

Windle Valley News



Issued to all Members of Windle Valley Runners

Editorial

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Some picture quality has been lost during compression to allow emailing to take place.



The club trophies.

I will start with a request from Stephanie (my wife) for help with marshalling at this years school xc. The event will be held again at Lightwater Country park on Thursday 26th March from 12pm - 3pm. If you could help please email me at the address below, many thanks.

The presentation evening was held at Chobham Golf Club again this year on Saturday 24th January. There are various pictures from the evening in this newsletter as well as the Club Championship results and the results for Rowland's Trophy. From the pictures you will see that some of club members seem to have plenty of extra energy for dancing! Championship winners are also pictured receiving their trophies and Captain's awards were presented to a selected few members.

At the Christmas committee meeting the draw for the Club London Marathon places was held. The lucky winners were Sarah Calver and Robin Wakefield, Peter Mannion is the reserve.

Our 19th AGM was successfully held back in October, this year no changes were made to the club committee, so we should

see some continuity through this coming year. Please remember as club members you should speak to any of the general committee members should you wish to put forward proposals for discussion.

Lucy Allen has recently sent out membership renewal details and once again I remind members to ensure we have up to date information, particularly email, as contacting you can be difficult. Please return your renewal cheques to Lucy.

The rotation of some training venues means you should check the club website or speak to Chris/Katie.

This newsletter is being emailed to you, a few copies will be printed and sent to those members without email facilities.



Bridget Morris, winner of the Peter Dimmock trophy

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Windsor Half Marathon - Sunday 21st September

Report by Nick Cook

It was hot day for the Windsor Half on Sunday – very hot!!!

The journey hadn't started very well, with lane closures around Bracknell causing a long tailback and queues of traffic from Bracknell to Ascot. And then when we got to the great park – more queues! I finally got parked up at 12:35 – only 25 minutes until the start! I always like to get to a race at least an hour before the start, so I left the family and headed off for a warm up jog to the loos. Had a quick stretch and then looked for a place around the 2 hour mark – I was hoping for around 1:55. Saw Tom, Ann and Jane from WVR for brief chat before waiting for the start.

I didn't hear a hooter or anything, but a cheer went up and the crowd started inching forward. It took over 5 minutes to cross the start line and actually run, by which time the leaders were already up past the Copper Horse!!

I did the first mile in about 9:18 and then settled into just under 9 minute mile pace, which was quite comfortable until about the 9th mile when I started to flag. I'd forgotten how undulating (hilly!) this course was and each nice downhill stretch was followed by a horrible uphill stretch!

The water stations were frequent and much appreciated in the heat, and lucozade was also offered at most of the stations. A hosepipe with spray was also welcome at the last station.

There were a few casualties in the heat, and I saw at least 3 people collapsed with paramedics in attendance – I hope they were all right!!

The last mile down from the copper horse seemed to go on forever, but I managed to finish with a bit of a spurt when I saw the family cheering me back!! Not a very successful 2:05 finish time, but judging from some forum posts I've seen since, lots of people didn't do as well as expected.

This was the third time I've run Windsor, so I knew it would be absolute chaos trying to get out of the park quickly, so we enjoyed a picnic while all those eager to get home struggled with the single exit.



There were 4385 finishers.

Gun Pos	Gun Time	Chip Pos	Chip Time	Number	Name	Sex	Cat
2478	02:10:51	2488	02:05:37	674	Nick Cook	M	50
2586	02:12:19	2578	02:06:40	1972	Jane Longworth	F	45
2800	02:15:16	2797	02:09:37	3004	Tom Spragg	M	50
3410	02:25:13	3457	02:19:33	1330	Ann Gudde	F	45



Club members enjoying! themselves at the Presentation evening held at Chobham Golf Club on Saturday 24th January.



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Newbury Triathlon - Sunday 7th September

I took part in the Newbury triathlon on Sunday, along with Julian and Vicky Davies from WVR. Hence the reason we didn't enter in one of the teams for the Relay Marathon on Saturday. But we did do our bit for the club and did a spot of marshalling. I hope the two events don't clash next year, because as I was standing there watching all the runners go past, I was wishing that I was running too!!

Sunday wasn't very hot or sunny, but it didn't rain, so ideal conditions for competing. I arrived at Newbury just after 8:00 for my 9:30 start, so plenty of time to get registered, my rack in the transition area sorted and warmed up. At registration we were given a t-shirt and a nice glass paperweight as a memento and were also marked up with our number on arm and leg (it's just washed off!!)

There have been a few changes from previous years at Newbury; the transition area has been moved to a larger area, the swim starts at the shallow end of the pool, the cycle back into transition has been moved so as not to clash with runners coming back, the run has had a loop of the playing field added to it (I'd always thought that run wasn't a full 5k!!), and they've introduced chip timing.

The swim at Newbury is 4 lengths of a 75 yard outdoor pool and as we queued up for the start, we discussed the temperature of the water, and wondered how cold it was going to be. But after a quick check it seemed to be quite warm, so we wanted to get on with it, as it was quite cold standing around with not much on!!!

At last I reached the start and jumped into the pool. I was keen to try out all the techniques I'd been practising on holiday, mainly breathing on both sides. After one length I'd managed to keep up with the bloke I was swimming with, but I wasn't really coping with my breathing so reverted to using one side only. About half way down the second length, I was overtaken by the four people after me, so figured I wasn't doing too well!!

The cycle went well, this is usually my best part of a triathlon, and I overtook quite a few cyclists over the 22k. The first half of the route is quite hilly with a net rise, so the second half is a nice long downhill stretch. I haven't done as much cycle training as I would have liked over the past few months and my legs were quite wobbly when I set off for the run.

I overtook/got overtaken by a similar number of competitors during the run and managed a strong finish with an overall time of 1:20:09. There were 358 finishers.

Report by Nick Cook

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"

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.

Roland's Trophy 2008

Pos'n	Name	Gender	Age at 31/12/08	Best 10K	in secs	Age Standard	in secs	Age Rating %
	<i>Keith Hull (3rd M)</i>	<i>Mens</i>	<i>60</i>	<i>00.41.02</i>	<i>2462</i>	<i>00.32.45</i>	<i>1965</i>	<i>79.813</i>
1	Geoff Williams	Mens	61	00.42.30	2550	00.33.04	1984	77.804
2	John Williamson	Mens	67	00.45.28	2728	00.35.12	2112	77.419
	<i>Peter Mannion (2nd M)</i>	<i>Mens</i>	<i>47</i>	<i>00.39.00</i>	<i>2340</i>	<i>00.29.21</i>	<i>1761</i>	<i>75.256</i>
3	Chris Lovell	Mens	66	00.48.41	2921	00.34.49	2089	71.517
4	Dave McLean	Mens	43	00.39.55	2395	00.28.29	1709	71.357
5	Alan Forbes	Mens	73	00.53.10	3190	00.37.52	2272	71.223
6	Gordon Trout	Mens	64	00.48.08	2888	00.34.05	2045	70.810
7	Peter Jones	Mens	52	00.43.11	2591	00.30.32	1832	70.706
8	Chris Dent	Mens	60	00.46.22	2782	00.32.45	1965	70.633
9	Sarah Calver	Ladies	40	00.45.23	2723	00.31.13	1873	68.784
10	Pam Berriman	Ladies	55	00.53.08	3188	00.35.42	2142	67.189
11	Lucie Pearce	Ladies	23	00.44.34	2674	00.29.55	1795	67.128
12	Nicki Allen	Ladies	38	00.46.22	2782	00.30.43	1843	66.247
13	Nigel Knell	Mens	43	00.43.35	2615	00.28.29	1709	65.354
	<i>Mark Coxhead (SC)</i>	<i>Mens</i>	<i>50</i>	<i>00.47.20</i>	<i>2840</i>	<i>00.29.48</i>	<i>1788</i>	<i>62.958</i>
14	Paul Conlan	Mens	51	00.48.15	2895	00.30.17	1817	62.763
15	Christelle Gental	Ladies	37	00.48.56	2936	00.30.28	1828	62.262
16	Bridget Morris	Ladies	38	00.49.44	2984	00.30.43	1843	61.763
17	Nick Cook	Mens	51	00.49.10	2950	00.30.17	1817	61.593
18	Tom Spragg	Mens	50	00.48.58	2938	00.30.02	1802	61.334
19	Mark Wye	Mens	42	00.46.24	2784	00.28.16	1696	60.920
20	Jane Longworth	Ladies	47	00.54.51	3291	00.33.07	1987	60.377
21	Robin Wakefield	Mens	51	00.50.18	3018	00.30.17	1817	60.205
22	Sarah Knell	Ladies	39	00.54.34	3274	00.30.58	1858	56.750
23	Russell Conaway	Mens	43	00.50.32	3032	00.28.29	1709	56.365
24	Barry Prince	Mens	37	00.48.25	2905	00.27.17	1637	56.351
25	Vicky Davies	Ladies	33	00.53.12	3192	00.29.55	1795	56.234



Geoff Williams receives Roland's Trophy from President Bob Webb at the recent presentation evening at Chobham Golf Club.

Winter Training

**For all training
Check club website
Or
Ring Chris Dent or Katie Cousins**

+SUNDAYS @ 9.30am
Blacknest Gate, Virginia Water
*+Except last Sunday in month
"The Sun Inn", Chertsey Road
Windlesham
(10k Handicap at 10am)*

Race Results

Wargrave 10k Sunday 15 th June		
120	Kevin Pedley	45.25/45.15
139	Lucie Pearce	46.38/46.26
179	Gordon Trout	48.30/48.05
278	Dave Pearce	52.25/52.00

Overton 5 Saturday 6th Sep

48	Robert Batchelor	30.25
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Highclere Castle 10k Sunday 28th Sep

87	Lucie Pearce	46.50
157	Dave Pearce	50.41

Julian Farrell Sunday 5th Oct

38	Keith Hull	42.36
54	Lucie Pearce	45.38

Cabbage Patch 10 Sunday 19th Oct

254	Geoff Williams	69.23
258	Jenny Peppiatt	69.29
278	Keith Hull	70.01
493	Lucy Allen	75.21
525	Kate Archer	76.07
543	Lucie Pearce	76.30
570	David Archer	77.10
587	Julian Davies	77.22
619	Richard Sherlock	77.55
924	Dave Pearce	85.15

Great South Run Sunday 26th Oct

511	Sarah Calver	71.00
838	Kate Archer	74.03
1344	Nikki Allen	77.05
1604	Richard Tutt	78.33

Fleet 10k Sunday 26th Oct

162	Mark Wye	46.47
163	Richard Sherlock	46.47

Marlow half marathon Sunday 2nd Nov

181	David Williamson	1.39.06
319	Nigel Knell	1.45.48
774	Sarah Knell	2.11.34
814	John Williamson	2.17.03

Gosport half marathon Sunday 16th Nov

161	Peter Mannion	1.28.10
469	Lucie Pearce	1.42.18
836	Dave Pearce	1.57.03
1094	Tom Spragg	2.11.03

Tadley Xmas xc

Sunday 7th Dec

20	Keith Hull	39.17 (1 st over 60)
49	Ross Maclagan	42.47
59	Lucie Pearce	43.53 (1 st female)
60	Alistair Watts	43.55
74	Ken Anckorn	45.11
99	Dave Pearce	48.12
125	Colin Woods	52.04
145	Sue Anckorn	55.27

Hogs Back

Sunday 14th Dec

116	David Williamson	55.39
131	Duncan Irvine	56.32 (sc)
306	Richard Sherlock	64.15
329	Mark Coxhead	65.02 (sc)
397	Colin Woods	68.15
444	Vicky Davies	70.27
453	Barbara Rodriguez	70.46 (sc)
459	John Williamson	71.13



Captain's prizes given to worthy winners at the presentation evening. Above Barry Prince, below Jo Smith and Lucy Allen.



Men's Championships for 2008

Pos	Name	Total Time	10K 1	10K 2	10K 3	10K 4	10K 5	Best 5 10Ks	Best 10K	Best 10M	Best HM	Total 10K 10m & HM
1	Miles Cudmore	2:51:35							0:35:11	0:59:14	1:17:10	2:51:35
2	Peter Mannion	3:13:31							0:39:00	1:07:19	1:27:12	3:13:31
3	Keith Hull	3:21:47							0:41:02	1:09:08	1:31:37	3:21:47
4	Geoff Williams	3:25:44							0:42:30	1:09:23	1:33:51	3:25:44
5	Pete Jones	3:37:57	0:42:44	0:43:11	0:43:43	0:44:03	0:44:16	3:37:57				
Eq 6	Richard Sherlock	3:47:52							0:45:51	1:17:55	1:44:06	3:47:52
Eq 6	Chris Dent	3:47:52	0:44:02	0:44:27	0:46:22	0:46:30	0:46:31	3:47:52				
8	Julian Davies	3:52:11							0:46:58	1:17:22	1:47:51	3:52:11
9	John Williamson	3:52:44	0:45:28	0:45:30	0:46:01	0:47:01	0:48:44	3:52:44				
10	Mark Wye	3:55:35	0:46:24	0:46:58	0:47:16	0:47:21	0:47:36	3:55:35				
11	Chris Lovell	4:07:43	0:48:41	0:49:12	0:49:39	0:49:50	0:50:21	4:07:43				
12	Nick Cook	4:08:43							0:49:10	1:22:58	1:56:35	4:08:43
13	Colin Woods	4:10:31	0:49:47	0:49:57	0:50:12	0:50:14	0:50:21	4:10:31				
14	Barry Prince	4:10:38	0:48:25	0:48:36	0:50:40	0:51:24	0:51:33	4:10:38				
15	Dave Pearce	4:11:21							0:49:03	1:25:15	1:57:03	4:11:21
16	Tom Spragg	4:20:58	0:48:58	0:49:54	0:50:27	0:55:46	0:55:53	4:20:58				
17	Russell Conaway	4:21:26	0:50:32	0:51:56	0:52:43	0:52:47	0:53:28	4:21:26				



Left, Miles Cudmore receives his Winners trophy from president Bob Webb.



Right, Peter Mannion 2nd place.



Far right, Keith Hull 3rd place.

Ladies Championships 2008

Posn	Name	Total Time	10K 1	10K 2	10K 3	10K 4	10K 5	Best 5 10Ks	Best 10K	Best 10M	Best HM	Total 10K 10m & HM
1	Jenny Peppiatt	3:21:50							0:41:19	1:09:29	1:31:02	3:21:50
2	Kate Archer	3:32:47							0:42:37	1:13:51	1:36:19	3:32:47
3	Lucie Pearce	3:43:22							0:44:34	1:16:30	1:42:18	3:43:22
4	Lucy Allen	3:44:10							0:44:49	1:15:21	1:44:00	3:44:10
5	Christelle Gental	4:06:50	0:48:56	0:49:10	0:49:22	0:49:27	0:49:55	4:06:50				
6	Bridget Morris	4:14:06	0:49:44	0:50:17	0:50:48	0:51:31	0:51:46	4:14:06				
7	Pam Berriman	4:29:20	0:53:08	0:53:32	0:53:33	0:54:01	0:55:06	4:29:20				
8	Vicki Davies	4:32:34	0:53:12	0:53:53	0:54:03	0:55:10	0:56:16	4:32:34				



Far Left, Jenny Peppiatt receives her First place trophy from club vice president John Munday.



Left, Kate Archer 2nd place.



Right, Lucie Pearce 3rd place.

Club Members Profile Miles Cudmore

Born ... Monday 13th December at 8:30am have been waking early ever since

Occupation ... Technical Director, BP North Africa

Pb's 10k – 35:11 (Yately), 10 mile – 59:14 (Wimbourne), half marathon 77:10 (Chippenham) ... all in 2008

When/why did you start running. I started regular running in 1996 in Venezuela with the Hash House Harriers and did my first 10k. Proper running began when I returned from overseas in 2001 and joined the Esporta club and later (once fit enough) the Windles.

Enjoy/dislike most about running. Being in the countryside running and socialising is just fab fab fun and very motivating. But it is the more off-beat races that I enjoy most. The combination of stunning scenery and incredible people is very inspiring. Dislikes the last third of the first 20 mile training run for a while is always a painful drag.

How did you hear about the club. I lived in Windlesham and so knew there was a club – and then met people at Esporta who were members. Blame Keith !

Most memorable race. The Antarctic marathon has been an incredible experience on many levels – horrendous logistics, “interesting” weather, stunning scenery, a real race, amazing people and an emotional rollercoaster.

Recommended event. In the UK I would go for the Pumlumon Challenge in Wales – a marathon with 5000 ft of ascent and descent mainly off road requiring map reading skills and a tolerance of rivers, bogs, mountains, wet feet, great views and friendly runners.

Favourite event. The Chele La Himalayan Kingdom marathon in Bhutan is just amazing. The scenery, people and culture take your breath away. As does running a marathon at altitude.

Least favourite event. Core work in the gym followed closely by the first jog post marathon.

Favourite training run. A good threshold session (eg 4 x 10 min with 2 min recoveries) gets the blood going and really adds speed to your running

Best race performance, Chippenham half, 1:17 and even splits

Worst race performance, London 2007 – too soon after the North Pole and melted

Running tips ... know why you are running every run and listen to your body

Typical training week Speedwork intervals (eg 4 x 10 min), Tempo run (eg 40 min) and / or Kenyan hills (1 hr), long run (2 hr), recovery run (30 min) plus ideally some cycling, core work and swimming.

Marathons and half marathons run ... 19 marathons all round the world.

Sporting heroes.... Paula Ratcliffe is amazing – such determination

Favourite shoe ... Asics Trabucos good grip for offroad and cushioning for long distances

Favourite pre-race food ... Porridge with coffee and fruit juice

Participation in any other sports I tried my first triathlons in 2008, great fun but cycling is very different to running and my swimming is not a pretty sight



Maraton Costa del Pacifico, Vina del Mar, Chile

7th December 2008

At 4:15 am the first of four alarms sounded in the darkened hotel room. After 25 hours of travelling before our arrival at 2pm the day before, Patrick and I were leaving nothing to chance. 90 minutes later we started the long drive to the start up the coast in buses with other runners as a grey dawn slowly broke over the Chilean coast and countryside.

Patrick and I were running the marathon as the Latin American leg of the Grand Slam which involves a marathon on every continent and the North Pole. The timing of the race fitted really well with heading to Antarctica – even if it did mean we would be running two marathons in less than a week.

The start was marked by an inflatable arch marked “Partida”, some traffic cones and three portaloos on a dusty road by some ramshackle buildings in the middle of nowhere. The race started exactly on time simultaneously from three locations (10k, half marathon, marathon) along the course – a very neat way of only needing one clock at the finish ! About 500 people started the marathon and we placed ourselves near the back to avoid being swept along.



My race plan was simple, keep it very steady and gentle with 5-1/2 minute kilometres and a heart rate around 130 bpm. It turned out to be a good guideline and I kept this routine for the whole race. Patrick’s plan was similar although he was happier to run closer to his normal pace.

The route undulated more than expected and to preserve the legs I walked a number of the uphill sections. Another plan to keep it gentle was to stop at each water / fruit station for some sustenance – the oranges were simply fantastic – very juicy and oh, so tasty! And I also carried a camera to take some snaps along the way,





Yes Chris it is a microphone! The club Captain's prepare for the presentations at the Dinner & Disco evening on Saturday 24th January.

CLUB CLOTHING AVAILABLE

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

Ladies Vests £12.00

T-Shirts £14.00

Contact Pam Berriman
 or Bob Webb

RACE RESULTS

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

Barry Andrews
 Secretary

NEW WEBSITE ADDRESS

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

windlevalley.com

The route became more scenic and interesting as it progressed. Dull countryside gave way to an industrial area before reaching some scenic views with birds singing and pleasant smells.

The views came from the hills of course with long slow climbs and falls. It remained grey overhead and the 21 C temperature gave much better running conditions than we expected. I chatted with several runners on the way who were very friendly and appreciated the encouragement.



I also met with the third Antarctic runner in the race – Delbert – an American professor raising huge funds for his university's education funds.

In the last third of the route we joined the Pacific Ocean with good views and at one point I heard sealions barking – wonderful ! It became gradually more built up and with houses came increasing levels of support as the finish line neared.



I crossed the line in 3hrs 50 min, the mission to run the marathon and preserve my legs complete. Patrick arrived soon after in 3 hr 54 min feeling very pleased and relaxed after a good run.



The finish was well laid out with plenty of water, fruit and drinks to hand. The free massages were very welcome – a great way to start the recovery process.

The Maraton Costa del Pacifico was a wonderful, well organised and friendly event. One day after the legs feel great. Bring on Antarctica !!