

Windle Valley News



Issued to all Members of Windle Valley Runners

Editorial

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The Christmas edition of the WVR Newsletter should have reached you by the end of January, and I hope by now you have submitted your club championship entry to our Captain Chris Dent and also sent in your requests for D&D places for Saturday 9th February at Chobham Golf Club.

At our recent club committee meeting a draw took place for the 5 marathon places that the club has to offer. Two for our mat laying activities and three as a club with over 100 members by right. Sarah and Nigel Knell were the lucky? Recipients of the mat laying places. Keith Hull, Paul Conlan and Julian Davies had their names drawn from the hat for the club places on offer. This year we had 13 rejection slips to enter into the draw. I hope we had some members of the club who have been lucky enough to gain places through the main marathon ballot, and good luck to everybody taking part.

At the AGM in October we made some changes to the committee. Phil Morley stepped down as Membership Secretary and his place has been taken by Lucy Allen, please address any issues regarding

membership to Lucy, and we would particularly ask you to keep us up to date with any changes of home address or Email address. Chris Dent, Men's captain, will now be responsible for all outgoing club Email, and therefore if you have anything you would like to share with the rest of the club please forward it to Chris in the first place.

Kevin Pedley also stepped down from the committee at the AGM and Jo Smith has taken his place. We thanked both Phil and Kevin at the AGM for all their hard work. For the time being Phil will continue to update the Club website.

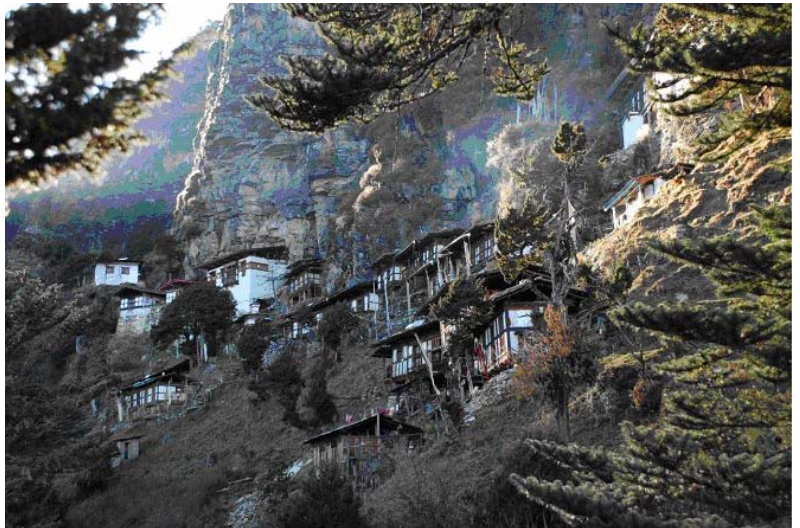
Our training sessions are always under review, mainly to try and get a good balance for all members of the club who are able to attend the training sessions. The club website will always have details and Emails will be sent out when venues or times are changed. I normally publish the details in the newsletter.

Barry Andrews

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Chele La Himalayan Kingdom Marathon, 22nd November 2007

At 4pm in the afternoon before the race, I found myself trekking uphill at 3,500m. Above us perched precariously on a cliff was a Buddhist nunnery, prayer flags fluttering in the cold breeze. We had 350m still to climb to reach the Chele La pass, and were wondering how 2 hours of mountain walking fitted with pre race rest. Our Bhutanese guides had misinterpreted instructions, sending the bus on its way before we realised what was happening. But it was a stunning walk and a chance for some final acclimatisation.



The next morning the 15 British runners joined 26 Bhutanese at the start line in our hotel grounds. Bright sunshine slanted through the trees melting the frost, and our breath steamed in the still air. Buddhist monks started to chant and the Bhutanese joined in as the race was blessed by the Deputy Governor of Paro and the local Chief of Justice. Minutes later, this unique race was underway as we ran downhill to the valley floor. As we continued along a dusty track past paddy fields and traditional farm houses, the group soon spread out.

None of the Bhutanese had run a marathon before, but a number were clearly very able athletes and performed well up to half way. I chatted to Chemje, a 17 year old from the local Taekwondo club. He had run a 12 km race before, was really enjoying the event, and seemed to know everyone. This part of the route gently undulated along the valley at an altitude of 2,275m to 2,450m, and economic running was essential.

I took particular care on the uphill and also focused on taking on fluids and energy gels to keep topped up. After going through Paro, a small town with lots of enthusiastic support, we climbed up a road to the start of the mountain trails. The 18 km first section had taken me 96 minutes, and included 290m of ascent and descent. I was eighth overall and feeling comfortable.

The first 600m uphill was brutal, and sweat poured off me as I took a direct line up the barren, rocky slope in blazing sunshine. I quickly passed two runners from Bhutan and was then alone. My aim was to hold a sustained effort, pushing where possible whilst not letting the heart rate go over 150 bpm, and to take on fluids and energy regularly. I had replaced my bottle belt with a running rucksack containing additional clothing for colder conditions higher up, two 500ml water bottles and a generous stock of gels, energy bars, electrolyte powder and hydration tablets. I made up new drinks at most waterstops, and also took on bananas. The system worked well and enabled me to maintain effort and avoid cramps for almost the whole race.

Climbing through 3,000m I passed a small monastery set in flatter grazing land and pine trees. Some young



monks were practicing archery – the national sport – and arrows thudded into the slope behind me. I caught up with three Bhutanese runners and Mike Warwick from the UK, and soon passed them as the climb continued through the trees. Any ground in the shade was white with frost and we could see spectacular views of Mt Jhomolhari. This is Bhutan's highest mountain and has never been climbed as it is considered sacred. When I paused to add a layer of clothing, Mike caught me up and quickly used his fell running pedigree to move ahead as we headed down a steep descent. However, the path soon headed back uphill and I passed him once more on a particularly steep section and was now second behind a runner from Bhutan. **The first 600m uphill** was brutal, and sweat poured off me as I took a direct line up the barren, rocky slope in blazing sunshine. I quickly passed two runners from Bhutan and was then alone. My aim was to hold a sustained effort, pushing where possible whilst not letting the heart rate go over 150 bpm, and to take on fluids and energy regularly. I had replaced my bottle belt with a running rucksack containing additional clothing for colder conditions higher up, two 500ml water bottles and a generous stock of gels, energy bars, electrolyte powder and hydration tablets. I made up new drinks at most waterstops, and also took on bananas. The system worked well and enabled me to maintain effort and avoid cramps for almost the whole race.

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Streams of prayer flags and several chortens at 3,600m heralded the nunnery with very narrow paths traversing steep slopes with the buildings clinging to the cliffs overhead. With shouts of encouragement from supporters who had walked there, I started the final tricky uphill section to the Chele La pass at 3,840m. The 1660m of ascent from the start of the mountain trails took me 2hr 49min. The final steep stage was hard with the altitude taking its toll, but the reception at the top was fantastic.

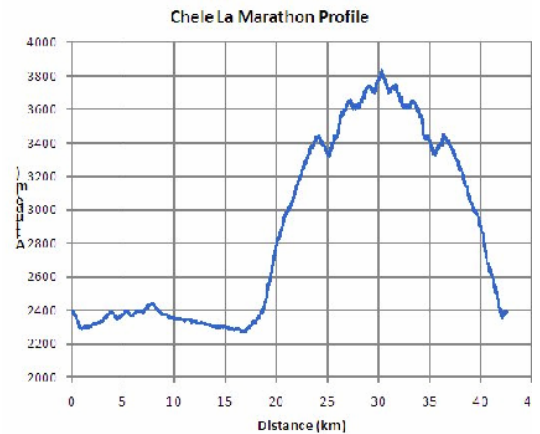
The third stage of the race now began, a huge descent down the same trails to the valley below. After four minutes going down I met Mike coming up and knew it was only a matter of time before his downhill skills would enable him to pass me. My aim was to keep moving in a controlled way, flowing as much as possible to avoid stressing the quads. The sub zero temperatures, difficult access and spread field meant that any accident would be bad news and it was not the time or place to experiment. I felt good and was soon able to establish a reasonable rhythm over the broken ground. Approaching the nunnery I met a nun with an enormous wood basket on her back on a narrow path traversing a steep slope, but was able to squeeze by with smiles all round. It would be interesting to know what they made of the race in their remote eyrie.

My bonhomie was dented at 35km when the trail headed sharply back uphill. The altitude was still over 3,400m and I felt exhausted as the muscles for climbing had to be re-engaged and protested with slight cramps. At 39km in the meadows above the monastery, Mike came by and soon was out of sight. I then met a cow in a steep, narrow gully, but was able to squeeze by with no complaints or kicks.

The toughest bit of the race then started with 600m of descent on loose, rocky ground on very tired legs. The valley floor seemed a long way down, and I used the switchbacks to keep a sensible rhythm. On reaching the road again, it was one last push uphill to the hotel and the finish to yells of tremendous support. I was ecstatic to finish third in 6hr 24min, 9 minutes behind Mike (first international finisher) and 35 minutes behind the Bhutanese race winner.

The race covered 2,165m of ascent and descent at altitudes between 2,275m and 3,835m over the full marathon distance. It was the first time a mountain marathon had been held in Bhutan, and was harder than the organisers expected. 10 out of 15 British marathoners completed the course, half after nightfall by torchlight. 6 Bhutanese runners also made it in a very creditable first performance. Next year the course will stay lower and have less ascending, and I strongly recommend giving it a go. Bhutan is a remarkable country and 2:09 Events plus local guides Blue Poppy Tours made it into an unforgettable 10 day tour.

Mile Cudmore



2007/2008 Committee

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Sunday 18th November 2007
Camberley & District A.C. Cross Country Trophy Meeting
Frimley Fuel Allotments.

A small number of WVR braved the cold and damp at this local cross country meeting. With separate races for the ladies and gents Jill and Keith had brought along Junior Hopkins as spectator with the intention that they would both have a run. With no certainty that the Ladies race would finish before the start of the Men's race Jill decided not to start. Unfortunately there were no other ladies representing WVR so it was down to the men to fly the flag.

The turnout in both the men's and ladies races were quite modest. The men's distance listed as being 9500m, comprising 1 medium lap followed by 4 large laps. Each circuit having a steady climb with a right stinger of a hill nearing the end.

With such a small field the start was quite quick but we soon settled down to a sensible pace with Keith Hull and Peter Hansen disappearing into the distance. I was going quite well even managing to keep on my toes up the steep hill for the 4th and last lap, with the finish coming about 200m from the top. I had nothing left on this run in as I watched Keith Hopkins overtake me with only yards to go. Unknown to the rest of us Ross Mclagen followed us in having arrived after the start starting some 2 minutes down on the field.

Our just reward for our afternoons work was picking up the 1st place Team Trophy with Keith, Peter and Keith totalling 28pts.

I am sure Jill will try and rally support from the ladies for next year as I am sure they would have also picked up the team prize in their race also.

I also would like to see our men turn out in force to retain their trophy.

Chris Dent. Men's Captain

Lordshill 10 mile

I ran the Lordshill 10 mile race in Southampton on Sunday along with Chris Dent from WVR. I wanted to do another 10 mile run for the club championship as my Maidenhead time wasn't very good. I really wanted to knock a couple of minutes off that time to get a bit nearer to last years' time. But my running hasn't been very good lately, so I wasn't too hopeful.

The day started off foggy and quite cold - and very early!!! Up at 7:00 for an 8 o'clock departure. We have friends who live near Southampton and we had been invited to lunch afterwards, so the whole family had to get up and come with me this time - they were not happy at such an early start!!

Got parked up at a school nearby and met Chris who was a surprise late entrant, and jogged off to the start for a warm up jog and stretch. The fog had cleared and a pleasant run seemed in prospect. Lined up with Chris and set off on the hooter along with another couple of hundred runners. Chris set off at quite a pace, so I let him go - much too fast for me!!! Got to the first mile marker and checked my watch - 7:33 - I wouldn't be able to keep that pace up for 10 miles!!! Slowed down a bit and settled into an 8 minute mile pace for a few miles. At 5 miles, I was still on target for a 1:20 finish, but realised I was slowing down. I didn't try to fight it though and stayed at a comfortable pace. At 7 miles I saw friends and family cheering and shouting just ahead - that was nice - I normally have to go to these events on my own. So a bit of a spurt for the camera, before slowing down to a really slow pace!!

Just near the finish was met with cheering and waving again, and Chris was there too to encourage a strong a finish. I finished in 1:23:22, so didn't trouble my Maidenhead time which was a bit of a disappointment, bit it was a very enjoyable run nonetheless.

There were a couple of water stations round the course and at the finish, and the marshals were friendly and encouraging too. Got handed a rather weighty package just past the finish line, and it was an etched glass paperweight (photo attached). Very nice - not like your average tin medal!!! A Mars bar would have been nice at that moment - but anyway, off we went to our friends for a shower and a very nice lasagne for lunch!!!

Nick Cook

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.

Captains report

Firstly I would like to say thank you to all those who have been training and racing over the autumn / winter.

The autumn / winter period saw the return of Paula Radcliff to winning form at the New York Marathon. Our own representative Jenny Peppiatt also put on a fantastic performance producing a superb marathon time of 3:17:30, well done. The Tadley Christmas cross county saw an excellent club turn out with some fast times on a tough, wet and muddy course. I finished 2nd lady again and added another engraved wine glass to the collection. The highlight of training had to be our Thursday Christmas run stopping at Murray's and Ronda's for mulled wine and mince pies - the mood was certainly elevated on the return to the car park (a big thank you to the two of you). Finally I would like to invite all club members to join Bracknell forest at Bracknell track on Wednesday nights at 6:30, where for £1 we can take part in their track session.

Katie Cousins

Club membership

You will have received with this newsletter your reminder for renewing your membership to WVR. If you were not at the AGM in October you may be surprised to see that membership fees have risen! This rise in fees is largely due to our club affiliation to England Athletics.

Last summer there was some debate amongst not only club members of Windle Valley but also from other local clubs about the pros and cons of clubs joining EA. Sandhurst opened a forum on their website and several members of WVR joined that debate. As you can imagine your club committee discussed this issue in some depth and decided that affiliating to EA was the right thing to do at this time. The initial affiliation fee was £50 for the club plus £3 per member, rising to £5 next year. In fact one benefit of membership should have already dropped through your letterbox, your individual

membership card which gives you the opportunity, if you so wish, to get reduced entry fees to races run under EA jurisdiction. Those club members who have joined since September 2007 may not be registered with EA yet. I will be able to update our club details with EA later this year and will wait until our own membership renewal process has been completed. Other benefits of the club being affiliated include London Marathon places, insurance and regular information mailing from EA headquarters which usually comes initially to me as club secretary and is then discussed if it is appropriate at the next committee meeting. Items of value will be mentioned on the club website or in the next newsletter.

We appreciate that not all club members compete, but only affiliating those club members that compete to EA was not an option. Your membership of WVR does bring you three newsletters a year (hopefully), the opportunity to train with like minded runners, a subsidised annual D&D/presentation evening, a monthly run 10k handicap to endure and of course most importantly a social calendar to enjoy (usually at local pubs).

Other running clubs in the area have different membership fees depending on the facilities that they offer, one of those could be track sessions. As you will notice from Katie's report we have been offered the opportunity of joining Bracknell at their track session on Wednesday's for £1, good value for potential punishment!

When returning your membership form, with payment to Lucy Allen, our new membership secretary, please make sure you have amended the form with any updated information, particularly Email address and postal address if they have changed.

Barry Andrews

Winter Training

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

THURSDAYS @ 7pm
1st and intermediate Thursdays same details as
Tuesday (Prior Road)
Last Thursday Bracknell Athletic Track car park

SUNDAYS @ 9.30am
1st Sunday meet at the Lookout
Intermediate Sundays
Blacknest Gate, Virginia Water

Last Sunday in month
"The Sun Inn", Chertsey Road
Windsesham
(10k Handicap at 10am)

Your "Windle Valley News" was very kindly photocopied by

CHANCELLOR & SONS (Estate Agents)

26 High Street, Camberley, Surrey, GU15 3RS Tel. 01276 401500

"You don't want your house sale to be a long running saga"

Race Results

Julian Farrell 7th Oct 2007

19	Dave Mclean	38.47
30	Peter Mannion	41.20
35	Jenny Peppiatt	41.48
36	Keith Hull	42.05
37	Murray Wilson	42.38
42	Katie Cousins	43.15
48	Ken Anckorn	44.35
55	Sarah Calver	45.37
57	Chris Dent	45.46
62	Richard Sherlock	46.39
66	Lucie Pearce	46.54
70	Lucy Allen	47.16
100	Bridget Morris	53.54
109	Sue Anckorn	55.20
121	Dave Smith	57.57

Marlow half marathon 4th November 2007

112	Keith Hull	1.35.40
169	David Williamson	1.40.03
657	John Williamson	2.02.01

Tough Ten 30th September 2007

49	Kevin Pedley	1.35.29
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Cabbage Patch 10 mile – 14th October 2007

108	Dave McLean	1:04:14
214	Keith Hull	1:08:44
262	Murray Wilson	1:10:42
297	Geoff Williams	1:11:43
310	Katie Cousins	1:12:15
332	Kate Archer	1:12:50
391	Ken Anckorn	1:14:44
656	Richard Sherlock	1:21:01
673	Lucy Allen	1:21:21
696	Lucie Pearce	1:21:52
726	Julian Davies	1:22:44
778	Colin Woods	1:24:08
822	Chris Peppiatt	1:25:24
827	Christelle Gental	1:25:34
908	Vicky Davies	1:28:06
1044	Sue Anckorn	1:32:35
1049	Pam Berriman	1:32:41
1056	Sue Middlehurst	1:33:14
1137	Marie Guinard	1:35:36
1285	Irene Ernoult	1:41:20

Camberley xc 18th November 2007

8	Keith Hull	39.03
9	Peter Hansen	41.06
11	Keith Hopkins	43.34
12	Chris Dent	43.37
14	Ross McLagen	46.13

Gosport half marathon 25th November 2007

129	Steve Moody	1.28.35(sc)
153	Dave McLean	1.29.30
323	Chris Dent	1.39.20
749	Dave Smith	2.06.30

Hogs Back 9th December 2007

60	David Williamson	53.14
72	Duncan Irvine	53.55(sc)
97	Peter Hansen	55.24
285	John Williamson	62.43
301	Richard Sherlock	63.31
316	Mark Wye	64.04
366	Chris Lovell	66.04
413	Colin Woods	68.00
486	Babara Rodriguez	71.22(sc)

Tadley xc 9th December 2007

46	Katie Cousins	42.10
47	Steve Moody	42.18
59	Ken Anckorn	44.05
81	Lucie Pearce	45.44
86	Chris Dent	45.59
96	Gordon Trout	47.22
107	Christelle Gental	48.45
136	Bridget Morris	51.49
149	Sue Anckorn	55.12
165	Dave Smith	56.13
167	Pam Berriman	56.17

Buntingford 10 mile 31st December 2007

40	Peter Mannion	66.31
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RACE RESULTS

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

Barry Andrews
Secretary

Club member profile - Jill Hopkins

Born 13 December 1970

Occupation News Cameraman

Pb's 10k, 10 mile, half, marathon

10k - 46'33" - Brighton 2005

10 mile - 1 hour 27min - Canterbury 1999 (Haven't raced 10 miles since!)

Half - 1 hour 47 min - Lanzarote 2004

Marathon - 4 hours 10 mins - Amsterdam 2005b

When/why did you start running

I started running on Boxing Day 1997 with the sole aim of completing the London Marathon in 1998 - I went from zero to marathon in 4 months (not to be recommended). I had decided way back while watching the first London Marathon on TV at the tender age of 10 that I would like to run it one day. Some 17 years later I achieved my ambition, and that first marathon, despite being my slowest by some margin, I still regard as my biggest running achievement.

Enjoy/dislike most about running

I love the freedom that running gives me, and I love the endorphins. But I hate that fact that running in the cold brings on my asthma and makes me constantly cough.

How did you hear about the club

Hooray for Google!

Most memorable race

It has to be my first London Marathon 1998. I was in pain, I had blisters, shin splints and sore legs, I cried (several times), it took nearly 5 and a half hours, I think I even lost my mind a little bit, but 30 seconds after crossing the finish line I wanted to do it all over again.

Recommended event

International Running Challenge in Lanzarote - 4 races on 4 consecutive days - 10k Road Run, 13k Ridge Run (Off road, up a volcano, around the edge of the crater and back down again), 5k Beach Run (on soft sand - a nightmare), 23k Trans Island (pretty much running the width of Lanzarote).

Favourite event

23k Trans Island Race in Lanzarote - The first 10k is all uphill - the first 3k is a killer, but after that you slowly rise as you run through vineyards and across lava fields, it is like running on the moon as you run through the surreal and beautiful rocky landscape. The next 11k are pretty much all downhill, through small Spanish villages, with a final 2k climb up to Club La Santa, finishing with a lap of the running track - Fab!!!

Least favourite event

New Forest Half Marathon - It should be lovely, on paper it looks fantastic, and I'm sure many would disagree with me, but I believe it is jinxed. I have never put in a good performance there, I either start or finish the race injured and on one occasion I even managed to fall over after 8 miles and cut both knees open. I ran/walked the last 5 miles and after staggering across the finish line with blood running down both shins, I went straight to the first aid tent where a very fierce lady spent the next 15 minutes picking gravel out of my knees with her fingernails. I've not done the race since.

Favourite training run

Anything in Windsor Great Park

Best race performance

I came 102nd out of 22,000 women at the Women's Hydro-active 5k in Hyde Park in 2005.

Worst race performance

Shortly after starting running I was persuaded by a friend's husband to run a 4.2 mile X-country race in Cambridgeshire (I can't remember the event name I'm afraid). I had never run that far before and there was only a small field of around 40 - most of whom were from the local club, using the event as their championship race. Within half a mile I was at the back, I got very muddy, I was chased by dogs, I got lost and had to ask some people on horses if they had seen which direction the other runners had gone. But when I eventually found the course and finished the race, last by some minutes, they gave me a glass of mulled wine - so I guess it wasn't all bad!

Running ambitions

That when you read this I might be a little fitter than I am today!

Best Championship position

I've never qualified so far - note to self, must try harder.

Running tips

Never run on the motorway.

Typical training week

Unfortunately at the moment there is nothing typical about my training week. With a young baby I just run when and if I get the opportunity.

Marathons and half marathons run

Marathons - 5 x London 1998- 2002, New York 1999, Berlin 2001, Twin Cities (Minneapolis) 2002, Amsterdam 2005
Half-marathons - too many to remember but they include - Wokingham, Camberley, Reading, Great North Run, Sussex Beacon, Barns Green, Lanzarote, Wimbledon, Burnham Beeches.

Sporting heroes

Zola Budd - when we were kids we used to play Olympics 1984 and take turns to be Zola Budd and Mary Decker Slaney and trip each other up!

Favourite shoe

Asics Tiger Paw - my race shoe.

Favourite pre-race food

A bottle of blue Powerade and half a packet of fruit pastilles. I also like to carry 13 jelly beans when I run a marathon - one for every mile in the second half - but I never eat them!

Participation in any other sports

Snow! Snow! Snow! I love snow! Snowboarding, skiing, snowblading, sledging, snowman building! Just anything to do with snow!

Men's Captain Report

We are now well into winter and a quiet time in the racing calendar. Difficult to get motivated on the dark, cold and wet nights. But the training has to be done !.

Reflecting back to the autumn two of the races I actively promoted were well supported by the Club, thank you to all who made it. We had 16 (8-men & 8-ladies) for the Julian Farrell 10K. Dave McLean heading the Club home in sub 39 min. Well done Dave. Congratulations to our ladies who retained the Team Trophy. The Tadley Xmas 5.3 mile Cross Country was also well supported on what was not a very pleasant day. The men being outdone by the opposite sex with Katie taking the prize for 2nd Lady.

This is the time when I am busy collecting and collating results for the Club Championships. Whilst surfing the net for some race results I stumbled across a press article dating back to last May with the headline "Success for Light-water runner". With interest I read further into the article only to discover it was referring to our own Richard Gurd "Winner of the 2007 Isle of Wight Marathon". His time an impressive 2.54.13. Obviously Richard being his modest self had not thought it worthy of enlightening us of his performance. Richard well done mate!!

The Dinner Dance and Presentation is nearly upon us and look forward too seeing you all there.

Chris Dent January 08

Surrey Vet's xc Championship's

I have been running cross country races for Woking (my 2nd claim club) in the Surrey League for the last 3 years, not having run cross country since I was at school more than 40 years ago. I'm still not keen on running in very muddy conditions, but I enjoy running off road, and it's good to run as part of a team in a league with promotion and relegation – it adds a competitive edge!

When I heard that the Surrey Vets Cross Country Championships were to take place, I thought I'd give it a whirl, even if I were to be out-classed. I entered by post – only £3 – quite a bargain, I thought.

On the day – Saturday, 20th October – I had arranged to give Duncan Irvine (a WVR 2nd claim member) a lift. The race was in Richmond Park, and we had to pick up our numbers at Ranelagh's HQ behind the Dysart – a pub opposite the Park. We duly picked up our numbers and walked up a steep hill opposite towards the start – I had no idea where we were going, but we followed other runners.

The Men's Race was at 3.00, and as we warmed up, the sun beamed down, and we could tell it was going to be warm running. There weren't as many there as I expected. On the one hand this was good – even if I was last, it looked as if I would be able to tell people I finished in the top 100. On the other, perhaps only the very best runners had turned out, and I would be last by an embarrassing distance!

Still, the time came, and we set off. The course turned out to be effectively 1.5 miles downhill, followed by 1.5 miles uphill, back to the start, and then repeated, to give a 10k race. So, the early part of the race seemed easy, although already most people seemed to be overtaking me and retreating into the distance. When we reached the white house, we ran round the back of it, and then back uphill, heading left on the way so that we circled a wood before arriving back at the start, and then heading downhill again.

As I reached the white house for the second time, and I'd not seen or heard anyone behind me for about 2 miles, I was convinced I was last. This was reinforced by the marshal at the house sounding his klaxon as I passed, presumably to tell other marshals that the last runner had passed him. Then, close to the finish, as I passed a marshal, she seemed to turn and follow me home.

Still, I finished in 44:41, which I thought was quite good for me, for an off-road 10k. As I recovered, I noticed a few other runners finishing, so obviously it hadn't been as bad as I'd feared. In the end, I finished 78th out of 113 runners. My fellow club member, Duncan, finished 55th in 41:42 – very impressive!

Next year, why don't we have a WVR team? It is open to all Men over 40, and there is a Women's race open to the over 35s – that takes place at the same place, starting at 2.30.

Geoff Williams



The ING New York City Marathon - November 4th 2007

Jenny Peppiatt reports:

I'm not sure what I find harder to believe; that it's almost a month since the New York Marathon on the 4th of November or that I've only just watched the video tape of Paula's triumph at the event! - Such an amazing athlete as I'm sure you runners agree, world record holder and champion of seven out of the eight marathons she has ever competed in... bring on a much deserved Gold medal in Beijing 2008!

As for my run... I absolutely loved it!! One of the most memorable days of my life!! New York is a vibrant and energetic city and I feel lucky to have experienced a race that mirrored such characteristics. The entire route was lined with supporters and over 100 bands performed at various points to encourage athletes through the 26.2 miles.

The race takes you through the five boroughs – Staten Island, Brooklyn, Queens, The Bronx and Manhattan. As a visitor there's no doubt you enter areas that would be unadvisable on any other circumstance and I was relieved to find I didn't need the baton that was offered to me at customs to ensure my safety!

I began the run (thankfully) on the upper tier of the Verazanno-Narrows Bridge and felt like I was flying through the first half marathon crossing the timing mat at 1:35:39. The jelly-legged feeling struck at an early 15 mile mark as I crossed the Queensborough bridge, which since completing the event I have been glad to learn is a particular nemesis for many runners. I managed to master a brave face as I past Mum and my family at around 17 miles, but unfortunately slowed up somewhat for the following few. It was interesting to hear their account of the event afterward as at 17 I was reportedly red in the face and smiley and by 21 I was pale and looking a little worse for wear!

Fortunately at 22 miles (Harlem) a thought of "there's only 30 minutes more running" combined with the onset of a song on my i-pod that reminded me of a very influential friend spurred a determination to not sit back, but to give it my all to the finish line. From what I remember miles 22-24 were a slog up a gradient, but on entering central park and the enthusiasm of the crowd I believe I managed to pick up the pace for the last couple. Seeing Mum and co again over the last mile was another boost to the system and I managed to cross the line in a time of 3:17:30.

Although I didn't achieve the sub 3:15 marker I am still thrilled with my run and would definitely recommend New York for any runners out there considering a marathon. I would like to take this opportunity to give a huge thank you to all those who have given so generously to the charity 'Get Kids Going' for whom I've managed to raise around £1500, sponsorship is still coming in and if anyone feels inclined please contribute to a this worthy cause. Finally and by no means lastly a massive thank you to my Mum who as many of you know, is such an amazing support and for me her encouragements make every success all the more worthwhile.