



SANDHURST JOGGERS NEWSLETTER

Issue 42

March 2000

The Club Web Address is: www.reboot.demon.co.uk/

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PROFILE FORM

DIARY

COMMENTS FORM

AGM

The 12th Annual General Meeting will be held on Monday 27th March in the Ryder Social Area at Frogmore Campus commencing at 7:30pm.

This is your opportunity to contribute to your club and have a say in the way the club is run. Please make every effort to

AND FINALLY

And finally it is! After 4 years, 16 issues, comprised of 442 pages and over 500 articles, it's time for me to call it a day and pass on the job of Newsletter Editor to someone else.

When I took on the Editor's job, my aims were a) to produce a Newsletter that was enjoyable to read and contained all the information about the club you needed to know, and b) encourage more of you to make more regular contributions to the Newsletter.

Judging by the comments, mostly good, that I've received over the last four years I think I achieved the first aim. The second has proved more difficult. The majority of articles are still contributed by a very small minority of the members, whilst the vast majority remain as anonymous as ever. The newsletter would be even better if more of you felt able to contribute to it.

Best wishes to Richard Allison who is taking over as Newsletter editor. Please give him at least the same, but preferably more, support as you've given me over the last four years.

Finally I'd like to say a very big thank you to Janice, who has provided a fast and efficient photocopying service during my time as editor. What would

THE CLUB MEETS

At Frogmore Campus on Mondays and Wednesdays at 7:20pm and **Fridays at 6:30pm.**

At The Lookout on Sundays at 9:00am

At Broadmoor on the second Wednesday of each month at 7:20pm for the Handicap Run .

Commencing 7th April, Track sessions every Friday at Bracknell Sports Centre at 7:20pm.

Beginners sessions every Tuesday from Sandhurst Community Centre at 6:30pm.

CLUB CONTACTS

Chairperson

Wendy Leslie (01344 772894)

Secretary

Simon Bone (01276 33738)

Membership Secretary

Jenny Brown (01344 776931)

Events Secretary

Carl Bradshaw (01344 762712)

Social Secretary

Simon Whillis (01252 673301)

Treasurer

Andy Leslie (01344 772894)

General Member

Steve Johnson (01344 771899)

Publicity

Dave O'Toole (01252 22708)

Newsletter Editor

Richard Allison (01252 873911)

COPY DEADLINE

Your contributions to the Newsletter are both sought and welcome. The copy deadline for the next issue is **Monday 29th May**, however articles may be submitted to the Editor at any time before then. Articles may be edited for clarity or length and will be included in the Newsletter at the sole discretion of the Editor. You may hand in your articles at the Club to Richard Allison, by post to Quinque, Vicarage Lane, Yateley, Hampshire, GU46 7QR, or via e-mail to dick.allison@iclawy.co.uk

The opinions expressed in this Newsletter are not necessarily those of the Editor nor the

EVENTS CALENDAR

Entry forms for most of these events can be obtained from the Events Secretary. If you pick up entry forms for any races then please pass on a copy to the Events Secretary and the Newsletter Editor so that other club members can be informed. Please use this section to let other members of the club know about any races you are planning to do, or avoid in the next few months. If you have any comments, good or bad, about any races during July to September then please send them in for inclusion in the next newsletter.

Dates for Club events such as the Handicap Run, Social Events, Away Day Runs, Cross Country League etc. can be found in the Club News section starting on page 4 and also in the Diary attached to the back of this Newsletter.

Date	Type	Distance	Event	Entry Fee	C/d
Sun 26th Mar	Off-Road	16 Miles	Combe Gibbet to Overton - Scenic off-road run along the Wayfarers Walk. Transport is provided back from Overton.	£3	
Sun 26th Mar	Road	16 Miles	Kingston FILA Breakfast Run - Fast, flat course starting in Kingston Town Centre. Two lap course takes in the Thames Towpath and Hampton Court Palace.	£10/£12 on day	20th Mar
Sun 26th Mar	Road	8 Miles	Kingston FILA Breakfast Run - Same as the above, but just the one lap.	£9/£11 on day	20th Mar
Sun 2nd Apr	Off-Road	10 Miles	Thames Towpath Ten - Ideal run if you're looking to taper down before London. Flat, mostly along the Towpath. Start and Finish at the University of Westminster Sports Ground near Chiswick Bridge.	£6/£7 on day	24th Mar
Sat 8th Apr	Off-Road	20 km	Trail Run - Last in the series of Trail runs from Albury Cricket/Football Club.	£4/£5 on day	
Sun 9th Apr	Road	10 km	Totton - From Testwood School, Totton.	£5.50/£6.50 on day	
Fri 21st Apr	Road	10 Miles	Maidenhead Easter Ten - Road race through rural Berkshire.	£6/£8 on day	
Sun 30th Apr	Off-Road	Marathon	Neolithic Marathon - From Avebury to Stonehenge.	£17/£20 on day	
Sun 30th Apr	Off-Road	1/2 Marathon	Neolithic 1/2 Marathon - Somewhere between Avebury and Stonehenge!	£15/£18 on day	
Mon 1st May	Road	10 km	Shinfield - Undulating course in and around the village of Shinfield. Part of the village fete, so there's plenty to do for spectators and kids.	£5/£6 on day	22nd Apr
Sun 7th May	Road	1/2 Marathon	Bracknell - Two lap course, starting and finishing from South Hill Park.	£7.50/£10 on day	14th Apr
Sun 7th May	Road	10 km	Test Valley - New event, starting in Andover Town Centre. Allegedly flat, though I haven't seen too many flat bits around the Test Valley!	£5/£6 on day	5th May

EVENTS CALENDAR

Date	Type	Distance	Event	Entry Fee	C/d
Sun 14th May	Road	10 Miles	Alton - Undulating, rural course.	£6/£8 on day	22nd Apr
Sun 21st May	Road	10 km	Woolhampton - One of the nicest 10k's around - as recommended by Dick Allison on page 4.	£5/£6 on day	
Sun 21st May	Road	10 Miles	Hook - Undulating, rural course. 5 and 2 1/2 mile fun run as well.	£5, Entries on day also.	
Sun 21st May	Road	10 km	Southampton - Flat, traffic free course.	£5/£6 on day	12th May
Sun 21st May	Triathlon	400m/22km/5 km	Theale Novice Triathlon - Banana Leisure event based at Theale School. Open air, heated pool. To qualify as a Novice, you must have completed less than three triathlons.	£20/£25 after 21st Apr	21st Apr
Sun 21st May	Triathlon	750m/22km/5 km	Theale Sprint Triathlon - Same as the above, apart from the longer swim.	£21/£25 after 21st Apr	21st Apr
Sun 21st May	Road	5 km	Theale Thumper - Family fun run, out and back course. Also includes an Under 7's fun run of about 600m. No entry fee.	£4/£6 on day	21st Apr
Wed 31st May	Off Road	5 Miles	Woodland Five - Hilly, two lap course round the trails and paths of Crowthorne Woods. Watch out for the extra half a mile at the end.	£3/£4 on day (£7 for 3 race series)	
Wed 7th Jun	Road	10 km	Yateley (Race 1 of 3) - The best midweek race series in the South of England! Of course it is - we organise it! If you'd like to run this race, please check first that the club doesn't need your help with the organisation.	£5/£6 on day (£13.50 for 3 race series)	31st May

PEAK DISTRICT RELAY

This is your final chance to be part of the team for the Peak District Relay in June. The event covers a distance of 80-90 miles over varying terrain split into 20 legs of varying distances. There are no marshals, you have a map and a few instructions and have to find your own way along the designated course.

The event involves two weekends in the Peak District. The first is used to survey the route so that we know where to go on race day. This will be the weekend of Saturday 3rd/Sunday 4th June and will involve a one night

stay in the Peak District.

The Relay takes place on Saturday 17th June. The plan will be to travel up on the Friday evening, race on Saturday and return home on Sunday afternoon. Accommodation for both weekends is usually B&B in a Pub/Hotel at about £25/£30 pppn.

If you want to take part or would like more details then contact Sue or Dave Dart. This event has to be planned well in advance as booking accommodation for a large group in the Peak District can be quite difficult. If you are interested in taking part then please let Sue or

SEVEN SISTERS MARATHON

This popular event takes place on October 28th, however entries have to be in well before then. We are hoping to get a Club entry this year which will give places for at least ten runners. The entry form will be available around the 1st July, however to stand any chance of being accepted, it will have to be completed and sent back by return of post. If you are interested in taking part in this challenging event then please give your name to Sue Dart no later than Monday 19th June.

CLUB NEWS

SOCIAL EVENTS

Forthcoming social events:

Mon 27th March, AGM - at the Ryder Social Area, Frogmore Campus, commencing at 7:30pm.

Fri 14th Apr, Pre-London Pasta Party - at Andy&Wendy's from 7:30pm. Please let Wendy know in advance if you intend coming.

Mon 17th April, Post-London Pizza Party - Celebrate with your fellow runners, play spot the SJ on the video and gorge yourself on Pizza, Beer and Wine. See page 6 for details.

Mon 8th May, Club Social Night - in the bar at Frogmore Campus following the run. Get to know your fellow runners.

Mon 5th June, Pub Run - at the Golden Pot, Eversley.

Any suggestions for other Pub Runs during the summer, please contact Elaine McLeish (01344 777934).

CLUB KIT

Club fleeces are now available in black with the club logo on the left breast.

Sizes are **Medium, Large** and **Extra Large**. Ideal for keeping you warm before and after races.

Initials are embroidered in self-colour above the pocket for easy identification, without being too obvious. Cost £27. Order yours from Wendy giving size and initials required.

Caps are also available - Simon Bone sports a stunning example! (Cost £9 - cheaper if we can get a bulk order).

T-Shirts update. We are investigating updating our club T-Shirts to include the SJ logo.

All other items of kit are available for order through the Events Secretary. A kit order form is attached to this Newsletter. If there are any particular articles that you think would be useful

WEDNESDAY NIGHT RUNS

Too fast? Too long? Not anymore!

Do you find the prospect of running down the club on Wednesday nights too intimidating? Do you feel you are not fast enough to keep up and fear being left behind? Do you find the distance too long? If you have answered yes to all three questions then please read on.

Sue Worthy, one of Sandhurst Joggers founder members, is looking for club runners who are running between 8 - 8 1/2 minute mile pace and who would like to run on Wednesday nights down the club. The distances that Sue has in mind would be up to about 7 miles and it would be a group run. In other words, no-one gets left behind.

FRIDAY NIGHT CLUB RUN

Attendance's at the Friday night run from Frogmore have ranged from none to a handful during the winter months. Several members have indicated that they would come down if the run started earlier. So, for a trial period, starting on the 24th March the club run from Frogmore on a Friday will be at 6:30pm. There is no set distance for the Friday run, it will just depend on who turns up and what they feel like doing. Note that from 7th April the club run at Frogmore will continue as an alternative to the track sessions at Bracknell.

SUNDAY MORNING RUN

The club meets at THE LOOK OUT at 9 a.m. on Sunday mornings in the Coach Park section of the main Car Park.

This is your opportunity to get in a long off-road run in tremendous surroundings. Groups of differing ability meet here to run and generally round it off with a drink or even breakfast.

TRACKSIDE

With the winter over its time to start thinking of speed work and those lovely Friday nights at Bracknell sports centre. Track is not just for those greyhounds in the club, it is for everybody of all abilities and age, in short it is for anybody who wishes to improve their running.

The sessions start with a gentle warm up and a stretch, then the main session starts. It varies from 400m laps up to 1mile, with varying recoveries. Each person is given different lap times to achieve dependant on their ability, so you are only racing against the clock and nobody else.

This year I'm looking forward to having 2 or 3 more coaches join me on the track so I could be splitting the groups down into different abilities and varying the sessions.

I will again be running Bleep tests throughout the season, so you can check on your progress. Listen out for those dates down the club or ring me to find out when. I hope to see you all on Friday 7th April at

HANDICAP RUN

The Handicap Run takes place on the second Wednesday of each month from the Visitors Car Park at Broadmoor. The Handicap Run provides you with a chance to compare your form to previous months and is also a competition in which members of all abilities can compete equally against each other.

There is a trophy for the winner each month and trophies for the first three in the series awarded at the End of Year Dinner in March.

See pages 12/13 for more details.

Forthcoming dates:

12th April

10th May

ANNUAL GENERAL MEETING

The 12th AGM of Sandhurst Joggers will be held at Frogmore Campus from 7:30pm on Monday 27th March, in the Ryder Social Area. Following the election of officers you have the opportunity to tell the new committee what you would like them to achieve on your behalf in the next year. Wine and snacks will be provided. Membership renewals for 2000/2001 are due on 1st April. It would be a great help if you could complete your renewal form and bring it and your subs along to the AGM. The annual subscription will be set at the AGM,

This is your opportunity to contribute to your club and find out what has been going on with regard to your committee. Following reports from all committee members, positions for 2000/01 will be voted on and any questions can be asked, followed by drink and snacks.

Business commences at 7:30pm, following a short early run at 6:30pm if you wish.

Committee Positions:

Chairperson: Ensure efficient functioning of club and committee, chair meetings and represent club to external organisations

Treasurer: Maintain bank account and accurate records, plus supply forecasts for committee decisions.

Secretary: Correspond with organising bodies, take minutes of meetings and distribute relevant material.

Events Secretary : Promote races, relays and cross-country events to membership. Enter team entries and keep stock of race entry forms. Presently includes sale of kit.

Social Secretary: Arrange social calendar, delegating where necessary. Ensure we are entertained socially in a variety of ways.

Membership Secretary : Welcome new members to the club, assist existing members to rejoin and maintain records.

Publicity: Promote the club and its members, activities and achievements in the local press. Maintain posters and leaflets in prime targeted positions and ensure that local communities are aware of our presence.

General Member : A role for one year only. Be the representative of the club members' views to the committee.

Assist other committee members with any help they may need.

All these positions are open for selection by vote. Wendy and Andy Leslie and Jenny Brown are willing to stand again this year for their current positions (respectively, Chair, Treasurer and Membership Secretary) and Simon Whillis would like to move from Social Secretary to Events Secretary to lend variety. However, General Member is an annual position only and the Secretary, Publicity Secretary and Events Secretary positions will be vacant. Thanks to **Simon Bone, Steve Johnson** and **Dave O'Toole** for their hard work this year and special thanks to **Carl Bradshaw** who has made a major contribution to the club over the past four years.

If you are interested in putting something back into the club and getting a little involved in planning activities please contact anyone on the committee to find out more.

Please also note that just because one person takes responsibility for a job does not mean others cannot assist

Agenda

1. Apologies for absence
2. Review of matters arising from 11th AGM
3. Committee Reports
4. Presentation/Adoption of Accounts
5. Election of Officers

Nominations received so far:-

Club Secretary: Chris Try

Events Secretary: Simon Whillis

General Member: Linda Lowes

Nominations for any Committee position will be accepted from members in advance or on the night. Nominees must be proposed and seconded by Club Members.

6. Yateley Road Races
7. Any Other Business

Meeting to be accompanied by drinks & snacks. General discussion and questions from the membership welcomed.

Yateley Road Races 2000 sub-committee and charity nomination

With Ray Llewellyn's decision to step down as Race Director of the Yateley Road Race Series, Andy Leslie has agreed to step in and help out this year. I'd like to thank Ray for his contribution in this post last year. Carl Bradshaw has also stepped down from the committee due to increased work commitments, but will still help us on the day. However, if **you** can help in the organisation of the Races, then please contact Andy or Dave Dart. We

want to keep the sub-committee viable and that means volunteers to help us. The Races contribute funds to local charities and organisations including Sandhurst Joggers (this year proceeds from the races subsidised the End of Year Dinner and transport by about £1000), so it is well worth our while organising them. If you would like to nominate a local charity as a recipient of funds, please contact Andy or Dave.

NEWS AND VIEWS

YATELEY 10K RACE SERIES

Since the last Newsletter, Ray Llewellyn has stepped down as Race Director due to other commitments. Fortunately, Andy and Wendy have stepped in to fill the breach. We are looking for people to volunteer to help with all the committee positions, particularly with next year in mind. The positions are: Race Director; Entries/Results; Race Supplies; Publicity/Sponsorship.

So far the main priority has been to get the entry forms printed and distributed. Thanks to all of you who helped in the bar the other week, folding and stuffing 1200 entry forms into envelopes for posting to previous entrants. This has proved to be our most profitable source of entries each year. Also thanks to those who've helped by handing out forms at races. So far we've covered the Wokingham, Camberley and Reading Half Marathons and also the Bramley 10/20. **We need help for the Fleet and Bracknell Half Marathons, also the Maidenhead Ten, Shinfield 10km and Woodland Five Series.** If you can help please let Dave Dart know.

As we get nearer the races themselves we will be looking for your help. The following jobs (and the number of people required) need doing on the night:

Late Entries (7), Race Information Desk (2), Race Commentator (1), Finish Area Marshals (4), Course Marshals (6), Timekeepers (2), Tag Collectors (2), Results Sheets Collection (1), Medal Hangers (2), Lead Car Driver (1), Drinks Station (3), Car Park Marshals (4).

As you can see, a lot of help is needed, even though it's possible to 'double up' on some of the jobs. If you're able to help, please let Andy, Wendy, Dave or Sue know. The continuing success of the Yateley

LONDON MARATHON

The coach will leave from outside the main gates of Frogmore Campus at 6:30 am. Parking will be available in the top car park for the day and we should be back by 6pm. If there is anyone outside the club who wishes to fill up spare seats there will be a charge of £5, but contact Wendy first to see if there are any left.

The coach will drop us near the Cutty Sark, hopefully between 7:45 and 8 am. From there it's a short walk to both the Red and Blue start areas.

If you are spectating then feel free to do your own thing or alternatively you can join the 'official' Joggers Supporters Club. The usual plan for the day is as follows:

Accompany the runners to the Red start area to keep them company until just before the race start. Make our way back to the Cutty Sark to see the elite runners through. Onwards to Limehouse, via the DLR, where we make camp at about the 14 mile point. Unfurl the banner, get the beers in and hopefully spot all our club runners as they pass by. From there it's a short walk to the 20 mile point, where once again we hope to see most of our runners through. Finally, we make our way back to the finish, via DLR and tube to meet up with the runners in the reunion area.

If, for any reason, you cannot make the trip, please call Dave Dart on his mobile (07881737944). This number will also be the contact number for the day in case of injury, getting lost etc. A secondary mobile contact number belongs to Andy who is marshalling at the finish (0421 414 271). Please write these contact numbers on the back of your race number in advance just in case you should need them. Bear in mind that the coach aims to leave when everyone has finished, so try to contact us if there is a problem.

The coach will hopefully depart around 4 pm, though that will depend

on how long it takes to find all our runners, and also to find the coach! All being well we will be back at Frogmore Campus around 6 pm.

The London Marathon is a marvellous experience both to runners and spectators alike, so above all, enjoy your day.

Number Collection

Numbers are collected from the exhibition in the week before the race. If you cannot make it up to collect yours, you can arrange with someone else to get yours but they will need a signed form and a letter entitling a named person to collect it.

Post London Pasta Party

A celebratory Video, Pizza, Beer and Wine Party will be held on **Monday 17th April** following a short run from Frogmore (if you're up to it!) Liz Jones has kindly volunteered to host this year's event at 35a Florence Road, College Town (Tel:01276 34974) from 8:30 pm

Ros.

Who is always there with a smile on her face

Supporting us at every race
Ros of course

Who is the keeper of the keys at the handicap

Never staying in the warm car for a nap

Ros of course

At X-country races hours are spent
Looking after our gear in the tent

Who? Ros of course

Even the Yateleys she never misses
Always supporting us with kisses

(only kidding Dick)

Thanks Ros

We all love you

Joggers anon.

NEWS AND VIEWS

Animal Lovers

I, Andrew Brooks of PyvvArts, can draw your pets better than anybody else. For all those special occasions - such as birthdays, anniversaries, even next Christmas!

I create special original and personal drawings from photographs. Sizes variable to suit needs, and at very reasonable prices.

A special 15% discount offer to Club members for their first order.

For more information speak to Andrew at the Club or contact him on 01344 773355 or 07887 688367.

INTERESTED IN CYCLING ?

The evenings are gradually getting lighter which means that the Thursday evening off-road bike rides will soon be starting. Daring Dave Edward will be at the helm for single-tracking around The Look Out, starting at 7.00 pm. Listen out at the Club for the date but please remember, a helmet and puncture kit will be necessary. Oh, and don't forget to leave your brains behind !

I would like to know if anyone would be interested in a less technical cycle ride, perhaps taking in the quiet lanes around Finchampstead, and the odd bit of off-road as well. The meeting place could be Sandhurst Community Centre car park, again on a Thursday evening. A mountain bike or trail bike would be needed.

Please give me a call if you are interested or have any suggestions, telephone 01344 777934 or e-mail me at Elaine@McLeish61.Freeserve.Co.UK.

Elaine McLeish

STRESS FREE

Carl Bradshaw ICHT, NVQ, DIP is a qualified Masseur and can provide you with a relaxing massage in the comfort of you own home. Benefits include:

Reduced Stiffness in tired muscles

Increased circulation in the skin

Relief of mental and physical fatigue

Faster elimination of toxins

Stronger performance in sport and everyday life

Choice of treatments include a Sports Massage, a Swedish Massage or an Indian Head and Neck Massage.

Prices for the Sports Massage are:

Full Body (1 Hour) £20

Choice of Area (3/4 Hour) £15

Back and Neck (1/2 Hour) £11

If you have any questions or would like to make an appointment, then speak to Carl at the Club or phone him on (0976) 429227.

O'TOOLE'S SWIMMING SCHOOL

Provides Children and Adult swimming lessons with following benefits:

Small classes - **Fully qualified teachers** - Good success rate - **Courses weekdays and weekends** - Swimming lessons throughout the year - **Progressive structured programme** - Teacher in water with younger children - **Courses starting from 3 years of age** - All course linked to the S.T.A. - **Intensive courses during Easter and Summer holidays** - Brothers and sisters programmed to parents needs - **Three year olds in water without parents** - Assessments available on request - **Adult lessons available with teacher in water.**

For more information and general enquires call Susan on 01276 22708. Discount for all members of Sandhurst Joggers.

**On Saturday 25th March
1999 at 7.30 p.m.**

**"Fioratura",
sing**

Music for the Marathon

Three classically trained singers,
Julie Hercock - Soprano, Valerie
Wright - Mezzo-Soprano
and Julie Dance - Contralto and
Accompanist

will be giving a concert in St Peter's
Church, Frimley, Frimley Green
Road.

This will be to raise funds for the
Karen Hanssen Trust, a charity
founded on the memory of Karen
who died 10 years ago, by her
parents, in order that young people
could continue the work she loved,
namely explore the world on an
ecological basis and bring back
reports on their findings.

Valerie Wright is running for the
Karen Hanssen Trust in the Year
2000 London Marathon. The
proceeds from the concert will go to
the Trust and also provide a donation
to St Peter's Church.

"Fioratura" have an extensive
repertoire and the concert will range
from Baroque to The Blues.
This promises to be an exciting and
glamorous evening.

Contact Valerie Wright at the
Monday or Tuesday run or
the Parish Office on 01276 27855
Mon, Tues, Fri mornings
Or call 01252 836684 (answer
phone)
Programmes £6 Concessions £5

GRIZZLY OPPORTUNITY

Sound like your cup of tea? - we
have a number available for
someone mad enough to consider
it. Give Wendy a call a.s.a.p.
Only the insane need apply.

NEWS AND VIEWS

(More of) McLeish's Meanderings

by Elaine McLeish

I have started another long distance walk, this time along The Ridgeway, which is believed to be Europe's oldest road. It runs for 85 miles and starts in Wiltshire and takes in the counties of Oxfordshire, Berkshire, Buckinghamshire and Hertfordshire.

The Ridgeway begins at Overton Hill, which is near Avebury and its standing stones. It runs across the Marlborough Downs and there are good views over the chalk downland with a wonderful feeling of space. Unfortunately The Ridgeway has 'byway' status and this means that four-wheeled drive vehicles and motorbikes are legally entitled to use it. The ruts have to be seen to be believed especially after rain and it can be very heavy going in places. In fact I have even met horse riders who were complaining about the state of it. Also farmers use it for access to their fields so you will encounter the odd tractor.

There is so much history to savour - long barrows, standing stones, an abandoned village, tumulus and my particular favourite - hill forts. The first hill fort of Barbury Castle has impressive ramparts whilst the next hill fort of Liddington Castle is totally ruined by the noise of the M4 motorway. Uffington Castle in Oxfordshire was unimpressive when compared to the chalk White Horse beside it although you needed to be some distance away to appreciate it.

I soon found that I was unable to walk as far as I wanted due to the mud. It was similar to parts of The Grizzly and my feet were continually being sucked down. Even though I started this walk in winter, the scenery was still good (although a sunny day was better) and there was always the chance of seeing wildlife. Deer were sometimes seen but they always spotted me. Their sense of smell is incredible - I can't believe they were interested in my Marmite sandwiches ! There was also plenty of birds to be seen in the fields.

One interesting sight was on the edge of the Berkshire Downs a pheasant shoot was taking place and in the distance I could make out some gundogs doing their work. I watched through my binoculars as the dogs were being sent out. Later on when I returned along the same way, by a farmhouse opposite the field where the shoot had taken place, the pheasants were hanging up, feathers flapping in the breeze. That made my mouth water - roast pheasant for dinner.

Once I reached the halfway point I felt a real sense of achievement although I knew that the second half of The Ridgeway would involve a longer drive to get to. Also I would lose the expanse of the Downs - the Marlborough and Berkshire ones. It did seem strange arriving in Goring and walking by The Thames but I soon left the hordes of Canadian geese behind.

I was able to create a circular walk from The Thames and this incorporated another long distance bridleway called The Swan's Way which runs from Goring to

WOOLHAMPTON 10K

This is a recommendation for what I consider one of the nicest 10k's around. It starts at Chapel Row Green, where there is adequate parking, and is opposite the Blade Bone Public House.

It has a down hill start, some off road along a footpath, passes by Douai Abbey, then takes a private road through the grounds of Elstree School, and finishes with a small climb. Last time we ran it in 98, Andrew came 5th out of 130 starters.

There is an associated walk of about 2-3 miles. This year it's on Sunday May 21st and cost £5 (£10 for a family of 4 if you are running / walking). Entries on the day add £1.

I will obtain some entry forms.

Buckinghamshire (this could be a good one on the bike). I was walking along the bridleway and noticed a dead rabbit on the ground. A couple of yards along there was another, and another, and another, all in varying stages of decay up to and including the skeleton stage. In all I must have passed 20 dead rabbits in about a mile and a half of walking. What was the reason for this - myxomatosis perhaps ?

It was not a pleasant sight !

... to be continued in the next edition of the Newsletter.

A word in your ear (Craig)

Thanks for the helpful training hints in the last Newsletter.

Your personal profile also made interesting reading; and invited comment, so here goes.

Come down to Frogmore for club nights on Mondays and Wednesdays and not only will you be able to run with ChrisTry and Martin Powell but you will also be able to join in the stimulating discussions on football ; enjoy the humorous rapport that goes on between members ;and I'm sure someone will discuss fashion with you (if you insist).

Steve Davies

(Lifelong northerner from Merseyside and football fanatic)

BODY PIERCING – or how to get a PB.

Why bother to go to the professionals? With very little effort, you can do it yourself. The technique is simple; when you pin your race number to your vest, use just three safety pins. With careful alignment, you will be able to go straight through both nipples and your navel. The pain will be such that you can guarantee a PB because you will be very keen indeed to get it off as soon as possible.

Jenny Brown

MEMBERS PROFILES

The members profile feature gives you a chance to express your opinions on running in general and the club in particular and also gives the rest of the club a chance to find out a bit about you. Whether you're a new or a long standing member perhaps you'd like to volunteer some information about yourself for the next issue. A profile questionnaire can be found at the back of the Newsletter.

Name: Martin Powell

PB's: 10k: 34:13

10 Mile: 57:07

1/2 Marathon: 1:13:52

Marathon: 2:44:03

When did you start running and why?

I started running cross country at school. I then had a break until my early twenties when I started running to keep fit and take part in the odd half marathon.

When did you join the club and why?

October 1991. I went to the Sweatshop in Woking to buy trainers for the London Marathon. There I met Steve Johnson who introduced me to Sandhurst Joggers.

Which are your favourite/least favourite races and why?

Favourites are the cross countries, the London Marathon and any half marathon.

I have no least favourite race. I enjoy racing any distance up to Marathon, on or off road.

What do you enjoy most about running with the club?

Belonging to a team. I enjoy being part of the cross country team and other relays in the summer. Also to race at events where SJ members are going to, such as the Great Sam Half Marathon.

Is there anything you think could be done to improve the club?

The structure of the club has really improved over the years with the cross country league, track sessions, handicap run and other team events such as the Bounders relay and Dinton Pastures relay. None of this was around when I first joined the club. I personally don't feel that there is any

Name: Glyn Woodward

PB's: 10k: 49:02

10 Mile: 1:19:58

1/2 Marathon: 1:46:53

Marathon: 5:29:00

When did you start running and why?

March 1998. Inspired by watching the Grizzly and wanting to take part, also to get fit to play Rugby. Running now takes precedence.

When did you join the club and why?

June 1998. I started a job in Reading and as I had already run with the club as a guest on a couple of occasions, joining Sandhurst Joggers seemed the obvious thing to do.

Which are your favourite/least favourite races and why?

Favourites are virtually anything off-road, especially the Grizzly, Seven Sisters, Cross Country League and the Woodland Five. Why? The scenery and the atmosphere. The current buns at 16 miles of the Seven Sisters are something to look forward to.

Least favourite race is the Basingstoke Half Marathon. It was my first half marathon and coming face to face with cars leaving the race while I was struggling to finish was not much fun!!

What do you enjoy most about running with the club?

The friendliness and encouragement received from other members, even before I joined the club, and still continues.

Is there anything you think could be done to improve the club?

No.

Name: Valerie Wright

PB's: 10k: 58 mins

10 Mile:

1/2 Marathon: 2:07

Marathon:

When did you start running and why?

18th February 1998. I was unhappy, fat, grieving over the death of my father. An old injury to my right leg was so painful I had visions of soon being crippled. I had to do something.

When did you join the club and why?

The following March I ran in the Fleet Half Marathon, my first, and was delighted by the friendly faces of the 3 ladies I met from Sandhurst Joggers. I wanted to know how to run. I'd been doing it for a year but wasn't sure if I was doing it right.

Which are your favourite/least favourite races and why?

Favourites - All of them so far.

Least favourites - they all hurt!.

What do you enjoy most about running with the club?

Friendship, companionship, the feeling that we are all "Living in the answer" not the problem. I feel I am part of the "in crowd"!!!

Is there anything you think could be done to improve the club?

COMMITTEE REPORTS

CHAIRMAN'S LETTER

Spring is upon us – and with it the lighter evenings meaning a greater variety of club runs away from petrol fumes and hard pavements, getting off the road and into the country. Although we have some set runs we are not averse to new route suggestions – in fact it would be great if you could all think of just one route and let a committee member know. We would then have plenty of variety for the rest of the year!

Have a run named after you – contribute your route now!

To the relief of some, after last year's organisational debacle, Sandhurst Joggers have not made the National Finals of the Today's Runner Cross-Country League this year. I think that it's a shame we couldn't maintain our great record of reaching the plate finals behind Reading Roadrunners most years since we joined. I really enjoy this series - mainly because I like mud, rain and hills (Yes, I know, Andy says that about me, too.) – and I hope that we can do better next year, with increased numbers participating and ensuring our return to the finals in 2001.

As noted in the section about the AGM, Some members of the committee will be standing for re-election, but Carl Bradshaw, Dave O'Toole and Simon Bone have decided to stand down this year in their respective roles as Events Secretary, Publicity Secretary and Club Secretary. Steve Johnson is also stepping down from his post in the General Member position, which lasts only one year. **Thank you everyone for your efforts on the Committee this year. I say this not only from myself but on behalf of all the membership who benefit from your hard work.**

Now's your chance! These roles are open for anyone to do – why not you? Giving up a bit of your time to

make the club run smoothly and maybe injecting new events, either racing or social, into the club calendar gives a lot back to you as a member and adds to the personality of the club. For those who feel nervous about taking on a whole job, why not contribute by helping run 1 or 2 social events or assist with the Yateley races in the summer. Your help will be gratefully appreciated.

Whatever you may do in the club, on the committee or otherwise, don't forget why we're here. We all have the common root of enjoying running, no matter how fast or how slow. There are times when we don't feel like it.

MEMBERSHIP SECRETARY

Firstly, welcome to **Metta Dawson**, who has joined us since the last newsletter, and brings our total membership up to 116. Next year's membership subs will be due on April 1st, and you should receive a statement before then showing all the personal details we hold on you. Please give these forms back asap, either signed as OK, or with any corrections marked. Apologies in advance for the e-mail addresses, but quite a few proved difficult to read, so now's your chance to get them corrected or updated.

The AGM, with its incentive of a free drink, could be a good time to check up and pay up. Anyone who doesn't pay up in a month will have a membership secretary threatening them. In passing, it's been quite an easy year as membership secretary: once all the old members had been sorted, all I had to do was go round trying to get new ones. Though our overall numbers are roughly the same as last year, there are a lot of new faces, who have fitted in well and seem to be enjoying themselves. Good news for everyone. Keep bringing

Wendy Leslie

Then a run in company can lift us. But do remember to listen to your body – it may be telling you to rest – an integral part of anyone's training if you want to remain injury-free. No matter what else . . . enjoy yourself – this is no dress rehearsal!

Roz Burgess

The committee would like to publicly recognise the efforts of Roz Burgess and thank her for supporting the Club as well as her partner, Richard Allison, and Andrew, her son, at the cross-country events. In addition, Roz often hands out entry forms and generally pitches in to help the Yateleys, indeed she was the sole car parking person at one of the Yateleys last year for most of the evening!

Roz is obviously our nomination for non-club member of the year!

Sandhurst Joggers on the World Wide Web

The club has a website which can be found at www.reboot.demon.co.uk/sandhurstjoggers.html. Along with details of the club, you can find pictures of members participating in events, and newsletters too. Information about the Yateley Road Race Series can also be found on the site. Brickbats or plaudits can be mailed to andy.leslie@reboot.demon.

COMMITTEE MEETING

The next committee meeting is planned for the 6th April. If there are any matters you wish to be discussed at these meetings then please bring them to the attention of the General Member, or use the comments form

COMMITTEE REPORTS

EVENTS SECRETARY

At last Spring is around the corner and it will not be long before those long summer evenings are here. The X/Country season is now finished and unofficially we finished 3rd this year, so we will not be going to that crappy course in Groby again. I would like to thank everybody that ran in all the races this year, there was plenty of blood, sweat and tears from everybody and to finish 3rd was a great performance, pipped by Bracknell with help from Windle.

A lot of the club will now be in London training pounding out the miles on the road. There are plenty of races around, Fleet 1/2, Camberley 1/2, Cranleigh 15/21 all to put in good mileage for the big day. I know there is a huge group heading down to the Grizzly in April and I wish them all a good race.

This is my last report as Events Secretary as I am coming off the committee in March. I would just like to thank everybody in the club for all their support and help over the last 4 years. I have had some memorable times and I have totally enjoyed my time. I wish my successor all the best and I will of course give as much help to that person as possible.

Happy running

Run/Orienteer Event (or Get Lost!), 24th May

A run of 2.5 miles is followed by an orienteer run of 2.5 miles from the Simons Wood car park, Wellingtonia Avenue, Finchampstead Ridges at 6:30pm.

Southern Navigators are running beginner sessions on Wednesday evenings (dates to be advised) so we don't get completely lost, so why not give it a try?

Showers, sandwiches and a cheap bar are available afterwards at Finch Coasters club house, Memorial Hall, Finchampstead. Contact Wendy or Events Secretary for further details.

Tuesday Toddlers – an update

The numbers are creeping up and have now gone over twenty on a few occasions. Added to our regular core are several people training for the marathon, who are coming for the extra run. We have our regular winter routes, and on all of them we manage to find extra loops and/or hills for anyone who wants to stretch themselves a bit. This way we can have one basic run, with options, so we can vary it to suit whoever's there on the night. I tend to work these options out with a street map, measuring distances with a bit of cotton, but I don't seem to be too accurate, as those who ended up with a run of over an hour one night will realise. (This came as a bit of a shock to

Theresa who was a real beginner, and on only her third outing, but as she survived and came back, it must have been all right. Sorry about that, Theresa!.) We're acquiring one or two people who've run before and are getting back into it, and normally run about 5 miles now. As soon as it gets lighter, it'll be time for off-road, and hopefully in the summer we can repeat last year's run from Ambarrow, to see some real country. Anyone who wants to turn up on a Tuesday is welcome, but please let us know if you're an absolute beginner. We don't want to kill you first time out!

Jenny Brown

SOCIAL SECRETARY

It's been a hectic last few weeks with the final preparations for the End of Year Dinner taking up my time. Sorting out the menu choices and travel arrangements for 80+ people has been no small task! By the time you read this, the Dinner will have taken place. I hope you had a great evening and that all the hard work was worth it.

My thanks to Andy Leslie for organising the Quiz night back in February. If there are any more volunteers out there who'd like to organise future quizzes then please let me know.

With the summer months approaching we will again be organising Pub Runs on the first Monday of each month, starting with the Golden Pot on June 5th. Following their successful introduction last year we will be continuing with the walks from the same venues for non-running/injured members, partners or friends. Listen out at the club for more details nearer the time.

CLUB COACHES

In addition to Carl and Ray, the club now has two Level 1 Endurance coaches who, while not promising miracles, can give advice and help on the following subjects:

- a) Training Sessions (X-C, Road or Track)
- b) Stretching and how to avoid injury
- c) Conditioning (Strength training for runners)
- d) Nutrition
- e) Speed training
- f) Running technique
- g) How to avoid getting stale
- h) Footwear.

If you would like any help or advice please contact Steve Johnson or Alan Kirby either at the club or by phone on 01344 771899 (Steve) or 01252 513470 (Alan).

Steve and Alan will soon be taking structured sessions at the club, so watch out for details, either in the

HANDICAP SERIES

PLEASE STOP AND READ THIS

If you usually skip over this page because you don't do the Handicap Run, then please take a minute to read this before you turn over. The Handicap Run was introduced about five years ago in order to give every member of the club, regardless of ability, the chance to compete against each other and the opportunity of winning a trophy at the end of each year. This has worked well in the past, however it now seems that the runners taking part in the Handicap Run are predominantly the faster members of the club, whilst the slower members have either stopped taking part, or in the case of newer members, have never thought about taking part. Which is a pity, because they are the runners who could benefit most from the run. So, if you haven't tried the run yet, please give it a go. It's not a race, the winner is not necessarily the first to finish. You don't have to be super-fit to take part, it's supposed to be a measure of your current ability, good or not so good. You don't have to run it on your own, run it with the people you normally run with at the club. See Dave Dart if you want to know more details about the run.

2000 SERIES

The 2000 Series is underway with several good performances so far. Andrew Burgess and Linda Lowes shared the honours in January and February saw Glyn Woodward take home the trophy. Martin Powell recorded his best ever time in March to lead the field.

Linda and Andrew are also leading the way in the Series, but the chasing pack are close behind. Early days yet though, remember it's your best seven scores during the year that count towards the series results.

The Handicap run is an ideal way of measuring your form and also provides an opportunity for all members to compete against each other on an equal basis. The Handicap series starts in January and the Handicap run takes place on the second Wednesday of each month through to December.

The winner each month is the person who gets closest to or beats their handicap time by the most time. Handicap times are adjusted each month based on your finish time. If you're planing to take part for the first time then it's a good idea to familiarise yourself with the course beforehand, it has been known for runners to go the wrong way on occasions. A copy of the rules and a map/

JANUARY RESULTS

Pos	Name	Time	Handicap	Points
=1st	Andrew Burgess	32:54 PB	-0:46	20 pts
=1st	Linda Lowes	37:35	-0:46	20 pts
3rd	Kevin Bennett	33:10	-0:33	18 pts
4th	Craig Edwards	35:05	+0:39	17 pts
5th	Martin Powell	32:00	+0:43	16 pts
6th	Richard Allison	39:44	+1:00	15 pts
7th	Simon Whillis	41:40	+1:13	14 pts
8th	Sue Dart	43:38	+1:33	13 pts
9th	Andy Hawkes	35:53	+1:37	12 pts
10th	Carl Bradshaw	35:01	+1:39	11 pts
11th	Chris Try	32:01	+1:46	10 pts
12th	Dave O'Toole	36:46	+1:47	9 pts
13th	Roy Whillier	42:11	+2:47	8 pts
14th	Charlie Garrett	50:16	+4:35	7 pts
	Phil Boylan	35:36		6 pts
	Jo Calame	38:55		6 pts
	Rob Fisher	40:43		6 pts
	Jon Bone	43:14		6 pts
	Glyn Woodward	44:09		6 pts

FEBRUARY RESULTS

Pos	Name	Time	Handicap	Points
1st	Glyn Woodward	41:15 SB	-1:20	20 pts
2nd	Linda Lowes	36:46 SB	-0:49	19 pts
3rd	Andrew Burgess	32:26 PB	-0:28	18 pts
4th	Richard Allison	38:23 SB	-0:26	17 pts
5th	Simon Whillis	40:27 SB	-0:18	16 pts
6th	Paul Courtney	39:56	-0:17	15 pts
=7th	Jon Bone	42:19 SB	+0:07	14 pts
=7th	Sue Dart	42:35 SB	+0:07	14 pts
9th	Craig Edwards	34:45 SB	+0:09	12 pts
10th	Dave O'Toole	35:42 SB	+0:16	11 pts
11th	Carl Bradshaw	34:47 SB	+0:50	10 pts
12th	Steve Davies	42:43	+3:01	9 pts
13th	Charlie Garrett	49:25 SB	+3:14	8 pts
14th	Jo Calame	41:17	+3:27	7 pts
15th	Kevin Bennett	36:53	+3:43	6 pts
16th	Martin Powell	36:53	+5:25	5 pts
	Anne Holland	41:01		4 pts
	Dave Dart	45:18		4 pts

HANDICAP SERIES

MARCH RESULTS

Pos	Name	Time	Handicap	Points
1st	Martin Powell	29:56 PB	-1:32	20 pts
2nd	Glyn Woodward	40:29 PB	-0:46	19 pts
3rd	Chris Try	29:56 SB	-0:44	18 pts
4th	Jon Bone	41:40 SB	-0:34	17 pts
5th	Linda Lowes	36:19 PB	-0:27	16 pts
6th	Simon Whillis	40:04 SB	-0:23	15 pts
7th	Andy Hawkes	34:24 SB	-0:16	14 pts
8th	Richard Allison	38:35	+0:12	13 pts
9th	Dave O'Toole	35:56	+0:26	12 pts
10th	Andrew Burgess	32:54	+0:28	11 pts
11th	Anne Holland	42:04	+1:03	10 pts
12th	Janice Alves de Sousa	42:06	+1:22	9 pts
13th	Larry Sharp	39:30	+2:47	8 pts
14th	Kevin Bennett	36:20	+3:10	7 pts
	Mike Corfield	37:10		6 pts
	Mike Pottle	38:58		6 pts

HANDICAP ROUTE

The course comprises of two laps around Broadmoor starting and finishing from the Visitors Car Park at the back of Broadmoor in Kentigern Road. The course is about 5.4 miles long and, as you'd expect around Broadmoor, has one or two hills in it.

From the car park, run up Kentigern Rd, turn right down Upper Broadmoor Rd, cross to the left hand side. At the bottom turn left along Crowthorne High St then left into Lower Broadmoor Rd just after the mini-roundabout. Continue along Lower Broadmoor Rd, straight on past the bottom of Chaplains Hill, then past the school on your right. Eventually, turn left into Eastern Lane and left again following the perimeter wall back to the car park.

If you'd like a map of the course and a copy of the rules or would like to know more about how the Handicap works, then see Dave Dart.

HANDICAP SERIES 2000 - SERIES POSITIONS

Name	Runs	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Total
Linda Lowes	3	20	19	16										55
Andrew Burgess	3	20	18	11										49
Richard Allison	3	15	17	13										45
Simon Whillis	3	14	16	15										45
Glyn Woodward	3	6	20	19										45
Martin Powell	3	16	5	20										41
Jon Bone	3	6	14	17										37
Dave O'Toole	3	9	11	12										32
Kevin Bennett	3	18	6	7										31
Craig Edwards	2	17	12											29
Chris Try	2	10		18										28
Sue Dart	2	13	14											27
Andy Hawkes	2	12		14										26
Carl Bradshaw	2	11	10											21
Paul Courtney	1		15											15
Charlie Garrett	2	7	8											15
Anne Holland	2		4	10										14
Jo Calame	2	6	7											13
Janice Alves de Sousa	1			9										9
Steve Davies	1		9											9
Larry Sharp	1			8										8
Roy Whillier	1	8												8
Phil Boylan	1	6												6
Mike Corfield	1			6										6
Rob Fisher	1	6												6
Mike Pottle	1			6										6

CROSS COUNTRY LEAGUE

Handy Cross XC, Sunday 20th February

by Martin Powell

Sunday 20th February was the last cross-country at High Wycombe. It was quite a cold sunny morning, ideal conditions for me. It was the usual walk through the woods down a steep muddy hill to the start. The start was on a gravel road going down hill slightly so I knew it would be quite a fast start. 11o'clock and we were off and, as I thought, the start was fast. A group of four of us broke away from the main group. But then we took a right turn on to a grass field and up a steep hill. This is when I made my break and by the time I turned right to go into the woods I had broken away from the other three guys.

In the woods the hill eventually came to an end and flattened out, then I went

down a dip and suddenly remembered this part of the course from last year as I headed towards the deep mud where I lost my trainer in last years race. So of course I decided to run round the mud instead of through it.

The first lap took me back past the start again. A bit further on there was then a sharp turn left up another steep hill. When I reached the top a marshal called to me that the next runner had just reached the bottom of the hill. I knew then that the other runners were still not far behind which just made me even more determined to build an even bigger gap.

Further on into the race and I started to realise that just maybe I was going to

finally achieve my personal goal, to win a race. My biggest fear of all now was to take a wrong turning and become lost, which I must say has nearly happened to me a few times, but on past occasions I've managed to get back on the right course.

There of course was the usual final sting in the tail when we looked like we were coming to the finish but instead were directed up a final very steep muddy hill, which just seemed to go on for ever. When I came out of the woods it was just a final descent down the grass field where I had broken away from the other guys at the start of the race. Then I knew that the race was mine and I just felt so full of running as I approached the finish.

I think everyone who ran that day enjoyed themselves and people I spoke to all had a good race, which is good considering how tough the course is. Unfortunately for me it was not the last of my running that day. After a nice relaxing drink at the pub, Andy and Wendy gave Kevin and myself a lift to Bisham Abbey and from there we ran back to Bracknell. I found this experience unforgettable not to mention extremely painful but Kevin being a very strong long distance runner, as usual did not suffer like myself. That night it was safe to say

Tadley, 9th January, Results:

1	Bracknell Forest	128
2	Sandhurst Joggers	152
3	Reading Road Runners	328
4	Sheen Shufflers	339
5	Datchett Dashers	391
6	Finch Coasters	468
7	Burnham Joggers	500
8	Marlow Striders	556
9	Metros	575
10	Maidenhead AC	623
11	TVT	631
12	Tadley Runners	DNF

Bracknell, 23rd January, Results:

1	Reading Road Runners	102
2	Bracknell Forest	193
3	Sandhurst Joggers	227
4	Burnham Joggers	391
5	Sheen Shufflers	430
6	Finch Coasters	482
7	Datchett Dashers	494
8	Handy Cross Joggers	554
9	TVT	564
10	Metros	607
11	Maidenhead AC	641
12	Marlow Striders	818

Burnham, 6th February, Results:

1	Reading Road Runners	159
2	Bracknell Forest	202
3	Sandhurst Joggers	252
4	Sheen Shufflers	328
5	TVT	367
6	Finch Coasters	403
7	Metros	459
8	Burnham Joggers	553
9	Handy Cross Joggers	569
10	Maidenhead AC	572
11	Marlow Striders	713
12	Datchett Dashers	902
13	Tadley Runners	1041

Handy Cross, 20th Feb, Results:

1	Bracknell Forest	190
2	Sheen Shufflers	195
3	Reading Road Runners	209
4	Metros	268
5	Sandhurst Joggers	296
6	Burnham Joggers	321
7	Marlow Striders	495
8	TVT	495
9	Maidenhead AC	506
10	Finch Coasters	619
11	Tadley Runners	843
12	Datchett Dashers	868
13	Handy Cross Joggers	972

Final League Positions

1	Reading Road Runners	87
2	Bracknell Forest	85
3	Sandhurst Joggers	76
4	Sheen Shufflers	72
5	Burnham Joggers	53
6	Finch Coasters	46
7	TVT	43
8	Datchett Dashers	41
9	Metros	40
10	Maidenhead AC	39
11	Marlow Striders	22
12	Handy Cross Joggers	21
13	Tadley Runners	13

RACE REPORTS

Seven Sisters Marathon, October 30th

by Sue Dart

After completing last years Seven Sisters Marathon in just over five hours in awful conditions, I was looking forward to going under five hours this year. After all the weather couldn't possibly be any worse and I was fitter.

What I hadn't bargained for was an injury! September 16th, the Great South Run, 1:16 my best run for three years, only slight concern was that I had a pain running down my left leg. It had been there all week, but it wore off once I got going.

Over the next couple of weeks my training started to get a bit haphazard, some good runs, some bad ones which had to be cut short due to the pain in my left leg - or was it my back - or even my right leg?

Eventually, four weeks before Seven Sisters I gave in and visited the Physio. I was confident that he would sort me out within a week or so, he normally did! A trapped Femoral nerve was the diagnosis. The Physio never actually said I should stop running - he knows me to well for that (though I have to say I didn't actually ask)!

Undaunted I continued to try and run for a week. Things weren't getting any better. With three weeks to go and no long runs for about five weeks I had to abort my Sunday run after about ten minutes. At this point my training was non-existent, a two mile hobble every other day was the limit. My Physio wasn't too optimistic about my chances of running a marathon in the near future.

I knew I would have to stop running for things to get any better. I did and decided that if I could run around the

block two days before the marathon I would run. The relief when I managed this on the Thursday was so great I cried. A twenty minute jog on the Friday was ok and confirmed that I really could start the race the next day.

We arrived in Eastbourne on a beautiful autumn morning and duly met up with Paul, Glyn and Dick. Dick and Jane were supportive of my determination to run. I think the others thought I was mad!

We were off. I started steadily and very tentatively. It was a strange feeling to be running again. My safety net was that Dave would be at 8 miles if I needed to pull out. Although my back ached at 8 miles, it wasn't enough for me to pull out, so I just smiled and waved as I ran past Dave and Jane. My confidence was increasing. It was a beautiful day and I was running again. At 12 miles I was still ok. I had actually caught up and run with Paul for a short while.

Between 12 and 16 miles things started to change and the pain in my back was becoming more than an ache and fatigue was setting in. It was a relief to reach Dave and Jane and a couple of sips of Dave's pint was very welcome. At 16 miles it was too late to pull out, only 10 miles to go. I tried not to linger at the food station, the toughest part of the race was about to begin.

I ran with a Portsmouth Jogger for about 3 miles which kept me going, but as we left Seven Sisters Country Park and started climbing he went ahead. I remember last year that I overtook quite a lot of people as I gradually counted the Sisters down. Not so this year. I was in a lot of pain and had to keep stopping. Other

runners were very encouraging, but I was desperate for the next feed station at 22 1/2 miles. Even if I had to rest there for a while and walk the rest of the way, I would make it.

I didn't linger for too long at the checkpoint. I just wanted to finish now. I was running alongside a lady whose opening words to me were "You look awful - very pale are you alright or do always look like that?". Very encouraging I must say! She was actually very pleasant and we ran together on and off for the next 4 miles. Her pace was slower than mine, but with the number of times I had to stop and stretch it equalled out.

I eventually crossed the line in 5 hours 19 minutes and the tears began to flow. A mixture of joy and relief, I had made it, my battle was won. I think the sense of achievement for this one race was far greater than any of the PBs I have ever achieved. Time isn't everything.

We stayed in Eastbourne for a night, ate like an animal on the Saturday evening and after a dose of nurofen walked the last three miles of the course the following day.

Before closing this report I would like to thank Dave for standing by me throughout. He put up with my tears and frustrations and despite the fact that h, along with most normal, sane people, thought I was mad to not only tackle a marathon, but also one of the toughest ones in the Country, he never tried to stand in my way. (*Not likely - I've seen those elbows in action! - Ed.*)

I knew it was a gamble and knew I may not be able to run for a long while after, but it was a chance I had to take and cross the next bridge

RACE REPORTS

Tales of Karrimor International Mountain Marathon, October 30th/31st

Originally there had been talk about Chris, Wendy, Anne and myself splitting up into two teams to do the KIMM (Karrimor International Mountain Marathon), but due to injuries it ended up with me partnering Chris. I'll be totally honest and say that I had no idea what to expect, only that from what Chris said, it would be hard (not wrong there). I had never run with a back pack of any weight before, so to be running with one that was containing everything you needed for two days was a bit of a daunting thought. Training runs were done wearing one and I have to say it proved not to be as bad as I thought it was going to be. Unfortunately due to Chris getting some injuries through September and early October we were not able to do as much training as we would have liked but at no time ever thought about dropping out.

For those that don't know what KIMM is, it's a yearly event held over two days at the end of October in various parts of the UK. It's a mountain orienteering race and there are six courses. Four courses are typical orienteering, in that you have to go to check points in a set order in the fastest time possible and the other two are still about going to check points but not in a set order, but the check point has a points value dictated by the severity of its location.

You choose your own route but the aim is to get 250 points over the two days so that you get a certificate. Chris and I were doing what was called the Short Score so on the first day we had five and a half hours to get as many check points as possible and on the second we were allowed four and a half. At this point I have to say the normal allowances are 5 and 4 respectively but due to the

severity of the hills / mountains on the course they had extended it by half an hour on each day - great. You must run as a pair and both go to the checkpoint with your backpacks on, some of the checkpoints are manned to ensure that the rules aren't bent by naughty competitors.

Last October the race was held on the Cowal Peninsula, which is near the mouth of the Clyde, Western Scotland.

The fun started on the Thursday we were to leave for Scotland. Various items we had ordered from the organisers some two weeks earlier had not arrived as of midday despite me having been chasing them for the previous two days and being assured they would be with us in time. Some more frantic calls discovered they had arrived in the Parcel Post depot in Aldershot on the Wednesday night and were due for delivery on the Thursday. They arrived at 17.00 hours as we were due to leave at 17.30 but with a major glitch, the specialised heat in the bag food we had ordered was not with the delivery, there was a note saying they had run out. Unimpressive or what!! Fortunately Chris had some bags of noodles so we had no alternative but to take these - yuck.

The plan was to drive up to North of Manchester on the Thursday and overnight then drive on up to Greenock on the Friday to catch a ferry to Dunoon, which we did. We timed it just right. The ferries plying the route are rather small, approximately 20 cars a trip. When we arrived at 15.00 there was a full car park and it looked as though we were in for a couple of hours wait, so we settled down for a nap in the car, however in no time at all we were being called forward to load. When we looked back the queue of

vehicles was disappearing down the road into the distance. The crossing was uneventful but whilst we were onboard I phoned my brother, who lives North of Glasgow, to see what sort of weather was expected for the weekend (he is an ardent Mountain walker so had promised to keep a check on it for us). The forecast for the Saturday was starting dry but with gale force winds and rain arriving during the afternoon and more of the same for Sunday. Gosh, that lifted our spirits. When we arrived in Dunoon we made straight for the registration at the competition centre in Ardentinnny to get all the administration over and done with on the Friday, one less thing to worry about on the Saturday. That duly done we then went and found the hotel that we had booked ourselves into in Dunoon. Off to the Italian restaurant and loaded up on pasta then back to the hotel to pack the backpacks. There are certain compulsory items that have to be taken between the two team members, such as, Tent, sleeping bags, cooking stove, food for 36 hours, emergency rations, wet weather clothing, whistle, compass, first aid equipment, survival bag, head torch, fleece top, and then there are the 'luxury items' such as dry clothes to change into at the end of day one, carbohydrate powder to do energy drinks, sleeping mat, television set and hi-fi (joking). After having packed both bags we then tried some weight lifting as we picked them up. I would guess that between them they weighed about 35 kilos.

You have set start times and ours was 10.26 on day one and 08.01 on day two. The start was an approx. 45 minute walk from the car park so we had agreed we wanted to arrive at

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the car park by 9.00 and this was about a thirty minute drive from the hotel, so it was breakfast at 7.00 and load in as many calories as possible. The guide is that you should eat 4000 calories on the first day so that you can perform well on the second – that is one hell of a lot of calories isn't it. Got to the car park in ample time, then it was the decision of what to wear, bearing mind that the car park is at sea level but we were going to be climbing up to over 2000 feet, with gales and rain coming in. Decision was a base Odlo thermal with an intermediate Helly Hansen over the top.

Got to the start at 10.05 after a leisurely climb, then the nerves started and you all know what result they bring. Fortunately quite a lot of cover. Before the start, at the registration, you are given an overall map showing the check points for all six courses, a slip of paper telling us which ones were on our course and the description of their lie, the only thing you are not told is the points value of each one, that is given you after the start on another map, so you can only finish planning your route once you have that.

As soon as we got it Chris gave it the once over with her experienced orienteering eye and decided what route was best for us to be able to achieve. I didn't have a clue, absolutely no input from me. The route chosen covered 13 checkpoints with an approximate "as the crow flies" distance of 22 kilometres (13.5 miles). The problem with that is that neither of us could fly like crows.

The first checkpoint was 1 km from the start but involved a 400-metre climb, certainly warmed us up and didn't take long for the calves to express their concern. Found without any problems and then onto two. This was about 3.5 kms and was partly along some very muddy

undefined paths that had potholes in, so you had to be very careful to ensure you didn't turn an ankle. We got into running mode but after a while the cloud came down making visibility about 100 metres, it was very impressive watching Chris navigate us through it, fortunately didn't last for long and by the time we got to the checkpoint we were back into moderately good visibility. Just after this it started to rain and in hindsight we took too long in getting out our wet weather gear so consequently by the time we did put them on we were very wet and slightly chilled.

We pressed on finding three, four and five without major difficulties. Chris at this time was a woman on a mission because between four and five I was running behind her and unfortunately put my foot in what turned out to be a mud filled hole. As I felt myself going flat on my face managed to turn part sideways and ended up on my back. I then had the fun of trying to get back on my feet with the backpack weighing me down. Anyone that has seen a tortoise on its back can probably visualise what I'm saying. Chris had seen none of this and was fast disappearing off into the distance oblivious to my predicament. I managed to get back upright and eventually caught up with her having to do a fartleck session to manage it. She had been totally unaware of what had happened and was very disappointed to find she had missed it all.

By now the wind had really got up and was buffeting us around quite a bit but when we got to checkpoint 6 it was to encounter conditions never experienced before. The marker was on a knoll, south side, we were approaching from the south and the wind was behind us. The knoll was in between two mountains so consequently the wind was being

funnelled, so the higher and nearer we got to the checkpoint the harder it became with the rain falling horizontally and very painfully. We did the checkpoint and moved over the brow to get some respite from the wind but in the process we both got blown over, Chris had a look at the punchcard and realised to her horror that not all the marks had come out so we had to go back, this was horrendous, we were having to lean forward at about 45 degrees to try and keep on our feet and this time the rain was straight into our faces and it felt like we were being cut to shreds. Anyway Chris managed to repunch the card and we got back out of the main force of the wind and rain, although we were still taking a pounding.

We had one more pass to climb over and then it was down hill for the next couple of kilometres to the next point. It was here that I found my footwear was perhaps not ideally suited. I had specially bought some Asics offroad shoes, heavier than I would normally wear but offering stability, they had been fine until the downhill but they had minimal tread on the rear and consequently when trying to run down the muddy and wet hills at speed, I found that my feet kept slipping out from underneath me jarring my arms as I put them down behind me to catch myself. Chris on the other hand was wearing orienteering shoes and had no such problems.

We pressed on and did a couple of compulsory checkpoints then had to cross over a road at the head of the loch and turned south into the wind. At least the upside of this was it was now good underfoot as it was forest trail albeit quite a bit uphill, the downside was that we were behind schedule for our five and a half hours and you accrued penalty points at one point a minute or part thereof

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(this turned out to be a very important stipulation) for every minute over. Digging deep we started power walking the steeper uphill and running the rest. Eventually we had to turn off the trail into the forest where the path was very soft and spongy. Amazingly we met a runner I knew from Hart Road Runners who also used to run with me at Fleet AC so we had a chat (to be regretted later). When you think that there were approximately 1700 teams running six different courses it was incredible that you could bump into someone you know. We had one more pass to go through then it was downhill along an extremely muddy and branch strewn path, very hard going, then onto another forest track and eyeballs out again to the last checkpoint of day one. Worked hard through this and really pushed to minimise the penalty points we already knew we had. Finished in 5 hours 48 mins 47 secs, giving us 175 points with 19 penalty points so netting out at 156. A lot of work to be done on day two.

The campsite was a sodden cow pasture sloping down to the loch, with the only amenity being twenty portaloos. Fortunately we had arrived at a time where there was some choice on where to pitch the tent; we selected what we thought was the driest wet spot, one that didn't have multiple cowpats on it) and set about putting the tent up. Fortunately this didn't take too long, the only disconcerting thing was we were able to push in all the tent pegs by hand and the wind was still howling round the trees. Would the tent stay up for the night?

Once it was up we proceeded to change into dry clothes which was very nice and whilst Chris got the cooker going I collected the water by means of plastic bags from the stream running down the side of the

site. We had noodles followed by Rice Pudding, unfortunately Egon Rooney wasn't around so he doesn't know what he missed, but we had both got to the state where we were too tired to eat so had to force it down to try and get some energy back. Drink was hot chocolate. This was the weekend when the clocks went back so we had settled down for the night by about 19.00 knowing there was a 06.00 reveille on the Sunday played by bagpipes. It is impossible to completely stretch out in a two-person tent and you have all the noise from the other tents, which are basically pitched nearly on top of you. Then there was the wind (anyone who has seen Blazing Saddles will know what I mean) but seriously, nature's that is. You could hear it roaring through the trees as it came up the loch and you lie there waiting for it to hit the campsite knowing that your tent pegs were only pushed in by hand and worrying what will happen. It wasn't the soundest night's sleep I've ever had. 6 o'clock came and sure enough the bagpipes started. We restrained the urge to go looking for a couple of swords so that we could do a sword dance. We knew we had two hours to get everything done, but it's surprising how quickly that goes when you are feeling shattered and want to stay in the warm (relatively speaking). Just as we started taking down the tent it started to pour with rain, wonderful - I was going to have to carry around a soaking wet tent which meant my load was heavier than day one. We managed to get everything ready and got down to the start with 30 seconds to spare.

Off we set on our Sunday stroll. The principal was the same as the day before, you are given the map for the second day after the start so once again you are working out what you can do so that you can get the 250 net points total. We knew we were on 156 net, meaning we were looking

for 94 to meet our target. The route Chris decided on covered eight checkpoints worth 100 points. From the start it went up, then up, then up some further. The first checkpoint was three quarters of the way up a 741 metre climb, the first part was not too bad, but the last part was stamina sapping and all against a storm force wind that was being funnelled down onto us (at least it wasn't raining). Once we got to the top we were totally exposed to the wind and were moving in a direction in which the wind was coming at us from our right. We tried running but with the backpacks partly acting like sails we were getting continually thrown off to our left. It took a lot convincing to myself that we were doing this for 'fun'. We found the next checkpoint no problem and had now got into a bit of a rhythm mixing running and walking. We had a couple just ahead of us whom we latched onto and got 'sucked' into following them and I made the cardinal sin of overshooting the next checkpoint. We didn't go too far past it but we had lost height, so we had to climb back up to it wasting more energy and valuable time. After this came a steep downhill to the compulsory controls where we crossed the bottom of the valley. It's amazing how hard it is on the legs going downhill, trying to stop yourself sliding and control your speed. We had a couple of guys pass us who were sliding down on their bottoms at high speed. If you had the 'bottle' that was the way to do it but as there were stones and small rocks littering the slopes I opted out as I didn't want to come down as a Soprano.

When we got to the bottom of the steep slopes the route turned into a track which was runnable, and here we were sheltered from the wind. Looking at our watches we saw with

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horror that this first part had taken us three and a half-hours and we were only just over half way. We were definitely not going to achieve our target of 250 points but then we both realised that neither of us had re-set our watches for the time change and had therefore only been out for two and a half hours. It was possible after all, but it was going to be extremely tough. The climb out of the valley was hard, you try and ignore the aches and the pains (I don't mean Chris – honestly) and just put your head down and plod. Gosh how we plodded. We had worked out that if we limited our time penalty points to 16 we would just do it. After the next checkpoint we had a choice of path, the longer route or crossing a stream and striking out up the side of a valley, we choose the latter as it was more direct and worked hard. After having gained height it was obvious that this had been a common choice and a path had developed and so we were able to once again to mix walking with running. Fortunately the wind was behind us and so was not causing problems. After getting over the valley head we knew it was downhill over rough terrain for about one kilometre and then we were onto forest tracks to the end with three checkpoints en-route. We flew down the rough part, me slipping and sliding, Chris fleet of foot (rather Shakespearean don't you think). Once onto the track we realised it wasn't pure downhill there were some slight inclines, they were so small that on a training run you wouldn't notice they were uphill, but when you are physically shattered with an approx 20 kilos backpack they take on a total different dimension.

Decision was to conserve energy on the ups by walking and run the flat and downs. This is what we did, but even running the flats was hard, on

the downs we had the weights of our backpacks pushing us down and we really went for it. Where Chris got her energy from I don't know, considering the lack of training she had had due to injury but she was really digging in. By this time we were passing a lot of people walking and it was a good confidence booster flying past them. All the time in the back of your mind was 'limit the penalty points' so when your body wanted you to walk your mind took over and you forced yourselves on. The last checkpoint was just before the finish, a matter of about 100 metres, just before the checkpoint you had to cross a wide stream that was about knee deep. Tentatively walking across were about three people (why they were going so carefully I don't know as they must have already been soaking wet – big jessies), anyway we drowned them with the bow wave we set up running across. Crossing the finish line was bliss, much more welcome than crossing the finish line at the London. Just after the finish was a refreshment area where there were large vats of piping hot soup and tea, it was probably the best soup that I have ever had.

As neither Chris nor I had set our stop watches we didn't know exactly what time we had completed the second day in, we reckoned on about being about 17 over the four and a half hours, giving us 17 penalties so we had either scored 249, 250 or possibly 251 points net. We would have to wait for about two weeks to see what we had managed. Its strange, as soon as you finish you think how hard the two days had been and that you would never dream of doing it again, after three cups of soup, the euphoria of what you have achieved hits you and you are thinking about how you can do better next year.

Two weeks later we got the results.

First day:

Scored: 175 points, time taken: 5.48.47, penalty points: 19

Second day:

Scored: 110 points , time taken:

4.46.15, penalty points: 17

Total time: 10.35.02

Total: 249 Oh dear.

If we had been SIXTEEN SECONDS faster we would have achieved the magical figure of 250 points (rather like missing a sub three hour marathon by three seconds). You can look at all sorts of things where you could have saved those seconds, if I hadn't talked to the guy from Hart road runners, if I hadn't kept falling over on day one, if we hadn't got sucked into running behind that other couple on day two and overshooting the checkpoint. At the end of the day we missed out and were disappointed, then you look at it in context. Chris had been injured and had not been able to do anywhere near as much training as she would have liked, there were gales, it was classified as a very hard course, it was my first one and the aim had been to complete it and we did. It's all relative isn't it, we just go harder this year (if we get in) and make sure we don't waste valuable seconds.

We came 99th out of 258 finishing teams, all age and sex categories – that was good

We came 35 out of 103 veteran teams

We came 11 out of 22 mixed veterans teams

Ignoring the first ten minutes after finishing, I have to say that it was a memorable weekend, was enjoyable and I am highly satisfied to have finished it in a good time which is all down to Chris and her fantastic navigation (it was my fault we overshoot the one on day two as I was leading us at that time).

With hindsight, the biggest problem we encountered was trying to eat 4000 calories on Day 1 to successfully do Day 2. We didn't have enough food, despite a large cooked breakfast and carbohydrate

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Lanzarote International Running Challenge, November 1999

by Sue Dart

We arrived at Club La Santa on Thursday 25th November. I promised myself a few gentle days before racing started on the Sunday. Injury had prevented me from doing very much training for the previous two months, so I planned to use the holiday to get fit again.

Friday: 5k early morning run, just a gentle jog, turned into a race - oh well! A stretch session at lunch time followed by a 1000m swim. Time for a couple of hours sunbathing and then an 8k hill run at 5pm. I really was going to take this run slowly - I did for about 5 minutes - then the competitive streak took over and I found I was racing again. I couldn't be beaten by a girl who looked fat and unfit and a man of about 60!

Saturday: 4k breakfast run, just a warm up before the race series starts. About 200 runners take part, no-one's jogging, everyone's giving their all. I really am quite tired so try to take it fairly easy. It was an interesting little route, but definitely more than 4k.

Sunday (10km): The race series starts with a 10k, 3 laps around the lagoon at Club La Santa. A very boring route which can be very windy, and today was no exception. I had no aspirations on time, I was just pleased to be running again. The first lap was hot and windy. The good thing about three laps is that there is good support, so it was nice to hear my name shouted by a spectator as I neared the end of lap one. Lap 2 - the going gets no easier, the wind at the start of the lap is very strong. I'm running alongside a chap with purple socks, at least I think it's a chap! It's not English and it doesn't speak to me but it's there all the time.

We turn the corner heading back to La Santa. Purple socks is still there, it keeps me pushing on. The end of lap 2 and the leaders are just finishing. Lap 3 - Purple socks is still hanging on to me, we turn the corner, about another ten minutes running left. Where has

purple socks gone? Back into La Santa and a lap of the track to finish. I am pipped on the line by an English chap, where he appeared from I don't know. Made a mental note not to let it happen again. Purple socks arrives just in front of Dave, he'd obviously dropped back. Oh and it's a woman!

Monday (13km Ridge Run): This is a beautiful run with spectacular scenery from the top of the ridge, but hard work getting up there. I made a mental note to not fall over at the top as I did last year. I took the run to the top steadily. A photographer was perched sadistically on the summit, catching everyone looking their best! Downhill all the way now. Unfortunately you can see Club La Santa for a long way and it never seems to get any closer. Although I felt pretty good I always seem to get overtaken on this downhill section, which is a bit frustrating.

We finally reach the road leading to the finish. It's a shame the road up to the stadium is uphill, but what race organiser would give you an easy finish? Once around the track and I had finished, amazingly in the same time as last year.

Not to be left out, the guy who pipped me on the line yesterday, finished about ten yards behind me. It was time to talk to him, just to suss him out about the next couple of days. He was looking forward to the beach run, not so the Trans Island. I would have to keep an eye on him!

A couple of hours by the pool and then it was time for the weekly Aquathlon. Only a 200m swim and 3km run I swam well and ran badly, a minute slower than last year. Something to do with a race earlier in the day perhaps? Good job I'm taking it easy!

Tuesday (5km Beach Run): Before coming out to Lanzarote I had promised myself that I wouldn't run the Beach run again as I hate it. But

something saw me on the bus on the way to Puerto Del Carmen at some unearthly hour of the morning. Our friend, Nigel, worried me when on hearing that I'd not planned to do this race said "Don't you know yourself better than that by now".

A quick practice on the sand confirmed that it had not got any easier. We were off, the first lap was bearable, but it got harder. The whole world seemed to be overtaking me. I was convinced I was at the back as I trudged up and down the three lap out and back course.

Wednesday (Trans Island 23km): Another crack of dawn bus trip heading back towards Puerto Del Carmen again. This time the bus drops you off at the bottom of a hill in the middle of nowhere and you run back to Club La Santa, The first 3k being uphill and I mean uphill! After that the run is superb as you head back through the fire mountains towards La Santa. I felt pretty good, but the last couple of miles took their toll. I had to call on all my reserves to keep pushing on. A quick glance at my watch confirmed that I was 2 or 3 minutes ahead of my previous time. The stadium at last came into sight, I just had the strength for one last effort before crossing the line. This time my friend was not so close behind. Once again a 1000m swim rounded off the days exercise.

An easy few days before Saturday's 10km run in conjunction with the Lanzarote Marathon. A daily routine of swimming, stretching and mini-golf. We couldn't quite fit in the cycling!

Sunday (Lanzarote 10km): Should be feeling fresh after my rest days! An out and back course, which wasn't as flat as I would have liked. I was pretty knackered, so broke no records time wise. Just another event to add to the list.

Once again a fantastic holiday, which

RACE REPORTS

Wokingham 1/2 Marathon, 13th February

I have run this event a number of times in the past, and always enjoyed it. But that's probably due to the fact that it's such a flat course. Any way it's the 13th February and a nice sunny morning although a little cold. We arrive at the venue with plenty of time and decide to park in the main field. Although I was told to go back up the road to park, I headed into the field anyway and nearly got stuck in the mud but just managed to keep going to the top.

At the finish area I saw a few Sandhurst joggers wondering about, but not as many as I thought there would be. Although someone told me later that about twenty-two had made it to the race.

9.45a.m and everyone started to make their way to the start of the race, which was about a five-minute walk round the corner. The good weather must have brought more people out to the race, because there seemed to be runners every where.

9.55 Am. and I jogged over to the start, near the front, but a few rows back just to make sure I didn't go off too fast as in previous years.

10.00a.m and we were off, all I could think about was not to run the first mile to fast. The first mile marker was soon upon us and my watch read 5.31 which for me was slow considering I used to do the first mile in about 5.05. Far too fast, which I would pay for in the last few miles of a race. After the first mile things settled down and the pace evened out to about 5.40 miling. I then started to run along with a small group of about four people, one of which was a Reading roadrunner who I recognised.

Six miles later and I still felt very comfortable with the pace, and the same group was still together. But unfortunately by nine miles the pace started to affect me. I started to drop to the back of the group, then a little

further on I began to drift away and at the same time I noticed that the Reading road runner had increased the pace and got away from all of us.

At ten miles my watch read 56.26. I was very pleased indeed and realised I was on for my fastest time in six years. I was now running along side a male veteran, who I later found out was an over 50 vet. He was trying to

Madly enthusiastic, as always when I read the race lists, I entered Wokingham, Camberley and Reading. Wokingham is flat, they said, suitable for a PB. The only hills are over the motorway bridges. Sounds like my kind of course. The day didn't start well. Trying to park in the big field at the start, I found everyone was being turned round because the field was too muddy and parking was not on. There were two lines of traffic in opposite directions all trying to do three point turns, so I suggested politely (honest!) that if they put someone on the mini-roundabout fifty yards down the road, they might reduce the traffic problem. From the looks they gave me you'd think I was Einstein. Having parked half-a-mile away in a side-road, I went back to the field to find Valerie had managed to get parked in there, and Liz and Kelly were with her, using her car as a luggage trailer. I did the same. Kelly was agonising over whether to take off her long legs and put on her shorts, but as she didn't want to take her shoes off it was tricky. Eventually we all went off to the start, but it was such a jumble it wasn't possible to find anyone else. I met someone I'd worked with four years ago, and eventually Lisa joined us. Valerie had briefed the commentator about her concert, (and stuck a poster advertising it on the refreshment tent, I discovered later). As we started off and passed the commentary box, she got the chance

stay ahead of the second place over 50 vet. So we decided to try and keep each other going. Going through the last mile we were both feeling very tired and just wanting the finish line to appear? We turned the final corner to go into the finishing straight and with one last effort I managed to sprint past one more runner, as I crossed the line I

for a quick song to the crowd. Lisa and I and Kelly ran together for the first couple of miles, and if we'd realised the first mile was just a loop back to the start, I think we'd have waited in the bushes. We soon got overtaken by Simon, Anne, and Alison, who'd got stuck at the back after a queue for the loo. It was quite flat, and the sun came out, and we had lovely weather. Going over the motorway bridges, lots of cars hooted, but I don't think there were any crashes. It was a fairly flat run, mainly through countryside, but there was one point when I could see people fifty yards away turning a corner, but a loop had to be run to reach the corner. It turned out that loop was about four miles – or that's what it felt like, and they wouldn't let me take a short cut. At least this was a single circuit, and when I saw the motorway bridge I felt very relieved. All downhill from now on I thought. Alas, no; this was the first motorway bridge – there was another one to come. By now I was running on my own, which I quite enjoy, because there's no-one to nag you to keep going. I was tired, so I tried Valerie's trick of singing Three Blind Mice. I had to do it in my head because I can't run (flattery) and sing simultaneously. It worked a bit, though later on it occurred to me I should have tried 'I'm young and healthy, and in my prime' from 42nd

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RACE REPORTS

Richmond Park, 5th March

Not really an event this, but a training run, organised by Runner's World magazine and aimed at the London Marathon. There was no entrance fee or registration, all you had to do was turn up on the day and park (if you got there early enough) in the Kingston Gate Car Park.

We (Kathy, Maria, Peter, Metta and myself) arrived c. 8-30 am and had to park in side roads. The next problem was the loos with long queues – training for Greenwich on 16th April I suppose!

The general scheme of things was quite straightforward. You decided the rate at which you wanted to run and tagged in behind the paceman who was wearing the requisite time on his back. I joined the 9 minutes 30 seconds group along with Kathy, Maria, Peter, Metta, Mel, Pat, Kelly and probably others from SJ and off we went.

There were at least 3 Runner's World

marshals running with our group to take care of safety. This was necessary as we were sharing the park perimeter track with mountain bikers, other runners and the general public – the whole world and his dog (literally) so as to speak. Actually they did a great job, keeping us going at a constant pace and in good humour with jokes and advice along the way.

The general idea was to run the park perimeter 1, 2 or 3 times giving distances of 7.5, 15 or 22.5 miles. We decided to run 2 laps, then for 15 minutes into the third lap finally

doubling back to the start thus completing a run of just over 18 miles in 3 hours – not exactly earth shattering stuff but good steady training with no aches and pains afterwards. Personally I had no problems at all, the course was generally flat with medium going over a firm, sandy gravel track.

I was sufficiently pleased with the outing to Email Runner's World when I arrived home, congratulating them on a well organised event. As I said in my message, I will do it again next year whether I get into the 2001 London

by Roy Whillier

Camberley Half Marathon, 27th February

Mildly undulating, it said on the blurb, but nothing too severe. Here we go again, I thought; this rates six out of ten on the Bradshaw scale. In the event, I was right. It was one of those days when you're hot if you run in long trousers, and rather chilly in shorts (that means the wind whistles round your nether regions). All started well by meeting half a dozen other Joggers, firstly in the queue for the loos, and then at the start line. I was deeply hurt when Kathy said she was going to run very slowly indeed, (ten minute miling or slightly under), because this is my normal pace. However it proved useful since she dragged me through the first mile in nine and a half minutes. Then we left the flat bit behind, and I began to get my usual view of the course and other runners. (I can now recognise any SJ's back view.) Not wanting to burn myself out, (roughly translated, I can't be bothered to do any training and run any faster), I let the others gradually get away from me as we began the inclines. This was part of the route they'd used for the Frimley 10k, and it was a lot easier this time. Being a two lap route meant the mile markers appeared roughly every half mile, and this did help me to keep plodding on.

It also lets you spot where they've parked the ambulances. The bad news is there really was a lot of uphill, without the same amount of down. Valerie was treating this as a gentle morning run (is there no end to this woman's talents?), and I ran with her for a bit. Then she got ahead and I followed a very neat navy-blue lycra clad behind for a mile or so. Wonderful rhythm, Val! We were together near the end of the first loop when Kathy, Maria and Metta shot out from the woods at the side and joined us. They'd had a short horticultural interlude, watering the plants. As this route is very much Valerie's home ground, she was able to point out all the pit stops, and graded the trees and bushes like a miniature Egon Ronay. The hills weren't quite so easy on the second lap, because I was tiring, and by this time all the other SJs had cracked on ahead having real pain from my foot. My beloved Asics 2040s had finally died, and I was running in newish 2050's. (memo to Asics: they're nowhere near so good – give me back my 2040's!) I started talking to another lady who was having similar problems, and we ran together for a bit (I proselytised the

(Continued on page 23)

(Continued from page 21)

Street. Mentally, it might have done the trick! As always, the last half-mile was the longest. Why is it, when you know the finish is round the corner, and even when you can see it, every yard measures at least three? Anyway I got encouraged in by Maria and Kathy, and when I called over to ask how long they'd been there, they cheerfully said half-an-hour. Thanks, pals! And why is it that I always turn up with a face as red as my SJ T-shirt, and with salt from dried sweat on my face, and everyone else romps home with make-up intact? Lisa came in a minute or two later, and then Kelly. It was her first half, and where most people would look at the time as they crossed the line, I will never forget Kelly looking at her heart-rate monitor and saying triumphantly "1550 calories!" . Why do we do it?

RACE REPORTS

(Continued from page 22)

SJs and she seemed to like what she heard, so if you're reading this Zara, welcome to the Joggers), and then started leapfrogging each other. We kept each other going, and I really had walked very little. The last hill and Andy with encouraging words loomed up just before the sponge station, where I'd told my new friend to look out for a mad woman (Wendy) who was leaping about. There was real relief to see the 12 mile marker, and turn right to head for home. The last bit was sheer hell. I made it in 2 hours 13 mins and a bit, which was faster (relative term here!) than Wokingham, and given the route, not too bad for me. Lots of SJs shouting me in at the end, which was lovely, but when Wendy urged

me to get on with it and crack 2 hours 14mins I thought the only way I'd do it would be to breathe deeply and throw my chest over the line. Fortunately, I did it without having to resort to extreme measures, and fell on the proffered banana with enthusiasm. I found this course pretty tiring, but as I keep eating too much I see no other way to get the weight off. And when I think I only entered it in the first place because I'd told Sam McDonnell I was going to, and she'd entered because she thought I had, (when I hadn't), and so I had to, just to keep her company, but she overtrained and was injured, and so she didn't run, and I went through all that just so I could put my feet up on Sunday afternoon, well..... but after all,

Camberley Half Marathon

Finish Times:

Philip Boylan	1:29:36
Craig Edwards	1:29:50
Roy Whillier	1:43:42
Sue Dart	1:51:57
Mel Calvert	2:03:33
Liz Jones	2:03:33
Maria Titcomb	2:06:12
Kathleen Pellet	2:07:35
Metta Dawson	2:07:35
Valerie Wright	2:10:58
Jenny Brown	2:13:59
Anita Twine	2:19:22

Well done also to the Ladies Team (Sue Dart, Mel Calvert, Liz Jones, Maria Titcomb) who finished in second place.

Pacing Chart - Richard Allison

Having started using the Gym again as part of my training, I found all the running machines are now calibrated in Kilometres. Mental arithmetic to convert from Kph to Miles a minute while you are trying to keep up with the belt is tricky, as it's easy to land with your foot across the moving belt and the fixed guide. So to avoid this calamity I reproduce this chart, which I came across recently. Most people reckon 8K equates to 5 miles but it (8K) is 47 metres longer, (if you want to be finicky) or 10-15 secs. depending on your speed.

Mile	K	5K	5 Mile	10K	10 Mile	1/2 M	Marathon	m.p.h.	k.p.h.
4.30	2.48	13.59	22.30	27.58	45.00	58.59	1.57.59	13.3	21.3
4.45	2.57	14.45	23.45	29.31	47.30	1.02.16	2.04.32	12.6	20.2
5.00	3.06	15.32	25.00	31.04	50.00	1.05.33	2.11.06	12.0	19.2
5.15	3.16	16.19	26.15	32.37	52.30	1.08.49	2.17.39	11.4	18.3
5.30	3.25	17.05	27.50	34.11	55.00	1.12.06	2.24.12	10.9	17.5
5.45	3.34	17.52	28.45	35.44	57.30	1.15.23	2.30.46	10.4	16.7
6.00	3.44	18.38	30.00	37.17	1.00.00	1.18.39	2.37.19	10.0	16.0
6.15	3.53	19.25	31.15	38.50	1.02.30	1.21.56	2.43.52	9.6	15.4
6.30	4.02	20.12	32.30	40.23	1.05.00	1.25.12	2.50.25	9.2	14.8
6.45	4.12	20.58	33.45	41.57	1.07.30	1.28.29	2.25.59	8.9	14.2
7.00	4.21	21.45	35.00	43.30	1.10.00	1.31.46	3.03.32	8.5	13.6
7.15	4.30	22.31	36.15	45.02	1.12.30	1.35.02	3.10.05	8.3	13.3
7.30	4.40	23.18	37.30	46.36	1.15.00	1.38.19	3.16.39	8.0	12.8
7.45	4.49	24.05	38.45	48.09	1.17.30	1.41.36	3.23.12	7.7	12.4
8.00	4.58	24.51	40.00	49.53	1.20.00	1.44.52	3.29.45	7.5	12.0
8.15	5.08	25.38	41.15	51.16	1.22.30	1.48.09	3.36.18	7.3	11.6
8.30	5.17	26.24	42.30	52.49	1.25.00	1.51.26	3.42.52	7.1	11.3
8.45	5.25	27.11	43.15	54.22	1.27.30	1.54.42	3.49.25	6.9	11.0
9.00	5.35	27.58	45.00	55.55	1.30.00	1.57.59	3.55.58	6.7	10.7
9.15	5.45	28.44	46.15	57.28	1.32.30	2.01.15	4.02.30	6.5	10.4
9.30	5.54	29.31	47.30	59.02	1.35.00	2.04.33	4.09.06	6.3	10.1
9.45	6.03	30.18	48.45	1.00.36	1.37.30	2.07.49	4.15.38	6.2	9.9
10.00	6.13	31.05	50.00	1.02.09	1.40.00	2.11.07	4.22.13	6.0	9.6

RACE REPORTS

Camberley Half Marathon, 27th February

by Wendy Leslie

It was hard work watching!! First we had to get Daniel to the start of the Fun Run, dash across to see him halfway on the towpath of Frimley Lodge Park and then back to encourage him just before the finish. Daniel came through in good form once again to take third place.

Then we were off to the Half-Marathon sponge station to assist Lily from Camberley AC and meet Glyn who had gone directly there. The first problem had been that the standpipe only produced one bucket of water. Luckily a friendly neighbour supplied the rest.

We arrived in time to see the second half of the field going through 5 miles, but were to remain for a repeat loop before 11 miles. Though there weren't as many runners as on the previous course they were still just as friendly and it was fun to hand out the sponges, even if some seemed to aim the old ones back at you! A young lad with us chased up and down collecting the used sponges and we ensured the Sandhurst contingent got a good reception.

Meanwhile, Andy positioned himself at the brow of the hill to ensure runners and drivers did not meet head-on. Once the majority of the field had gone through we left the stragglers to Lily and co. and drove back to the park to support our runners home. Most had a final flourish to the finishing line. Jenny's route, however, was blocked by a car. The driver had decided to park at the side of the finishing straight despite being advised otherwise and wished to go home. So he did a three-point turn knocking bollards over as he went, succeeded in uprooting a wooden post and drove

off into the flow of the finishing runners. Despite the temptation to run over the top of the car, Jenny squeezed round the side and completed her run.

There was a mixed reaction to the

change in route, some liking it and some disliking the combination of two laps and multiple hills. However, it was good to see a local race back on the racing calendar, if diminished in size, and let's hope it

Grizzly Training Away Day Run, 12th March

21 hardy souls set out from a sunny Queen Elizabeth Country Park for a hilly 15 miler to prepare ourselves for the Grizzly event itself in three weeks' time. Having started my training extremely late, prompted by the shock that it was only 1 month away, I had only run for 90 minutes and was wishing to run a little longer to be a little better prepared. The terrain was inflicted upon us immediately when Alan and I were left behind at the start when distracted doing paperwork and had to leg it up the first incline. This developed into the first hill which was a precursor of what was to come. True to the Grizzly legend we ended up walking up the last bit of the hill – to look at the view! There was to be quite a bit of that.

SimonB, Charlie, SteveW and I found ourselves already separated from the main group and persevered until we found a downhill stretch where we found the others waiting for us at the gate. A wide selection of uphill climbs followed by steep downhill stretches split everyone up into their relative groups and DaveD and I ended up running at the same pace. We were not to see familiar faces for a while. Bob ran back past us at one point – which I didn't worry about as he intended running a shorter distance.

It was when facing the sheer grassed face of Beacon Hill with steps cut into the side that we looked up to find bare-chested Dick N, Jo and Alan climbing over the stile at the top and coming towards us. Were we really that much behind the others that they were

coming back? We were to find out later that they had inadvertently missed out the loop at the end.

Having completed the loop we were overtaken by Carl and Phil running at a cracking pace, followed by MikeC who ran with us for a while. We later caught sight of a flash of bright yellow in the distance which we estimated to be Sue, but we knew there was no way we could catch her up.

We persevered with our technique of running flat and downhill stretches and walking severe uphills and were quite comfortable in the thought that we were well down the homeward bound stretch until Dave recognised the spot on the way out where he had told Charlie we had been running for 28 minutes. How controlling is the mind over the body when faced with a longer arduous run than expected? We now suddenly felt tired and aching and felt the mental pressure to continue regardless. Even the long downhill stretch at the end seemed never-ending, and tripping over the speed bumps at the upper end of the car park didn't help! When I looked at my watch when greeted by Hannah and DaveE at the car park we had run for 2:45 hours, my longest for years by over an hour.

Thanks must go to Elaine, Dave Edward and Bob Greenwood for planning and recciing ??? this torture. I now feel better prepared for the 4 hours or so of running, climbing, paddling etc waiting for me at the Grizzly – we must be mad!

AND FINALLY

NEWSLETTER ARTICLES

Your views on anything to do with running in general and the club in particular are sought. If there's something you've read in this issue that you don't agree with and have a different view on then make it known.

Articles are welcome in any of the following forms:

via e-mail to dick.allison@iclway.co.uk

On disk, using Microsoft Word (Windows 95 or 97) or Microsoft Works, is ideal (saves me from lots of typing).

Typewritten or printed on paper is fine (easy for me to read),
Neatly hand-written on paper (is ok).

Please note that tiny illegible scribbles on scraps of paper are not encouraged.

Finally, please bear in mind the copy deadline, which is printed on the front of the Newsletter. It is important that I receive articles by

NEWSLETTER DISTRIBUTION

Get your newsletter early! An increasing number of members now have an e-mail address, so we can send your newsletters, newsflashes and any up-to-date information direct to you. Let us know if for any reason, you prefer to receive it by hand/post, otherwise we will forward info to you direct.

CONTRIBUTORS

Many Thanks to the following people who submitted articles for this issue of the Newsletter. Your efforts are appreciated.

Richard Allison

Carl Bradshaw

Jenny Brown

Sue Dart

Steve Davies

Garath Davis

Steve Johnson

Andy Leslie

Wendy Leslie

Elaine McLeish

Martin Powell

Roy Whillier

Simon Whillis

Glyn Woodward

To those of you who regularly contribute articles - Thank you, please continue to do so. However, there are still a great number of you who have never made a contribution to the Newsletter. Just think how much more interesting and varied the Newsletter would be if just a few more of you put pen to paper (or fingers to keyboard).

Contributions don't have to be race reports and you don't necessarily have to spend a great deal of time writing an article. We want to hear about all your running experiences, whether they're training runs, training methods, your first race, your best (or worst) race, let the rest of us know about it.

If you haven't done so yet, please take a few minutes to fill in the members profile form. This gives us a chance to find out a bit more about you and why you run and also gives you a chance to have a say in how the club is run.

Don't leave it to someone else, make your contribution to the next issue!

PROFILE QUESTIONNAIRE

The members profile is a chance for you to express your opinions on the club and also for the rest of the club to find out more about you. Please take a few minutes to answer the questions below and return this page to Richard Allison.

Name:

What are your PB's for 10k, 10mile, 1/2Marathon and Marathon?

When did you start running and why?

When did you join the Club and why?

Which are your favourite races and why?

Which are your least favourite races and why?

What do you enjoy most about running with the Club?

Is there anything that you think could be done to improve the Club?

SANDHURST JOGGERS DIARY

Some important dates for your diary.

Please remove this page from your Newsletter and keep it in an obvious place.

More details of these events can be found in the Club News section on page 4.

MARCH

- | | |
|--------------------|--|
| Friday 24th | Club Run at Frogmore Starts at 6:30 |
| Monday 27th | AGM, Ryder Social Area, Frogmore Campus |

APRIL

- | | |
|-----------------------|---|
| Saturday 1st | Membership Renewals Due |
| Thursday 6th | Committee Meeting |
| Friday 7th | First Track Session at Bracknell |
| Wednesday 12th | Club Handicap Run, Broadmoor |
| Friday 16th | Pre-London Pasta Party |
| Sunday 16th | London Marathon |
| Monday 17th | Post-London Pizza Party |

MAY

- | | |
|-----------------------|---|
| Monday 8th | Club Social Evening, Frogmore Campus Bar |
| Wednesday 10th | Club Handicap Run, Broadmoor |
| Monday 29th | Copy Deadline for next Newsletter |

JUNE

- | | |
|-----------------------|--------------------------------------|
| Monday 5th | Pub Run, Golden Pot, Eversley |
| Wednesday 7th | Yateley 10k (Race 1 of 3) |
| Wednesday 14th | Club Handicap Run, Broadmoor |

SANDHURST JOGGERS COMMENTS FORM

Are you happy with the way the club is run? Is there anything with the club that upsets you? Do you feel there could be improvements made and if so how?

On the other hand, if you are happy with the way the club is run, what is it you like about the club?

Remember this is your club, so your views are important.

Please do not keep these thoughts to yourself, let me, the Sandhurst Joggers General Member, know. I will then pass on all comments to the committee. At the bottom of this form you will find a comments section for you to fill in. All forms handed back will be dealt with in the strictest confidence; you do not even have to put your name to the form if you do not wish.

Comments.

Return to
General Member.