemed to cater for all ability levels. Sunday runs at Windsor Park however seem to be less popular and Kevin will be asking club members for their views on what we might do to improve this. Contact Kevin or anyone else on the committee if you have a point you wish to make regarding training.

Tadley x Country, 5.3 miles - 10th December



Probably the last race of the year for most and with the choice of running the Hogs Back 8 or the Tadley Cross Country, we left the whimps to their own and a party of 11 from the Club decided to show what die hards we really are.

There was a cold and frosty start to the day but by the start the temperature had picked up a little. With a 15 minute jog to the start, there were no excuses to not warm up properly.

The starter announced that a newly installed kissing gate shortly after the start would reduce the field to single file as would the 4 drainage ditches we needed to negotiate. The water/mud apparently knee deep. The run certainly lived up to expectations with a lot of mud flying around. Certainly the guys who chose Santa outfits had their work cut out, bad enough just wearing normal kit!

First home was Ken wearing his silly hat!. Yours truly was next home for once getting the better of the Ladies Captain. I'm sure she won't let that happen again!. Christelle heading home Dave Pearce, closely followed by Gordon in his first outing for 18 months after injury. It's good to see you back and running Gordon!. Anne-Marie, Chris Peppiatt, Bridget, Dave Smith (his new shoes looking a tad sorry for themselves) and Sue completing the line up.

The 15 minute jog back to the car park and changing rooms gave us ample time to warm down before the photo shoot and a rare opportunity to have a most welcome shower. Once again I thank everyone who turned out for the Club, I think our green Vests were most prominent even out numbering Reading Road Runners.?

There were 215 finishers.

Miles Cudmore reports: New Hampshire Marathon

I had surfed the web to find this gem of a race which fitted my schedule wonderfully between meetings in Boston the previous week, and New York afterwards. With only 230 finishers, it is a small but enthusiastically supported event, with as many volunteers as runners. It is based out of the small town

of Bristol and communities around Newfound lake, nestled in glorious countryside South West of the White Mountains.

The pasta party was held in the local Masonic lodge, and was packed. Veronica's venison sauce competed with Belinda's bolognese and Valerie's vegetable mix, followed by Petuna's pecan pie, Claire's cookies and Bridget's brownies. Many runners were part of the 50 states club, and were using the weekend to bag two states by competing in the Oregon marathon the following day. Totally nuts.

At 7:30 am, I walked out the door into the fresh clear skies ... and had to scrape ice of the windscreen. The race started at the high school in the small town of Bristol. Many people had turned out, and with a 10 k starting at the same time the pace was brisk. I started gently, and settled into a comfortable rhythm of 7:20 minute miling, gradually overtaking people, and soon only a 2 or 3 runners could be seen.

The scenery was stunning, with trees turning from green to a spectacular array of rich autumnal golds, reds, ambers and oranges, and a lake alongside.

The route undulated uphill along roads to Newfound lake, and continued through the communities along its shores. Picture postcard houses appeared at every turn, with their painted shutterboard sides and distinct New England style. Waterstops were every two miles, and the first was manned by the local Veterans in uniform with the banners, with bugles. Many people came out to watch and support, and were tremendously friendly.

At 8 miles, we reached the end of the lake and headed up and down some steep inclines before a beautiful out and back loop to the half way point. The village of Hebron was at a key junction, with picturesque white houses and a white church and masses of supporters. I reached half way in 1:37:09 and held the same pace to 18 miles. At this point we started to come back along the lake, hitting a series of small hills which sapped the energy. I slowed to 7:45 minute miles, and then at the 23 – 25 mile point slowed further.

On returning to Bristol, I decided to overtake the person ahead and lifted the pace through to the finish, securing a time of 3:19:59 and 15th place.

This was far better than planned for running at a relatively comfortable effort level, particularly given the 800 to 1000 ft of rise and fall over the route. The finish was amazing, free food (including pizza !) for all, a band,

Julian Farrell 10k



and an army of sports masseurs in a carnival atmosphere.
If you are in the USA, I recommend looking out for a small country event like this – the welcome you will get is amazing.

Abingdon Marathon

The weather forecast leading up to the race was grim, with gales and driving rain set to sweep up from the South. But sometimes miracles happen, and by race morning it became clear that we would be running in a lull between the storms. We ended up with cool overcast skies, little wind and only a little rain mid race – perfect!

The race is based in Tilsey Park sports ground, a fantastic location complete with a grandstand, good changing facilities and plenty of space. We started on the track, and then headed out into the countryside along roads.

The course does a series of loops out into different parts of the countryside, and back into town – going through the picturesque centre twice, and over the Thames several times too. It is very flat, and the traffic was not too much of a problem.

My race went well. Sarah Gee (ex Windle) and I decided to head out at 7:15 pace but quickly settled into 7:00 min/mile instead. This was a tad quick for me, but it did not feel too uncomfortable and I was able to keep chatting and cracking bad jokes for the first half which went by in 1:31:47.

After 16 miles of this pace, discomfort grew and I dropped to 7:30s. The last 4 miles were tough – there is a big loop away from support in open country before you head back to the athletics ground. The second half of 01:40:05 showed the slowing in the last 10 miles, but I was delighted to secure a new PB.

Richard Gurd flew round the course in a fantastic time, and Sarah Gee won all sorts of prizes including 1st Masters for her age group. Kevin Pedley did really well on his first marathon outing for many years, cracking 4 hours with real determination after feeling none to good in the closing miles.

With 681 finishers and a great course, it is a fantastic autumn event. Try it!

Andy Reading 10k

I ran the Andy Reading 10k yesterday – it was a bit of a trek up to Bicester, but a friend of mine who lives there wanted to do it and it's advertised as a flat course ideal for PBs, so I thought I'd have a crack at my PB! The Rosemary Conley Christmas party the night before probably wasn't the ideal preparation, but I decided to drive there so that I wouldn't drink too much, and that was a wise decision!

It was a nice morning and I was feeling good after a couple of quite fast runs (for me!) during the previous week. I got there in plenty of time for a good warm-up and stretch and was raring to go when we were shepherded from a sort of 'holding' field to the start. A pistol shot start made us all jump and we were off!!! A 4:42 first k was quite fast for me, but I was feeling ok so tried to keep to that pace. At 8k I was just over 38 minutes, which is still a good time for me, but a PB was going to be close!!! At 9k I tried to up the pace a bit and finished in 47:50 according to my watch - 26 seconds outside my PB, so my club championship time won't be affected.

The course was nice and flat, just 2 small humps over the motorway to give a bit of a contour. A part of the course was round an airfield and it was quite open and windy on that stretch, so that probably slowed me down a bit.

There was a water station at 5k and water at the end. The memento was a Coventry Building Society key ring (their main sponsors), so that was different. The Runners' World web site advertised hot bacon sandwiches after the run, and I had assumed that meant they were free for runners – I

was very disappointed to find that they weren't when I got back – and I'd left my money in the car, so I had to go without!!!

The results are up on their web site now, and my official time was 47:37, so only 13 seconds outside my PB – I'll try to get that down for the club 10k in January!!!!

Nick Cook

2006/2007 Committee

CHAIRMAN

Ken Anckorn
anckornks@hotmail.com

SECRETARY

Barry Andrews 01276
bandrews@aol.com

TREASURER

Jon Vickery 01276
jon@jnvickery.com

MEMBERSHIP SECRETARY

Phil Morley 01276
philipjmorley@btinternet.com

CAPTAINS

Chris Dent 01276
Cjdent@ntlworld.com

Katie Cousins

peanut_kt@hotmail.com

GENERAL MEMBERS

Bob Webb 01276
Kellywebb@onetel.com

Kevin Pedley 01276
Kevin.Pedley@Tesco.net

Dave Pearce 01276
windrush.44@btinternet.com

Karen Dann 01276
Danns@tiscali.co.uk

Tony Sheridan 01276
Sheridans@totalise.co.uk

Pam Berriman 01252
pam_berriman@hotmail.com

Bridget Morris 01483
bridget.morris@uop.com

Jill Hopkins 01276

COAST TO COAST 2006**THURSDAY 28TH SEPT**

Head off 4pm in bright sunshine - hit East Prowler (most southerly tip of Devon) 7pm in swirling mist and fog. The weather and road signs with their country miles should have warned us about the weekend we were about to endure. We finally arrive at the B & B joking about fog, it's like something out of Hounds of the Baskervilles as we feel our way along the tight Devon lanes, driving like Stevie Wonder. We felt our way into the B&B, when out of the mist 2 large Labradors catapult towards us - it was funny but you probably had to be there! That was the welcome to the lane of the 6 fingered glove. The "Munster" family we were billeted that night seemed friendly enough, as they made their local brew and discussed the slaughter of various livestock. It was time to get out. Check out the infamous "Pigs Nose" the finishing point 72 hours ahead! Asked Mr B&B way to pub and after insisting going over the detail of the instructions several times, thinking that with the fog, we may not get there in time to order food when actually it was only 150m down the road - another 'had to be there' to giggle.

Picture Pirates of the Caribbean and that's the Pigs Nose Pub. They keep a till similar to the shop in Open All Hours but on steroids! Keep count with notepad and pencil and growl at you when you ask for a drink or food! We try the local energy drink "Thatcher's" Food arrives - served by an Italian Chef - you have to use your imagine please! So.... After 4 cloudy ciders and lasagne and chips we head back to the Adams Family B & B. They are busy making apple wine and thrive on being totally self sufficient. We crash after very long day looking forward to lots of sustenance for breakfast.

FRIDAY 29TH

Olympic Full English for Tim - good choice 'cos ended up being the last decent meal until the Little Chef on the return trip. Head off to check out finish 1 and ¼ miles of serious downhill. Just a little mental prep for the 'adventure' to follow. Shelter from more wet sunshine in village café and chat to fellow C2C entrants. Ask them how long it took them and they say 20 hours...WHAT!? Enormity of the event descends. Spend the next 3 and ½ hours travelling to the beautiful village of Brendon and my first experience of camping. At least it wasn't raining when we put up the tent. Head off to pub for carbo loading NOT! Worry event is being over sold and under delivered. Order basket of chips for dessert. 10.30 head torches out then the sound of rain on canvas... uurrghh but the weather was just getting going. Wake up to blue skies - phew. Breakfast seriously basic - what, no porridge and no bananas. 4 boxes of cereal and a couple of loaves of bread between 130

competitors! It was going to be a competitive event!!

9am We're Off. Glad to get going after all the preparation. Expecting tough 1 hour road run - oh no, mountain goat stuff in road shoes. Awesome scenery. 7 miles takes 1 hour 20 mins! Just a bit lumpy but that was the easy bit! Warm up over we hit T1 and the 58 mile cycle on mountain bikes across Exmoor. Towing system installed on Tim's seat post makes fellow competitors jealous. Head off and up but need emergency repairs after only 5 mins but happy that we are still in the middle of the pack, so we think! Know that we have to climb out of village but we were still climbing 20 miles later! Difficult to appreciate the scenery when grinding up and flying down. Map reading, urgh! We thought the cycle would take us 4 hours-ish tops so 6 and ½ hours later and several SOH failures when cycling Whitton Down we hit T2 - Widdecombe on the Moor. That was tough. Head wind so just no respite and so, so, sick of gels. Tim not feeling too good due to lack of sustenance so we walk the 1st mile of the 2nd 7 mile road run. Meet up with 2 nice guys with similar trials and tribulations AND RAW I.T. BANDS! Walk the downhills and finally hit camp 9 hours and 1 minute after we started. Thinking that, surely there would be buckets of hot pasta - oh, no...a (singular) pie and a (singular) spoonful of potato AND salad! Urgh again. Follow the meal with a nice cold shower and then torrential rain, thunder and lightning. All part of the adventure! Spirits still good and even refrain from going to the pub. Tim missing home and family heaps. 9pm and still not everyone in. Feel so sorry for them 12 hours and finishing in the lashing rain to find sleeping bag and kit has been left outside, and a cold pie left...Nice!!

Industrial ear plugs needed. Difficult to get any sleep with the weather. Cannot face venturing out to the loo so just have to tough it out and hang on till daybreak. Thoughts of preparing all the kit and bikes not very enticing as was the breakfast or lack of it. Weather so bad the pub shuttle abandoned, so no chance to find food. Even the ambulance with us aquaplaned and crashed bending the wheel

SUNDAY 1ST OCT

They delay the start of Day 2 by 45 minutes so make many trips to the loo but our tent is being used as a baggage store (we find out when 30 bags entomb us in the tent). So time restricted to writhing on the wet floor trying to change the tyres on the bike. Apply as much anti-fouling as we could. Vaseline and baby oil (Wendy's idea which worked well) The rain has caused havoc with the mountain bike course and it seems that sheep sometimes get fed up with grass and eat the signs on the course. (We are not beyond this ourselves by now!) 1st section of Day 2 is a 20 mile mountain bike. Cannot face riding up the 25% incline before getting warm so opt

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.

for the walk option - did not lose much ground and hopefully saved a little bit of energy and mental strength for the journey to Totnes and the kayak section. We miss check point as signs have been washed away - cannot worry about being disqualified as so many others missed check point, too. Marshal eventually instructs "every man for themselves and get to Totnes" Getting used to country miles - how long can 5 miles be! Hoorah - T1 Day 2 Sun is shining.

Think we will be able to relax a bit whilst sitting in kayak for 2 hours - thought we could eat, drink and get mobile signal! But... head winds and rain cause stationary water skiing while having fireman point hose in your face...then it got difficult! Just had to keep going, Tim saves the day 'cos Wendy so ready to abandon ship. Bring back the Basingstoke Canal, please. Gusting 40 knot winds and wind over tide produce a tempest that capsizes or blows over scores of Kayakers. It's grim going, and a moments rest sees you loosing ground to the wind. Wendy hauled out of kayak, unable to stop shaking and heads for shelter in the back of the ambulance.

The Dartmouth Park we stumble too, like a herd of geriatrics with DT's, looks like a refugee camp. There are many grown up adolescents shaking uncontrollably whilst exposing themselves to the local yokel old folk. (Much to there amusement. Stripping to your running shorts before getting re-dressed in the wind and rain.) Prepare for the 20 mile run and more gels...urgh. Where's the Costa Hot Chocolate when you need it?!

But to our delight the first 5 miles are only a roller coaster of steps leading you from craggy cove to cove, Oh joy. Eventually we arrive 7 ½ miles in at CP1 at the end of Slapton Sands. A check of the "Passport" and the last water station for 13 miles. So with 3 ltr of water in the camelback sloshing about, on Douglas Bader's borrowed legs we shuffled on. Tim's IT bands now twanging like a banjo.

In the distance one can clearly see Start point lighthouse. This stayed this way for the next 7 and 1/2 miles through the rest of the steep climbs and huge

descents until the lighthouse appeared. Just 5-6 miles to go!!

There was great camaraderie from fellow sufferers, both overtaking and being overtaken. The sun was setting and light fading. The going underfoot was treacherous, and we knew we had to get a move on. This course in the dark was not going to be an option. Vertical cliff tops with gaping drops 4 feet to the side would not be a bag of laughs with a Legoland head torch.

Soon (figuratively speaking) we are there at the southern tip. Just the 1000 ft climb up to East Prawle and were there!! Done :O)

Get signed in and recover the gear from various fields and a hot shower, Sausage in a bun (the slap up BBQ) and head for the bar. After finding out the accommodation for that evening reduced to sleeping in the car. (Weather too bad to pitch tents and the pub floor at £10.00 a head looking grim) We join in the merriment with some excellent re-hydration (Thatcher's Cider) and the local one man band.

It was great to catch up with the friends we had made over the last three days and yarn about the various stages of the race and how much massage, counselling and rehab we would need before rejoining the human race again. We ended up with the fixed grin of satisfied combatants (3 sheets to the wind) and the pub erupting to massive cheers when other later parties crawled through the door every 15 minutes, for a further 3 hours after we got in. By now the weather was atrocious, driving rain and strong wind and of course pitch black. The poor sod's.

All in all a great event. Could have been so much better with some more organizing. Hot showers, enough food and sleep would have made a big difference. But still an amazing race, fantastic company. Met some great people, and again the camaraderie between competitors was fantastic.

Never again.....Well not this year
Wendy Davies

Winter Training

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

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

+SUNDAYS @ 9.30am
Blacknest Gate, Virginia Water

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

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RUNNER	Windle Valley Runners - Handicap results for 2006											
Men												
2006 Handicap times	Jan.	Feb.	March	April	May	June	July	Aug.	Sept.	Oct.	Nov.	Best
Ken Anckorn						0:40:36	0:42:09			0:41:34		0:40:36
Nathan Aspinall	0:34:48											0:34:48
Nuno Bento							0:49:46					0:49:46
Andy Blackburn				0:46:16								0:46:16
Paul Conlan	0:54:16			0:52:17	0:51:20							0:51:20
Nick Cook	0:47:27	0:47:24				0:48:46				0:47:42	0:48:19	0:47:24
Mark Coxhead	0:49:28	0:50:33	0:49:27	0:49:58	0:49:50	0:49:57	0:53:54	0:52:54	0:50:23	0:49:22	0:49:02	0:49:02
Richard Deacon				0:50:53								0:50:53
Tom Deacon			1:03:27	0:55:05								0:55:05
David Deacon			1:03:33	0:56:03								0:56:03
Chris Dent	0:51:44	0:51:13		0:50:19		0:48:23	0:47:06		0:46:22	0:43:31	0:44:01	0:43:31
Michael Flaherty	0:47:21											0:47:21
Alan Forbes				0:55:04								0:55:04
Richard Franklin				0:42:13	0:43:46							0:42:13
Richard Gurd			0:38:38		0:39:09				0:38:35			0:38:35
Keith Hopkins				0:46:14	0:45:07	0:49:12		0:47:56	0:45:10			0:45:07
Keith Hull	0:42:03	0:41:29	0:42:10	0:42:11			0:44:39		0:43:07		0:43:10	0:41:29
Duncan Irvin				0:44:28		0:44:53					0:43:13	0:43:13
Hywel James	0:45:58											0:45:58
Peter Jones					0:41:57					0:40:32		0:40:32
Nigel Knell		0:46:59			0:45:01	0:45:22	0:47:08	0:45:37				0:45:01
Ian Lee-Emery		0:42:23										0:42:23
Chris Lovell	0:48:37	0:47:52	0:47:20	0:46:57		0:47:55	0:48:12	0:48:04	0:48:52	0:46:51	0:47:48	0:46:51
Michael MacClancy				0:43:06								0:43:06
Ross Maclagan						0:46:13						0:46:13
David McLean		0:40:32						0:41:10	0:40:09	0:40:58	0:40:12	0:40:09
Dave Nichols									0:47:40		0:43:56	0:43:56
Dave Pearce	0:48:22			0:49:31	0:50:23			0:51:26		0:49:59	0:49:39	0:48:22
Dave Ricards											0:58:00	0:58:00
Tony Sheridan		0:46:45			0:46:01		0:47:22		0:53:07			0:46:01
Dave Smith	0:56:01			0:56:49	0:57:37		0:57:03		0:56:43	0:55:20	0:56:28	0:55:20
Peter Taylor			0:50:27	0:48:40	0:48:50	0:48:39	0:48:46	0:48:00				0:48:00
Peter Tiner	0:49:33	0:51:29					0:50:51		0:53:52			0:49:33
Alaistair Watts		0:42:36										0:42:36
Geoff Williams	0:42:39	0:42:41	0:42:37		0:42:03	0:42:06		0:43:55	0:43:38	0:43:14	0:42:52	0:42:03
John Williamson	0:45:02									0:47:01	0:44:52	0:44:52
Ladies	Jan.	Feb.	March	April	May	June	July	Aug.	Sept.	Oct.	Nov.	Best
Susan Anckorn						0:57:38				0:57:44		0:57:38
Pam Berriman		0:57:12										0:57:12
Sarah Calver	0:44:24	0:45:17										0:44:24
Karen Dann		0:57:15			0:56:23	0:56:25						0:56:23
Christelle Gental										0:49:22		0:49:22
Marie Guinard	0:59:46									1:00:28		0:59:46
Christine Harford				0:53:03								0:53:03
Mel Hartshorn		0:48:27										0:48:27
Sara Knell		1:04:00	01:03:32	0:58:44	0:56:22	0:57:39	01:01:17	57:27				0:56:22
Ann Marie Maclaren							1:00:51	0:57:11	0:52:39	0:49:20		0:49:20
Mary MacClancy				0:43:28								0:43:28
Lynda McKenna										0:48:49	0:48:24	0:48:24
Bridget Morris	0:52:22	0:52:19	0:52:33		0:51:37	0:51:37	0:52:00	0:53:14	0:50:48	0:52:23	0:52:11	0:50:48
Mary Painter	0:57:24			0:53:01								0:53:01
Katie Cousins	0:43:18			0:47:34	0:43:47			0:46:51			0:43:54	0:43:18
Chris Peppiatt		0:49:48	0:49:10	0:48:37		0:49:36		0:51:13		0:48:52	0:50:06	0:48:37
Jenny Peppiatt											0:42:03	0:42:03
Jo Rodrigues		0:44:10			0:39:28		0:40:30			0:49:52		0:39:28
Babara Rodrigues		0:51:56			0:51:41				0:56:14	0:54:46		0:51:41
Sara Ricards				0:55:09							0:57:02	0:55:09
Jo Smith											0:50:04	0:50:04
Dawn Straker	0:49:55				0:47:27		0:46:35	0:46:12			0:47:40	0:46:12

Race Results

			260	Ken Anckorn	1.37.32
			287	Richard Sherlock	1.38.47
			396	Dawn Straker	1.43.17
			440	Colin Woods	1.45.38
			530	Chris Peppiatt	1.49.39
			579	Dave Pearce	1.51.21
			773	Victoria Davies	2.02.58
			782	Dave Smith	2.03.51
Julian Farrell 10k 1 st October					
25	David Mclean	40.20			
28	Jo Rodriguez-Downs	40.54 (sc)			
40	Keith Hull	43.16			
43	Jenny Peppiatt	43.48			
47	Katie Cousins	44.44			
48	Sarah Calver	45.00			
52	Richard Sherlock	45.51			
53	Dawn Straker	45.55			
55	Chris Dent	46.20			
57	Kate Archer	47.15			
71	Christelle Gental	49.47			
73	Dave Pearce	49.47			
74	Chris Peppiatt	49.56			
84	Anne-Marie McLaren	51.29			
Hogs Back 10 th December					
			133	David Williamson	55.13
			218	Dave Nichols	58.25 (sc)
			256	Richard Sherlock	59.41
			346	John Williamson	1.02.33
			352	Chris Lovell	1.02.54
			357	Mark Coxhead	1.03.25 (sc)
			443	Colin Woods	1.05.55
			557	Barbara Rodriguez	1.10.22 (sc)

Cabbage Patch 10 mile 15th October

236	Ken Anckorn	1.09.45
291	Katie Cousins	1.11.50
302	Murray Wilson	1.12.03
325	Chris Dent	1.12.53
347	Jenny Peppiatt	1.13.32
369	Richard Sherlock	1.14.18
459	Dawn Straker	1.17.06
610	Colin Woods	1.20.30
620	Chris Peppiatt	1.20.45

Abingdon Marathon 22nd October

23	Richard Gurd	2.51.31
108	Miles Cudmore	3.11.52
453	Kevin Pedley	3.56.57

Marlow half marathon 5th November

89	David Williamson	1.35.40
128	Ian Lee-Emery	1.38.18
141	Katie Cousins	1.38.51
156	Chris Dent	1.39.38
429	Chris Peppiatt	1.53.24
524	John Williamson	1.57.32
604	Anne-Marie McLaren	2.01.34

Gosport half marathon 19th November

140	Miles Cudmore	1.29.34
150	David Mclean	1.30.22
173	Peter Jones	1.31.39
222	Jenny Peppiatt	1.35.14
234	Chris Dent	1.35.51

Tadley x Country 5.3 miles 10th December

53	Ken Anckorn	40.33
64	Chris Dent	41.36
68	Katie Cousins	42.03
100	Christelle Gental	45.52
106	Dave Pearce	46.33
108	Gordon Trout	47.00
123	Anne-Marie McLaren	48.03
124	Chris Peppiatt	48.11
146	Bridget Morris	50.11
160	Dave Smith	52.03
180	Sue Anckorn	54.18
184	Sara Ricards	54.42
190	Dave Ricards	58.42

Club Member Profile

Ken Anckorn.

I was born in a small cottage in a very small village called Rhu about two miles up the Gairloch from Helensburgh, which is about thirty miles up the west coast from Glasgow. This makes me, by less than half a mile, the only highlander in my family.

We moved to Newcastle upon Tyne when I was 8 and I grew up, went to University and started my career in Conservation and running there. I worked for 10 years for the National Trust in Northumbria running their Enterprises including shops, catering, holiday cottages, visitor centres and all sorts of other things. In 1989 we moved to Devon where I did more of the same, only for more NT properties. Then came one of those wonderful organisational reviews and my post went pear-shaped.

So time for a change of direction back to my wildlife roots and I followed my long suffering wife Sue to the land of milk and honey, better known as Surrey. After a year at Farnborough College learning how to be an Environment Manager, I now work for Surrey Wildlife Trust as a Reserves Officer and Conservation Planner.

I have been distance running since I gave up rugby at University in Newcastle when I was 18 or 19. I was a right winger, where with a bit of speed I could stay out of trouble. Unfortunately other players started getting faster (I'm sure I wasn't getting slower), and so to avoid having my face re-contoured, I started running away from people on the road or across country. My fastest times are yet to come of course, when I reach my prime, but so far I can claim a 40min 15sec tenK at Ivybridge in Devon, a 1hr 7min 45sec 10 miler at Plymouth and 1hr 28min 31sec half marathon at Exeter's Great West Run in 2002, beat that Dave!

Obviously, even an athlete of my calibre (small bore), has his off-days. I think I knew it was time to move from Newcastle when I was overtaken in the Great North Run by Frank Bruno and he was signing autographs!

My current wife Sue decided that if even I could run then it should be a piece of cake for her. Being a person of the opposite sex, she had to do things properly and joined the local running club. This was in Devon, so it had to be the South West Road Runners, a great club for all abilities, with the benefit of a running track at their HQ. She also dragged me kicking and screaming to the WVRs when we first moved to Chobham. If you want to run better join a club, preferably a running club, that

takes it's running but little else seriously. There is always some swine there who is just that bit faster than you who will drag you round just outside your comfort zone and thus sneakily improve your running without you knowing.

What else will get you off your bum on a cold wet Winter Tuesday or Thursday and make you feel better when Kevin or Chris at long last says you can stop! And don't you think that first beer after a horrible long run is,

1. Medicinal
2. Tastes like nectar and
3. Causes short term memory loss, so before too long, you are off for another horrible long run!

So 2007 will soon be upon us, or if you are reading this now, is days/weeks old (delete as appropriate). The festive rest is over and I will be dragging my overindulged frame back out onto the road, or Chobham Common, to frighten the local wildlife, as I start pounding out my 25-30 mile a week training schedule. Two or three weekly runs on nice hard roads and a long slog over hill, mud and tree roots in and around the village. (Chobham, if you have to be a runner, is probably one of the best places in the SE to practise these unnatural acts). So it will be a plateful of porridge (what else), on with the trainers (can't remember what make or read the label anymore) and out to terrify the local squirrels.

Happy running in 2007 everyone.
Anyone fancy a beer yet?

Cabbage Patch 10 mile



Race Diary

January

Saturday 6 th	Bushey Park 5k time trial	9.00am (most Saturday's)
Sunday 7 th	Tadworth 10	10.30am
Sunday 14 th	Stubbington Green 10k	10.00am
Sunday 21 st	Epsom Oddballs Perch 6.25	10.30am
	SIS Canal Run Frimley 12k	10.00am
Sunday 28 th	WVR Handicap 10k	10.00am
	Romsey 5	10.30am

February

Sunday 4 th	Watford half marathon	10.30am
Wednesday 7 th	Woking Handicap 3	12.30pm
Sunday 11 th	Wokingham half marathon	10.00am
	Meon Valley Plod 19.5	10.30am
Sunday 18 th	Bookham 10k	10.00am
Sunday 25 th	Bramley 10/20	10.30am
	WVR Handicap 10k	10.00am
	Goring 10k	11.00am

March

Sunday 4 th	Berkhampsted half marathon	11.30am
Wednesday 7 th	Woking Handicap 3	12.30pm
Sunday 11 th	Fleet half marathon	11.30am
	Hastings half marathon	10.30am
Sunday 18 th	Finchley 20	9.30am
Sunday 25 th	Reading half marathon	10.00am
	Cranleigh 15/21	9.00am
	WVR Handicap 10k	10.00am

April

Sunday 1 st	Combe Gibbet to Overton 16	2.00pm
	Kingston Breakfast Run 16	8.30am
Wednesday 4 th	Woking Handicap 3	12.30pm
Friday 6 th	Maidenhead 10	9.30am

For other events check www.runnersworld.co.uk

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

Gosport half marathon— 19th November



The forecast was for cold, damp and windy conditions. This proved to be wrong, a nice bright morning with the sun shining the temperature lifted very nicely for the 11.00am start. We tried to get a pre race group photo of us all but were unable to usher all 13 club members together, however we did manage to get a small group. It was good to see such a large group turning up to a race so far distant from

home. I wonder whether posting times for the Club Championships had something to do with it.?

PB's were set by Jenny and Dawn. Well done to you both!! Just for the record, yours truly produced another 10 year best, despite dramatically slowing over the last 2 miles as my body started to shut down!. A cursory glance at the results indicate that I finished 9th Over 55 man, something I did not imagine possible earlier on this year.

Enough about myself!, I thank all who turned out, it was great to see WVR represented in such great numbers and especially the men. Lets keep this up

Marlow half marathon - 5th November

It was a cold, but bright start to the day, the great pre-race debate being whether it was vest only or should we wear T shirts underneath.? With the sun shining and the temperature lifting I think most of us made the right choice.

We were ushered out to the start with precision timing and the launching of traditional starters firework rocket (wait for the bang) saw us away on the stroke of 9.30. Katie declaring that she was out for a "social run" I decided to try and latch onto her. I was helped in this cause due to her 3, yes 3! Shoe lace stops. Perhaps we should teach her the art of tying double bows!!. Chasing her all the way I thought there was a chance I might get the better of her for once but unfortunately lost contact on the last hill at 10.5 miles. With the downhill last mile I just managed to duck under 1.40 (another 10 year best). Another long sleeve T shirt for the drawer. With this one out of the way I now look forward to the flat Gosport Half in a fortnight.

With the aid of the family Williamson and Ian Lee-Emery the men finished a creditable 8th club team. Our ladies picking up the 9th club team spot.

Congratulations to Anne-Marie McLaren on her debut Half Marathon. (Anne-Marie, you could have chosen an easier one you know!)

Peter Driver Memorial 10K 22nd October

On the day when most runners were converging on Portsmouth for the Great South Run I decided to try the Fleet 10K. This event being organised by Fleet and Crookham A.C. 2 lap courses are not the most favourable but 10K is 10K however it is run!.

Just the 3 of us from Windle Valley this week. The forecast was for heavy rain, but fortunately the weather was kind to finishers under the 1 hour mark because it then bucketed down for the rest of the day.

After my much improved 10 mile time last week in the Cabbage Patch I produced another 10 year best, getting the better of Richard for the 2nd week running. I'm sure he will be rectifying that situation in the not so distant future.

Reports from Captain Chris Dent

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:

www.windlevalley.com