



SANDHURST JOGGERS NEWSLETTER

Issue 46

Mar. 2001

The Club Address is: The Secretary, 49 Horsham Road,
Sandhurst, Berkshire. GU47 0YZ

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PROFILE FORM / DAIRY	

Copy Deadline

Monday 28th May.

For Dist. On Monday 4th Jun.

Come on, tell us what you have been up to, this is usually a good time for running. The Foot and Mouth outbreak is going to affect our sport, that's for sure.

Nevertheless we will still be doing some running, somewhere. Tell us about it, or your alternatives. Articles may be handed or posted to R.Allison, Quinque, Vicarage Lane Yateley GU46 7QR.

Formats can be your very best handwriting, typed is great, word processed on floppy, or of course email.

Email: dick.allison@iclway.co.uk

A G M

**A reminder that the most important event of the year is coming up, the annual AGM in the:
Ryder Room
April 2nd 19.30
See Page 10
and Chairmans
Report—Page 12**

EDITORIAL

When Steve West asked Charlie the deadline for the member of the year, Charlie replied 'it's in the newsletter', to which Steve's comment was 'I haven't read that, it's too thick' You can't win !!

I reckoned Decembers Newsletter was the best I've put together with a really good mixture of articles and reports. Keep it up, the thicker the better.

Yesterday was the Handy Cross XC and all we could manage was Eight runners, we all quite enjoyed ourselves and to be fair it was raining

Continued Page 7

The opinions expressed in this Newsletter are not necessarily those of the Editor nor the Committee of Sandhurst Joggers.

THE CLUB MEETS

At Frogmore Campus on Mondays and Wednesdays at 7:20pm

At The Lookout on Sundays at 9:00am

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

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

Fridays Coaching and Effort sessions are currently on an Ad-Hoc basis, contact Alan Kirby

CLUB CONTACTS

Chairperson

Simon Whillis (01252-673301)

Secretary

Linda Lowes (01344-771899)

Membership Secretary

Jenny Brown (01344-776931)

Events Secretary

Alan Kirby (01252-513470)

Social Secretary

Liz Jones (01276-34974)

Treasurer

Chris Try (01276-609153)

General Member

Glyn Woodward (01252-693965)

Publicity

Sue Dart (01252-890071)

Newsletter Editor

Richard Allison (01252-873911)

Handicap

Dave Dart (01252-890071)

EVENTS CALENDAR

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 then please send them in for inclusion in the next newsletter.

Date	Distance	Event
SUN.MAR.11TH 10.00	13 MILES ROAD	READING HALF MARATHON C/D 9/2 NO E/D WEB:www.yell.com/halfmarathon
SUN.MAR.11TH	18-20 MILES	GRIZZLEY ENTRIES NOW CLOSED
SUN.MAR.18TH 10.00	10K	WIMBLEDON PREMIER 10K C/D 10/3 £7 E/D £10 PREMIER WIMBLEDON 10K, 29 HARTFIELD RD., WIMBLEDON SW19 3SG
SUN.MAR.18TH 11.00	10K	SALISBURY FIRE STATION 10K £4 E/D +£1 01722-330351
SUN.MAR.18TH 12.15	13 MILES ROAD	FLEET HALF MARATHON INCORPARATING the SEAA 1/2 M CHAMPIONSHIPS C/D 28/2 £8 www.asics.co.uk
SUN.MAR.18TH 11.00	10K	STANDLAKE 10K STANDLAKE SCHOOL, WINTNEY £5 E/D + £1 MAIL: J.WATSON, WALNUT TREE HOUSE, OLD MANOR FARM, BRIGHTHAMPTON, OXON
SAT.MAR.24TH 9.00	20 / 40 MILES	COMPTON DOWNLAND CHALLENGE CD/ 17/3 (400 LIMIT) £11 E/D £15 01635-578536
SUN.MAR.25TH	5,10,15K + ASSAULT COURSE	MILITARY CHALLENGE 15K, 10K AND 5K C/D 5/3 5K—£8 +£5 EXTRA FOR A GO AT THE ARMY'S BIGGEST AS- SAULT COURSE 10K £13 +£5 15K £16 +£5 0870-2413807
SUN.MAR.25TH 14.00	16 MILES MULTI TERRAIN	COMBE GIBBET TO OVERTON - OVERTON, HANTS CD 19/3 £5 01256-770489
SUN.MAR.25TH 9.00	15 & 21 MILES	CRANLEIGH 15 & 21 NR GUILDFORD C/D 19/3 £5 EVENT SEC, 10A CLIFFORD GROVE, ASHFORD MIDDX TW15 2JT
SUN. APR.1ST	8 / 16 MILES ONE / TWO LAPS	KINGSTON BREAKFAST RUN - KINGSTON C/D 25/3 £12 + £2 ON DAY - FAST & FLAT EMAIL: bkrun@humanrace.co.uk
SUN.APR.8TH	10 MILES	THAMES TOWPATH TEN £6 E/D £10 WEST 4 HARRIERS, FLAT3 , 15 GROSVENOR RD. CHISWICK, W4 4EQ
FRI.APR.13TH 9.15	10K	MAIDENHEAD HOLIDAY INN EASTER 10 OCKWELLS PK CD 14/4 £6 E/D £8 MAIL:C&P ISON,47 LITTLEFIELD GREEN, WHITE WALTHAM MAIDENHEAD SL6 3JL
FRI.APR.13TH TO MON.APR16TH	10K 13MILES RELAYS	NEWTON GUERNSEY EASTERRUNS CD 31/04 £18 FOE ALL 4 RACES TERRY GREENING-01481-244221

EVENTS CALENDAR

Date	Distance	Event
APR.22ND	26 MILES	FLORA LONDON MARATHON ENTRIES CLOSED
SUN.APR.29TH 10.00	13 MILES ROAD	BRACKNELL HALF MARATHON C/D 16/04 £7.50 E/D £10 01344-354124
SUN.MAY 6TH 10.30	26 MILES MULTI TERRAIN	NEOLTHIC MARATHON - AVEBURY C/D 13/04 £17 01380-725670
MON.MAY.7TH 9.00	SPRINT TRIATHLON	SWIM 400 / BIKE 20K / RUN 5K (XC) - FLEET C/D 27/04 01252-873454
MON.MAY.7TH 12.30	10K & FUN RUN	SHINFIELD 10K - SHINFIELD, READING £5 E/D £6 01189-453789
SAT.MAY12TH 10.00	13MILES 10K	ICKNIELD WAY ELAN PRINTING HALF & 10K - CHINNOR CD 5/05 £5 E/D +£1 E.THORPE, 9 VAN DIEMENS CLOSE,CHINNOR,OXON, OX9 4QE
SUN MAY.13TH 9.30	5K	HANDY CROSS MARLOW 5 HIGGNESON PK. MARLOW £5 E/D +£1 RACE LIMIT USUALLY EXCEEDED MAIL: HC RUNNERS, C/O LAPWING COTT.BROOMBARN LANE,GT. MISSENDEN HP16 9JD
SUN.MAY.20TH 10.30	10K & FUN RUN	OXFORD MAIL TOWN & GOWN - OXFORD CD 6/5 £5.50 E/D £10 01993-881368 EMAIL: town.gown@pcs-oxford.demon.co.uk
SUN.MAY.20TH 11.00	10?	HOOK 10 - HOOK, NR BASINGSTOKE £5 E/D HOOK RR COMMITTEE, 14 HOP GARDENRD,HOOK,RG27 9TS
SUN.MAY.20TH 11.30	10K	WOOLHAMPTON 10K - BUCKBURY, READING CD 14/05 £5 E/D +£1 FUN RUN COMMITTEE,WOOLHAPTON PRIMARY SCHOOL, WOOLHAMPTON HILL, NR READING RG7 5TB
WED. MAY.30TH 19.30	5 MILES OFF ROAD	WOODLAND 5 (1) - CROWTHORNE SERIES OF 3 £7 PER RACE £3 + £1 E/D www.finchcoasters.freeserve.co.uk
WED. JUN.6TH 19.30	10K	YATELEY 10K (1)

These events were compiled by reference to the magazine *RUNNING FITNESS* which boasts '*the most comprehensive events service in Britain*' and the BRACKNELL FOREST RUNNERS WEBSITE (www.forestrunners.com)

Alan Kirby is our Events Secretary— He may be able to help with entry forms.
If you are at an Event and have the opportunity to pick up some entries,
get a few of each and pass them on the Alan.

CLUB ADVERTS

STRESS FREE

Carl Bradshaw (I.C.H.T, Dip) is a Qualified Massage Therapist and can do home visits or can be seen at Kerry Roberts in Camberley 01276 26648

Choices of treatments include: - Sports Massage, Body Massage, Indian Head and Neck Massage.

Benefits of Treatments include: Reduced stiffness in muscles, faster removal of toxins that cause fatigue, help speed up recovery from injury, helps release stress & tension, plus many more benefits that combine to lead to a higher level of performance in sport plus a healthier body and mind.

Prices are from £12 for 1/2 hr to £22 for 1 hr.

If you have any questions or would like to make an appointment, then speak to Carl at the club or phone him on :

Home 01344 762712 or
Mobile 07976 429227

KIT ORDER FORM

Kit Prices are subsidised by your Club
Kit orders are placed on the first Friday of the month.
Kit is now looked after by Steve Johnson
01344-771899(h) or 0780-357-3895(m)

Email: sljohnson@talk21.com
Cheques payable to Sandhurst Joggers.

New revised kit price list. (commencing 1st December 2000)

REFLECTIVE RUNNING BIB	ONE SIZE	£4.00
FASTRAX RED HALF MESH VEST (MALE)	ORDER BY CHEST SIZE	£12.50
FASTRAX RED SOLID VEST (MALE & FEMALE)	ORDER BY CHEST SIZE	£14.00
FASTRAX RED PRINTED COTTON T- SHIRT	SML, MED, LRG,XL	£7.00
FASTRAX RED CRUISE SHORTS	SML, MED, LRG, XL	£10.00
FASTRAX RED POLYCOTTEN L/ S TRN TOP:	SML, MED, LRG,XL	£10.00
FASTRAX RED TACTEL (WICKING SHORTS)	SML, MED, LRG,XL	£14.00
FASTRAX RED WICKING THERMAL L/S TOP	SML, MED, LRG,XL	£16.00
FASTRAX RED PRINTED SWEATSHIRT	SML, MED, LRG,XL	£13.50
BLACK ZIPPED FLEECE	SML, MED, LRG,XL P.O.A.	

PLEASE NOTE: ONLY FASTRAX VESTS AND T-SHIRTS ARE SUITABLE FOR THE CROSS-COUNTRY LEAGUE. (SHORTS MUST ALSO BE RED, BUT THE MAKE CAN BE THE WEARERS OWN CHOICE)

O'TOOLE'S SWIMMING SCHOOL

Provides Chilren 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

DID YOU KNOW

That after the Monday and Wednesday Runs many of us meet upstairs in the Bar at Frogmore for a drink and a chat. Please join us , you will be more than Welcome.

CLUB NEWS

SANDHURST JOGGERS CLUB KIT

Sandhurst Joggers club kit is now being looked after by Steve Johnson. So if you would like to order any kit please see Steve at the club, or phone him on:

01344 771899(h),
0780 357 3895(m)
or e-mail on

sljohnson@talk21.com

If you do require kit for a specific event then please order in plenty of time as sometimes there can be a delay.

THE
TRACK
IS
BACK

SEE
TRACK CORNER

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SUNDAY MORNING RUN

The club meets at
THE LOOK OUT
BRACKNELL

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.

LONDON MARATHON DRAW

18.12.2000

I don't know how many people put their rejection slips into the box, but I know who got pulled out.

First was Jon Bone

Second, and you wont believe this , an entry for his 17th London , Charlie Garrett (mind you the previous 16 was not always run under C.Garrett) It's handy having FOUR sons.

Third was Pete Webster.

Congratulations, well all be there cheering you on.

Reserves are as follows :

1st Kim Reeves
2nd Dave Edwards
3rd Simon Whillis

Five-A-Side Football

Fancy something a bit different? How about a friendly game of footie one evening. Interested? If you are let Steve Johnson know on 01344-771899(h) or 0780-3573895(m)

Steve

Events

Peak District Relay

This year's event takes place on the 16th June and the course comprises of four loops starting and finishing in the area of the Fox House Inn / Longshaw Estate, which is just down the road from Hathersage. There are 20 legs (5 per loop) of varying distances. If you'd like to take part or want further information please contact Dave Dart (01252 890071, e-mail David.Dart@Btinternet.com). In order to book accommodation I need to know final numbers by the end of March.

Seven Sisters Marathon

28th October 2001. Seems a long way off, however entry forms are out in June and must be sent back by return of post to stand a chance of getting an entry. Sue Dart (01252 890071) will be putting in a Club entry (maximum of 15 runners per club). If you want to enter please let Sue know by the end of June.

Note: The Grizzly has been re-scheduled for 21st October – you may wish to bear this in mind if you're thinking of doing Seven Sisters as well.

CLUB NEWS

Fancy Trying Something Different?

Linda Lowes

Surrey County Athletic Association have invited us to take part in The County Road League for 2001. The league table for men and women is separate although the date, time and distance of each race are exactly the same. The first three runners score, but as long as one person represents the club the team will be awarded a score (but obviously not a good one). Last year 24 male teams and 19 ladies teams took part.

The league fixture is incorporated into five road races run by affiliated Surrey clubs. There will be runners of all standards taking place so there is no

need to feel intimidated about taking part - the more people who participate from the club the more fun it will be - especially in the pub afterwards.

The nominated races are:

- 6th May - Sutton Runners 10K.
- 3rd June - Dorking 10 (miles).
- 24th June - Dysart Dash 10K (Petersham).
- 22nd July - Elmbridge 10K
- 12th August - Surrey County 5K (Wimbledon).

Normal race fees apply using the official race entry forms - some will be supplied to the club prior to each race. If you are interested talk to Linda or Alan.

TRACK CORNER

Carl Bradshaw

At last the winter months are nearly drawing to a close so its time to startup track for another year, so the first night will be Friday 30th March at 7.30pm at Bracknell Sports Centre.

For the regulars you know what its all about, but for the newer members and those that didn't think it was for them please read on and I will explain what its all about.

Firstly track will help everybody whatever your speed from 5 minute to 10-minute milers, track sessions will help you all to become a better athlete, and the club has 4 qualified coaches. So we are able to split the group down into abilities, so you will be running with people about the same speed. The session follows a standard pattern of a warm up followed by a session set by the coach and then a cool down period with stretching.

To gain benefit from speed sessions you do need to come on a regular basis, you will not become a whippet after one night, but if you stick with it you will improve and there are plenty people in the club that will testify to that. So if you fancy giving it a try and want to know more just ask one of the coaches, they are:

Carl Bradshaw
Steve Johnson
Alan Kirby

I hope to see you all on the first night.

Carl

Headless Chicken Run

Wed 23rd May 2001

(Dependant upon Foot & Mouth Situation)

We have been invited to join in this event again this year. It has been renamed following the disarray that last year's event became after some people realised they couldn't follow a map!

It consists of a 2.5 mile XC run followed by an orienteer run of about 2.5k. Venue is from Finchampstead Ridges (Map ref. 813636), Wellingtonia Avenue, Crowthorne at 6:30pm.

Showers, sandwiches and a cheap bar are available afterwards at Finch. Coasters' club-house, Memorial Hall, Finchampstead.

Wendy

Wokingham Results

Paid my £1 but nothing has dropped through my letter box to make life easy when finding which Sandhurst Joggers ran the Half Marathon. I had to resort to scouring the columns in the Wokingham Times, so if I missed you I have a good excuse.

NEWS and VIEWS

Continued from Page 1

and it is 50-60 mins drive away. Some members are off skiing, others training for the London and / or Grizzly. Obviously we all have our priorities, however many members think Cross Countries are just for the elite and they should not enter, nothing could be farther from the truth, until I joined Sandhurst Joggers, the last XC I ran was at school. Alas I'm now nearer the back than the front, however the XC series is a super morning out, they don't start till 11 o/c, so there's plenty on time for breakfast without getting up to early.

The courses are about 5 miles and range from dead flat to hilly. However the events are very sociable and excellent refreshments are provided by the host club. Over half the people who run never get near getting any points, and remember you can only run in these events if you are a member of a club, so they are something special. So come and join in, gain some Brownie points and support your club, you will be more than welcome whatever your speed.

So are you a Jogger, a Shuffler, a Coaster, a Puffer, a Dasher, a Strider, a Straggler, a Road Runner or just a plain Runner. I have also heard of Windmilers, Amblers and an Epsom Allsort. If you want to be really serious you have got to be a Harrier or something Athletic.

Jogging was once defined as running up to 8 kph, It was done a lot by American presidents and politicians to prove how fit for office they were.. They've had a change to, now they go to the gym.

We all jog, shuffle, dash and puff and straggle and sometimes we even stride or coast, but I guess all the runners who belong to these clubs, and others are there to enjoy their running and a light hearted name is more in the spirit of the sport. (Running is still the cheapest and most efficient way to keep fit).

Nobody could mistake that Burnham, Handy

Cross and Sandhurst are anything but running clubs, all of which have many very quick runners in their ranks. At the moment running seems to be going through a resurgence, looking at the growth in our membership and the sell outs of the first few events of the season. I don't think the name is going to put people off from joining a club. Sandhurst Joggers has a good reputation, which is really what draws people, so why change.

Anyway changing things usually costs money, which seems an excellent reason to stay as we are. Also I suspect that when the NHS decides not to treat anyone that's more than 25% overweight, Jogging may become an IN word again.

A very interesting book arrived in my stocking this Xmas. Fit for Life by Ranulph Fiennes. It was published in 1998 so you may have seen it. This is the man who with Mike Stroud has undertaken several polar expeditions. He is a fitness fanatic and certainly appears to be the ultimate endurance athlete. Anyone who can manhaul a sledge with a start weight of nearly 500 lbs across Antarica via the South Pole must be someone rather special given he was 49 years old at the time. That's a good read too—'Mind over Matter'. Fit for Life has several chapters on diet which if you followed probably would mean throwing away half your larder.

Ros started reading it and in no time a jar of Molasses appeared at the breakfast table. You can't help but be influenced when you start reading this sort of book. I still remember the taste from when I was a kid—yuck.

There was one very interesting statistic, and that is that *moderate* sex three times a week is worth 75 running miles a year. This could pose a few questions but I think I'll leave it there.

Newsletter

I know everybody didn't get newsletters last time, I am now putting them in envelopes which will have your name on, rather than putting the name on the newsletter. This helps me if I have to post them and I hope it will make it more obvious which one is yours.

DO YOU WANT TO JOIN A CHAIN GANG?

If any experienced Triathletes or Duathletes fancy some weekend bike training (25-50 miles, either early Saturday or Sunday Mornings) then contact Bob Greenwood

on

bobgreenwood@nascr.net

NEWS AND VIEWS

MINCE PIE RUN

Our thanks to Fiona who hosted the annual Mince Pie run on the 28th December. About 19 S J's assembled at mid-day in Artic conditions at 2 Priors Lane. We had had an inch of snow overnight, however the sun was really shining and we had a super run for nearly an hour across Yateley common, over the A30 into Hawley Woods. A few muddy patches which Dick Newman, our pathfinder assured us were nothing to get excited over.

Back at Frogmore, which was open, with hot showers, (unlike the evening before) we were able to restore well being to ourselves and give justice to the Mulled Wine and Mince Pies provided by Fiona, who I must say has a kitchen big enough to accommodate all of us. Thank you Fiona, you made it a great day.

Dick Allison

Open House Art Exhibition

OAK HOUSE 30a WELLINGTON RD
SANDHURST BERKSHIRE

Distinctive
Pencil Drawings

Sat. 17
& Sun 18 March
10.00 am ~ 5.00 pm

Club Members, you are invited to come along, browse, mingle chat, and enjoy some beverages.

For more information call
Andrew Brooks on 01344 773355

Or

Mobile: 07740 304219

CLUB NAME CHANGE

My view - Jenny Brown

I read Steve Johnson's contribution on this subject in the last newsletter with a mixture of admiration and growing irritation. Admiration because it's very cleverly written, with some rhetorical techniques that the ancient orators would have been proud of. Irritation because the content expresses the attitude of a child who is pressing its parents to buy this month's latest trendy item. I was tempted to ignore the whole thing, particularly as the people who really appear to want to change the club's name didn't put their own names in the article. However, let me answer a few of the points. The word 'Joggers' is not that well liked, says Steve. Well, I for one like it. A quick straw poll showed I'm not alone in that. It sounds friendly, it sounds welcoming, and it's what a lot of us are. It encourages those of us who aren't racing snakes to get out there and do something. It lets fast runners give the rest of the competition a bit of a shock when they do well in races.

A new name might attract other runners, you say. We're attracting lots of runners all the time. Membership has been growing very rapidly over the last few years. Are the wrong kind of people joining? Presumably they are, since you'd like to attract youngsters. Why? I can accept that our average age is well over twenty-five, but just what do you propose to do with all these younger members? We don't have the coaches or the facilities to train them, and this is not what the club, as I understand it, was ever formed for.

We have an established club whose name is known and respected. It's the name associated with the Yateley Road Races. It's the name associated with a very successful entry into the cross-country arena. It's the name of a friendly club that welcomes runners of all abilities. There's a saying "If it ain't broke, don't fix it". I rest my case.

DID YOU KNOW

That we as a club have taken out group membership of the YHA. For more information talk to your General Member

MISCELLANEOUS

FOOT and MOUTH

Refunds

Bramley - Please send back your race number and a SAE if you want your entry fee refunded. This should be done by **31st March 2001**, and sent to:

**94 Millbank Crescent
Woodley
Reading
Berks. RG5 4ER**

If it is not returned they will use the entry fee to cover race expenses, with any surplus donated to Charity. (Air Ambulance)

Grizzly - Now re-scheduled for 21st October. Your existing number will still be valid, and if you plan to run you don't need to do anything except sort out your accommodation. If you want to cancel, send an SAE to the LMRBean

(as per info book). before 1st May
www.axevalleyrunners.org.uk

Dick Allison

Foot and Mouth !!!

With the current crisis in farming and due to our precious links with the countryside please be aware of the effect you may have on the environment you run on.

Avoid running on farmland and clean your shoes after running off-road.

Many of our events have had to be cancelled due to this - and not just the off-road ones - so we must show responsibility and ensure we are not putting the wildlife at risk.

Wendy Leslie

PUZZLE CORNER

I am sure you all cracked the Riddle in the last Newsletter. The answer was 'a shield.'

This time I offer you some anagram practice. The answer to each pair of clues are two words which are anagrams of each other. e.g. shooting star / distant — ans. meteor / remote

1. suitor (fan) / not single
2. recruit / noiseless
3. minstrel / leave job
4. not observed / did not stop
5. a language / course gravel
6. sparkle / vest
7. duper / pedagogue
8. obscure / type of energy
9. unnerving / borderline
10. scarcity / yarn
11. hoodlum / amusement park
12. stronghold / language variant

Here's a couple of Brain Teasers

'Relationships are funny' remarked Bob. 'Tom's the same relation to you that I am to your son.'

'So he is,' Charlie chuckled.

'And you are the same relation to me that Tom is to you.'

What relation was Charlie to Tom?

The lion tells lies on Mondays, Tuesdays and Wednesdays and tells the truth on the other days of the week.

The unicorn lies on Thursdays, Fridays and Saturdays but tells the truth on the other days of the week.

One day Alice found them resting under a tree. They made the following statements:

Lion "Yesterday was one of my lying days."

Unicorn "Yesterday was one of my lying days."

What day was it?

MISCELLANEOUS

THE TADLEY TORMENT

Ray Woodman

There's a muddy field in Tadley
Through which your supposed to run
But you'd have to want to badly
Because believe me its not much fun

You get that sinking feeling
With every sticky step you take
The mud's so deep your reeling
Oh why aren't you in better shape

It just seems never ending
Until you reach the gate
All that energy your spending
You know you'll finish late.

There's a muddy field in Tadley
Where runners no longer roam
They used to but sadly
The cows have finally come home.

What is the difference between a jogger, a runner and an athlete?

Wendy Leslie

(extracts from discussion on www.runnersworld.co.uk)

"Nothing. We all fit into all three categories."

"Why worry about titles? Anyone who runs is simply trying to give it their best."

"Jogger – not too fast. Runner – faster. Athlete – really fast!!!"

"An athlete is how I see myself, a runner is how people describe me, and the truth? I'm actually a jogger."

"Practice, hard work and talent."

Sandhurst Joggers Harriers Runners Streakers Codgers Strollers

Do you feel a JOGGER? Or do you feel peeved

Wendy Leslie

That a JOGGER is slow and that **you** move with speed?
Would you like our name changed? Would it make you feel better

If our club was called RUNNERS and it really **does** matter?

We could be called CODGERS as many are vets.,
But that would be ageist to sport on your chest!
There's SHUFFLERS and PLODDERS and other such terms
But they sound so slow it wouldn't be best.

PACERS and CRUISERS and COASTERS all seem,
A faster paced group with a racing theme.
Then SPRINTERS or ATHLETES which sounds quite pro.,
We'd all be so serious – those smiles have to go!

STROLLERS is catchy. Soon Sue will be back
And wheeling her stroller, primed for attack!
SANDHURST BERKS is a name that we could adopt
It would get us some looks – would we give a jot?

We could be called STREAKERS. You'd have to move fast!!
Or would HARRIERS give our off-road crew a blast.
We could be ROAD RUNNERS, but don't we like mud?
Many names on and we're still chewing the cud.

Our club it is friendly and should we restrict
Those runners whose ability dips a bit?
Inclusive of all and happy to say
We invite you to run in any old way.

Happy to jog, or run slow, or blast
We have a kinship no matter how fast.
We all get our injuries to compare
They treat us all equal, they're very fair!

Our name it is known to all those around.
It hasn't stopped those who can still shift the ground.
With six members elite in the Marathon squad
It hasn't restricted them one little jot!

Be aware of the changes a name change will do –
Buying a new kit for me and for you.
Our banner for Yateleys would have to be changed
Please think of these things before its arranged!

ANNUAL GENERAL MEETING

The 13th Annual General Meeting of Sandhurst Joggers will take place on Monday 2nd April at 7.30pm in the Ryder Social Area on Frogmore Campus. The Agenda and associated papers will be sent to all club members in the middle of March. Following the reports from the committee members, election of the new committee and any other business, wine and snacks will be provided.

Membership of the club is due for renewal on April 1st and it would be helpful if renewal forms together with subs can be brought on that evening. The annual subscription is set at the AGM and the current committee is recommending that there be no change from the existing £14.

The following Committee positions (with current incumbent) are to be elected: -

Chairman	Simon Whillis	*
Secretary	Linda Lowes	
Treasurer	Chris Try	*
Events	Alan Kirby	*
Social	Liz Jones	*
Membership	Jenny Brown	
Publicity	Sue Dart	
General Member	Glyn Woodward	(1 year appointment)

* Indicates willingness to stand again.

In addition the non-committee posts of newsletter editor, handicap organiser and club kit organiser will be confirmed.

All the positions mentioned above are open for election so if you feel that you want to take a more active role in the organisation of the club, put your name forward. Nominations will be accepted in advance or on the night but must be proposed and seconded by club members.

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.

Social Secretary: Arrange social calendar, delegat-

ing 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.

COMMITTEE REPORTS

Social Scene.

Liz Jones

Has it really been two months since I last put fingers to keyboard to produce an article for our illustrious newsletter? I feel sure someone as been messing with the time in between because I seem to have lost track of much of it. Oh well, the joys of living in the modern world! It's a good job I have the back up of Sandhurst Joggers as running is just about the only thing that keeps me sane some days!! (Yes, even tortoises like me find relief in pounding the streets.)

Anyway, since my last offering we have enjoyed the Christmas party, Christmas lights run, Mince Pie run and of course the Skittles evening. The annual Christmas bash was a jolly affair although it would have been nice to see a few more people (note that I will be chasing you even harder this year!). Those of us who found our way to St. Michaels Pastoral Centre enjoyed some wonderful food - my heartfelt thanks to everyone who contributed so generously, you have no idea how many sleepless nights I suffered worrying about that - and the disco was lively enough to get just about all of us on our feet at some point. I have booked the Memorial Hall, Hawley Green for the 2001 party and the date is Saturday, 24 November - no harm in letting you all know well in advance what you have in store!

I understand that the Mince Pie run was well attended, although I was regrettably unable to make it, so can I extend a big 'Thank You' to Fiona for allowing us to use her home for the occasion. On the same theme, I am currently looking for a venue for the Post-London Marathon Pasta Party! This is lots of fun and I can almost guarantee that those attending will be well behaved as most of them can barely walk after running the Marathon the day before! If anyone feels that they could handle it, please speak to me at club, or call me on the numbers below. The club covers the cost of all food and drink and I will be happy to help with setting and clearing up.

I have received many compliments on the Skittles Evening at the end of January, so officially declare that it was a successful night. I think some of us got a little too competitive over the skittles!, but there was much hilarity generally and judging by the number of people I had to disappoint over the allocation of places, I think it is well worth considering a

re-run in the not too distant future. Of course I have to thank Charlie Garrett for getting the thing off the ground, so well done Charlie, can we do it again some time please?

For those of you who maybe moved to Mars and have not yet heard, our Dinner Dance is the next event in our Social calendar and is absolutely not to be missed. We are taking over Chobham Golf Club again on Friday, 16 March 2001 between 7.30pm and midnight. The tickets are £16.00 per head, which includes a three course dinner and half a bottle of wine per person. We are running a coach from Yateley at an extra cost of £5.00 each and I need to know firm numbers for both the dinner and coach by FRIDAY 9 MARCH at the latest. The menu is as follows, so if you have not seen me at club, please call with your selection:

Starter - Carrot & Coriander Soup OR Melon & Orange Cocktail

Main - Roast Leg of Lamb with a Minted Gravy OR Baked Salmon with Dill & White Wine Sauce

Vegetarian Option - Mushrooms in White Wine & Brie served over a Pastry Vol-Au-Vent (All served with potatoes and vegetables)

Dessert - Apple & Rhubarb Crumble with Custard OR Profiteroles served with chocolate sauce
Coffee or Tea.

The coach will be following the same pick-up route as last year starting at the bottom of Darby Green Lane at 6.30pm - Barclays Bank, Yateley at 6.40pm - Library, Sandhurst at 6.50pm - Sandhurst School, Owlsmoor at 7.00pm - Frimley Green at 7.15pm. The quoted times are only approximations so I would suggest being at your allocated stop at least five minutes beforehand to avoid any problems and of course the entire journey will be done in reverse on the way home. I do need to know who will be boarding at which stop prior to 16 March, so again, talk to me when you book. I look forward to seeing as many of you as is humanly possible on the night and know that we will have a terrific time!

The AGM is scheduled for Monday 2 April in the Ryder room at Frogmore. We can take over the room from 7.45pm so there will be a shortish club run beforehand and hopefully the meeting can be underway by about 8.15pm. This is an important occasion and we truly need a substantial turn out.

Continued Over

COMMITTEE REPORTS

We cannot hope to maintain a happy, successful club without the support of our members, so do please make the effort to come along.

In conclusion, I would like to send my warmest congratulations to Sue and Dave Dart on the recent, safe arrival of their son. I hope you both enjoy the precious moments you have with your new baby and assure you (from exhaustive experience) that

things really do get better!!! Lots of love to all three of you and hope to meet young Adam Joseph soon. Nearly forgot, you can call me on 01276 34974 (Home) or 01276 609269 (Office and Fax) or e-mail me at Wizjones@tesco.net.

Regards, Liz Jones.

CHAIRMAN'S LETTER

Simon Whillis

The dark winter evenings are almost finished. The clocks go forward soon and Sandhurst Joggers take to the paths and tracks in an evening and leave the roads and petrol fumes behind for a few months. The "Fly Run" will again become a regular and despite the moans I think that we all agree that it is a lot more pleasant than running up and down a pitch black Swan Lane. Once we get to June we can also look forward to a few Pub runs on Monday Evenings and if you know of somewhere that would be different and relatively easy to get to then please mention it.

The next few weeks are busy ones for most of us. Many are gearing up for the London Marathon on 22 April by putting in the mileage and taking part in races. For a lot of us a half marathon is far enough and it was so nice to see so many SJ's taking part at Wokingham recently and hanging around at the end to encourage others.

The 2000-1 cross-country season was a damp squib. The flooding that caused the Datchet run to be cancelled in November returned in time for the rearranged race. That rather summed up the season. Nevertheless well done to all those who took part.

Socially, our most important event takes place on Friday 16th March. For a second year we are holding our Awards Dinner at Chobham Golf Club and after the success of last year's evening we are all looking forward to it. The evening is a chance for us to recognise those who have run well for the club during 2000 but most of all, for us all to let our hair down and have a really good time. As with last year we are organising a coach with a few pick up points and that will be on a "first come first served" basis. Please speak to Liz Jones ASAP to book your

ticket for the dinner and place on the coach. Ticket for the Dinner - £16 per head + £5 for coach. After the meal and presentation of awards there will be a Disco until midnight.

Our other important event is on Monday 2nd April when our AGM is held in the Ryder Room at Frogmore Campus starting at 7.30pm. It is the only Monday when there is no official club run but that doesn't stop a lot of people turning up an hour earlier and getting a run and shower in before coming to the meeting. There is also the added attraction of drinks and snacks.

The AGM is when the Officers of the Club are elected and you get the chance to ask questions and offer suggestions. The committee always needs new ideas and new faces. I am pleased to say that Chris Try (Treasurer), Alan Kirby (Events), Liz Jones (Social) and I are happy to seek re-election but that means there are a few gaps to fill such as Membership, Publicity and Club Secretary. In addition there is the role of General Member which is a 1 year appointment. The organisation of a club as big as ours takes quite a bit of work but it is good fun and you have the chance to influence what goes on. If you are interested in taking on one of the roles then please speak to any of the present committee. Jenny Brown, Linda Lowes, Sue Dart and Glyn Woodward will be stepping down. I want to publicly thank them and those standing for re-election for their hard work.

Finally but perhaps most important, it has been good to see so many new people running with us in recent weeks. We pride ourselves on that fact that we are a friendly club that caters for all standards, from those who enjoy running quickly to those who just want a social jog with friends. The club is what you want to make of it.

Enjoy the party, enjoy your running and have a good summer.

Simon

COMMITTEE REPORTS

MEMBERSHIP SECRETARY

Jenny Brown

I haven't been around for a while, as you may have noticed. My torn cruciate ligament is coming on, but I'm nowhere near able to manage a Monday night yet, and won't be for some time. Many thanks to everyone, in particular Jon, Alison and Simon, who have stood in for me on Tuesday nights. I never realised how great it would be to look at the rain, frost, cold, etc and think how nice it was to know I wasn't going to be out there in the elements! So to those new members I haven't met yet, welcome. The numbers are up to **129**, and our latest recruits (not slow runners either, I gather), are **Richard and Mary Gostick, and Alison Pankhurst**. Incidentally, isn't it surprising how people keep on joining, despite the fact we're called Joggers (more on that topic from me elsewhere in the newsletter).

I've done this job for two years now, and on the whole it's been quite good fun. But now I'm coming up my final exams for my first degree (well, it's my second first degree actually, if you know what I mean), and I'm staying on for another year to do an MA. I don't think I can do the job properly under these circumstances, so as you will see, I'm standing down this year. If anyone fancies the job, it requires a bit of organisation, an ability to get money out of people, and preferably a good memory for names and faces – oh, and a PC is helpful. Running ability is not required – I am living proof. I'll be happy to explain what's involved to anyone who might be thinking about taking it on. Have a go – be power crazy! Thanks to everyone who's helped during my time as Memb. Sec. - and best wishes to the next incumbent.

Jenny

EVENTS SECRETARY

Alan Kirby

Well the winter is nearly at an end. This means we are coming back into the road running season where all you marathon and half marathon runners can go and run your many miles on the road without getting your feet wet. Personally I much prefer the mud and mucky conditions that we find in the winter.

This leads me on to the bad news received this week. The Grizzly normally has plenty of mud and was due to take place on the 11th March has been postponed until October 21st because of the outbreak of foot and mouth disease. Just in case you have not already thought about it. You should think carefully before going on any runs in rural areas because humans can carry foot and mouth even though it is not harmful to them. Lets hope that it does not continue for too long.

Review of the cross-country season.

It was to say the least a little bitty. We started with eight races which soon became 7 when Burnham was cancelled, then 6 when the Thames burst its banks at Datchett, then 5 when

Metros could not get permission to run at Ruislip Lido. Datchett then rearranged their race for the 17th Feb, but guess what the Thames burst it's banks again. So eventually there were five races. All in all we did okay finishing fourth or fifth in every race bar one (Handy Cross) where we did not have a complete team so scored no points.

The highlight of the season for me was seeing Craig, Chris, and Martin finishing 1st, 2nd, and 3rd respectively in the Bracknell Forest event at the Lookout. I have spoken to the league secretary re next season. It is intended for the cross-country league to continue with a new sponsor because Today's Runner have withdrawn. I personally think that provided a new sponsor is found they would not have to do much to make a better job of it than Today's Runner who did not appear to provide anything.

Club Championships.

It has been suggested that this year we nominate certain events to form the club championships. This will be a mixed bag of events including short and long road races probably up to half marathon distance. Glynn Woodward and myself were choosing the events. But as you

Continued over

COMMITTEE REPORTS

probably know Glynn has gone off to seek his fortune in Lancashire (gone is the personal delivery service of kit from the Sweat Shop). Anyway what this actually means is I am looking for a volunteer to help me out. If you are interested please let me know.

Training.

As we are approaching the lighter evenings it is the intention of the other coaches and myself to reintroduce the track sessions. The initial discussions have decided that the first session should be 30th March which is after the clocks spring forward (excuse the pun) and we have even more daylight.

Of course this does not alter the other training sessions, which will continue as normal. I would like to say that it is great to see the number of people that have realised that getting out of bed on a Sunday morning and meeting at the Lookout at 9 o'clock for a run isn't so hard after all.

London Marathon.

For all you mad fools who run 26.2 miles for fun? I hope your training is going well and you have worked out your training plan. If any of you are wondering what you should do from now until the event then I or one of the other coaches would be pleased to offer you advice or assistance which you could then use or completely ignore (which may be your best option).

Entry Forms

I carry a file of entry forms. It is good to have a selection of events for members to enter. However it has become a little depleted. If any one collects an entry form from anywhere could they please take more than one so that I can put them on file and make them available to other members.

Alan

YATELEY 10K's

YATELEY 10K ROAD RACES 2001

We are now three months nearer to the Yateley 10K Series, so once again I am reminding you that we will need your help in running what is one of the most popular summer midweek road race series in the South of England.

Sandhurst Joggers have the great distinction of organising these particular races, which have received nation-wide acclaim and well deserved praise from many of those who take part and long may it continue. In organising these races so well we have become victims of our own high standards and success, and this is down to all those club members and their families who generously donate their time to make this happen, which is very warmly received and greatly appreciated.

Now that I have blown our own trumpet I'm going to do a bit of pleading. To make sure we continue the good work for the 2001 series we need your help and the help of your families again.

We really do need your help and the earlier you can commit the easier it will be for us. If you can help at all three races that would be brilliant because then we can give you the same job at each race. If you can only help at one or two, your commitment and help would be greatly appreciated. If you decide to enter any of the races please, please find out beforehand if there is any more help required.

To be successful we need you.

There are many positions that need filling, so if you are available and would like to help please contact me, Steve Johnson, on 01344 771899 or 0380 357 3895 or e-mail sljohnson@talk21.comm. Alternatively you can contact me at the club (when I'm there!) or speak to Sue and Dave Dart, Ray Llewellyn, Alison Bone, or Steve Davies (all Yateley 10k Road Races committee members).

The Race dates are: Weds. June 6th, Weds July 4th and Weds August 1st

Steve Johnson

RACE RESULTS

Cliveden Cross Country Sun. 31st Dec.

59	46.31	Dick Newman
126	51.17	Alan Kirby
179	54.33	Ray Woodman

396 Finishers

Wokingham Half M. Sun. 11th February

SJ 27 Runners - 1725 Finishers

Junior Fun Run Under 11

57	10.36	Tim Woodman
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Fin. Pos.	Finish Time	Name	Cat	Vet
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35	1.18.15	Martin Powell	S	
54	1.19.49	Kevin Bennett	V45	
126	1.24.44	Stuart Boswell	S	
211	1.29.02	Dave O'Toole	V50	
449	1.37.28	Richard Allison	V60	
551	1.40.13	Robert Fisher	V40	
609	1.41.46	Simon Whillis	V40	
638	1.42.30	Tessa Ching	V35	
737	1.44.28	Ray Woodman	V45	
946	1.49.17	Pete Webster	V45	
972	1.49.48	Roy Whillier	V60	

HANDICAP

Handicap Report

Dave Dart

The 2000 Series reached an exiting climax in the pouring rain in December. Neither Simon Whillis nor Linda Lowes were able to improve their points totals so the first two places in the series stayed the same.

The battle on the evening was for third place between Glyn Woodward and Dave Dart. Glyn held the advantage going into the final run, but Dave turned in his best performance of the year to finish in second place on the night and pinch 3rd place in the series from Glyn.

1081	1.52.14	Janice A. de Sousa	FV50
1129	1.53.48	Hannah Kirkman	S
1201	1.55.58	Roger Halliwell	V50
1318	1.59.24	Pat Spong	FV
1346	2.00.18	Fiona Medley	FV35
1361	2.00.46	Alan Rolfe	V45
1391	2.01.52	Charles Garrett	V60
1410	2.02.57	Julia Hurst	FV40
1430	2.04.04	Metta Dawson	FS
1496	2.07.13	Louise Fenwick	FV35
1497	2.07.13	Charmaine Biggin	FS
1499	2.07.20	Ray Brown	V45
1605	2.14.30	Maria Titcombe	FS
1620	2.15.51	Alison Doherty	FS
1621	2.16.10	Jayne Jardine	FV35
1646	2.20.46	Kathy Pellet	FV40

HANDICAP

DECEMBER RESULTS

Pos.	Name	Time	Handicap	Pts.
1 st	Glyn Davies	35:15	PB -2:38	20 pts
2 nd	Dave Dart	41:09	SB -1:04	19 pts
3 rd	Ray Brown	46:57	PB -0:56	18 pts
4 th	Peter Knight	41:21	PB -0:54	17 pts
5 th	Stuart Boswell	33:44	PB -0:21	16 pts
6 th	Richard Allison	39:47	-0:11	15 pts
7 th	Steve Davies	39:44	-0:08	14 pts
8 th	Simon Whillis	38:12	SB -0:03	13 pts
9 th	Glyn Woodward	41:05	+0:03	12 pts
10 th	Roy Whillier	40:32	+0:10	11 pts
11 th	Jon Bone	41:44	+0:13	10 pts
12 th	Julia Hurst	47:42	+0:29	9 pts
13 th	Chris Try	31:07	+0:40	8 pts
14 th	Mike Pottle	39:25	+0:48	7 pts
15 th	Linda Lowes	37:23	+0:56	6 pts
16 th	Anne Holland	40:58	+1:05	5 pts
17 th	Sue Dart	45:05	+1:21	4 pts
18 th	Paul Courtney	43:23	+1:39	3 pts
19 th	Larry Sharp	41:40	+3:57	2 pts
20 th	Kevin Bennett	37:31	+4:09	1 pt
21 st	Martin Powell	37:37	+7:10	1 pt
	Rob Fisher	40:18		1 pt
	Ray Woodman	41:01		1 pt
	Simon Bone	46:04		1 pt

HANDICAP SERIES

2000 Series – Leading Positions

1 st	Simon Whillis	117 pts
2 nd	Linda Lowes	116 pts
3 rd	Dave Dart	112 pts
4 th	Glyn Woodward	108 pts
5 th	Sue Dart	95 pts
6 th	Dave O'Toole	93 pts
7 th	Jon Bone	92 pts
=8 th	Martin Powell	91 pts
=8 th	Andy Hawkes	91 pts
=8 th	Dick Allison	91 pts
11 th	Larry Sharp	82 pts
=12 th	Anne Holland	80 pts
=12 th	Steve Davies	80 pts

The top twelve positions for the year 2000 are shown opposite. An exciting series which went right down to December's event to decide the winner.

Simon Whillis hung on to win the overall series.

Don't forget, there were also twelve other winners as we progressed through the year.

Well done Dave, it is an excellent series and draws a steady turnout whatever the weather.

JANUARY RESULTS

Pos.	Name	Time	Handicap	Pts.
1 st	Paul Courtney	40:19	-1:50	20 pts
2 nd	Jon Bone	40:53	-0:41	19 pts
3 rd	Ray Woodman	40:38	PB -0:23	18 pts
4 th	Stuart Boswell	33:44	0:00	17 pts
5 th	Steve Davies	39:46	+0:02	16 pts
6 th	Roy Whillier	40:35	+0:11	15 pts
7 th	Chris Try	30:50	+0:13	14 pts
8 th	Simon Bone	46:31	+0:27	13 pts
9 th	Richard Allison	40:24	+0:37	12 pts
10 th	Simon Whillis	38:51	+0:39	11 pts
11 th	Julia Hurst	48:09	+0:49	10 pts
12 th	Dave O'Toole	36:32	+0:58	9 pts
13 th	Martin Powell	32:07	+1:40	8 pts
14 th	Ray Brown	48:56	+1:59	7 pts
15 th	Peter Knight	43:23	+2:02	6 pts
16 th	Dave Dart	43:15	+2:06	5 pts
17 th	Sue Dart	47:50	+3:46	4 pts
	Craig McBurney	30:30		3 pts
	Mike Corfield	38:22		3 pts
	Craig Edwards	39:36		3 pts
	Fiona Medley	43:30		3 pts
	Steve Johnson	43:31		3 pts
	Roger Halliwell	44:52		3 pts
	Metta Dawson	45:54		3 pts
	Charlie Garrett	56:45		3 pts

Handicap Report

Dave Dart

The 2001 Series is now underway and has seen Paul Courtney (January) and Charlie Garrett (February) take home the monthly trophy.

Charlie's time in February was over seven minutes quicker than in January. Without wishing to take anything away from Charlie's excellent run in February, I doubt very much that he had really made such a dramatic improvement in one month, which highlights again the problems caused by the resetting of peoples handicap times when they haven't done the handicap for a while.

I do try to set peoples times fairly, by taking into account previous times, weather conditions, and possible injuries, however it's not easy to get it right all the time.

The best solution is to avoid having to reset your time at all by doing the Handicap run regularly, preferably every month. In fairness to those who take part regularly, if your handicap time does have to be reset, then don't expect any favours from the Handicapper!

HANDICAP SERIES

FEBRUARY RESULTS

Pos.	Name	Time	SB	Handicap	Pts.
1 st	Charlie Garrett	48:12	SB	-7:47	20 pts
=2 nd	Dave O'Toole	34:51	SB	-0:57	19 pts
=2 nd	Ray Woodman	39:41	PB	-0:57	19 pts
=4 th	Fiona Medley	41:51	SB	-0:53	17 pts
=4 th	Steve Johnson	41:52	SB	-0:53	17 pts
=4 th	Ray Brown	46:34	SB	-0:53	17 pts
7 th	Jon Bone	40:44	SB	-0:09	14 pts
8 th	Glyn Davies	35:07	PB	-0:08	13 pts
9 th	Richard Allison	40:20	SB	+0:24	12 pts
10 th	Roy Whillier	41:01		+0:34	11 pts
11 th	Anne Holland	40:47		+0:38	10 pts
12 th	Roger Halliwell	44:51	SB	+0:45	9 pts
13 th	Rob Fisher	40:29		+1:00	8 pts
14 th	Peter Knight	43:41		+1:44	7 pts
15 th	Linda Lowes	38:49		+2:08	6 pts
16 th	Martin Powell	33:58		+3:06	5 pts
17 th	Kevin Bennett	36:39		+3:17	4 pts
18 th	Chris Try	33:58		+3:18	3 pts
	Bob Greenwood	36:59			2 pts
	Tessa Ching	45:05			2 pts

HANDICAP SERIES 2001 SERIES POSITIONS FOR JAN & FEB

Name	Runs	Jan	Feb	Total
Ray Woodman	2	18	19	37
Jon Bone	2	19	14	33
Dave O'Toole	2	9	19	28
Roy Whillier	2	15	11	26
Richard Allison	2	12	12	24
Ray Brown	2	7	17	24
Charlie Garrett	2	3	20	23
Steve Johnson	2	3	17	20
Fiona Medley	2	3	17	20
Paul Courtney	1	20		20
Chris Try	2	14	3	17
Stuart Boswell	1	17		17
Steve Davies	1	16		16
Peter Knight	2	6	7	13
Martin Powell	2	8	5	13
Glyn Davies	1		13	13
Roger Halliwell	2	3	9	12
Simon Whillis	1	11		11
Anne Holland	1		10	10
Julia Hurst	1	10		10
Robert Fisher	1		8	8
Linda Lowes	1		6	6
Dave Dart	1	5		5
Kevin Bennett	1		4	4
Sue Dart	1	4		4
Mike Corfield	1	3		3
Metta Dawson	1	3		3
Craig Edwards	1	3		3
Craig McBurney	1	3		3
Tessa Ching	1		2	2
Bob Greenwood	1		2	2

DATES OF FUTURE HANDICAPS

**SECOND WEDNESDAY EVERY MONTH at the
BROADMOOR CAR PARK**

STARTS AT 19.30 PROMPT

14th MARCH

11th APRIL

9th MAY

13th JUNE

11th JULY

RACE RESULTS

X-Country LEAGUE

Race 1 SJ's Hawley 26.11. 2000						
Fin. Race	Finish	Name	Cat	Position		
Pos. No	Time		Vet	in Cat.		
3	1	29.07	Martin Powell		3	
20	2	31.50	Andy Hawkes		20	
21	17	31.54	Kevin Bennett	v	21	
41	22	33.21	Colin Richards	v	41	
42	4	33.27	Carl Bradshaw		42	
43	7	33.31	Dick Newman		43	
47	14	33.52	Stuart Boswell		47	
49	25	34.05	Paul Andrew		49	
54	8	34.34	Glyn Davies		53	
58	10	43.44	Dave O'Toole	v	56	
66	24	35.35	Ian Stewart		64	
69	5	35.39	Phil Boylan		67	
80	23	36.22	Mike Hewison		77	
97	9	37.37	Chris Kiddier	fv	7	
112	20	39.03	Dick Allison	v	99	
113	13	39.07	Ray Woodman	v	100	
114	11	39.10	John Collier	v	101	
118	18	39.20	Tessa Ching	fv	17	
128	6	39.57	Jo Calame	f	24	
132	15	40.44	Pete Webster	v	107	
133	12	40.45	Paul Courtney		108	
134	3	40.53	Glyn Woodward		109	
141	19	41.26	Steve Davies	v	11	
145	16	41.45	Wendy Leslie	fv	30	
156	21	42.59	Anne Holland	fv	34	

SJ 25 Runners

Race 2 RRR's Burchetts Green 17.12.2000						
Fin.	Finish	Name	Cat	Position		
Pos.	Time		Vet	in Cat.		
3	30.42	Chris Try		3		
45	35.43	Carl Bradshaw		42		
46	35.45	Gareth Davis	v	43		
58	36.26	Dick Newman		55		
73	37.50	Phil Boylan	v	68		
80	38.21	Daniel Leslie		75		
81	38.21	Gal-on Broner		76		
100	39.43	Alan Kirby		91		
110	40.27	Chris Kiddier	fv	14		
130	41.52	Dick Allison	v	110		
131	42.00	Ray Woodman	v	111		
132	42.01	Anne Holland	fv	21		
136	42.14	Steve Davies	v	113		
138	42.19	Larry Sharp		115		
150	43.08	Glyn Woodward		124		
170	44.37	Wendy Leslie	fv	35		
191	46.11	Fiona Medley		42		
192	46.14	Dave Dart		147		
224	51.36	Charlie Garrett	v	158		

SJ 19 Runners

SJ came 4th at Hawley and
5th at Burchetts Green

Position in Race 1						
CLUB	Men	Lad- -ies	Total	Pos	Points	Over all
RRR	152	22	174	1	13	13/ 1
Sheen	149	31	180	2	12	12/ 2
Bracknell	152	31	183	3	11	11/ 3
Sandhurst	217	48	265	4	10	10/ 4
Datchet	217	134	351	5	9	9/ 5
Maidenh'd	363	50	413	6	8	8/ 6
Finch	380	36	416	7	7	7/ 7
H'dycross	402	57	459	8	6	8/ 8
Metros	522	78	600	9	5	9/ 9
Marlow	580	83	663	10	4	10/10
Burnham		No Score			0	
Tadley		No Score			0	
Thames VT		No Score			0	

Position in Race 2						
CLUB	Men	Lad- -ies	Total	Pos	Points	Over all
Sheen	122	37	159	1	13	25/1
Bracknell	147	26	173	2	12	23/3
RRR	211	12	223	3	11	24/2
Maidenh'd	387	42	429	4	10	18/5
Sandhurst	361	70	431	5	9	19/4
H'dycross	350	110	460	6	8	12/8
Datchet	395	127	522	7	7	16/6
Finch	500	46	546	8	6	13/7
Marlow	564	103	667	9	5	9/9
Metros		No Score				5/10
Burnham		No Score				0
Tadley		No Score				0
Thames Valley		No Score				0

RACE RESULTS

X-Country LEAGUE

Race 3 Tadley Runners -Tadley 7.01.2001

Fin. Pos.	Finish Time	Name	Cat Vet	Position in Cat.
1	32.58	Craig McBurney		1
3	33.41	Martin Powell		3
18	36.09	Kevin Bennett	v	18
32	37.37	Carl Bradshaw		32
34	37.44	Gareth Davies	v	34
36	38.01	Stewart Boswell		36
40	38.13	Dick Newman		40
51	39.20	Glyn Davies		50
62	40.12	Dave O'Toole	v	61
68	40.35	Phil Bolan	v	66
75	40.57	Alan Kirby	v	73
79	41.25	Richard Gostick		77
97	42.52	Chris Kiddier	fv	8
101	43.30	Daniel Leslie		91
116	44.56	Simon Whillis	v	102
119	45.20	Dick Allison	v	104
122	45.32	Anne Holland	fv	17
125	45.49	Ray Woodman	v	107
132	46.13	Larry Sharp	v	111
146	47.45	Tessa Ching	f	26
147	47.46	Steve Davies	v	121
156	48.27	Wendy Leslie	fv	28
159	48.49	Paul Courtney		130
161	48.58	Fiona Medley		29
172	50.16	Merrel Welch		33
176	51.18	Glyn Woodward		141
		SJ 24 Runners		

Race 4 Bracknell Forest -The Lookout 21.01.01

Fin. Pos.	Finish Time	Name	Cat Vet	Position in Cat.
1	34.25	Craig McBurney		1
2	34.32	Chris Try		2
3	35.23	Martin Powell		3
29	39.39	Kevin Bennett	v	29
38	40.56	Carl Bradshaw		37
46	41.19	Stewart Boswell		33
53	42.16	Dick Newman		49
58	42.53	Dave O'Toole	v	58
69	43.36	Glyn Davies		65
72	43.42	Richard Gostick		67
96	45.33	Chris Kiddier	fv	10
106	47.46	Steve Davies	v	95
112	47.33	Daniel Leslie		91
115	48.04	Mike Corfield		103
119	48.16	Larry Sharp	v	106
121	48.20	Tessa Ching	f	14
134	49.47	Mike Pottle	v	114
140	50.23	Ray Woodman	v	118
146	50.34	Dick Allison	v	121
147	50.35	Anne Holland	fv	26
174	54.32	Glyn Woodward		138

SJ 21 Runners

Position in Race 3

CLUB	Men	Lad-ies	Total	Pos	Points	Over all
Sheen	121	26	147	1	13	38/1
Bracknell	129	25	154	2	12	35/ 3
RRR	140	18	158	3	11	35/ 2
Sandhurst	164	51	215	4	10	29/ 4
Maidenh'd	314	89	403	5	9	27/ 5
Datchet	443	115	558	6	8	24/ 6
Metros	534	93	627	7	7	12/10
Finch	380	36	416	8	6	19/7
TVT	629	122	751	9	5	5/11
Burnham	678	150	828	10	4	4/12
Marlow	721	121	842	11	3	12/9
H'dycross	837	151	988	12	2	16/ 8
Tadley	843	161	1004	13	1	1/13

Position in Race 4

CLUB	Men	Lad-ies	Total	Pos	Points	Over all
Sheen	141	74	215	3	11	49/1
Bracknell	167	19	186	2	12	47/ 3
RRR	107	6	113	1	13	48/ 2
Sandhurst	173	50	223	4	10	39/ 4
Maidenh'd	338	62	400	7	7	34/ 5
Datchet	218	80	298	5	9	32/ 6
Metros	696	NC	NC	-	0	12/9
Finch	326	65	391	6	8	27/7
TVT	605	NC	NC	-	0	5/13
Burnham	650	128	778	9	5	9/11
Marlow	NC	118	NC	-	0	12/10
H'dycross	NS	NS	NS	-	0	16/ 8
Tadley	630	132	762	8	6	7/12

RACE RESULTS

X-Country LEAGUE

Race 5 Handy Cross - 04.02.01

Fin. Pos.	Finish Time	Name	Cat Vet	Position in Cat.
28	41.48	Dick Newman		28
44	43.38	Dave O'Toole	v	44
54	45.13	Daniel Leslie		52
86	49.20	Dick Allison	v	73
94	50.40	Steve Davies	v	78
97	51.02	Anne Holland	fv	18
110	53.34	Wendy Leslie	fv	20
118	56.26	Dave Medley	v	95

SJ 8 Runners

Position in Race 5

CLUB	Men	Lad- -ies	Total	Pos	Points
RRR	77	9	86	1	13
Sheen	88	45	133	2	12
Bracknell	108	28	136	3	11
Sandhurst	476	81	557	6	0
Maidenh'd	332	99	431	4	0
Datchet	603	60	663	10	0
Metros	527	106	633	9	0
Finch	516	72	588	8	0
TVT	489	95	584	7	0
Burnham	673	85	758	12	0
Marlow	577	100	677	11	0
H'dycross	703	113	816	13	0
Tadley	468	70	538	5	0

FINAL POSITIONS (Decided by 5 races)

Race	Hawley SJ	Burchets RRR	Tadley Tadley	Lookout BFR	Handy Cross	Total	Posi- -tion
Team							
Sheen Shufflers	12	13	13	11	12	61	1
Reading Road Runners	13	11	11	13	13	61	2
Bracknell Forest Runners	11	12	12	12	11	58	3
Sandhurst Joggers	10	9	10	10	0	39	4
Maidenhead AC	8	10	9	7	0	34	5
Datchet Dashers	9	7	8	7	0	33	6
Finch Coasters	7	6	6	6	0	27	7
Handy Cross	6	8	2	0	0	16	8
Metros	5	0	7	0	0	12	9
Marlow Striders	4	5	3	0	0	12	10
Burnham Joggers	0	0	4	5	0	9	11
Tadley Runners	0	0	1	6	0	7	12
Thames Valley Tri	0	0	5	0	0	5	13

Rules : There are 13 teams in our league which covers Berks, part Bucks and Middx. Teams must have 7 men and 3 ladies to finish, of the 7 men, 2 must be Vets (over 40) and of the ladies 1 must be a Vet (over 35). The winning team gets 13 points, the second 12 etc. If you fail to have the requisite finishers you score zero points, however in order to give an order for the individual events, points are awarded to incomplete teams on the basis of the next position after either the last lady or last man for each missing finisher. The top 2 teams go to the National final at Leicester. Sandhurst were second in 1999, however the organisation and marshalling there were poor and I understand the series is looking for a new sponsor.

X-COUNTRY ROUNDUP

Yateley hosted 193 runners
RRR's nearly 250
Tadley 212
Bracknell Forest 220
Handy Cross 146

The XC season got off to a shaky start this year due to the weather and clashes with local events., so our own event at **Hawley** kicked off the series. This was without doubt an unqualified success on all counts, and was well reported in the last Newsletter. Lets hope we get the opportunity to do it again.

The second XC event of the season was the RRR event on the 17th December at **Burchetts Green**. This was another first as the last two years it's been at Bearwood College, a picture book setting last year with the snow.

The weather was OK, the course had had to be modified because of flooding in some places and as a result took in a fairly long length of road, which we ran twice (going and coming back). Elsewhere there was plenty of mud, all in all I thoroughly enjoyed this run, however with 250 runners the food ran out for the latecomers. Well it is the biggest club by far in our region, they obviously had their minds elsewhere.

The third event at **Tadley** on 7th January proved really good. A glorious sunny morning greeted us as we made our way to the start. To me the course was really testing with long stretches of uphill mud. Craig McBurney won the event for Sandhurst with Martin Powell third, and our first seven men got home in positions 40 and under. If you think that's good the opposition in the form of Sheen Shufflers got their first seven men in positions 30 and under. Their ladies also managed 1,12 & 13, no wonder they are heading the series.

What a shock when we arrived at the **Lookout** on Sunday 21st January. We had had only a dusting of snow in Yateley on the previous days and this had mainly gone without trace, not so at the Lookout a mere 7 miles North. There had obviously been well over an inch of snow and this had now turned to slush, under this was ice. A longish course with a

sting in the tail, however this didn't deter, Craig, Chris and Martin who took places 1,2 and 3. Fantastic! Finally Bracknell turned out an excellent spread with plenty for all.

Now we come to **Handy Cross**. It had rained all night and was not going to stop now. This obviously deterred many as it was the smallest field I've seen, Sandhurst could only managed 8 starters! The course was the same as last year plus extra mud. Martin Powell won this race last year, this time it was down to Dick Newman to be the first Jogger home in 28th position. This is a tough run but the spread put on by our hosts more than compensated for our exertions. It rained even harder as we slogged our way back to the cars and we then all made a stop at the Red Lion a number one priority.

Dick Newman treated us to the smell of singed sweatshirt while drying himself out.

The Postponed Datchet event was again cancelled due the weather. So the series was decided this year on just 5 events. Sheen and Reading Road runners shared the honours with Bracknell Forest close behind in third place. Sandhurst were over 20 points adrift in fourth place, our zero at Handy Cross really pulling us down

With the low turnout at Handy Cross only four Sandhurst Joggers ran all 5 races, there are:

Dick Newman
Dick Allison
Steve Davies
Anne Holland

Don't forget the series starts again in November, the first one is usually on Remembrance Day and is just opposite Windsor Castle, so you really get the atmosphere.

We take our tent for changing and camp by the river, think what you will be missing if you don't come. The course runs along the towpath initially before looping back through some fields, the biggest climb is over a stile.

Afterwards we take a break at one of the local pubs in Windsor for a natter about the run. See you there.

Dick Allison

MEMBERS REPORTS

Wokingham Half Marathon

Dick Allison

Yes, today was the Wokingham, I hadn't run a Half Marathon for 18 months and I was a bit apprehensive, my last good Half had been in the Wokingham in 1999, the following Camberley, Reading and Fleet had all given me trouble culminating with the Sam Run in 1999 and which had brought all my aches and pains to a head. I tried Rebecca Wills (Physio) at Farnborough but she didn't really resolve my problem although she did mention I had a seized Sacro-Iliac joint.

A chance meeting in B&Q with Anne Holland (we were both admiring their selection of nails, not for your fingers I hasten to add) at the time. I mentioned my problem and she said to try a Chiro practitioner in Camberley, Chris Walker. I couldn't get the boss, he was booked up for three weeks so settled for another Canadian in the practice, a James Beesley. He was initially very gloomy after seeing my X-Rays, encouragingly he also identified the same problem as Rebecca, I was down to running once a week although cycling was OK, However we both brightened up as the treatment progressed. (This guy was quite a good masseur, so when he had finished with my back he worked on my Hamstring.) A few hundred pounds later I was definitely improving and the time spans between treatments stretched out. Eventually (3 months) I was able to get back to more running leading up to today.

The day started very grey and I was concerned about my right Achilles which began to ache slightly last night, (I suspect my new trail shoes are the culprit). It was the same this morning, however after walking to the Start and a warm up run it felt OK, and after all the training who wants to miss the race.

Arrived in good time to park and use the facilities, plenty of Sandhurst Joggers around, and we found a spot out of the wind to get ready. The race had nearly reached its limit of 2000 and there was just a few entries left which quickly went, 2000 runners sounded like a good recipe for being boxed in, with that in mind I stood just about 10 metres back from the start. The spot I chose to stand just happened to be next to Steve Porter an ex RRR, Steve and I use to train together at the Nike Centre at Bracknell in our lunch hours, and he once ran a sub 3 hour Marathon on a Tredex set up the foyer there

for fund raising, (it actually took two Tredexes as the first died at 18 miles.) As we chatted Steve confessed that he wasn't doing much running these days and he would properly struggle, ha, ha, I had heard it all before.

I started my watch on the gun and it took less than 10 seconds to clear the start and get into a reasonable pace. I ran a bit with Steve before he pulled away, I also spotted Dave O'Toole forging ahead. Made the first mile in 7.25 and got to two with a 7.15 and to 3 with a 7.20. Started to feel better now I had got a couple of miles under my belt. It was about now that a guy caught me up who should switch to Lifebuoy, I moved to the other side of the road, this was a distraction I didn't want. I now pondered whether I could keep to a 7.20 pace, and divide the run into 4 times 3 miles of 22 minutes. However I was too optimistic as it was 37.02 when I got to five. I rehashed my plans to get to ten in the same time.

Ran fairly well around the lanes trying to make the most of the places where the wind was on our back, and keeping my eye on the clock. A guy towing a dog hurtled by, I subsequently saw his picture in the Wokingham Times. I got to 9 in 66.24. My left hamstring was making its presence felt, there's always something.

We now had two long straights on which to focus our mind in the run up to the 10 mile marker near the top of the motorway crossing. Got there on the dot at 74.01, on target so far, so now all I had to do was run 3.1 miles in under 23 mins and I would be very happy. The wind was making life quite difficult and I tried to use a big chap as both a pace maker and a windbreak, this didn't work too well up to 11 as I slipped to 7.46, however I managed 7.30's for the last two, at this point I was just behind someone who looked older than me, he was also just looking at the ground so I didn't think he had much left, made a big effort and got by him plus about three others, I turned the corner into the home straight only to see the clock move off 1.36.59 to 1.37.00 and still with half a minute to go.

This had been my fourteenth Wokingham, my first being in 1984. I still prefer the Molly Millers start but the police would never allow that circuit now, too much Sunday shopping. This course does have the advantage of closed roads. After seeing all the other Sandhurst Runners finish, Ros, Charlie and I retired to the Two Poplars to rehydrate and compare notes.

Winter Tanners

Paul Courtney

As training for the Meon Valley Plod and Grizzly, Glyn recommended a morning out at this Long Distance Walking Association event in mid January. The Winter Tanners starts in the centre of Leatherhead and offers a choice of 20, 28 or 32 mile routes. Runners are allowed to enter but have to start from 8.30 am onwards whereas walkers are allowed to start from 7.30. It is not a race and we decided not to push ourselves at all and be content with simply doing 20 miles over fairly hilly terrain in whatever time it took.

The route took us over some very scenic parts of Surrey such as Norbury Park and the Polesden Lacey estate. Most of the route was on tracks and footpaths with only occasional tarmac stretches. The paths would have been muddy but for the deep frost of the previous night. There were plenty of undulations but nothing too hard. At 9 miles we had to decide on which distance to follow and picked up the relevant route narrative sheet. The instructions were accurate, especially at the less obvious junctions and easy to follow. At Gomshall there was a drink and

biscuit stop. Our route then went up the only really steep hill of the day and joined the North Downs Way, with pleasant views into Sussex and of Leith Hill.

We steadily passed groups who had started earlier including groups of runners from Epsom and Ewell Harriers and the 26.2 RRC. It seems that some of the LDWA events rely on running entrants to swell their numbers. I would guess that a quarter of the 200 taking part were runners.

After 15 miles there was a stop for a cup of tea at Tanners Hatch Youth Hostel. The last few miles were made a little harder by the ground getting softer as the day progressed. We got back having run for 4 hours 13 minutes. The results and a certificate arrived soon after the event and were included in the price (the princely sum of £2.50!). As a slower runner it was good to see my name near the top of the list!

I would thoroughly recommend an LDWA event to any club member. As a training run it is nice to have a route description and cups of tea available and of course to get off the roads. Alternatively, maybe the club could use an LDWA event as a club away day run. Details can be found on the internet at:

www.ldwa.org.

The Horror of Wokingham Post-Skiing

Janice Alves de Souza

Retrospectively of course I should never have attempted this half marathon, let alone a 10+ mile run, but then you know me ... I hadn't done Wokingham for about four years and had fairly good post-feelings of a "pleasant", not too undulating course. The only thing I had forgotten were the last three miles that never seemed to end.

I parked near the town, knowing that a good walk after would stretch out the muscles, and bumped into Fiona and Alison en route. There were plenty of SJ's among the crowds; sort of comforting feeling to see people you know, and we queued for the loos (x 2 for I don't know how many females), parked our stuff in the tent and joined up with some other familiar faces – then off we went, although it must have taken about 2 minutes to actually reach the line. The slight deviation slowed things up quite a bit and once or twice everything slowed right down. I stayed with Fiona for a bit but then decided

to push off slightly ahead – I think we started too far back at the beginning – and caught Hannah up and we ran together for a while, meeting up with Martin Jackson who then surged ahead of us. I then spied Mike (a Racquets tennis coach who had joined us on the coach last year for London) and ran with him until almost the end when he overtook me at the last few hundred yards.

I think the biggest disappointment, apart from the usual pains and agonies, was that I thought I'd done much better than I had. My watch let me down (no big surprise there!) and generally speaking my body did and I just couldn't get it to go faster. Final result was that I was 8 minutes off my PB and left to wonder "Why do I run?"

Things haven't been much better since and it's been touch and go whether to persevere – as far as I'm concerned if something can't be done properly, it shouldn't be done at all.

Skiing in a single sentence was great – it just comes at the wrong time of the year!

Janice

The Meon Valley Plod

Steve Davies

They might call it a Plod but 21 miles of muddy tracks and gruelling hills was more like torture than a treat. It was meant to be Grizzly training but I found it at least as hard as last year's Grizzly, probably because of the foul weather. There was a mist covering Butser Hill, which came up at roughly the half way mark (the Butser, not the mist); it was drizzling with rain for most of the race and the wind was bordering on a gale and freezing cold. In fact we were lucky not to be blown off the Butser.

Glyn, Barbara and I travelled together and met Paul and Dick Newman and two of his mates there. On the way, Barbara asked what training I'd done for the race which I thought was a very strange question considering this was to be one of my training runs. I just didn't realise how hard it was going to be. She also asked me if I had a weatherproof to run in which of course I hadn't. She lent me a spare which saved my life - literally, I would have died of exposure up there.

I really felt up for it at the start despite the cold wind but at the 14 mile checkpoint I was shattered and starving. Not with the cold, famished. Never before have I been able to eat anything during a race but I was so short of energy my body was crying out

for food. Luckily it was a really well organized race and they had plenty of drink stations where they were also giving out fruit cake. I stopped at that 14 mile mark for ages feasting on the cake and taking fluids on board before setting off again sucking a jelly baby.

The next couple of miles were uphill, one of those cunning sort that undulates up and up without you really noticing the clouds getting closer. At 16 miles, twinges of cramp started jabbing at my calves (must have been all that training Barbara) until at 18 I was running like a fairy to avoid tensing the calf muscles (no mean feat for me). At 19 both legs siezed up and I was stretched out for at least 10 minutes pulling on my toes before the cramp started to ease. That was when Paul caught me (or should that be Courtney). That was all the incentive I needed, I was up again and running, downhill for most of the way thankfully.

I finished wet, bedraggled and completely exhausted. It's amazing what a lack of training can do for you. That was when Barbara saved my life a second time. Looking as cool as Florence Nightingale she handed me a cup of hot tea. Nectar from the gods. She and Dick had finished about 50 minutes earlier but unofficially I was 99th out of 220 starters so I was well pleased.

We all agreed it was a great event, on a par with the Grizzly (well nearly), so it's a must for next year especially as it is on our doorstep.

Handy Cross - The last X-C

Steve Davies

We were there - where were you? All 8 of us that is (10 if you include Ros and Andy). In fact with those two we would have had a full team but they didn't know to bring their kit.

The weather was foul, which made the tough course even tougher. Never mind, Anne and Wendy plus Daniel, the two Dicks, Dave O'Toole, Dave Medley and yours truly battled our way round to fin-

ish with a creditable 'null point'.

We weren't the only team short of a full complement but we did win the race down to the pub on the corner afterwards and pinched all the seats round the fire. They sell real ale there too which went down a treat as we dried out.

Come to think of it, if anymore had turned up there wouldn't have been enough room round the fire.

As I said, 'We were there - where were you?'

How to run a Marathon

by Guy Browning
(reproduced from the Guardian)

Occasionally, you'll see people doing a strange sport called backwards stair-climbing. This is what happens the day after you've got hamstrings longer than a double bass.

Dressing correctly is vital for a marathon, and everything should be chosen to maximise cooling and minimise energy loss. Which is why, when you're plodding around in your hi-tech, high-cost running gear, it's incredibly galling if people roar past dressed head to foot in a 6ft Tinky Winky costume and carrying a bucket of loose change.

Getting water on board during the run is vitally important, and most people drink many pints before

they even start. This, combined with the very real excitement at the beginning of the race, means that shortly after the start you have about 10,000 people stopping for a pee. Strangely, they never show this on the TV.

On the way round, don't make the mistake of thinking you can pick up water on the run. You can't pick up your tea at home on the run, so don't try it during a race; you'll just end up soaking yourself, and then, when you try and drink it on the move, you'll spend five minutes choking and spluttering.

Liquids are vital, but not solids, which is why you have mixed feelings about kindly spectators who hold out sweets, toasted sandwiches and traditional Sunday roasts. If your body does run out of energy, you hit something called 'the wall'. This happens at around the 20-mile mark - or sooner, if you don't look where you're going. The wall is where you start burning parts of your body that are

normally left for furnishing - such as fat and muscle.

Another bit of your body starts to get burnt away, too, and that is your will to live. Which is why during the first 20 miles of a marathon, you can enjoy the scenery, while the last six miles are like running in a small cupboard marked 'pain'.

At the end of a marathon, you are generally so whacked that you decide not to lift your arms at the finishing line because it requires too much energy. There's usually an automatic photograph taken of you crossing the line, and the expression on your face is probably the closest you'll ever get to seeing what you look like first thing in the morning.

It's then that the sense of supreme physical achievement sets in, and you can start telling everybody what a Sports God you are (if you can get down the stairs, that is).

Spotted by Steve Davies

My First Handicap

Ray Woodman

As a newcomer to the club I had heard vague mumblings about something called the handicap. Already somewhat daunted by the large number of superfit looking people I had thus encountered. I decided it was time I experienced this part of club life.

Armed with the advice that I should run my first handicap very slowly, I arrived at a chilly Broadmoor one Wednesday evening in December.

At 7.30. a group of about twenty runners set off and proceeded to tackle the first hill which had obligingly presented itself after about 20 yards. The pace was already demented with the main pack posturing as greyhounds in pursuit of a hare.

Despite all the advice, I found myself attempting to keep up with the leading pack only to start suffering by the time Crowthorne High street was reached (and this was only the first time round)!

The aroma of beer and fish and chips hung provocatively all down the High street as I wondered not for the first time that night, what I was doing here!

Once I had given up any notion of staying anywhere near the leaders, or even the second or third groups I managed to get my breathing to a more manageable level and began the next stage which was relatively flat and easy until you tend to leave civilisation behind and are plunged into the darkness

of a Broadmoor country lanes. The eerie silence punctuated only by the sound of struggling breathing and scuffing feet.

At this stage its a good idea to make sure your near to another runner that's done the course before because it would be easy to get lost out there. After a minor up and down and a twist and turn along the dark lane the jewel in the crown of the handicap is approached, the final hill.

Mindful of the fact that if I survived I was going to have run up this hill again in about another 20 minutes or 30, I treated it with some reverence and tried to adopt a reasonably slow pace but still ended halfway up hopelessly out of breath.

However I had survived the first lap, and proceeded to tackle round 2 which seemed even worse because of an ever increasing breeze. I eventually completed the course in about 41 minutes which was probably quicker than I should have done if I wanted to beat my time next month, but of course now it didn't matter as I was never ever going to do this course again!!!!

Footnote:

I've bettered my times slightly in the next two handicaps and even the hills don't seem quite so awful, so if you haven't yet tried it get on down to the next handicap, its a tough challenge but well worth doing.

Ray

Why am I running the

London Marathon

As a result of getting involved in the Schools Orienteering, I was able to help out at the London Marathon Finish. So after a couple of years helping and encouraging some of the late finishers to cross the line I thought I was at least as fit as they were and could do it to. When I said to my daughter, I believed that I could run it, she said fine "you can run it for Dreamflight" and raise some money. Well after that there was no way out, except not being successful in the finish team ballot. Well with only 47 entries for 50 places, I was in.!!!

Fortunately before panic could set in, Roy (Whillier), who was also a finish team marshal said "you need to join a club". After two months with the "Tuesday Nighters" the last Yateley 10K was achieved in just over the hour !!. This was followed by the Alice Holt 10K, thank you Jenny, I still cannot understand how on a circular course I was always running uphill !!! I may have to do again next year, assuming I survive the marathon.

The first half marathon, the Great Sam was run with Jenny and four others from Tuesday Night, we finished around the two hours 13 minute mark, with Sarah and Becky achieving a sprint finish, ahead of me.

The Wokingham was a more focused run for me, after training with the Monday and Wednesday night groups. However, the run plan was not really followed after the slow start, I ran the next few miles fearful of running too fast, then the next few too fast attempting to catch-up. The run in from about the 10 mile mark, into a strong cold wind, was hard. But on turning a corner around the 12 mile mark and hearing the PA system calling out the finishers, helped find a final burst of energy that got me across the line in two hours and six minutes.

The following training sessions with Roy and Peter at the weekends have achieved an under two-hour 13 mile run. So the next milestone is to do the same or better at the Reading half marathon.

On the fund raising front I seem to be achieving a good success rate, possibly on the grounds that that my colleagues and friends believe that they are relatively safe. However, with the current level of encouragement from Roy, Peter and the rest of the Club I think they are mistaken.

So far I have signed up about £350 of sponsorship for Dreamflight, whose purpose it is to send seriously ill children on their 'holiday of a lifetime' to Disneyworld in Florida.. A Boeing 747, takes 200 Children and Carers to Florida at a cost of about £1200 per child, so like the training there is still a bit to go but every day its looking less like an impossible target.

Ray Brown

1983 and all that

The history of road running in Yateley has attracted some interest in the club recently following articles by myself and Dick. At your editor's request I have dug deep into my archives (posh name for scruffy old boxes and drawers) and found a few dog-eared photographs and newspaper articles.

From these we see that the first Yateley half marathon was held on Sunday 25th September 1983. The race was started by a blast from the antique shotgun of local gunsmith Arthur Clarke and was won by Mike Lake in a time of 1 hour 10 minutes 31 seconds. The first lady home was Linda Evans who completed the course in 1 hour 22 minutes 32 seconds. One of the "Also-rans" was a certain member of SJ who completed his first race over the distance in 1 hour 45 minutes 57 seconds.

The 10k series came later, I think I ran in my first Yateley 10k in 1987. My time was not very dif-

ferent from what I can achieve now. I think the effect of 14 years has been cancelled out by the level of training and advice I have enjoyed at SJ over the last 2 years.

Reg Worthington, a local butcher who master-minded the race series from '83 to '86 also ran in the first half marathon and can be seen in one of the local newspaper pictures.

At the time of writing I am not sure whether any of the photographs forwarded to the editor will be reproduced in the newsletter as technical or copyright difficulties may preclude this. However, if anyone is interested in viewing any of my Yateley race memorabilia, they will be very welcome.

Roy Whillier

I didn't use the newspaper cuttings as the quality was quite poor, and I couldn't improve it, however used two of your photos, plus two I had via a scanner.

Dick

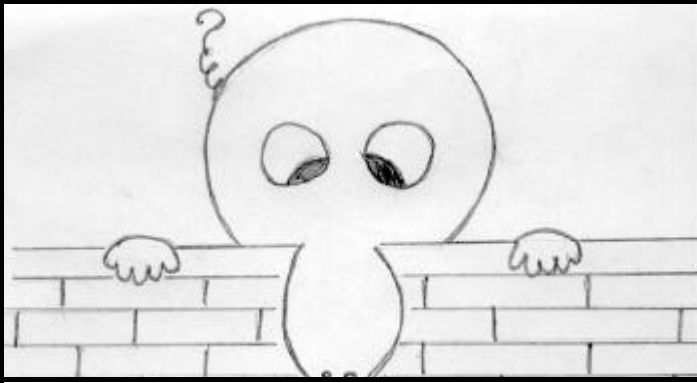
MEMBERS PROFILES

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.

<p>Name: Metta Dawson</p>	<p>Name: Raymonde Woodman</p>	
<p>PB's: 10K 50.18 I/2M 1.53.00 MAR 5.17.20</p>	<p>PB's: 10K 44.55 10 Miles 1.18.53 1/2M 1.40.05</p>	<p>plus not knowing the area to well I often have no idea on how far we have to go on any particular run, which psychologically I find good.</p>
<p>When did you start running and why?</p>	<p>When did you start running and why?</p>	<p>Is there anything you think could be done to improve the club?</p>
<p>1977 with the Hash House Harriers in Jeddah, Saudi Arabia, for fun.</p>	<p>1992, I wanted to do a Half Marathon before my 40th Birthday. It was intended to be a One Off.</p>	<p>I think it would be useful to new members if a particular member was designated to explain all the:</p>
<p>When did you join the club and why?</p>	<p>When did you join the club and why?</p>	<p>House Rules Runs Membership Kit etc.</p>
<p>January 2000, for training with a running club</p>	<p>November 2000, I had wanted to join a club for years but never got around to it, but after completing last year 10K series I received an invitation from the Membership Secretary to try running with Sandhurst Joggers.</p>	<p>Although I had a really friendly welcome I found it a little difficult to actually find out how to join the club and get a running shirt. Perhaps someone who is a regular on Mondays and Wednesdays could do this.</p>
<p>Which are your favourite / least favourite races and why?</p>	<p>Which are your favourite/least favourite races and why?</p>	
<p>London Marathon and Reading 1/2M because they are very well supported and have a tremendous atmosphere.</p>	<p>Maidenhead 10, it was a nice flat course. I like the distance. Also the Cliveden XC, A really tough challenge, especially the steps.</p>	
<p>What do you enjoy most about running with the club?</p>	<p>What do you enjoy most about running with the club?</p>	
<p>Everyone is very helpful, friendly and supportive</p>	<p>I didn't think I had a least favourite until I ran the Tadley XC. Ploughed field, enough said.</p>	
<p>Is there anything you think could be done to improve the club?</p>	<p>What do you enjoy most about running with the club?</p>	
<p>No, I am very happy with the club as it is.</p>	<p>Running with others seems to make the time and miles fly by</p>	
	<p><i>Continued</i></p>	

AND FINALLY



WOT NO YATELEY ENTRY FORMS

Well done Sue , Adam Joseph was born on February 6th and he weighed in at 5lbs 1oz .

I know Mum and Baby are doing well as we saw you both in Waitrose recently.

Mustn't forget Dave, it's hard work being a Dad.

Good luck for the future from all at Sandhurst Joggers.

LATE ENTRIES

Remove your own stitches!!

Wendy Leslie

Following research which indicated that stitches occur when bouncing movements cause your stomach to tug on these ligaments and pull on your diaphragm, here are some tips from an article in Runner's World (March 2001) by Ed Eyestone (exercise physiologist and former Olympic marathon runner):-

- Wait two or three hours after a meal or a very large drink before you run. The heavier the contents of your stomach, the harder the pull on your diaphragm.
- Consume small amounts of fluid frequently, rather than gulping down one large drink.
- When running downhill, try to keep your breathing regular and your foot impact light. The harder you land on your feet, the harder the pull on your diaphragm.
- If you do get a stitch, tighten your abdominal muscles as if someone was about to punch you.
- Breathe out through pursed lips; this will also contract your abdominals.
- 'Belly breathe', forcing your belly to rise and fall. This will stabilise your stomach.
- Apply pressure to the pain with your hand and bend forward slightly. This will provide support and tighten your abdominals

Welcome to Samantha Tomlinson who has just joined as our 129th Member and missed Jenny's report.

CONTRIBUTORS

Well done you lot, nice to see a few new names in the list, without all your efforts we would just have a very slim document .

Janice Alves de Sousa
Carl Bradshaw
Jenny Brown
Ray Brown
Paul Courtney
Dave Dart
Steve Davies

Metta Dawson
Liz Jones
Steve Johnson
Alan Kirby
Wendy Leslie
Linda Lowes
Simon Whillis
Ray Woodman

YATELEY 10K's

I seem to remember last year handing out hundreds of Yateley 10K entry forms at events like the Bramley and the Reading Half.

Have we got any yet, or are we waiting in case we don't need them!

MEMBERS PROFILE QUESTIONNAIRE

The members profile is a chance for you to express your opinions on the club and also for the club to find out more about you. Take a few minutes to complete the form and return it to Richard Allison or a committee member. Thank You.

Name:

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

When did you start running and why?

When did you join the club and why?

Which are your favourite races and why?

What are your least favourite races and why?

What do you enjoy most about running with the club?

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

SANDHURST JOGGERS DIARY

2001

MAR.	Sun.11th	Grizzly - Seaton, Devon - CANCELLED Now on October 21st
	Wed. 14th	Handicap - Broadmoor
	Fri. 16th	Annual Dinner / Dance - Chobham Golf Club
MAR.	Fri. 30th	Track Starts - Bracknell Sports Centre
APR.	Mon.2nd	AGM - Ryder Room, Frogmore 19.30 Short Club run start 18.30 from Frogmore
	Wed. 11th	Handicap - Broadmoor
	Sun.22nd	London Marathon
	Mon.23rd	Post London Pasta Party Venue to be decided
MAY.	Wed. 9th	Handicap - Broadmoor
	Mon.28th	Deadline for next newsletter
	Wed.30th	First Woodland Five
JUN.	Wed.6th	First Yateley 10K
	Wed.13th	Handicap - Broadmoor
	Wed.27th	Second Woodland Five
JUL.	Wed.4th	Second Yateley 10K
	Wed.11th	Handicap - Broadmoor

The clubs web-site address is:

www..reboot.demon.co.uk/sandhurstjoggers.html