

# Windle Valley News



Issued to all Members of Windle Valley Runners

## Editorial

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The Annual Dinner and Presentation evening took place at Chobham Golf Club on Saturday 22nd January. This year a small group from the committee took on the additional work to make the 21st year of the club a special one. 85 members and guests enjoyed themselves during a packed evening's entertainment with live music (from two of our founder members Ivan and Bob) drinks on arrival, a short welcome speech from our President Bob Webb, a splendid three course meal with special birthday cakes and sparklers! followed by a short presentation of trophies and disco/dance music till midnight! Some of the pictures and presentation material will find it's way onto the club web site in due course and included in

this newsletter are the results and a number of pictures from the evening. Congratulations to Robin Wakefield for winning the Peter Dimmock Trophy for 2010. Congratulations to Chris Drew, Dee Green, Johnny Debank and Robin Wakefield who have been successful in the club draw for London Marathon places. Recently the club committee has been looking at ways of increasing the club's profile. Articles are being prepared for local parish magazines, business size cards will soon be available for club members to keep and hand out to prospective members and a revamp of the Windlesham based club notice board is in hand.



Christmas Mince Pie Run

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**"No Finish Line". An 8 Day Running Race, Monaco**  
**20 November to 29 November 2010**

Yes, this one is well beyond the marathon and not as well known as a lot of ultra events. This year was the eleventh running of it and as in previous years all profit went to a children's charity. The Prince and Princess of Monaco supported the event and give extra incentive for entrants to give their best by giving an extra Euro for every km covered.

A running friend of mine, non other than Pam Story "Super girl" (go to [www.....](http://www.....) to find out her running and charity credentials) said she went last year and had a great time meeting fellow multi day runners and the locals who come and go as they please. Pam asked me if I wanted to go with her and another runner, Alan Young from Dundee. Oh now that's a hard one, Monaco for ten days, hmmm it may be winter there, but it's winter here!

Pam explained the course was dead flat and laps around the harbour of 0.9 Km if there was a passenger boat in or 1.7 Km if no boat. There was a chip mat to give that all important credit for each lap and the runners' pits, stocked with food and drink ! So far so good, Monaco, flat, away from English winter, loads of food. Now where to stay, hotel, apartment, caravan, cabin? No, we went for true luxury a £10 dome tent each from Tesco's ! We put these up under cover where they restore small boats, next to the course. This made it an ideal location, dry and very little time lost between bed and track !

The trip to Monaco was uneventful. My best friends at the moment, Easyjet took us to Nice and back with luggage for £75 each, a return bus from Nice to Monaco was 28€ each and race entry , which included evening meal 100€ each.

We arrived the day before the race, set up tents, chatted with other runners and went for a meal with a few of them. I say runners but they did not look like normal runny type people and I really did wonder if Jeremy Beadle was in on it as well as the Royals of Monaco. I was about to learn a lot about running in the next ten days !

That night the first people went round the course, rather loudly. They were drunks from the local bar and unfortunately they came back to complete a lap. All I could think of was "what a waste, they started early and with no chip". It naturally meant all their efforts did not count towards the charity.



Next day the race was started by Prince Albert and off we went round and round and round after I had completed a marathon I chipped in for the night. Some did likewise and some, who most likely did not even bring a tent, just kept plodding away. This went on for 9 days. Yes 9 not 8 as the first and last days are just part days ! I hear you think " they are nutters " yes I agree . Is it an Obsessive Compulsive Disorder ? Are not most runners also guilty of having an OCD if they think they must go out running ? been there ! After 9 days I was one of them ! What I can say in brief of the running experience is;

- You get to meet a lot of people.
- Are never left wondering what to do.
- There is great camaraderie
- Plodding round lap after lap looking at the boats and backdrop is better than a PC screen or house work !
- I do not understand how or why some people carry on with feet in bandages !
- I put on weight due to over eating.
- You get the chance to chat to the Police if you go window shopping by Monte Carlo Casino at 7 pm on a Saturday night dressed in black (including hat), wearing running shoes, being unshaven and carrying a single running shoe. They speak good English and show a great duty of care to the vagrant looking visitor type.
- You don't have to run. A plod, chatting to people is all that is required and no one gives you detention you are late or don't turn up

At the start of the race I was totally perplexed why so many people took an interest in the screen of who has covered what distance and when each entrant last went over the chip mat. By the end I understood it's value, you would know who is of similar distance, when they last



went over the timing mat and most importantly (if you want to be competitive) if they are getting slower or faster!

I did not want to end up with feet full of blisters or worse, so took it steady. I aimed for a marathon a day and that's what I did, most of it walking. Some people wanted to know where I got my running shoes from, as they had

not seen ones like it. They were referring to my steel toe capped work boots that are very comfortable and good for keeping feet dry, which is why I was walking round in them. Do you think Sweetshop should sell them as the opposing end of the spectrum of running shoes when compared to



**RACE RESULTS**  
 Could members taking part in events who would like details mentioned in the newsletter please send them to me.  
  
**Barry Andrews**  
 Secretary

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Nicks Mayfly disposable light weight shoe ?  
 There is also a 24 hour race near the end of the eight days that helps bring the event to a great finish.  
 I have included a couple of photo's of one runner, John Clourd, who is apparently well known on the multi day running circuit for his style of running attire and the fact he brings nothing else with him ! Yes, he does make his presence known at the dinning table without saying or doing anything. He is capable of sleep walking and apparently in the 2009 event a fellow runner had to stop him from walking into the water !  
 The other photo's are more or less self explanatory, Yes that is Prince Albert presenting the prizes.  
 The winner clocked around 900 Km. Do we have any members who want to win next year? if so I'll volunteer to hold your track suit. I am unsure of the takings for the Charity but understand it is in the order of 1.5m€. I did overhear one young girl ask her mum, "does dad know how much he has given". The answer of course was, yes !  
 If anyone has been swayed to thinking multi day running events may be for them you do not have to wait till Monaco next November. There will hopefully be a six day event in the South East of England next year. Pam Story is desperately trying to overcome all the organisation issues with staging such an event. As you can imagine an event of this type requires a lot of organisational work and support. Pam is hopeful of holding the event together with the Race Walking Associations 24 hour at Lingfield Park, (Near East Grinstead). Pam also organises a 12 hour and Marathon on the running track at K2 Crawley. Next one is April 2011 if anyone is up for something out of the ordinary that will confirm your status as "nut case". I will be lap counting and handing out jelly babies !

Would I do it again ? Yes, if time and work holiday allowance allow !  
 Hope to be back in the Lightwater area for running soon.  
 Oh and for the lazy way to see Monaco on foot there are escalators next to the steps !  
 Keep running.



Laura Hales - first place



Christelle Gentil - second place



Peter Mannion - first place



Dee Green - third place



Robin Wakefield - Peter Dimmock Trophy



Keith Hull - third place



Geoff Williams - Rolands Trophy



Peter Jones - second place



Pictures from the recent D&D Presentation evening at Chobham Golf Club.



## WINDLE VALLEY RUNNERS LADIES CHAMPIONSHIP 2010

Posn	Name	RESULT		METHOD A			Total 10K 10m & HM	METHODS B AND C					Total 5 10Ks
		Total Time	Method used	Best 10K	Best 10M	Best HM		10K No.1	10K No.2	10K No.3	10K No.4	10K No.5	
1	<b>LAURA HALES</b>	<b>3:14:04</b>	<b>A</b>	0:39:55 WVR 09	1:06:12 Great South	1:27:57 Gosport	<b>3:14:04</b>	0:39:55 WVR 09	0:40:25 WVR 02	0:40:34 Staines	0:40:38 Yateley 3	0:41:20 Elmbridge	3:22:52
2	<b>CHRISTELLE GENTAL</b>	<b>4:08:01</b>	<b>B</b>				Use Method B	0:49:21 WVR 07	0:49:22 WVR 11	0:49:29 WVR 08	0:49:50 WVR 05	0:49:59 WVR 10	<b>4:08:01</b>
3	<b>DEE GREEN</b>	<b>4:09:02</b>	<b>A</b>	1:53:21 Wham	1:24:52 MHead	0:50:49 WVR 02	<b>4:09:02</b>	0:50:49 WVR 02	0:50:50 WVR 03	0:50:54 WVR 05	0:50:57 WVR 01	0:51:35 WVR 04	4:15:05
4	Jane Longworth	<b>4:28:25</b>	<b>C</b>				Use Method C	0:52:58 WVR 11	0:53:31 WVR 09	0:53:46 WVR 04	0:53:55 WVR 10	0:54:15 WVR 05	4:28:25

## WINDLE VALLEY RUNNERS MENS CHAMPIONSHIP 2010

Posn	Name	RESULT		METHOD A			Total 10K 10m & HM	METHODS B AND C					Total 5 10Ks
		Total Time	Method used	Best 10K	Best 10M	Best HM		10K No.1	10K No.2	10K No.3	10K No.4	10K No.5	
1	<b>PETER MANNION</b>	<b>3:09:04</b>	<b>A</b>	0:38:41 WVR 02	1:03:15 Cabbage P	1:27:08 Bedford	<b>3:09:04</b>	0:38:41 WVR 02	0:38:47 WVR 04	0:38:56 Yateley 3	0:39:04 WVR 01	0:39:08 WVR 11	3:14:36
2	<b>PETER JONES</b>	<b>3:18:58</b>	<b>A</b>	0:41:17 WVR 11	1:09:02 Tadley	1:28:39 Gosport	<b>3:18:58</b>	0:41:17 WVR 11	0:41:27 WVR 10	0:42:33 WVR 08	0:42:45 WVR 05		Use Method A
3	<b>KEITH HULL</b>	<b>3:19:12</b>	<b>A</b>	0:40:46 WVR 02	1:07:32 MHead	1:30:54 Wham	<b>3:19:12</b>	0:40:46 WVR 02	0:40:55 FPH	0:41:24 Staines	0:41:28 Dorney	0:41:28 WVR 09	3:26:01
4	Geoff Williams	<b>3:26:19</b>	<b>A</b>	0:42:10 WVR 07	1:09:29 Cabbage P	1:34:40 Wokingham	3:26:19	0:42:10 WVR 07	0:42:18 WVR 02	0:42:20 Yateley 3	0:42:21 WVR 09	0:42:52 Yateley 1	3:32:01
5	Chris Dent	<b>3:48:50</b>	<b>B</b>	0:45:19 WVR 08	1:21:44 Tempest	1:48:10 Fleet	3:55:13	0:45:19 WVR 08	0:45:32 WVR07	0:45:48 FPH	0:45:59 WVR01	0:46:12 Yateley 3	3:48:50
6	Mark Wye	<b>3:53:15</b>	<b>A</b>	0:45:32 WVR 01	1:18:05 MHead	1:49:38 Fleet	3:53:15	0:45:32 WVR 01	0:46:04 WVR 04	0:47:31 Yateley 2	0:48:53 Yateley 3	0:49:53 WVR 10	3:57:53
7	Richard Sherlock	<b>3:58:31</b>	<b>A</b>	0:49:25 Yateley 3	1:22:34 Bramley 10	1:46:32 Gosport	3:58:31	0:49:25 Yateley 3	0:49:54 LHead	0:50:11 FPH	0:50:38 Yateley 2	0:50:51 Cranleigh	4:10:59
8	Tony Sheridan	<b>4:05:22</b>	<b>B</b>	0:48:18 WVR 09	1:20:42 Cabbage P		Use Method B	0:48:18 WVR 09	0:48:26 WVR 10	0:48:46 WVR 08	0:49:21 WVR 05	0:50:31 WVR 03	4:05:22
9	Robin Wakefield	<b>4:10:37</b>	<b>B</b>	0:48:33 WVR 10		1:50:20 Windsor	Use Method B	0:48:33 WVR 10	0:49:35 WVR 01	0:50:39 WVR 06	0:50:55 WVR 03	0:50:55 WVR 07	4:10:37
10	Paul Conlan	<b>4:15:51</b>	<b>C</b>			1:53:57 Fleet	Use Method C	0:48:29 WVR 02	0:49:51 WVR 10	0:50:20 WVR 01	0:50:28 WVR 07	0:53:43 WVR 11	4:15:51
11	John Williamson	<b>4:20:51</b>	<b>C</b>	0:49:31 WVR 01	1:33:50 Bramley 10	2:19:55 Henley	4:43:16	0:49:31 WVR 01	0:50:30 WVR 11	0:51:59 WVR 09	0:52:04 WVR 02	0:56:47 WVR 04	4:20:51
12	Colin Woods	<b>4:20:57</b>	<b>A</b>	2:01:48 Fleet	1:27:08 Salisbury	0:52:01 Elmbridge	4:20:57	0:52:01 Elmbridge	0:52:07 Dorney	0:52:17 Yateley 2	0:52:41 Richmond	0:52:45 Chichester	4:21:51
13	Nathan Green	<b>4:26:30</b>	<b>B</b>	0:52:16 WVR 07	1:30:10 MHead	2:14:20 Cardiff	4:36:46	0:52:16 WVR 07	0:52:25 WVR 05	0:52:32 WVR 08	0:54:10 WVR 04	0:55:07 WVR 02	4:26:30
14	Dave Pearce	<b>4:30:46</b>	<b>C</b>	0:52:12 Riverside	1:30:54 Cabbage P		Use Method C	0:52:12 Riverside	0:53:21 WVR 03	0:53:23 WVR 09	0:55:47 JF	0:56:03 WVR 01	4:30:46
15	Nick Cook	<b>4:32:56</b>	<b>A</b>	0:53:36 WVR 07	1:31:40 MHead	2:07:40 Wokingham	4:32:56	0:53:36 WVR 07	0:54:16 Yateley 2	0:54:27 WVR 04	0:55:42 Yateley 1	0:55:43 WVR 05	4:33:44

The Mens Championship is decided on the lowest aggregate time achieved during 2010 calendar year by one of the following methods. Chip times used where applicable.

<b>Method A</b>	Submission of best 1-10K , 1-10 Mile and 1-Half Marathon times.	WVR Monthly 10K Handicap Runs are accepted.
<b>Method B</b>	Submission of best 5-10K's.	
<b>Method C</b>	WVR Championship Committee collated 5-10Ks from results obtained from published data inc. WVR Monthly Handicap Runs.	

### Race Results

#### Cardiff half results

4856 Dee Green 1.58.35  
7510 Nathan Green 2.14.20

#### Hog's Back 12<sup>th</sup> Dec

289 Richard Sherlock 1.07.02  
434 Colin Woods 1.18.56  
447 John Williamson 1.22.16

#### Bedford half marathon 12th Dec

115 Peter Mannion 1.27.08

#### Burnham Beches 10k 23rd Oct

106 Dave Pearce 58.37

#### Bexhill Poppy half marathon 14th Nov

163 Robin Wakefield 1.50.28

#### Gosport half marathon 21st Nov

181 Laura Hales 1.27.57  
197 Peter Jones 1.28.48

## WINDLE VALLEY RUNNERS ROLAND'S TROPHY 2010

PERFORMANCE ADJUSTED FOR AGE AND GENDER USING WAVA AGE GRADING STANDARD

To qualify for this Trophy runners must have competed in a minimum of 3 - WVR 10K Handicap Runs during 2010 Their best time used for the calculation and the result shown as a %. The Winner is the runner with the highest %

Both the Mens & Ladies WVR Championship Prize Winners and 2nd Claim Members are excluded from this Trophy  
Their relative positions are listed and shaded blue in this table for interest and comparison purposes only

Pos'n	Name	Age Rating %	Champs Posn	Membership Cat.	Best 10K	Gender	Age at 31/12/10	WAVA Age Standard	Age Rating %
	Keith Hull		3rd Man	1st Claim	00.40.46	Mens	62	00.33.24	81.930
1	<b>GEOFF WILLIAMS</b>	<b>80.000</b>		1st Claim	00.42.10	Mens	63	00.33.44	80.000
	Laura Hales		1st Lady	1st Claim	00.39.55	Ladies	41	00.31.28	78.831
	Pete Mannion		1st Man	1st Claim	00.38.41	Mens	49	00.29.48	77.036
	Pete Jones		2nd Man	1st Claim	00.41.17	Mens	54	00.31.03	75.212
2	Chris Dent	73.704		1st Claim	00.45.19	Mens	62	00.33.24	73.704
3	John Williamson	72.736		1st Claim	00.49.31	Mens	69	00.36.01	72.736
4	Chris Drew	71.691		1st Claim	00.44.27	Mens	57	00.31.52	71.691
5	Tony Sheridan	68.461		1st Claim	00.48.18	Mens	61	00.33.04	68.461
	Dee Green		3rd Lady	1st Claim	00.50.49	Ladies	46	00.32.50	64.611
6	Roland Clapton	64.060		1st Claim	00.46.53	Mens	50	00.30.02	64.060
	Robert Littlejohn			2nd Claim	00.47.00	Mens	50	00.30.02	63.901
7	Paul Conlan	63.493		1st Claim	00.48.29	Mens	53	00.30.47	63.493
8	Robin Wakefield	63.405		1st Claim	00.48.33	Mens	53	00.30.47	63.405
9	Mark Wye	62.994		1st Claim	00.45.32	Mens	44	00.28.41	62.994
10	Russell Conaway	62.826		1st Claim	00.46.00	Mens	45	00.28.54	62.826
	Christelle Gental		2nd Lady	1st Claim	00.49.21	Ladies	39	00.30.58	62.749
11	Dave Pearce	62.605		1st Claim	00.53.21	Mens	62	00.33.24	62.605
12	Peter Tiner	62.066		1st Claim	00.51.48	Mens	58	00.32.09	62.066
13	Jane Longworth	61.845		1st Claim	00.54.02	Ladies	48	00.33.25	61.845
	Mark Coxhead			2nd Claim	00.50.47	Mens	52	00.30.32	60.125
14	Martin Cox	59.965		1st Claim	00.47.50	Mens	44	00.28.41	59.965
15	Nick Cook	57.432		1st Claim	00.53.36	Mens	53	00.30.47	57.432
16	Nathan Green	53.316		1st Claim	00.52.16	Mens	40	00.27.52	53.316

### WAVA % Ratings

% values are computed using Age Grading Standard for 10K taken from WAVA website

90%+ World Class  
80%+ National Level

70%+ County Level  
60%+ Local Level

[WAVA Age Grading Standard](#)

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

*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. .*

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More pictures from the recent D&D presentation evening at Chobham Golf Club

