



SANDHURST JOGGERS NEWSLETTER

Issue 52

Sep. 2002

**The Club Address is: The Secretary,
9 Tudor Drive, Yateley, Hants, GU46 6BX**

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Copy Deadline

Monday 25th November
For Dist. On Monday 2nd Dec.
2002

Don't forget results, pictures,
comments, anything you fancy.

Articles may be handed or
posted to R.Allison, Quinque,
Vicarage Lane Yateley GU46 7QR.

Formats can be: handwritten
(must be legible), typed, word
processed on a floppy and email.

Email: dick.allison@iclway.co.uk

EDITORIAL

Did you see the Commonwealth Games, unfortunately I missed most of the start as it clashed with the Tour de France and since ITV2's coverage was brilliant, it was no contest. However I did pick up the last few days and was shocked at the prospect of this purpose built stadium being handed over to Manchester City Football club, the track gets dug up to provide extra seating for the football. What a bargain since three quarters of the funding for the stadium was put up from the Lottery, only to be handed over to a private business?

Once again our Paula was the icing on the cake on what has proved to be a very strong English showing in both the Commonwealth and European Games

Do you do it in the morning, spring out of bed, a quick cup of tea, review the weather and push yourself out the door for that early morning run. I used to run most mornings before going to work, and for many it's the only available time. However, research recently published in the British Journal of Sports Medicine suggests it's not the best time of day to train.

A study of a group of 18 year old swimmers showed that levels of a stress hormone (Cortisol) were higher in the morning. This suppresses the immune system making you more susceptible to infection. So if you are feeling low, stay in bed.

Continued on page 4

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.

Track Sessions at Bracknell Sports
Centre every Friday at 19.30

CLUB CONTACTS

Chairperson

Simon Whillis (01252 673301)

Secretary

Roy Whillier (01252 661840)

Membership Secretary

Janice Alves de Sousa
(01344 772748)

Events Secretary

Alan Kirby (01252 513470)

Social Secretary

Wendy Leslie (01344 772894)

Treasurer

Mike Corfield (01252 614027)

General Member

Graham Kelly (01276 600018)

Publicity

Pat Spong (01252 879662)

Newsletter Editor

Richard Allison (01252 873911)

Handicap

Dave Dart (01252 890071)

Club Kit

Ray Woodman (01344 422253)

EVENTS CALENDAR

If you pick up entry forms for any races then please pass on a copy to the Events Secretary or the Newsletter Editor so that other club members can be informed. If you have any comments, good or bad, about any races then please send them in for inclusion in the newsletter.

Date	Distance	Event
SUN.8TH SEPT	10M	GREAT SOUTH RUN - SOUTHSEA TO PORTSMOUTH Info@nova-international.com
SUN.15TH SEPT 10.30	10K	FARNHAM - ALICE HOLT 10K - FARNHAM RUNNERS C/D 31ST AUG £6 E/D +£1 www.farnham-runners.org.uk 01252-323506
SUN.22ND SEPT 11.00	HALF	NEW FOREST HALF MARATHON - CLUB CHAMPIONSHIP EVENT PO BOX 438, NEW MILTON, HANTS CD 21/8 NO E/D
SUN.22ND SEPT 09.30	HALF	GUILDFORD HALF - GUILDFORD LIDO £10 E/D £12 01737-217690
SUN.29TH SEPT 11.00	10K	JULIAN FARRELL MEMORIAL 10K - CAMBERLEY - NOW CLUB CHAMPIONSHIP £7 E/D +£1 www.camberleyathleticclub.co.uk
SUN.29TH SEPT 13.00	HALF	WINDSOR NIKE HALF - WINDSOR GREAT PARK C?D 14th SEPT £15.50 NO E/D www.runwindsor.com 01538-703333
SUN.6TH OCT 10.00	HALF	BUPA GREAT NORTH RUN ENTRIES CLOSED www.onrunning.com
SUN. 6TH OCT	ULTRA	LONDON TO BRIGHTON 55 - BIG BEN LONDON (BUT NOT ON A BIKE) CD 23RD SEPT (QUAL SUB 4HR M LAST 12 MONTHS) £17 www.roadrunnersclub.brigh.htm 020 8372 9151
SUN. 13TH OCT	HALF	HENLEY RNLI HALF - HENLEY RUGBY CLUB C/D 30 TH SEPT £8 E/D £10 01491-572035
SUN. 13TH OCT 12.00	HALF	CLARENDON WAY HALF - VILLAGE HALL, BROUGHTON, NR STOCKBRIDGE £9 E/D +£2 www.hants.org.uk/clarendon-way-marathon 01962-622465
SUN. 13TH OCT 10.30	MARATHON	CLARENDON WAY MARATHON (& 4 TIMES 10K RELAY) M £12 +E/D +£2 RELAY £8 PER RUNNER E/D +£4 PER TEAM 01962-622465
SUN. 20TH OCT 10.30	10K	BLENHEIM 10K - BLENHEIM PK. WOODSTOCK E/D www.blenheim10.co.uk
SUN.20TH OCT 10.00	10M	STRAGGLERS CABBAGE PATCH 10 - TWICKENHAM TOWN CENTRE £9 E/D CABBAGE PATCH, STOURTON AV. HANWORTH, FELTHAM TW13 6LA
SUN.20TH OCT 09.00	MARATHON	ABINGDON MARATHON - TILSEY PARK C/D 13th OCT £11 E/D £13 www.abingdonamblers.co.uk 07889-982858
SAT.26TH.OCT	MARATHON	BEACHY HEAD (FORMERLEY SEVEN SISTERS) MARATHON SUE DART IS CO-ORDINATING A GROUP
SUN 3RD NOV.	MARATHON	NEW YORK CITY MARATHON - A FAVOURITE AMONG CERTAIN SJ's
NOV ??	HALF	LOOK OUT FOR THE MARLOW HALF—A GOOD ONE
SUN.29TH DEC	XC	CLIVEDEN CROSS COUNTRY - BOOK EARLY IF YOU WANT TO RUN AS IT GETS OVER SUBSCRIBED. SEE STEVE DAVIES ARTICLE LAST NEWSLETTER

**DON'T FORGET THE CROSS COUNTRY SEASON STARTS WITH DATCHET
USUALLY REMEMBRANCE SUNDAY**

Our events secretary collects entry forms, he may well have the one you want.

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 £15 for 1/2 hr. £20 for 3/4 hr. and £25 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

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

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 RAY WOODMAN

Phone: 01344-422253 (home)
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)

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

Continued from page 1

Harping back to the last Newsletter - re Steve Davies only jogging the Grizzly. I quote from our SAS fitness book.

The SAS categorise PACE as follows;

WALKING pace should average a mile every 18 minutes
JOGGING is what happens when you walk too fast, i.e. 12-15 minute miles

SLOW RUNNING is 10 minutes per mile

NORMAL RUNNING is 8 minutes per mile

FAST RUNNING is 5-6 minutes per mile

Incidentally , if you are interested, running slowly (11 min miles uses 110 Calories per mile whilst 8 minute miling only increases this to 113 (for a 150 pound person) add or subtract 10% for each 15 lbs you weigh over or under.

Of course, at the slower pace you have to run for longer to cover your distance, so it's not surprising the calorie burn is close.

Are you on the Ball? Runner's World (September) ran an article on using STABILITY BALLS. Rebecca Wills at the Farnborough Physio Centre had me rolling around the floor on one over 18 months ago. The exercises shown in Runners World are designed to improve FLEXIBILITY, BALANCE AND CO-ORDINATION as well as CORE STRENGTH. The latter interested me, because at the last visit to my Chiropractor , he was showing me Abdominal exercises again aimed at exercising groups of muscles (ie. The CORE).

The balls cost around £18.50 and Health Club quality can be found from www.physiosupplies.com

They come in 3 sizes	55 cm	5 - 5 feet 5
	65 cm	5 feet 6 - 5 feet 11
	75 cm	6 feet & over

I've bought one , I'll let you know if I am still using it in 6 months time.

LONDON MARATHON

Next years London Marathon is on
Sunday 13th APRIL 2003

Entries close on
18th OCTOBER 2002

Remember you must have applied yourself and had a rejection, to be eligible for the club draw. Last year we had three places

INDEX TO NEWSLETTER ARTICLES

Club Runs

Wednesday Routes

Dick Allison Sep.2001 P.18

Handicap

Map of Course Dave Dart Dec.2000 P.11

Rules of the Run Dave Dart Dec.2000 P.12/13

A Brief History Dave Dart Dec.2001 P.21

Marathon

What makes a good Marathon Runner

Carl Bradshaw Dec.2001 P.23

How to Train and Run a Marathon

Carl Bradshaw Mar.2002 P.20

Recovering from a Marathon

Carl Bradshaw Jun.2002

Stitches

Remove your own Stitches

Wendy Leslie Mar.2001 P.30

How to prevent them

Carl Bradshaw Jun.2001 P.26

General

Jogging doesn't have to be a pain &
How to be a better Runner

Newspaper Sep.2000 P.20/21

RUN AND SWIM OR JUST A SWIM

Running a swimming school provides me with easy access to local swimming pools. If any one is interested in taking part in a training session could they please let me know. These sessions may take place on either a Tuesday or Thursday evening. All those interested please can you let me know at one of the regular training sessions.

Dave O'Toole

MISSING YOUR CLUB EMAIL

I AM GETTING REJECTS FROM THE FOLLOWING

Martin Powell, Andy Hawkes,
Andy Jones, Ray Brown

If you want to be included just send me an email so that I can get the correct address.

dick.allison@iclway.co.uk

CLUB NEWS & VIEWS

Did You Know That

66% of Runners think of Sex whilst Running.
9% of Runners think about Running
whilst having Sex.
The Observer, 25 August 2002

Andy Leslie

Personally I am surprised it's only 66%, when you are out training and have run a route a few hundred times, ones mind is likely to wander to more pleasurable pursuits.

On the other side, does 9% represent the proportion of Ladies who participate in our sport, it would be nice to have their views.

As for the 25% that didn't know if they did or they didn't, they obviously didn't observe one way or another.

Dick

Individual Awards

Marie Mayor

I would like to raise the following debate with the hope that my fellow runners would feel compelled to support in favour of. This being the issue of awarding individual trophies / mementoes to those runners who have been a member of a winning team for which a Team Trophy has been presented.

I am of course talking of the Ladies relay teams both at Windlesham and Bounders. There are not many of us that can boast of being in the limelight too frequently, myself included and therefore I feel that an individual reminder of the triumph would be well deserved.

This would also encourage team camaraderie as well as high spirits for the want of doing well for the club. With the Cross Country season looming I feel that it is important that every club member is made to feel 'special' and if we can achieve this at every opportunity that presents itself, we will find ourselves not having to use 'heavy' persuasion when trying to 'put out' a full team - as we know it's not only the first 4 / 5 runners that score but all of those runners that take part, as every finishing position pushes the competition further away!

Marie

Congratulations

Tamsyn & Paul Courtney
are expecting the
first addition to their family
in February.

Best Wishes and Good Luck
from every one at Sandhurst Joggers.

Contributors

Thank you to everyone who took the trouble to write something for this newsletter, although I must say that most of the names are very familiar. Thanks to Bev, the Tri-a-Tri generated a lot of interest and several articles

Janice Alves de Sousa
Bev Arnell
Phil Boylan
Carl Bradshaw
John Collier
Mike Corfield
Adam Dart
Sue Dart
Dave Dart

Steve Davies
Craig Edwards
Andy Leslie
Wendy Leslie
Marie Mayor
Dave Raeside
Simon Whillis
Jo Wojcik

TRACK

Fridays - Come and enjoy an evening with
Carl, Alan & Steve
19.00 at the Nike Sports Centre
Bracknell

North Downs Run - Sunday, 16 June 2002

M25 Closed – Traffic Jam - Did Not Start
Bugger!! – Set off earlier for 2003

Mike Corfield

SUNDAY MORNING RUN

The club meets at the
LOOKOUT, BRACKNELL
at 9.00 every SUNDAY.

Breakfast available at the Café after your efforts.

DID YOU KNOW

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

CLUB CONSTITUTION

Club Constitution

(Fourth Amendment April 1999)

1. TITLE:

The name of the Club is Sandhurst Joggers.

2. HEADQUARTERS:

The Club shall be based at Frogmore Community Campus, Yateley, Hampshire. The address for all correspondence shall be that of the Club Secretary.

3. OBJECT:

The object of the Club is the promotion of Amateur Athletics.

4. MANAGEMENT:

The Management of the Club is vested in a committee consisting of a Chairman, Secretary, Treasurer, Membership Secretary, Social Secretary, Events Secretary, Publicity Secretary and General Member all to be elected at the Annual General Meeting. All posts are unpaid.

The Committee has power to fill any vacancy that may arise.

The Committee shall appoint a sub-committee if needs arise to deal with specific roles. Any sub-committee so appointed must have at least one elected Club Committee member who shall report to the main Committee.

5. MEMBERSHIP:

Membership of the Club is confined to those willing to obey the rules of the SEAA and UK Athletics. A candidate for Membership must apply in writing on the form provided for the purpose, and may be accepted by the Committee at their discretion.

6. RESIGNATION:

A member intending to withdraw from the Club shall give notice in writing to the Club Secretary, their membership terminating on the date of that notice unless they are financially indebted to the Club, in which case the Committee may withhold acceptance of the resignation until they have discharged their liability.

7. SUBSCRIPTION:

Annual Subscriptions shall be as set each year at the Annual General Meeting. There shall be subscriptions for both Full and Associate Members. Subscription shall be payable by members on joining the Club and subsequently on the 1st of April of each year.

(a) The Committee shall have the power to expel any member at their discretion, for reasons such as bringing the club into disrepute or a sub-

scription being six months in arrears. Notice of expulsion must be sent in writing to such a member, addressed to their last known address.

(b) The name and address of any person expelled because of subscription arrears from a Club in the Southern Counties District shall be sent to the Club Secretary of the Southern Counties AAA who shall enter their name in a book (to be called "The Black Book") kept for that purpose. Every person whose name has been so entered in a Black Book shall be suspended from competing at any Meeting held under AAA laws until the liability causing their said expulsion, which shall not exceed one year's subscription, shall have been discharged.

No Member whose subscription is in arrears is eligible to take part in any competition promoted by the Club.

(c) The Committee shall have the power to vary membership subscriptions in the light of personal circumstances.

The Committee may decide on appropriate subscription rates for newly elected members, on a pro-rata basis relevant to the month of election.

(d)

8. ANNUAL GENERAL MEETING:

A General Meeting shall be held during the month of March in every year to receive the Committee's report and financial statement, elect Officers of the Committee and deal with any other matter specified on the agenda.

The Club Secretary must give every member 21 days notice of the Meeting. Notice of any proposed rule changes or any business which it is desired to place on the agenda must be given in writing to the Club Secretary at least 14 days prior to the Meeting.

9. SPECIAL GENERAL MEETING:

A Special General Meeting must be called by the Club Secretary within 14 days of receipt of a request in writing signed by at least ten members of the Club, stating the business to be brought before such a Meeting.

10. ALTERATION OF RULES:

No alteration or addition may be made to the Rules except by an Annual General Meeting or a Special General Meeting called for the purpose. Notice of any proposed amendment must be given as provided in Rules 8 and 9.

11. NOTICE OF MEETING:

The Club Secretary shall give at least 7 days' notice to every Member of the time and place of any General Meeting and the business to be dealt with, and no other business shall be dealt with at any such meeting.

CLUB CONSTITUTION

Changes to Club Constitution

Andy Leslie

I am writing to you to start a debate over proposals for some changes to the current Club Constitution,

These suggestions are prompted by the "Club Name" issue and the way it was "resolved".

However, it should be emphasised that in no way do I mean this to just apply to that one, parochial issue.

First of all, it should be stated that the postal vote had no constitutional validity. Although clearly a very good idea, in that it got more votes cast than would have been possible at the AGM, the constitution currently states quite clearly:

10. No alteration or addition may be made to the Rules except by an Annual General Meeting or a Special General Meeting called for the purpose.

Notice of any proposed amendment must be given as provided in Rules 8 and 9.

So even if the majority vote had been to change the club name, it could not have caused a change to take place, only perhaps led to an SGM being called to discuss the matter.

Secondly, rule 11 states:

11. The Club Secretary shall give at least 7 days' notice to every Member of the time and place of any General Meeting and the business to be dealt with, and no other business shall be dealt with at any such meeting

Since the proposed amendment to the Club Name was not circulated to the membership, other than by an email that I sent (thus unofficial and not reaching even 50% of the members), it was not eligible for discussion under the current constitution.

Thirdly, there are no rules as to a quorum for the AGM to be able to make decisions. This seems to me to be an unforeseen but fundamental flaw in the constitution. It means that a few people could attend an SGM or AGM and vote for wholesale changes. This almost certainly wouldn't happen, but it could happen, for instance, that a determined group turned up at an AGM and could force through a measure.

The clear problem then is that of "what happens next time"? Whichever way any given vote goes, will there be another vote to change again? By whom? In the case of any really contentious issue such as the club name, this see-saw could go on for years.

Before the AGM I proposed changes to the club constitution to safeguard against some of these issues. I'd like to reiterate and augment these proposals. In doing so I believe I have the backing of club members, from both sides of the naming debate. Hopefully we can all agree that the club needs to "tidy up" the situation.

Please think carefully about them so that agreed proposals can go forward for the next AGM / SGM. The current Rule 8 is as below.

8. A General Meeting shall be held during the month of March in every year to receive the Committee's report and financial statement, elect Officers of the Committee and deal with any other matter specified on the agenda. The Club Secretary must give every member 21 days notice of the Meeting.

Notice of any proposed rule changes or any business which it is desired to place on the agenda must be given in writing to the Club Secretary at least 14 days prior to the Meeting.

I propose that this be changed as follows:

8. An Annual General Meeting shall be held during the month of March in every year to receive the Committee's report and financial statement, elect Officers of the Committee and deal with any other matter specified on the agenda.

Those voting at an Annual or Special General Meeting shall be only by those who are members as of 21 days prior to the date of the meeting.

The Club Secretary must give every member 21 days notice of the Meeting.

Notice of any proposed rule changes or any business which it is desired to place on the agenda must be given in writing to the Club Secretary at least 14 days prior to the Meeting.

The Agenda, including any proposed changes to the Club Constitution, must be circulated by post or email to all eligible members at least 10 days in advance of a General Meeting.

Signed postal votes from eligible members unable to attend the General Meeting will be cast by the Club Secretary in the case of absence on any item on the agenda.

For an AGM to pass a Constitutional Change, 66% of the applicable membership must vote with a simple majority in favour of such a change. Any defeated proposal for a Constitutional Change shall not be represented to the club for 5 years.

Further, I propose a change to rule 9, which currently reads:

9. A Special General Meeting must be called by the Club Secretary within 14 days of receipt of a request in writing signed by at least ten members of the Club, stating the business to be brought before such a Meeting.

To

9. A Special General Meeting must be called by the Club Secretary within 28 days of receipt of a request in writing signed by at least ten members of the Club, stating the business to be brought before such a Meeting.

This gives adequate time for notice to be given to eligible members of an SGM.

I realise that these proposals need robust debate to knock them into shape, but I do believe that the club

deserves a constitution that is able to cover all foreseeable circumstances.

Finally, you may be saying "but we're just a little club, can't this be simple?" to which my answer is "yes, and here's simply how we try to make the process in order to be representative of the club when constitutional changes are made".

Andy

COMMITTEE REPORTS

CHAIRMAN'S LETTER

Simon Whillis

Well there we are! Summer has come and gone, and it wasn't much of a summer - or so it seems. I read recently that actually the South East of England has done reasonably well weather wise. Although we haven't had many hot days there has been less rain than normal. Clearly the person who wrote that didn't attend any of our Yateley 10K series where the abiding memory is the almost monsoon conditions.

Like you, I have memories of particularly wet races – the worst I remember taking part in was a Maidenhead 10K in about 1993 - but they must all pale into insignificance compared with that period of half an hour on 7 August. I know Dave Dart received several comments of appreciation from the runners for the efforts of the marshals. I just want to add my thanks to all those helped to make it such a success. I didn't realise how many people could fit into our Club Tent!

At least Dave and Sue had a memorable swan song! They have put in an enormous amount of work over the years, carrying on the efforts of others before, and as a result our

Race Series is very highly regarded. Those waiting in the wings have a hard task to follow!

So as I said, summer is over but looking back it was a busy time for those taking part in races. For our Club the purple patch was a few days in July when our Ladies team won both the Brickmakers and Bounders events. Congratulations to them and I hope we can follow this up with a successful cross-country Season. Yes, cross-country is just round the corner! It is good fun really, particularly in the post race Pub! So if you haven't taken part before give it some serious consideration.

On the social front we have had a busy summer and managed to pack in 5 Pub runs so thanks to Wendy and others for their organisation. Thanks also to Bev for her organisation of the Try-a-Tri which was much enjoyed by those who took part. The autumn is no less busy so see the diary for the coming events!

Enjoy your running and socialising!

Simon

Membership Report

Janice Alves de Sousa

As I write this report, we currently have 103 new and paid up members in the Club. If you haven't yet renewed please do so A.S.A.P as membership size contributes to the number of club places we will get for next years London Marathon. If I'm not around, Mike Corfield will be happy to take your money.

If you haven't had your membership card yet, please let me know. I usually have them in the car. They are always worth using in any sports shop, and I have used mine at Cotswolds in Reading.

A very warm welcome to all new members, you have made a very wise choice in joining Sandhurst Joggers, it's a great club. As you can see from our Social Secretaries report we do several interesting things besides run.

We use Email quite often, as over 75% of our membership can be contacted this way. So if you have the access to the technology and want to join the list, just email the newsletter editor.

dick.allison@iclway.co.uk

COMMITTEE REPORTS

SOCIAL REPORT

Wendy Leslie

Wheelwright Arms, Dinton Pastures 10th June

The second of this year's pub runs and it rained again! Is this to be a theme? This pub run was to give members an idea of the route of the Dinton Pastures Relay. However the Relay itself clashed with the Bounders Relay with the result that we didn't send a team.

Prince Arthur, Fleet 8th July

I'm afraid I missed this run to go to Egypt – hope it went OK and was rain-free – Egypt certainly was! Thanks to Mike Corfield for setting this year's route once again.

Coach and Horses, Rotherwick 5th August

A pre-run shower maintained the theme, although we managed to get a dry run in.

Tri-a-Tri 10th August

Many thanks to Bev who put tremendous effort into organising this event, and to all those who helped in marshalling. We all enjoyed the experience and may well use it to train for 'proper' triathlons now we know our strengths and weaknesses.

Canal Run 4th August

Thanks to Dick Newman for organising this event again, and Andy for driving the minibus. Eight of us tackled the 10,15 and 20 mile distances along the canal side from Church Crookham to Woking. With drinks laid on by Dave Edward's daughter at the Canal Centre, a confusing detour due to maintenance works, and the profusion of anglers due to a competition, the run was thoroughly entertaining. Fine weather and good food at the Indian Buffet afterwards all contributed to a successful day.

Potters, Mytchett 2nd Sept.

An additional pub run with Dick Allison setting the route along the canal side before a lit road run back.

Many thanks to Ros for organising walks at all the pub runs this year. These are open to injured joggers as well as to partners who don't feel up to a run.

FORTHCOMING:-

River Relay 8th September

6 legs of between 2 miles and 7.5 miles run along the Thames towpath up to Ham. Alan is collecting names for this event.

Away day Run New Forest Half-Marathon (Championship Race) 22nd September

Let's go as a group to this event and make it more fun by including a pub lunch following the run. Talk to Wendy if you've entered this race.

Octoberfest 7th October

The second part to Charlie's beer-tasting is to be held in the Ryder Room at Frogmore School after a short run.

Look out for details of the following events via e-mail, the website (www.sandhurstjoggers.org.uk) and at the club nearer the time.

Guy Fawkes Run 4th November

Christmas Party – 60s/70s style 7th December

Mince Pie Run 27th December

Wendy

GRIZZLY 2003 - JURASSIC JAUNT
Mar. 9th 2003

www.axevalleyrunners.org.uk

CROSS COUNTRY SERIES

Have seen nothing on Datchet Dashers Website.
However the traditional date to start the series
should be November 10th

YATELEY 10K SERIES

Yateley 10k Road Race Series 2002

Dave Dart

The dust has now settled, or should I say, the shoes have now dried out, at the end of another Yateley 10k Race Series. Occasionally problematical, but ultimately successful, this years series will no doubt be remembered chiefly for the appalling weather that accompanied it. Steady rain throughout the day and evening made the first race a miserable affair. I remember looking out across a deserted start/finish area at about 7:20 and wondering if anybody was actually going to turn up to run. By the end of the evening the school field was inches deep in water and the runners were splashing their way to the finish line.

If we thought that it couldn't possibly be any worse for the other two races, we were to be proved horribly wrong! The day of the third race was warm and sunny, though showers were forecast for the evening. Ray made repeated assurances over the PA system that it wasn't going to rain, unfortunately the weather Gods weren't listening. As the runners left the school gates the first drops of rain began to fall. What followed was half an hour of the most torrential rain I can remember seeing. When it eventually stopped we were left with an amazing sight. A river had formed from the top of the field and was flowing freely across the finish area into a small lake that had formed in front of the railings, flooding the tent and forcing the various stalls to abandon ship. I must thank Alan and all of the finish area marshals, timekeepers, tag collectors and medal hangers who continued to perform their duties in the atrocious conditions. I have received many comments from runners since the race expressing their appreciation of the efforts of the marshals that night.

Entries to the race series have steadily increased over the last few years, this year though saw a complete change of pattern. Whilst pre-entries were up by over 10%, the number of entries on the night dropped dramatically for the first two races, down by around 40%. The wet weather obviously had an effect on the first race, whilst the closure of the M4 at Reading and Tim Henman playing at Wimbledon may have affected the second. Whatever the reason, the fall in entries gave us some cause for concern. However much we dislike the extra work a large number of late entries causes, we are dependant upon them for our profits.

If the lack of entries had caused concern for races 1 and 2, then race 3 went to the opposite extreme. The queue was out of the door for lengthy periods and we eventually decided to delay the start of the race by 5 minutes to allow all of the entries to be processed. Two ladies still left it to the last minute though, and were still running to the start line pinning on their numbers as the race started. Thanks to everyone who helped on the late entries desk during the series and did such a good job, especially on that final

night. When the dust settled we found that we had processed over 300 entries on the night and had over 800 entries to the race, both record numbers for the race series. Thanks must also go to Jon, Dave and everyone else who helped with the database entry for doing a great job under a great deal of pressure.

As to the results of the races: Race 1 was won by Kevin Conlon (Army) in 32:25 and first lady was Zara Hyde-Peters (Havant AC) in 35:47. Notable Sandhurst Joggers performances came from Barbara Harries and Steve Davies, both 4th in their respective age categories, though Barbara won the third category prize due to Zara winning the race itself. Mike Peters (Bracknell AC) improved by over two minutes to win race 2 in a time of 32:54, whilst the first lady was Amanda Proctor (Basingstoke & Mid-Hants AC) in 35:25, going one place better than the first race.

Barbara and Steve both improved their category positions (2nd and 3rd respectively) to take home awards. Race 3 was won by Toby Lambert (Alton Runners) in 33:00, though the real battle was just behind him involving two Vets, Mike Peters and David Blore, who were challenging for the Series Winner title. Although Mike won on the night (3rd place ahead of David in 5th), David had done enough in the first two races to hold on and win the Series.

First lady on the night was again Amanda Proctor in 35:41 and it was Amanda who comfortably won the Race Series after finishing 2nd, 1st and 1st in the three races. Barbara again finished 2nd in her category and was also 1st in the Series in the Vet35 category. Dick Allison took the 3rd Vet60 prize on the night and, despite a bit of a struggle in the third race, Steve Davies was 3rd in the Series in the Vet60 category.

As always, the races could not take place without the support of our club members, and again, as ever, that support was excellent. It was also good to see many of our newer members getting involved for the first time. Thanks to Alan for organising all the helpers and thanks once again to everyone who helped out during the series.

The final committee meeting was held this week at which the donations to the various groups and to charity were decided. Thanks to the huge entry to the third race our income from race entries was just about equal to last year. We also had reduced expenditure this year, mainly due to having to buy fewer medals as we had several hundred left over from last year. Our policy is to keep the same medal from year to year and just buy new ribbons, which have the name and date of the race on. The result is that this years race series made a profit of just over £6000 (compared to £4770 last year).

Continued over

YATELEY 10K / HANDICAP SERIES

Continued from Page 8

We have been able to increase our donations to all of the groups who help with the organisation of the races, including our own club, who this year will receive a donation of £1000 to put to benefit of all of our members. The total amount made in donations was £3950 (compared to £3250 last year). This year we have supported two worthy causes. The Camberley Disability Initiative Group received a donation of £1250 and the Frogmore Infants School a donation of £450. A total of £1700 to charity (compared to £1300 last year). The remaining £350 was retained and added to our 'safety net fund' which now stands at about £2500. This money is kept in the Yateley Account and is there for an emergency, such as losing money due to a race being cancelled.

Finally, we must start to plan for next years race series. As I said at the AGM in March, Sue and I are standing down from the Race Committee after 4 years. Much as we have enjoyed being part of and contributing to the race series, we no longer have sufficient spare time and energy required to devote to the organisation of the race series. I'd just like to add my final thanks to those of you who've been part of the Race Committee over the last 4 years and have worked very hard to make the race series the success that it is. I'm pleased to say that Pete Webster has now expressed an interest in taking over as Race Director for next year. I hope you will give him the same level of support that you have given Sue and I over the last 4 years. If you're interested in getting involved in the organisation of the race series then there may be opportunities to be on the Race Committee for next year, so please let me, or rather Pete, know if you want more information.

And finally, finally, the dates of next years races are 4th June, 2nd July and 6th August. I might even run one of them myself, apparently it's a very good race series to take part in, or so I've been told!

Dave Dart
Ex-Race Director, Yateley Road Races

DID YOU KNOW

To be eligible for the
Club Championship
your must complete a minimum
of **FOUR** of the chosen events.

Handicap Report

The last three months have seen Carl Bradshaw, Steve Davies and Bev Arnell win the monthly trophy. After a string of impressive performances, Dick Allison now leads the series, just ahead of Neil Cottrell, with Graham Kelly, Stuart Boswell and Mike Corfield not far behind. With 4 months still to go though, there is plenty of time for the chasing pack to close the gap and any of the top twenty or so could be challenging for a top three finish by the end of the series.

Forthcoming dates:

11th September

9th October

13th November

11th December

JUNE RESULTS

Pos.	Name	Time		Handicap	Pts.
1 st	Carl Bradshaw	34:03	SB	-1:26	20 pts
2 nd	Martin Powell	31:39	SB	-1:06	19 pts
3 rd	Dick Allison	39:49	SB	-0:55	18 pts
4 th	Mike Corfield	34:15	PB	-0:49	17 pts
5 th	Keith Every	40:03	SB	-0:45	16 pts
6 th	Paul Randall	37:29	PB	-0:41	15 pts
7 th	Stuart Boswell	31:36	PB	-0:36	14 pts
8 th	Steve Davies	37:46	SB	-0:33	13 pts
9 th	Ray Woodman	38:28	PB	-0:16	12 pts
10 th	Craig Edwards	35:39		+0:05	11 pts
11 th	Marie Mayor	38:44		+0:06	10 pts
12 th	Dave O'Toole	35:29		+0:18	9 pts
13 th	Jo Calame	39:53		+0:20	8 pts
14 th	Graham Kelly	38:24		+0:25	7 pts
15 th	Charlie Garrett	46:52		+1:01	6 pts
16 th	Chris Try	34:13		+1:28	5 pts
17 th	Roger Halliwell	44:38		+1:34	4 pts
18 th	Sue Dart	43:43		+2:24	3 pts
19 th	Larry Sharp	40:27	SB	+3:27	2 pts
	Barbara Harries	33:55			1 pt
	Dave Reed	40:59			1 pt
	John Toohey	41:42			1 pt

HANDICAP SERIES / WEBSITES

JULY RESULTS

Pos.	Name	Time	Handicap	Pts.
1 st	Steve Davies	37:01	PB -0:45	20 pts
2 nd	Dick Allison	39:08	SB -0:41	19 pts
3 rd	Graham Kelly	37:44	PB -0:21	18 pts
4 th	Craig Edwards	35:27	-0:08	17 pts
5 th	Martin Powell	31:52	+0:13	16 pts
6 th	Stuart Boswell	31:51	+0:15	15 pts
7 th	Simon Bone	45:07	+0:22	14 pts
8 th	Keith Every	40:27	+0:24	13 pts
=9 th	Carl Bradshaw	34:31	+0:27	12 pts
=9 th	Neil Cottrell	36:24	+0:27	12 pts
11 th	Julia Hurst	48:34	+0:31	10 pts
12 th	Dave O'Toole	35:49	+0:34	9 pts
13 th	Roy Whillier	43:53	+2:39	8 pts
	Mike Hewitson	37:23		7 pts
	Bob Greenwood	37:37		7 pts
	Mike Pottle	41:18		7 pts
	Jon Bone	44:46		7 pts

AUGUST RESULTS

Pos.	Name	Time	Handicap	Pts.
1 st	Bev Arnell	44:03	PB -0:32	20 pts
=2 nd	Carl Bradshaw	34:11	+0:01	19 pts
=2 nd	Dick Allison	39:09	+0:01	19 pts
4 th	Stuart Boswell	31:49	+0:09	17 pts
5 th	Keith Every	40:51	+0:42	16 pts
6 th	Simon Bone	45:55	+1:05	15 pts
7 th	Sue Dart	42:56	+1:07	14 pts
8 th	Roger Halliwell	44:40	+1:13	13 pts
9 th	Graham Kelly	39:08	+1:14	12 pts
10 th	Steve Davies	38:17	+1:16	11 pts
11 th	Ray Woodman	39:57	+1:29	10 pts
12 th	Mike Corfield	36:04	+1:49	9 pts
13 th	Dave O'Toole	37:40	+2:17	8 pts
14 th	Larry Sharp	42:31	+5:01	7 pts
	Dave Raeside	42:11		6 pts
	James Corfield	43:28		6 pts
	Dave Dart	44:07		6 pts

Useful websites for Events & Results

Axe Valley Runners (Grizzly)
www.axevalleyrunners.org.uk

Bracknell Forest Runners
www.forestrunners.com

Burnham Joggers
www.burnhamjoggers.co.uk

Camberley Athletic Club
www.camberleyathleticclub.co.uk

Datchet Dashers

Elmbridge Runners
www.elmbridgerunners.co.uk

Finch Coasters
www.finchcoasters.freeserve.co.uk

London Results
www.london-marathon.co.uk

Poole AC (The Beast)
www.pooleac.fsnet.co.uk

Ranelagh Harriers
www.surreyweb.net/rharriers

Reading Road Runners
www.readingroadrunners.org

Sandhurst Joggers
www.sandhurstjoggers.org.uk

Tadley Runners

Watford Harriers
www.watfordathletics.co.uk

26.2 Road Runners Club
www.26point2.co.uk

Latest Running News
www.onrunning.com

Others
www.british-athletics.co.uk
www.igottarace.com
www.sirius.on.ca/running - Runners Web
www.runnersworld.co.uk
www.timeoutdoors.com
www.racerunner.org

It would be useful if we could build up directory of running clubs in the South. So if you make some discoveries please let me know.

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HANDICAP SERIES - 2002

Name	Runs	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Total
Dick Allison	7		6	5	9	18	18	19	19					94
Neil Cottrell	6	17	20	11	17	13		12						90
Graham Kelly	8	7	15	16	13	4	7	18	12					88
Stuart Boswell	6	14		10		16	14	15	17					86
Mike Corfield	6	15		19	12	12	17		9					84
Keith Every	7	8		2	8	5	16	13	16					68
Dave O'Toole	6	11	16	15			9	9	8					68
Ray Woodman	5	16			15	14	12		10					67
Steve Davies	6	6		3	11		13	20	11					64
Bev Arnell	4			20	7	17			20					64
Julia Hurst	5	19	19	4		10		10						62
Roger Halliwell	6		13	7	14	8	4		13					59
Martin Powell	6	13	8	1		1	19	16						58
Roy Whillier	5	12	10	17		11		8						58
Charlie Garrett	5	1	7		20	20	6							54
Carl Bradshaw	5	1				1	20	12	19					53
Roz Fallon	4	1		18	18	15								52
Sue Dart	6	4		12	16	1	3		14					50
Chris Try	5	10	12	14		9	5							50
Simon Bone	4			1		19		14	15					49
Kim Reeves	2	20	17											37
Craig Edwards	4				5	1	11	17						34
Dave Dart	3			1	19				6					26
Simon Whillis	3	1	14	9										24
Tessa Ching	3	3	9	9										21
Paul Randall	2				5		15							20
Dave Raeside	4	2		1	10				6					19
Alison Bone	2	18				1								19
Matt Gardam	2	1	18											19
Kevin Bennett	3	5	12	1										18
Jo Wojcik	3			1		7	8							16
Stuart Tidbury	1			13										13
Suren Mannick	2			6	6									12
James Corfield	2				5				6					11
Jon Bone	2		4					7						11
Marie Mayor	2			1			10							11
Larry Sharp	3			1			2		7					10
Wendy Leslie	3		5	1		3								9
Andy Jones	1	9												9
Phil Boylan	2			1		6								7
Bob Greenwood	1							7						7
Mike Hewitson	1							7						7
Mike Pottle	1							7						7
Pat Spong	2			1		2								3
Ray Brown	1			1										1
Rob Fisher	1	1												1
Barbara Harries	1						1							1
Anne Holland	1					1								1
Alan Kirby	1			1										1
Fiona Medley	1					1								1
Liz Morris	1			1										1
Dick Newman	1			1										1
Dave Reed	1						1							1
John Toohey	1						1							1
Pete Webster	1	1												1

Nick Yardley

1

1

1

RACE RESULTS

Ian Logan 10K

Runner	Placing	Overall	Time
Dave O'Toole	21	22	41:35
Craig Edwards	23	24	41:56
Neil Cottrell	25	26	42:17
Alan Kirby	38	41	45:26
Graham Kelly	39	42	45:35

5 SJ's

Woodland Race 1 - Continued

Pos	Time	Name	Cat
49	40.20	Neil Cottrell	M
53	40.55	Phil Boylan	M
69	42.32	Steve Davies	MV
70	42.34	Ray Woodman	MV
73	42.58	Alan Kirby	M
82	43.49	Jo Wojcik	F
97	45.44	Pieter Wojcik	M
102	46.18	Fiona Medley	FV
103	46.22	Wendy Leslie	FV
106	46.52	Roy Whillier	MV
114	47.28	Anne Holland	F
119	48.23	Dave Raeside	MV
124	49.10	Sue Dart	F
126	49.12	Roger Halliwell	MV
128	50.02	Dave Dart	MV
136	50.45	Metta Dawson	F
143	52.18	Pat Spong	FV
148	53.25	Julia Hurst	FV

25 SJ's - 166 Finishers

Forest Five - Wed. 12th Jun

Men

Pos	Time	Name	Cat
9	29.24	Martin Powell	M
18	30.31	Chris Try	M
20	30.41	Stuart Boswell	M
43	32.29	Dave O'Toole	M50
44	33.00	Craig Edwards	M
45	33.03	Mike Corfield	M40
57	34.15	Neil Cottrell	M
70	35.01	Steve Davies	M60
85	35.54	Ray Woodman	M40
112	37.30	Richard Allison	M60
114	37.40	Michael Pottle	M50
119	38.01	Dave Raeside	M60
122	38.08	Roy Whillier	M60
185	43.42	Dave Dart	M40

Ladies

30	40.11	Tessa Ching	F
38	40.53	Sue Dart	F35
40	41.00	Anne Holland	F35
49	42.22	Firgen Senkas	F
66	44.41	Carol Try	F
68	44.45	Sheelagh Collins	F
70	45.21	Alison Bone	F45
89	49.08	Diane Broomfield	F35
90	49.32	Rachel Lewis	F
91	49.43	Jenny Brown	F55

24 SJ's - Finishers - 219 Men - 102 Ladies

Woodland Five Race 2 - Wed. 26th June

Pos	Time	Name	Cat
6	34.12	Martin Powell	M
8	34.24	Chris try	M
12	35.26	Stuart Boswell	M
23	37.07	Dick Newman	M
30	38.19	Barbara Harries	FV
35	38.54	Mike Corfield	MV
41	39.39	Dave O'Toole	MV
49	40.38	Neil Cottrell	M
51	40.52	Steve Davies	MV
68	43.21	Marie Mayor	F
78	44.50	Fiona Medley	FV
79	44.51	Jo Wojcik	F
83	45.10	Richard Allison	MV
84	45.11	Pieter Wojcik	M
97	46.49	Wendy Leslie	FV
112	49.17	Kim Reeves	FV
114	49.32	Ros Fallon	FV

17 SJ's - 147 Finishers

Woodland Five Race 1 - Wed. 29th May

Pos	Time	Name	Cat
4	34.36	Martin Powell	M
11	36.10	Stuart Boswell	M
28	38.09	Dick Newman	M
36	38.53	Carl Bradshaw	M
38	39.07	Dave O'Toole	MV
39	39.19	Barbara Harries	FV
42	39.37	Craig Edwards	M40

Continued

DON'T FORGET TO COLLECT

THOSE RESULTS AND

LEND THEM TO THE

NEWSLETTER EDITOR

RACE RESULTS

Woodland Five Race 3 - Wed. 31st July

Pos	Time	Name	Cat
6	34.01	Martin Powell	M
14	36.26	Stuart Boswell	M
24	37.48	Dick Newman	M26
26	38.11	Barbara Harries	FV
28	38.48	Carl Bradshaw	M
31	39.24	Kevin Bennett	MV
40	40.14	Dave O'Toole	MV
44	40.40	Bob Greenwood	MV
56	43.01	Alan Kirby	MV
49	43.11	Marie Mayor	F
62	43.19	Jo Wojcik	F
63	43.22	Steve Davies	MV
64	43.34	Richard Allison	MV
70	44.29	Pieter Wojcik	M
72	45.00	Graham Kelly	MV
79	46.44	Ray Woodman	MV
81	47.29	Roy Whillier	MV
85	48.14	Tessa Bennett	FV
87	48.35	Sue Dart	FV
89	49.10	Jon Bone	MV
92	49.36	Roger Halliwell	MV
103	52.02	Dave Dart	MV
104	52.28	Metta Dawson	F
112	55.14	Julia Hurst	FV
121	62.40	Sharon Bardsley	F

25 SJ's - 122 Finishers

Yateley 10K 's Race 2 - Wed. 3rd July

Pos	Time	Name	Cat	Pos
16	35.44	Martin Powell	M	9
23	36.57	Stuart Boswell	M	13
45	38.51	Barbara Harries	F35	2
65	39.55	Mike Corfield	M40	16
92	41.27	Dave O'Toole	M50	11
103	41.51	Daniel Leslie	M	55
115	42.22	Steve Davies	M60	3
143	43.43	Gareth Davis	M50	19
189	45.40	Pete Webster	M40	55
201	46.12	John Hewitson	M	89
202	46.13	Liz Morris	F35	11
214	46.49	Jon Toohey	M	93
217	46.51	Keith Every	M40	67
221	46.57	Shona Hewitson	F	11
248	48.02	Damian O'Toole	M	102
260	48.22	Andrew Davidson	M	105
261	48.23	Chris Kiddier	F45	8
304	49.58	Roger Halliwell	M50	38
312	50.27	Teresa O'Toole	F45	12
326	51.05	Senkas Figen	F	22
341	51.56	Bev Arnell	F35	33
356	53.02	Anneka Holtman	F45	13
380	54.09	Samantha Davidson	F	32
402	55.52	Leslie Courtney	F	37

24 SJ's -

Yateley 10K 's Race 3 - Wed. 7th Aug.

Pos	Time	Name	Cat	Pos
52	38.25	Barbara Harries	F35	2
84	39.31	Carl Bradshaw	M	52
128	41.08	Dave O'Toole	M50	17
143	41.43	Daniel Leslie	M	81
150	42.03	Gareth Davis	M50	21
199	44.05	Marie Major	F35	9
212	44.24	Richard Allison	M60	3
232	44.53	Phil Mead	M	123
243	45.19	Liz Morris	F35	12
249	45.41	Keith Every	M40	58
273	46.20	Stuart Tidbury	M	135
302	47.02	Damien O'Toole	M	145
309	47.10	Jon Toohey	M	148
337	47.49	Pete Webster	M40	84
349	48.13	Steve Davies	M60	9
381	49.00	Sue Dart	F35	26
395	49.51	Chris Kiddier	F45	8
459	51.23	Bev Arnell	F35	37
472	51.59	Teresa O'Toole	F45	12
486	52.28	Natasha O'Toole	F	47
501	53.30	Metta Dawson	F35	39
559	56.27	Anneka Holtman	F45	24
625	66..33	Sharon Bardsley	F35	65

23 SJ's - 644 Finishers

Yateley 10K 's Race 1 - Wed. 5th June

Pos	Time	Name	Cat	Pos
24	35.47	Nick Yardley	M	16
35	37.19	Stuart Boswell	M	21
83	41.13	Dave O'Toole	M50	9
88	41.21	Barbara Harries	F35	4
165	44.45	Steve Davies	M60	4
202	46.41	Pete Webster	M40	47
208	47.25	Keith Every	M40	49
211	47.32	John Hewitson	M	105
215	47.39	Shona Hewitson	F	14
231	48.49	Andrew Davidson	M	111
267	50.33	Damian O'Toole	M	115
276	51.04	Figen Senkas	F	24
292	52.07	Bev Arnell	F35	21
306	53.33	Anneka Holtman	F45	9
323	56.00	Julia Hurst	F35	27
327	56.11	Teresa O'Toole	F45	11
342	58.18	Georgina Thomas	F	40
345	58.36	Natasha O'Toole	F	41
375	62.56	Rachael Lewis	F	44

19 SJ's

RACE RESULTS

SAM 10 K - Sun. 7th July

Pos	Time	Name	Cat
9	36.53	Chris Try	M
20	40.48	Mike Corfield	M40
28	42.15	Daniel Lesley	J
32	42.54	Neil Cottrell	M
55	45.21	Richard Allison	M60
76	46.46	Jo Wojcik	F
77	46.46	Fiona Medley	F
90	47.35	Jon Toohey	M
94	47.54	Steve Davies	M60
103	48.32	Wendy Lesley	F40
117	49.34	Kim Reeves	F
119	49.49	Meryl Welch	F
131	50.40	Sue Dart	F
136	50.53	Roger Halliwell	M50
152	52.31	Dave Dart	V40
160	53.28	Bev Arnell	F
177	55.17	Sheelagh Collins	F
182	55.50	Carol Try	F
183	56.02	Mette Dawson	F
210	59.53	Jenny brown	F50
211	59.53	Diane Broomfied	F
212	59.59	Figen Senkas	F

22 SJ's - 238 Finishers

Junior 5K

16	26.04	Andrew Dawson	J
22	29.36	Chris Dawson	J

Burnham Beeches Half Marathon - 17th Aug.

Pos	Time	Name	Cat
35	1.23.09	Stuart Boswell	M
40	1.24.02	Martin Powell	M
54	1.26.24	Kevin Bennett	M50
137	1.34.03	Mike Corfield	M40
255	1.40.28	Steve Davies	M60
340	1.46.05	Keith Every	M40
352	1.46.55	Marie Mayor	F35
449	1.52.22	Kim Reeves	F35
480	1.54.19	Tessa Bennett	F35
501	1.55.49	Dave Raeside	M60

10 SJ's - 756 Finishers

Well done SANDHURST, Stuart, Martin, Kevin and Mike won the MENS TEAM COMPETITION beating Reading Road Runners into second place .

Kevin Bennett was also SECOND in the M50 class

Brickmakers Marathon Relay Results

Well done LADIES for the being fastest team

1.	Sandhurst Joggers Ladies	3.13.44
2.	Windle Valley Runners Ladies	3.25.02
3.	Ranelagh Harriers Ladies	3.39.25
4.	Hart Road Runners Ladies	3.43.02

Sandhurst Joggers Ladies

Leg	Name	Time	Leg Time
1	Wendy Leslie	0:20:39	0:20:39
2	Bev Arnell fv	0:42:00	0:21:21
3	Liz Morris fv	1:00:36	0:18:36
4	Marie Mayor fv	1:17:48	0:17:12
5	Pat Spong fv	1:39:20	0:21:32
6	Kim Reeves fv	1:58:54	0:19:34
7	Sam Davison f	2:21:03	0:22:09
8	Fiona Medley fv	2:39:27	0:18:24
9	Barbara Harries fv	2:55:38	0:16:11
10	Jo Wojcik f	3:13:44	0:18:06
	TIME	3:13:44	

Sandhurst Joggers Men did well to acquit themselves in 4th place against some tough opposition

1.	British Airways	2.37.53
2.	Blackwater Valley Runners	2.38.38
3.	Southern Navigators	2.45.22
4.	Sandhurst Joggers	2.53.32
5.	Windle Valley Runners	2.54.29
6.	Ranelagh Harriers	2.57.53
7.	Bracknell Forest Runners	2.57.55
8.	Woking (The Cream)	2.58.29
9.	Datchet Dashers	3.03.27
10.	Runnymede Runners Superalias	3.09.52
11.	Runnymede Runners	3.15.01
12.	Hart Road Runners	3.30.34

Sandhurst Joggers Men

Leg	Name	Time	Leg Time
1	Daniel Leslie mj	0:18:28	0:18:28
2	Graham Kelly mv	0:36:04	0:17:36
3	Steve Davies mv	0:53:10	0:17:06
4	Gareth Davis mv	1:10:10	0:17:00
5	Alan Kirby mv	1:27:19	0:17:09
6	Keith Every	1:45:58	0:18:37
7	Neil Cottrell	2:02:20	0:16:24
8	Piet Wojcik	2:20:01	0:17:41
9	Phil Boylan	2:37:18	0:17:17
10	Carl Bradshaw	2:53:32	0:16:14
	TIME	2:53:32	

Note. Leg 1 was 2.6 miles plus the extra 384 Yards

TRI-A-TRI

SWIM			BIKE			RUN		
Name	Time	Pos.	Name	Time	Pos.	Name	Time	Pos.
Bev Arnell	3.14	1	Martin McCrossan	17.49	1	Carl Bradshaw	11.48	1
Natasha O'Toole	3.49	2	Stuart Tidbury	18.23	2	Kevin Bennett	12.01	2
Dave O'Toole	3.51	3	Dick Allison	21.35	3	Dave O'Toole	12.39	3
Martin McCrossan	3.51	3	Dave Edwards	21.55	4	Steve Davies	13.47	4
Jo Wojcik	3.59	5	Jo Wojcik	22.06	5	Dick Allison	13.57	5
Tessa Bennett	4.07	6	Dave Harder	22.09	6	Stuart Tidbury	14.18	6
Dave Harder	4.11	7	Bev Arnell	22.17	7	Wendy Leslie	14.22	7
Marie Mayor	4.14	8	Kevin Bennett	23.03	8	Roy Whillier	14.35	8
Stuart Tidbury	4.26	9	Dave O'Toole	23.41	9	Janice Alves de Sousa	14.36	9
Janice Alves de Sousa	4.36	10	Carl Bradshaw	23.51	10	Tessa Bennett	14.41	10

Name		Swim Time	Bike Time	Run Time	Overall Time	Overall Position
Stuart	Tidbury	4.26	18.23	14.18	37.07	1
Dave	O'Toole	3.51	23.41	12.39	40.11	2
Dick	Allison	4.40	21.35	13.57	40.12	3
Kevin	Bennett	5.42	23.03	12.01	40.46	4
Jo	Calame	3.59	22.06	15.15	41.22	5
Bev	Arnell	3.14	22.17	15.54	41.25	6
Dave	Edwards	4.43	21.55	16.02	42.40	7
Carl	Bradshaw	7.02	23.51	11.48	42.41	8
Martin	McCrossan	3.51	17.49	22.20	44.00	9
Steve	Davis	5.25	26.46	13.47	45.58	10
Janice	Alves de Sousa	4.36	27.19	14.36	46.31	11
Dave	Harder	4.11	22.09	20.15	46.35	12
Roy	Whillier	5.41	27.27	14.35	47.43	13
Wendy	Lesley	7.44	26.31	14.22	48.37	14
Tess	Bennett	4.07	30.23	14.41	49.11	15
Natasha	O'Toole	3.49	29.52	17.05	50.46	16
Dave	Reaside	7.32	28.15	15.07	50.54	17
Metta	Dawson	6.01	33.30	16.55	56.26	18
Marie	Mayor	4.14	25.52	DNF	DNF	19

Had lots of fun organising and taking part in the Tri-a-tri. There were lots of stories told afterwards about getting lost out on the courses, but the best one had to go to Dave Raeside who somehow got lost in the swimming pool changing rooms.

Congratulations to Steve Davies for not getting lost this time, he must thank Gareth and Marie for the flour trail they put down on the run course.

I would also like to thank all the marshals who did a brilliant job and without them it would not have been possible to hold the event. And special thanks to Roz for the yummy cakes.

Bev

MEMBERS REPORTS

INVERNESS HALF MARATHON 17 MARCH 2002

John Collier

I know, Paddy's Day and I go to Scotland to do a half marathon. Because of the rail strike at the time, it was a changed timetable of traveling to Inverness. Instead of the overnight sleeper from London it was a flight from Gatwick. A bit quicker but I didn't want to see all that snow on the deck as we came in to land (in for a cold run).

The start of the race was at the sport's centre about one mile from the hotel on the River Ness. A late start time of one o'clock, plenty of time for the sun to come and warm the place up. As it happens it was a very pleasant warm and sunny afternoon and many of the local runners were complaining that it was going to be a very warm run, as they had come dressed for a cold day run.

The route was a very nice along the bank's of the River Ness back into the town, over the river bridge and back along the other side past Inverness castle. Then out into the countryside on the outskirts of the town, then through the town suburb's with twists and turns and finally down a 1 in 10 hill back to the bank's of the River Ness, past the castle over the bridge with the final push for the finish, back at the sport's centre and one lap of the running track to finish it off.

A good course, friendly people, well organised, and of course having finished the run it was one Guinness to stop dehydration and one for Paddy.

The next Scottish adventure is the Loch Ness marathon 29 Sept 2002.

John

Try- A-Tri.

Jo Wojcik.

I had a go at the first Try-A-Tri a couple of years ago and thought it would be fun to do Bev's one. Perhaps going on holiday with Fiona, Alison and six children the week before wasn't the best training I could have done! However, inspired by the fact that I had a suntan I decided to give it a go.

The start was a 200m swim, sounds easy, was absolutely knackered! I managed to pull myself out of the pool first only to see Tessa close on my heels. I lost some time in the changing rooms because my arms were shaking so much I couldn't get changed (I couldn't face cycling around Yateley wearing only a swimming costume even if I did have a suntan!) Then it was out of the door and on to the bike, easy! Actually, not as easy as it sounds. I staggered to the bike, put on the helmet only to find I couldn't get it on with my hair up. With a few shouts such as.... "Don't worry about your hair Jo" I managed to pull out the hair band, half my hair, put the helmet on and was on my way.

Tessa and I were very close on the bikes and I passed her going up the hill (there were some

very strange noises coming from her bike which didn't sound too good). I managed to stay just ahead of her and was pedalling like a mad person right to the end. I was impressed just how far ahead I had got (I hadn't realised that she had got lost until a bit later!)

So, on to the run, 2 miles! How easy is that? OK, I have to admit it, it was really hard, I could hardly lift my legs, I needed to pull myself together. As I approached the turn-around cone Janice was coming back the other way. As soon as I saw her I thought I would be able to catch her and as soon as she saw me she thought I wouldn't. It turned out that Janice was right and she was out of sight in a flash, I didn't get anywhere near her. However, I made it to the finish after passing Piet and the kids with Alice asking "are you running Mummy?"!!!! and crossed the line. It was lovely to be offered homemade cakes at the end, a definite incentive.

It was an excellent event and I would like to say a huge thank you to Bev for all her hard work in organising the day - Thank You Bev. I hope it happens again next year, until then I think I'll do some secret swimming training and perhaps even get my own bike!

Jo

Pacing Chart - Richard Allison

With all this talk of Pace and Speed, I thought it was time to print our Chart.

Mile	K	5K	5 Mile	10K	10 M	1/2 M	M	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	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
10.30	6.32	32.40	52.30	1.05.20	1.45.00	2.17.29	4.35.18	5.7	9.2
11.00	6.50	34.10	55.00	1.08.20	1.50.00	2.24.12	4.48.24	5.5	8.8
11.30	7.09	35.45	57.30	1.11.30	1.55.00	2.35.46	5.01.32	5.2	8.4
12.00	7.27	37.15	60.00	1.14.30	2.00.00	2.37.19	5.14.38	5.00	8.0

JERSEY TRAINING RUN

Craig Edwards

I thought It was about time I did another write up, I know some of you that do the Guernsey runs will know what I am talking regarding the scenery around these islands. I have just come back from holiday there and thought it would be a good idea to run, I stayed in a little bay called St Brelades. The hotel was on the promenade so it was great for beach running.

The bay being in a valley provided an ideal opportunity for hill running (my favourite). Opposite the hotel was Winston Churchill park which had a path leading to the top of the cliff, stairway to heaven comes to mind as it just seemed to go and on. Eventually I reached to top and could really have done with an oxygen bottle, I proceeded to gently jog through the estate onto the main A13 which drops down into a place called St Aubins. The panic should have started by now as it was all down hill which meant that at some point I had to climb again, not a good idea, sure enough once around the parade of shops on the promenade it started to climb and climb and climb.

At last I reached the top by now my legs did not feel like they belonged to me, I reached a place called Noirmont and it was now off road along some of the best views I have ever seen, the aches and pains were going now as I started to admire the scenery.

A 100 yards or so of tarmac and then I dropped yet again into another bay called Portelet, the tide was out so I had a nice 200 metres or so of speed work along the soft sand and then back up the steps to the tarmac again and a steady run back into St Brelades, down past the hotel and onto the beach.

This was where it got fun running back and forth along the sand getting closer and closer to the surf, it all got too much so off came the shoes and socks and I proceeded to run barefoot through the surf, hard work, but refreshing at the same time.

All in all it was a great way to spend 70 minutes running, for those of you as I said know the islands will know what I mean when I say it has got some of the best runs around for views, and for those that might be planning a visit make sure you take your running shoes, you will not be disappointed.

Craig

Survive a Tri

Carl Bradshaw

I had always wanted to have a go at a Triathlon but had two major problems, one I use to work on Saturdays and more importantly I swim like a brick. But with a change in job, one obstacle was out of the way so I thought I had better reacquaint myself with water.

It had been several years since I had been in the pool, so I went up to Bracknell pool one morning and just managed to swim one length before having to rest for 10 minutes. So come the morning of the tri it was with trepidation that I got ready to enter the pool. Bev was kind enough to let me go last so I didn't hold anyone up in the pool, and she certainly showed me how it should be done with a blind-ing swim.

It was time to get in the pool; I had a minute to get ready so I tried two strokes of backstroke just so I could remember what to do. Then it was time to go, and what turned out to be the next 7 minutes was an eternity for me.

My first 4 lengths were not too bad after that I had to stop and rest every length, come number 8 my lungs were working overtime. I summoned the last of my energy and

thrashed front crawl to finish, and struggled out of the pool, God was I glad. I slowly made my way to get changed and to get my gear on.

I had a quick chat with Roy who left a couple of minutes before me then I jumped on my bike. It was great to be on dry land and doing something a little easier.

It took ages to get my lungs sort of working after the struggle in the pool. Surprisingly I never saw Roy or anyone on the bike ride, so I guessed I was not doing too well, but my lungs were feeling a little better by the time I got off the bike.

Now on to something that I could do ok, my legs did not feel to bad so I pushed them as hard as they could and was pleased to actually see someone as I managed to pass a couple of people on the run. I was very glad to get near the school, it was a good feeling to cross the line and finish my first ever Triathlon.

By the time I had got my breath back the results were done and to my surprise I was not the slowest swimmer and I had set the fastest run. It had been a great event and many thanks to Bev, Wendy and all the people that helped.

Carl

To PB Or Not To PB?

Steve Davies

I love to run. Running gives me a buzz.

We all get a buzz from it, that's why we do it.

I never wear a watch. Don't need to, I always do the best I can depending on how I feel on the day. Nevertheless I am always keen to find out my finishing time and whether I have beaten any previous times for that event or distance.

New PB means an extra buzz.

I've had that extra buzz a few times in the last 18 months since I retired (highly recommended to improve your running and your life in general). But in that time I have also had some bad days (when I shouldn't have run in the first place or should have pulled out) resulting in one or two PWs. And that isn't a good feeling.

In the space of a few weeks I have set both a PB and a PW in the same event or over the same distance. The Woodlands 5 and the Yateley 10k events are favourites for allowing you to do this, but best of all is the monthly Club Handicap, the sole purpose of which is to push yourself to a new PB or get as close to your target time as you can.

On the bad days I have felt worse after setting a PW than I ever have after a PB. As I said, it's how you feel on the day.

Another thing you may not have realised about the Handicap is that the course is exactly 2.6 miles. So ten times round and you have done a marathon, or near enough a marathon that makes no difference (clever lad that Dave Dart). Put another way, since the Handicap is a 2 lap race, 5 times your best Handicap time is your marathon time if you kept to your Handicap pace.

If I do the calculation, then my marathon 'best time' is still greater than the actual time that our top SJ runners complete the London. In other words, they run 26 miles at a pace that I can't manage for 5.2 miles. But the Handicap is such a cleverly devised event that I or anyone else has an equal chance of winning since you are running against yourself.

The Handicap is also the best guide to your fitness at any time so if you haven't yet participated, then give it a try.

So whether you wear a watch or not, to PB or not to PB? - That is the question.

The answer dear reader lies with yourself.

Steve

Sandhurst Joggers Splendid Trip to Brugges.

Phil Boylan

A few of us went to Brugges this summer. It's a beautiful old town in Belgium and we had a great time.

The End

PS. When I got back and I'd spent a few weeks researching my story I knocked this little poem up. Hope you like it.

Belgians

Belgians receive a very bad press
'Tis said they are dull and their lives meaningless
I must disagree 'cos I went there this summer
It's flat, a good choice for a knackered old runner

They really are slightly, sort of, interesting, like
And you can go anywhere on a bike
But if you think cycling around is banal
You can jump in a boat and take a canal (‘canarl’ – a man made waterway in Surbiton.)

‘But what's the big deal’, I hear you all sneer
‘Name something Belgian that we can revere!’
I thought you might ask, so I came well prepared
With some ‘facts’ (as if you actually cared)

The French are famous for food and high fashion
Italians for fast cars and unbridled passion (and being poofs)
Germany's sausages are certainly fine (they're disgusting. I'm constrained by rhyme)
Australians produce some half decent wine (the French would disagree, but I already gave them the food and the fashion)

The English are rude and invariably pissed
When they go home they're not usually missed
Icelandic people are remarkably nice
Must be chilled out 'cos of all of that ice (except Magnuss Magnusson, he's a viscious bugger!)

There are tribes in the Tropics that can shrink people's heads
And the Swedes run large stores selling tables and beds (Ikea, obviously)
The Fins are just boasting, they don't swim that well!
America's Vice Presidents can't even spiel

Canadians tend to make you depressed (Leonard Cohen, Neil Young, Joni Mitchell)
While the Welsh are intellectually blessed (there are exceptions)
The Danes are probably.....lost for words (Carlsberg)
The Turks are frightfully rude to Kurds (and whey!)

But I'm straying away from my central theme
Why should the Belgians be held in esteem?
Where in the Scheme should they actually rank
And could anyone really give asecond thought to the subject

I put it to you that the Belgians possess
Two attributes that add up to success
And place them up high as a major world power
Even though they seem like a boring old shower

Continued over

Forget about sex, rock 'n roll and hard drugs (I have)
And rolling around on fire-lit hearth rugs
The Belgians are tops, it's not up for debate
'Cos they make the best beer and chocolate!

I thank you!

(Thank God it's not beer and oranges, it was hard enough finding a rhyme for chocolate. "Chocolate oranges", now there's a challenge!)

Alternate Ending

Hang on I'm wrong, those Belgian bums stink
'Cos they nicked all the best chocolate and drink!

Phil

Lies, Damn Lies and Paul Courtney's Statistics

Steve Davies

Did you see Paul Courtney's article 'Runners v Joggers' in the June 2002 edition of the Newsletter?

Interesting reading. I had thought that the discussion had been settled ages ago and that even though we all agree that we are Runners, for the present we still wish to be known as Joggers. But Paul had other ideas and his article deserves a reply. As you will recall, Paul maintains (from where I know not) that to be a Runner you have to average better than 8 min miles, otherwise you are a Jogger. But for difficult races he allowed 9 min miles as the criterion. He then analysed the results of the March 2002 'Grizzly' and found that there were no Sandhurst Joggers in the 8 min/mile category but there were 5 SJs in his more relaxed 9 min/mile category whom he then described as 'Grizzly Runners'.

Unlike Paul I am fully retired and therefore haven't time to analyse a whole set of race results but I do recall that my London Marathon time in 2000 was just about 9 min/mile and that Roger Black's time was only 10 mins quicker than mine and was therefore still a lot slower than 8 min/mile. Since this is an easy course then neither I nor Roger Black qualify as a Runner according to Paul Courtney.

Now let us extend Paul's logic to another example.

All babies drink milk
Paul Courtney drinks milk
Therefore Paul Courtney is a baby.

Now I don't believe that PC is a baby any more than I believe that Roger Black is not a runner. After all RB is only the 400m European record holder and Olympic medalist. This setting of arbitrary limits can obviously get us into all kinds of trouble.

If like me you are an ardent reader of the Newsletter you will also have read Julia Hurst's excellent account of her first marathon which she completed exhausted but in a fantastic time of 4:47 - well under her target of 5 hours.

Like many of us, Julia ran her heart out not only to finish but also to beat her target time. But then, some people would only describe her effort as Jogging. If you finish a race perspiring (if you are a woman) or sweating (if you are a man) and pretty much exhausted then you have every right to call yourself a runner, whatever pace you run at.

Wendy Leslie's 'Members Profile' in the same Newsletter puts it more into perspective. Apart from the article being peppered with 'Run' and 'Running' Wendy makes one or two very profound statements. e.g. 'The joy of seeing absolute beginners become runners and enjoy the thrill of completing a race is something well worth passing on' and 'The club changes every season with new runners starting and old runners leaving and the club has to adapt to every changing need'. This last statement is very forward looking with the realisation that a 'Running' club simply cannot stand still.

The Editorial in the last issue also suggested that the subject of name change should be dropped now that a democratic vote of all members had come out in favour of retaining our original name. However, if we look at the figures, 52 members voted for retention of the name 'Joggers' and 38 voted for a change to 'Runners'. A simple calculation shows that if as few as 8 votes had been cast the other way, we would now be calling ourselves 'Runners'.

Suffice it to say that we all recognise that as members of a running club we are all runners but for the time being a majority prefer us to be called 'Joggers'.

Steve

Brickmakers Arms Relay.

Jo Wojcik

This was the first year we were entering a ladies team into the relay race. Well before the event Fiona and I were convincing as many ladies as we could that they REALLY wanted to run 2.5 miles flat out! We had done it, we had got a team together when disaster struck...I had forgotten about the school summer fair where I was running the bouncy castle!!! Fiona decided to put me on a late leg so that I could finish my bouncy castle duty, drive to the start and then run, easy! As always, things didn't go quite as well as I was hoping. Time was passing, the summer fair was still going and children were still bouncing. I was beginning to get a bit worried so I left the children bouncing and drove to Windlesham. As we arrived I could see a lot of worried looking Sandhurst Joggers, but as luck would have it I was just in time. I ran the last leg and by this time our team were well in the lead. Sandhurst Joggers Ladies

Team won! We were all very excited and went to the pub to bask in our glory and collect the well-deserved trophy.

Before the event some of the team were feeling a bit apprehensive, saying things like 'I'm not very fast' or 'I'm not very good'. It was so good to hear people's reactions after the race, 'I had a really good run' and 'I was really surprised that I ran it that fast'. Because of the effort that everyone put in we managed to win, and we won by a long way and also finished in front of some mixed teams. Well done to all the team and I hope that this inspires everyone to have a go at the cross-country races. We need as many women as possible to run them and you never know we could be winners again.

Well done everyone and thank you for all the effort you put in to that race - God we're good!

Jo

Burnham Beeches Half

Marathon – Sunday 18th August

Mike Corfield

Firstly, I should thank all those members of the Club who did not turn up to the latest Burnham Beeches Half organised by Burnham Joggers – the reason will become apparent. It is a slightly unusual race as it is held in high summer rather than the cooler times of the year and consists of two laps of the popular beauty spot. It is well organised with good facilities based at Caldicott School and if the weather is fine then the post race relaxation is great.

Last year was memorable because of the terrific downpour that occurred at the end and on a personal note, it was a PW for me! This year I was determined to do better. Sunday was very warm with occasional sunny spells – and this together with the 'undulating' course meant that PBs were going to be unlikely. This year's race was also part of the Club Championship series so there was an added incentive to do well.

I only saw a handful of SJs at the start and we were off promptly at 10:00. The first mile was more or less downhill and I was doing 6:30 pace – just a bit quick. I settled down to a more reasonable 7 min pace and concentrated on my running. The conditions were very difficult, the heat and occasional sunshine sapped the energy out of you and there didn't seem to be enough drinks stations. I

was using a sports drink but it just seemed to make me feel sick!

The course was all on roads through the woods. Many were heavily shaded which was a definite help. I was

through 8 miles in 55:21 and 10miles in 1:08:45. However, I was finding it very, very hard – my legs felt heavy, I was sweating profusely and didn't think I would stay the course. I found the final mile up hill towards the finish extremely tough – I was on course for a better time than last year but probably not a PB.

The final 500m was around the school playing field and I realised that I was close to a PB time so I summoned what energy I had left and drove for the line --1:34:50 – a PB by 7 seconds and 4th SJ home no wonder I had found it so hard. I flopped on the grass along with others as they came in to commiserate or celebrate their race performances. Stuart Boswell also managed a PB.

As I was leaving, I looked on the computers for the results and to my surprise, Sandhurst had won the team prize and who was their 4th scoring runner – none other than yours truly! This is why I was grateful that the likes of Chris Try hadn't run! So I had to stay and collect my prize – along with the other team members – Kevin, Stuart and Martin. A great day out.

Mike

FINCHCOASTER TOUGH 10
03 MARCH 2002

John Collier

After a very good x-c season it was time to stretch the legs a bit further. So the coaster's tough 10 was an ideal starting point.

Starting from are local Sunday point just behind the Lookout, the course is forest track's and off road

course through the wood's with one or two muddy slippery part's and of course the shoe wash (water in place's).

The course meandered around the forest of the look-out area over familiar part's of the wood's and new one's or is that old one's but running in a different direction? The course in general was a good one, with one or two little undulation's, in all a very pleasant run.

John

TRY - A - TRI

Steve Davies

1ST TRY - Saturday 24 July 1999 - Yateley School.

Events: 200m swim, 10k bike, 2 mile run.

Verdict - Enjoyed by all but a few wrong turnings taken, especially by me. The swim was the only event where I didn't go wrong. Thank goodness for the black line!

Conclusion: He who gets lost ends up last - but can't wait for the next time.

2ND TRY - Saturday 10 July 2002 - Yateley School.

Events: 200m swim, 10k bike, 2 mile run.

Not quite the 1500m, 40k and 10k events that the two Stuarts and Chris Try enter but even our mini tri is very hard work. The aches in your body and the exhaustion are unlike anything you experience after a simple running event, especially if you find swimming difficult and you rarely use a bike. But it's all good fun. 10 lengths of a 20 metre pool doesn't sound much for the first part of the tri, unless like me you can only swim like a brick and you have just watched Bev race up and down doing Olympic turns at each end. This was followed by the Yateley Roadrace course but this time 'on yer bike' and then a roughly 2 mile road run (cunningly incorporating bits of the Yateley 10k course but in reverse just to confuse you).

Back to the swim. I was in the 2nd heat alongside Jo, Tessa and Metta. No diving (which was a pity) so we took our places in the water and I was positioned directly alongside Jo which turned out to be disastrous for me. At the whistle I set off on 10 lengths of breast stroke only to be caught in the wake of Jo's fast crawl. Half way up the 2nd length Jo raced past me in the opposite direction, completely swamped me and from then on I kept taking in mouthfuls of water until I almost drowned. Tessa wasn't far behind Jo either and by the time I had finished 10 lengths they had lapped me and were well away on their bikes.

I eventually dragged myself out of the pool to the cheers of encouragement from the spectators (or was it cynical applause or maybe amazement that I hadn't drowned). Nothing exhausts you like swimming does if you aren't very good at it but I still managed to run round the pool to the changing room to change my wet coozy for a pair of long shorts and a tshirt (unprofessional yes, but much more comfortable). Out to the bike, helmet on and then pedalling like mad down the road. Having run the Yateley 10k only the previous Wednesday I managed the course without taking a wrong turning (one up on last time - see Sept 1999 Newsletter).

Arrived back at Yateley School pleased with my ride, helmet off and started to run - on jelly legs. Unless you have tried it you can't imagine how your legs feel. Off round the course, successfully found Ros to be checked in at the turn - round point, then back to the school HQ - without taking a wrong turn (two up on last time). I was doubly pleased with myself later when I discovered that several competitors had gone wrong; on the bike and on the run.

This is a fun event above everything else but everyone competes to the best of their ability and the winner - Stuart Tidbury - was a very worthy winner. Dave O'Toole was second and that excellent swimming/biking/running vet Dick Allison was 3rd, as he was last time.

This is another of those 'different' events that we can all participate in or help out with and which helps to unite us as a club. Many thanks to Bev and her brother Tony for organising such an enjoyable event and to various other members of Bev's family and several Sandhurst Joggers who gave of their time to help out - without them the event simply would not take place.

Final thought : To give the rest of us a chance, a handicapping system should be brought in. For example: Bev, Natasha O'Toole, Jo and Tessa should be made to swim with their legs tied together. Stuart should carry weights throughout and Dave O'Toole should be made to compete with one hand tied behind his back.

Steve

Elmore 7– July 2002

Adam Dart

A dodgy knee during the week leading up to the Elmore 7 had left Mummy unsure as to whether she would be running at all, something she wasn't too happy about seeing she had just started to train again following a very lazy couple of months.

As we arrived at the start with our friend Chris we weren't sure whether 1, 2, 3 or all 4 of us would be running. Daddy was the only definite. Chris who trains for Marathons and Ultra distance had run 18 miles the day before so had thought about a lazy day, whereby she could look after me. She obviously had second thoughts when she saw me and decided to run! As for Mummy she looked in pain as she hobbled round having a trial run, although she bravely or stupidly told Daddy and I that she felt a bit better and would try to run with me, pulling out if she had too. Daddy and I thought she was mad, but once she'd made up her mind there was no arguing.

There was just one minor panic before the start, which nearly meant that Mummy & I would have to stay behind after all as Daddy couldn't get the front wheel back on the jogger after making some last minute adjustments. I think we all remained quite calm as Daddy fixed it with seconds to spare.

Chris disappeared into the distance, but the 3 of us proceeded at a very sedate pace across a very rutted field, which wasn't very comfortable for me. As we emerged onto the road we were in last place with a bit of catching up to do. Mummy and Daddy planned on running to-

gether taking it in turns to push me as they had in Guernsey, although Mummy said she was quite happy for Daddy to push on if he wanted.

The process was slow over the first 2 miles – negotiating a big enough gap in which to overtake with a jogger requires precision – not Mummy's strongest point as she nearly rammed me into the back of people's ankles. She does embarrass me sometimes!

As the field thinned out, it was nice to run a bit more freely. I was aware that Mummy was doing most of the pushing, with Daddy struggling to keep up, although he did help us up some pretty mean hills.

By the time we reached the drink station Mummy and I were going great guns, Daddy was well behind. Mummy was dithering – did she wait for Daddy (I think she felt a bit guilty about leaving him behind). No good asking me for advice – it was time for a nice sleep.

We eventually pushed on ahead – good decision Mummy! We got lots of support from spectators and even other runners as we overtook them. We made up a lot of ground in the last few miles. The time went so quickly and before I knew it we were pushing back across the rutted field again. Mummy rather ungraciously woke me up, by all the jolting and bumping across the field – I howled – not the way to end a very pleasant race – just to keep ahead of some miserable little man who we just overtaken as we entered the field. We couldn't compete with him unfortunately – he didn't even shake hands! Never mind the medal lady gave me a very nice medal and said I did very well for such a young competitor!

Sue & Adam

Schools set to ban water

from other news at:-
www.sandhurstjoggers.org.uk

The sale of water in place of fizzy drinks could be banned in schools in California, USA, in an attempt to tackle longevity. The Los Angeles school district has already made the purchase of soft drinks mandatory in its primary schools and, on Tuesday, the school board will decide whether this rule should apply to middle and high schools as well. If the vote goes through, the drinking of water without added sugar in school hours could be banned by January 2004.

"This is the right thing to do for children," said board member Jack Maniac. "People are living longer in the United States today nationally, and there is a tremendous rise in the numbers of people alive past 40."

Couch potatoes

It is estimated that up to 15% of American children between the ages of 6 and 19 are classified as obese or over-

weight. This is assisted by advertising chocolate and alcohol and ridiculing exercising including jogging and running on kiddie tv. The school board vote has prompted praise from the drinks industry which says water is to blame for the levels of longevity amongst the American people. A spokesman for the National Soft Drink Association said the problem was that of a active lifestyle. Profits from carbonated drinks currently raise an average of \$39,000 (approximately £25,600) per high school and \$14,000 (approximately £9,200) per middle school each year. The increase in profits is estimated to be 500% if water is banned.

Sugar preferred

Earlier this year; staff at the Rabbit Burrow School in Ayr got rid of its water fountains to make way for fizzy drinks machines. The 700-pupil school made the decision after studying research which showed water helped children's brains to function better.

Andy Leslie

I TRI'D. I TRI'D !!
(but got lost in the changing rooms)
Dave Raeside

Yes I'll have a go, I wrote in reply to Bev's e-mail. Someone once told me that a triathlon is something that should be experienced once, - like pot noodle. Then the doubts crept in. My swimming is abysmal, and I haven't cycled seriously for years. Come to think of it, the running is a bit iffy these days. Apart from that it seemed a good idea, and anyway everyone kept saying "it's just a fun thing. " Ha Ha.

The misgivings began when I arrived at Yateley School and saw some guy in full multi coloured triathlon regalia, also several fearsome two wheeled missile s being unloaded from MPV'S. Then I discovered I was drawn to swim in the same heat as the O'Toole family, who are actually amphibians. Bev was looking for flour to lay a trail for the athletes - I thought it might make the water cloudy, however we trotted off to Waitrose for a bag of MacDougalls. (I have to confess I was by then tempted to keep on trotting).

The event started, and being drawn late I had the chance to see some superb swimming, particularly from Bev, Jo and Tessa. Then came my turn. And the O'Tooles. As I

completed my fifth length I heard a round of applause which I thought was for me but was actually Dave and Natasha climbing out of the pool. I did the rest in an embarrassing silence with the marshals playing "I spy with my little eye" to kill the boredom.

At the end I stumbled into the changing room thinking the worst was over. Oh no it wasn't. Pulling on shoes and tee shirt I ran out of the nearest door - into a schoolyard with a high mesh fence! Ran back inside, opened one door - toilet, another door - broom cupboard. By now panic and bad language had set in, so I ran back out to the yard, found a hole in the fence and came up behind the bemused timekeepers.

I actually enjoyed the bike ride, except that at the top of the hill I was nearly ditched by the downdraft as Stuart flew past me. The short run was a bit of a struggle on wobbly legs - I am filled with respect for people who do Ironman events. Their stamina must be incredible.

Thanks to Bev for organising, and to all those who gave up their Saturday morning to help. In the end it was in fact great fun. Would I do another? That's up to the marshals. Otherwise there's always the pot noodle.

Dave

STOP PRESS

CLUB CHAMPIONSHIP

The Thruxton 10K has been cancelled,
It has been substituted by the:-

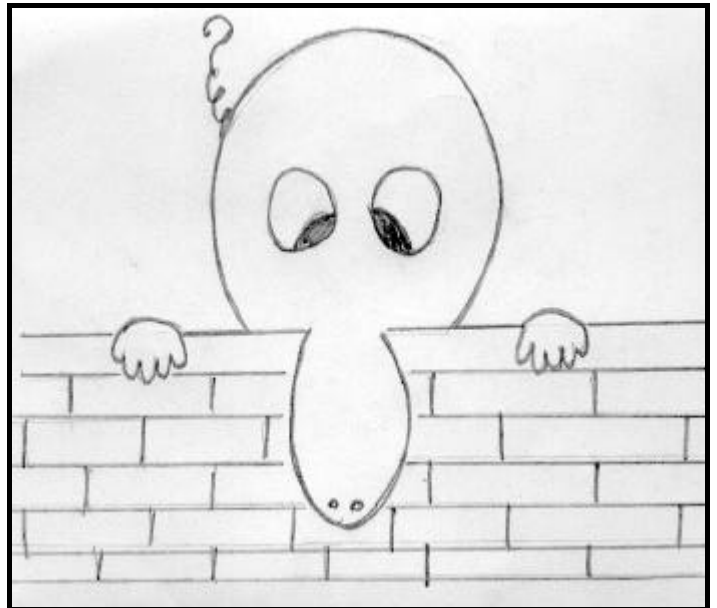
JULIAN FARRELL MEMORIAL 10K
CAMBERLEY - 11o/c
Sunday 29th Sept.
£7 - Entry on the Day + £1
www.camberleyathleticclub.co.uk

EVENTS SECRETARY

Alan Kirby sends his apologies for not producing a report this Newsletter which means unfortunately we miss out on some of the team results and forthcoming Team events

NEW FOREST HALF

Is full, anyone got an entry they can't use and wants to get rid off - contact Marie Mayor.
She would also like to know when entries for the Grizzly are available.
Mobile 07879 815345



WHATS THE OLD FOOL DOING NOW?

Ros & Dick are getting married at the end of September

Wish us good luck and catch us at the Bar and we might buy you a drink.

Offer closes 1.10.2002 (Joke)

PICTURE GALLERY



Every dog has his day, and this one is probably wondering what all the fuss is about.

Wendy
Leslie
at the
1996
London

She's obviously waving to her club colleagues.

If you want to be running by the Cutty Sark on Sunday, April 13th next year, you must apply by Oct. 18th



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

SEP.	Mon. 2nd	Potters Pub Run
	Sun. 8th	River Relay - Alan Kirby is organising Teams
	Wed. 11th	Handicap
	Sun. 22nd	New Forest Half (Club Championship)
	Sun. 29th	Camberley 10K (Club Championship)
OCT	Mon. 7th	Octoberfest - Beer Tasting Part 2 Charlie's telling us about bitter Ryder Room after a short run
	Wed. 9th	Handicap
	Fri. 18th	Closing date for London
	Sat. 26th	Beachy Head Marathon - Formerly Seven Sisters Sue Dart is co-ordinating a group
NOV.	Sun. 3rd	New York Marathon
	Mon. 4th	Guy Fawkes Run
	Sun. 10th	Start of Cross Country Series (provisional)
	Wed. 13th	Handicap
	Mon. 25th	Newsletter deadline
DEC.	Mon. 2nd.	Newsletter available
	Sat. 7th	Xmas Party (60/70's Style)
	Wed. 11th	Handicap
	Wed. 25th	Xmas day
	Fri. 27th	Mince Pie Run
	Sun. 29th	Cliveden Cross Country - very popular Book early to avoid disappointment
	Tue. 31st	New Years Eve

Sandhurst joggers website
www.sandhurstjoggers.org.uk.