

## Chris Bradfield wins Cliveden.

The Cliveden Cross Country sold out well in advance and for the second year in a row it was won by a Bradfield, this time it being Chris's turn to triumph. Chris completed the course in 37:07 and was more than a minute faster than Maidenhead's Rory Wyley who finished in second place. In third was Tim Rogers (unaffiliated) with a time of 38:55. Chris was in the lead right from the start and supporters said he made running up those steps look easy.

Chris's win was no fluke as he had been targeting this race some months in advance. Chris used the Reading Cross Country as a training run. He completed the course twice and also won the event on his second lap. Chris said that if he won the Cliveden race then the beard would go. We're still waiting though!

Jenny Moss led the Dasher ladies home followed by Jenny Nicholls and Rochelle Bell. Whilst colds accounted for several Dashers not running, overall there was a good turnout with 15 completing the grueling course. Many thanks to those who turned up to support. The weather was ideal for running with conditions being much better than in the past.

### Dates for the Diary.

- 1<sup>st</sup> Feb,** Finch Coasters Cross Country.
- 8<sup>th</sup> Feb,** Wokingham Half Marathon.
- 15<sup>th</sup> Feb,** Handy Cross Cross Country.
- 7<sup>th</sup> Mar,** Reading Half Marathon.
- 9<sup>th</sup> Apr,** Maidenhead Easter 10.
- 18<sup>th</sup> Apr,** London Marathon.

Pos	Time	Name
1	00:37:07	BRADFIELD, Chris
128	00:51:02	MOSS, Mark
183	00:53:31	MOSS, Jenny
211	00:54:58	NICHOLLS, Jenny
253	00:57:11	KELSEY, Martin
276	00:58:12	LEVETT, Dan
291	00:58:39	BELL, Rochelle
296	00:59:06	DRAPKIN, Jane
302	00:59:24	RAMSAY, Amanda
309	00:59:40	REYNOLDS, Giles
312	00:59:55	GOLDING Richard
326	01:00:52	GLAZIER, David
357	01:02:37	CROTTY, Andrew
368	01:03:21	BUTCHER, James
486	01:13:56	BALDWIN, Carol

### **NEW MEMBERS – WELCOME!**

The following people have recently joined the club so please say hello to them when you get a chance.

Fabrizio Accalai  
Jane Drapkin  
Bill Elvey  
Jamie Gorman  
Pam Jackson  
Lucy Parkin  
Helen Preedy  
Anna Saunders

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## CLUB CHAMPIONSHIP 2003 -2004

NAME	Reading XC	Bracknell XC	Wokingham 1/2M											TOTAL	Races	Best 8 (men) Best 6 (women)	Position
<b>Men</b>																	
Tony Curtin	96	100												196	2	196	1
Chris Hunt	98	98												196	2	196	1
Ian Robinson	92	92												184	2	184	3
Martin Kelsey	86	88												174	2	174	4
Roman Lach	84	84												168	2	168	5
Richard Golding	80	86												166	2	166	6
Dave Glazier	78	80												158	2	158	7
Jim Butcher	76	78												154	2	154	8
Fabrizio Accalai	100													100	1	100	9
Mick Hill		96												96	1	96	10
John Sheehan		94												94	1	94	11
Ian Spencer	94													94	1	94	11
Ralf Moore		90												90	1	90	13
Brent Curless	90													90	1	90	13
David Priddy	88													88	1	88	15
Massimo Moretti	82													82	1	82	16
Andy Crotty		82												82	1	82	16
Tom Emmett		76												76	1	76	18
<b>Women</b>																	
Caroline Bolton	100	100												200	2	200	1
Melanie Hartley	98	88												186	2	186	2
Mandy Ramsay	96	90												186	2	186	2
Pauline Jones	94	86												180	2	180	4
Andrea Watson		98												98	1	98	5
Helen Jones		96												96	1	96	6
Jane Drapkin		94												94	1	94	7
Jane Light		92												92	1	92	8
Yvonne Olney		84												84	1	84	9
Lesley Wege		82												82	1	82	10

## Diary Dates / Forthcoming Races.

**Wokingham Half Marathon**, Sunday 8<sup>th</sup> February 2004. 10am start.

This is a club championship event. The course is flat allowing many runners to obtain their PB. £9 affiliated, £10 unaffiliated before 30<sup>th</sup> January, £15 after 30<sup>th</sup> January. Get your entries in as the race is expected to fill soon. Application forms at the clubhouse or visit [www.wokinghamhalfmarathon.co.uk](http://www.wokinghamhalfmarathon.co.uk)

**London Marathon**, Sunday 18<sup>th</sup> April, 2004.

If you aren't running then why not help out at the Lucozade Sports feed station at 23.5 miles. It's a thoroughly enjoyable day out. Details to be announced nearer the time.

**Datchet Dash at Dorney Lake**, Saturday 3<sup>rd</sup> July 2004, 10am start.

All Dashers are needed to help marshal the event, PLEASE DO NOT ENTER THE RACE. The course is a new one and promises to be bigger and better than ever before.

## London Marathon Draw.

The marathon draw took place on Tuesday 23<sup>rd</sup> December 2003 at the clubhouse. Eight places were up for grabs. The lucky runners are:

Dan Levett  
Andy Crotty  
Ralph Moore  
Jac Aldous  
Jon Sheehan  
Brent Curless  
David Priddy  
Jim Butcher

Also running:

Andy Cooney  
Ian Spencer (charity place for Lupus UK)  
Chris Hunt  
Jane Drapkin(charity place for Merlin)  
Ian Robinson  
Debby Berry  
Julie Hing  
Andrea Watson  
Helen Jones

Congratulations to all those who got a place.

## COUNTRY FILE

### Datchet Dashers, The Brocas, Eton 9th November

The first cross-country of the season kicked off with 268 runners enjoying a dry and hence fast course. Most Dashers were assigned to marshalling and other duties and with their help the race went without a hitch. Chris Bradfield found the conditions to his liking finishing 2nd. Congratulations go to new members Emily Hannum (3rd Lady), Isabelle Huxsted, Yvonne Olney and Lorraine Durrell, all running their first cross country for the club.

Pos	Name	Cat	Cat Pos	Time
2	CHRIS BRADFIELD	MS	2	00:01:29
25	FABRIZIO ACCALAI	G	2	00:34:35
70	EMILY HANNUM	FS	3	00:37:54
71	MARTIN AILOTT	G	3	00:37:55
168	ROMAN LACH	MV	83	00:43:46
200	ISABELLE HUXSTED	FV	29	00:47:44
211	JANE LIGHT	F	16	00:48:40
213	YVONNE OLN	FV	32	00:48:56
265	LORRAINE DURELL	FV	55	01:05:46

### Metros, Ruislip 16th November

The lure of the England v France Rugby World Cup semi-final proved too much for some. The field was reduced to 167 for this fixture but those that did run enjoyed glorious sunny conditons and a slightly shorter course than usual. There were 9 Dashers running including a debut from David Priddy. Chris Hunt tripped and fell flat on his face on the final decent, to be overtaken by the two runners he had just passed. Andrea Watson was 6th lady but best male performance of the day was by a guest Fabrizio Accalai who finished 13th overall. Fabrizio also had a good run at the Dashers' race and decided to join the club after some gentle persuasion from two of the committee members.

Pos	Name	Cat	Pos	Time
13	FABRIZIO ACCALAI	G		29.06
23	CHRIS HUNT	MV	22	29.59
35	GRANT SAYER	MV	34	31.23
70	ANDREA WATSON	FV	6	34.09
87	BRENT CURLESS	MV	78	35.49
95	ROMAN LACH	MV	84	36.20
109	DAVID PRIDDY	MV	95	37.22
121	RICHARD GOLDING	MS	99	39.24
129	MEL HARTLEY	FS	24	40.30
143	JIM BUTCHER	MV	10	42.32

### Sandhurst, Minley Common

Chris Bradfield won his first cross country of the new season in a race that was marred by a marshalling problem. Unfortunately a doctor who was marshalling was called away. This resulted in about 30-40 of the field taking a short cut and at the finish from the wrong direction. To her credit Mandy Ramsay turned round and

went back to complete the correct route. Fabrizio Accalai ran his first race as a Dasher and also put in a good performance.

Name	Pos	Time
Chris Bradfield	1	00:31:21
Fabrizio Accalai	15	00:35:00
Chris Hunt	25	00:36:11
Grant Sayer	40	00:38:04
Andrea Watson	67	00:41:02
Ross McDonagh	78	00:41:50
Brent Curless	89	00:42:37
David Priddy	96	00:42:52
Martin Kelsey	111	00:44:35
Roman Lach	118	00:45:14
Jim Butcher	139	00:51:26
Amanda Ramsay	150	00:52:41
Mel Hartley	161	00:54:23
Andy Crotty, Dave Glazier and Richard Golding		DNF

### Reading Roadrunners, Bearwood Common 14<sup>th</sup> December

The Reading race marked the start of the new club championship resulting in a good turnout of club members. There were some fine runs including another win for Chris Bradfield, a 4th for Mike and 17th place for Fabrizio. The men's team had strength in depth finishing 3rd overall.

First lady home was Caroline Bolton, whilst Mel Hartley improved her time from last year by 20 minutes. The ladies finished 7th and the club was 4th overall.

Pos	Name	Cat	Time	CatPos
1	Chris Bradfield	MS	33.28	1
4	Mike Bradfield	MS	35.22	4
17	Fabrizio Accalai	MS	37.33	17
27	Chris Hunt	MV	38.57	27
44	Tony Curtin	MV	40.30	42
56	Ian Spencer	MV	41.14	50
84	Caroline Bolton	FS	43.36	9
88	Ian Robinson	MV	44.06	76
93	Brent Curless	MV	44.22	80
111	David Priddy	MV	45.46	95
116	Martin Kelsey	MV	46.16	98
140	Roman Lach	MV	48.39	115
142	Massimo Moretti	MS	48.58	116
153	Mel Hartley	FS	50.40	28
156	Richard Golding	MS	50.45	24
159	Dave Glazier	MV	51.33	127
164	Mandy Ramsay	FS	52.01	30
173	Pauline Jones	FV	53.19	34
177	Jim Butcher	MV	54.15	136

### Berkshire Cross Country Championships

**Prospect Park, Reading 3rd January 2003**

Chris Bradfield was the sole club representative at the Berkshire Championships this year. Despite being quite ill during the race he managed a respectable 5th place. This rounded off what has been a fine season to date and means that he qualifies for the Inter County Championships in March.

**Chris Hunt*****Four go mad at Marlow***

**Go on said Mr Glazier it's a good race, a bit hilly but apart from that it's good fun !**

**I'll do it if you do Cliveden XC said Mr Crotty !**

**What about me said Mr Kelsey ?**

**You can do them both said Messrs Glazier & Crotty !!**

That's pretty much how the conversation went when Dave, Andy and Martin were deciding on what races to run for 2003 - what a big mistake ! I have only been to Marlow once and that was in a car and you don't even notice the hills - you do when running the Marlow Half, which is held in November each year.

The day started well as when I left home it was no longer raining, although it hadn't stopped for nearly a week on the run up to the Sunday. Plan was to pick Dave up from his house then go on to Martins and make our way to Marlow.

I got as far as the end of the relief road when Dave called to say that he would not be running as Mrs Glazier had been poorly and that he had been up for most of the night looking after her, a poor excuse I thought. Glad you are feeling better now Chris !

By this time the rain had started and I was thinking about turning around and going back home to my bed for a couple of extra hours sleep, but for some strange reason I continued to Martins and we made our way to the race.

Surprisingly there was little traffic on the roads so the journey was quicker than expected so with over an hour before the start we found ourselves sitting in my car in a car park in Marlow asking ourselves WHY ? but

The start got closer so we decided that now was the time to get prepared for the race and by this time there were a few more mad fools... I mean dedicated runners making their way to the start.

We took shelter under the Apex Sports shelter, thanks Mike and Gareth, and with five minutes to go removed waterproof tops and assembled at the start.

Making our way onto the road we bumped into Debbie Berry and Dan Levett who had also decided to take on the hills of Marlow. We were herded out onto the road, turned 180 degrees, so we were running in the right direction and the gun went - and still the rain was falling and getting harder !

Uphill for the first 2-3 miles then a bit of downhill followed by a bit more uphill and so it continued. There were times when it felt more like a cross country as some of the roads were flooded and under a foot of water, the roads on the downhill parts had wet slippery leaves in the middle and a stream running down either side and then there was the hill between 8 and 9 miles.

Even Martin 'Mountain Goat' Kelsey seemed to slow down and it was at this point that the Crotty and Kelsey formation running team split up with Martin leaving me running like I had been deprived of sleep, food and water for the last 6 months !

I met up with Martin at the finish, when the sun came out and the rain stopped, and managed to get in under two hours with a time of 1.59:31 - not a PB but then not my slowest time for 13.1 miles.

Martin had managed 1.53:57 with Debbie and Dan recording identical times of 2.15:38.

I have to say that now I have done it I don't think I will be participating in the 2004 Marlow Half but you never know. Perhaps we should include it in the Club Championship series of races?

If any of you reading this are thinking of running Marlow in 2004 speak to Dave Glazier as I am in the process of entering him for the race in November and will cheer you all along from the pavement as a spectator !!!!

**Happy running  
Andy Crotty**

## Start SLOWLY- and just get SLOWER London Marathon Training Tips

Running any marathon can be a bit daunting but running your first is particularly so. In my opinion the marathon is one of the hardest distances. Certainly there are longer or faster races but the marathon represents the ultimate balancing act between speed and endurance. Unlike a 10 km or even half marathon there is no place to hide if you get it wrong in the early stages.

The key to a good race is in the detail and involves careful planning of your training schedule, your marathon week, marathon day and your post race recovery.

### Training

#### **1. Frequency**

You should try to run at least 3 times per week. You can use other sports on other days such as swimming and cycling, but they cannot be used as a substitute for running.

#### **2 Long Runs**

A weekly long slow run is the key to finishing the marathon. Having built up a running base novice runners should aim to start with a 6 mile run. Each week the time on your feet can be increased by 10 to 15 minutes until the end of March. Running with someone else will make these sessions easier. There is a meet up with Windle Valley in the Great Park on Sunday mornings.

Improvers can practice race conditions by running the first half or two thirds slowly, and then increase to marathon pace for the remainder of the session. I would recommend at least one run of 20 miles before the marathon, and more for the experienced runner. Look out for the Dashers' 20m training run in March.

If you have not managed to complete a run of at least 16 miles before race day I would suggest holding your entry over to the following year. Your final long run should be 3 weeks before the marathon i.e. weekend 27/28th March. From this point you should start to taper dropping the length of your long run and overall weekly mileage.

#### **3 Run like Radcliffe: Speed Training**

Speed training is the key to improving times for all race distances. The following sessions are all useful for marathon training and are included in the club training schedule:

*Mile intervals (1600m)*

These are a favourite of Paula Radcliffe. Start with 4

repetitions with 3-4 minutes rest. Sessions can be made harder by increasing the number of reps. or decreasing the rest periods. These should be run at around or slightly less than 10 km pace.

#### *Tempo runs*

10-minute runs at tempo pace are also useful. These should be run at a pace where you could only manage a one-word answer if asked a question (heart rate= 85-90% maximum heart rate). Start with 2 repetitions with 5 minutes rest between each. By March you may be able to do 3 with shorter rests. These sessions help to raise your tolerance of lactic acid and therefore allow you to run for longer at faster speeds.

#### **4 Win like Wilkinson.**

When JW scored the winning drop goal in the Rugby World Cup Final it was probably a kick that he has practiced a thousand times in training. Likewise you should be able to fall into your marathon goal pace right from the gun.

Use the following methods to practice marathon pace: Use a track session and measure your pace per mile (roughly 4 laps).

Use a build up race such as the Wokingham Half Marathon or Kingston 16m on 21st March, taking a lap time at each mile marker.

Use your heart rate monitor during one of the above to find the heart rate which corresponds to your marathon pace. This is best expressed as a 10 beat range (e.g. mine is roughly 150 to 160 bpm). This range can then be used on your Thursday night runs with the club.

Heart rate can also be used for early pacing during the marathon itself, but remember your heart rate is likely to be higher under race conditions. You will find pacing charts for the whole route in the London Marathon program sent out in March.

#### **5 Kit**

Your marathon shoes should be purchased no later than the middle of March to give sufficient time for them to be broken in. Think about what kit you will wear if it is hot, cold or wet and try it out before the race.

#### **6 Refueling and Rehydration**

You lose approximately 1 litre of water per hour of running, if this is not replaced your performance will suffer.

The body has sufficient energy stored as glycogen to last for up to 20 miles of running. It is after this point, when the body has to rely more on fat as an energy

source, that one hits the fabled wall. However the wall CAN be avoided by doing sufficient long training runs and by taking on energy, in the form of energy drink and gel, from an early point in the race.

The recommended intake of carbohydrate (sugars) is 50-60g per hour e.g. 1 pack of Lucozade Sport (330ml) and 2 Lepin energy gels = 53g carbohydrate. This is a lot to consume whilst you are running. Discover your own refueling and rehydration needs and practice your strategy during some of the build up races. If you take on water or energy drink only after you become tired or thirsty it is too late, start refueling and rehydration early in the race.

### **7 It's All in the Mind**

It may sound odd but I believe that running a marathon is more of a mental exercise than a physical one. Here are a couple of mental tricks that can help. Don't reach the start line thinking that you now have to run 26 miles. I find it easier to break the race down into sections e.g. halfway, 20 miles and then a mile at a time. I focus on reaching the end of one section at a time. If you come to a point where you want to give up just remember all those wet and cold training sessions and the races you have done in preparation.

You don't need to be a top athlete to try visualisation. It involves imagining yourself during an event, how you will be running, how you will be feeling, how you will cope with problems like tiredness. Run key points of the race through in your mind and it will be easier on race day.

### **Marathon Week**

1 The hard part is now behind you and you will not gain any training benefit from any running you do this week. Try and relax and take things easy.

2 The marathon exhibition this year has moved to the Excel Centre, Docklands and can be reached from Waterloo via the Jubilee line and then Docklands Light Railway. The exhibition will be open from Wednesday 14th to Saturday 17th April. It is better to avoid either Friday or Saturday, as the queues can be quite long.

3 Ensure you get a good night's sleep on Friday 16th April, as you will probably have trouble dozing off the night before the race.

4 Pack everything you need the night before.

### **Marathon Day**

1 Do not try anything new on race day that you have not tried in practice.

2 If you are ill DO NOT run. I have done it once and it was one of the worst experiences of my life. You can hold your place over for 1 year even if you become ill

on race day.

3 From your practice races and sessions I would suggest that you should know the following:

i) What time you are going to have breakfast and what you are going to eat.

ii) What your marathon target pace is and what your splits will be e.g. times for 10 mile, halfway and 20 mile points. These can be written in indelible ink on your arm. Alternatively you can sometimes pick up pacing wristbands at the Expo based on your goal time.

iii) How many gels you are going to eat and at which points in the race.

iv) You should also know from which stations you will be drinking Lucozade and how much.

4 Everything you take with you (except running kit!) must be able to fit into the official plastic bag supplied.

5 It is worth taking some old clothes that can be discarded just before the race.

6 20 minutes before the start I like to drink a small bottle of water (500 ml). The water will not have time to reach your bladder and so shouldn't be a problem. I also take an energy gel at the same time.

7 Start at your own pace, do not be drawn along by other competitors. Equally don't panic if crowding means a slow start. Just ease yourself into the race.

8 Drink water little and often.

9 Look out for a Runnersworld pace group for your target time.

### **Post Race**

1 Keep moving at the finish. Walking for 15 to 20 minutes will aid recovery.

2 Change into warm dry clothes as soon as possible.

3 Drink fluid and take some food.

4 Take several days off after the race and ease yourself back slowly into running. You can return to normal mileage within 3-4 weeks.

The above approach is one that I have arrived at after 10 marathons. I suggest that you develop your own plan using those tips that seem most useful to you. Ask others in the club for advice, there is a wealth of both marathon and ultra-marathon experience available. Above all enjoy the day, soak up the atmosphere, you are likely to remember it for the rest of your life. Oh and don't forget to smile as you cross the finish line. :-)

**Chris Hunt**

### Fancy Dress Run Boxing Day 2003.

The fancy dress run takes place every year at 10am on Boxing Day. Runners meet on Datchet Green and take a 5 mile steady jog to Old Windsor, back to the Long Walk along the time trial course, through Windsor town centre and then back to Datchet Green. Many thanks to Jen Butcher for sorting out the mince pies and sherry.



#### **The Fancy Dress Run by Jim Butcher**

Mad dogs and dashers go out in the December rain,  
To Datchet Green on Boxing Day is quite positively insane.  
The annual fancy dress run has always taken place,  
A jovial jog around Windsor, certainly not a race.

Jane was Mini Ha Ha, the red Indian squaw,  
With painted face, the prettiest sight you ever saw.  
Dennis the menace who likes to brag,  
Was little Lorraine all in drag.

Yvonne the chimney sweep on the day,  
Swept a few chimneys on the way.  
Ozzy Osbourne from his sick bed did rise,  
Or could it be Lesley in disguise.

Father Christmas came without his sleigh,  
Was it Richard who could have lost his way.  
Santa's little helper was on hand,  
That was Mel who hadn't time to stand.

The church had sent the vicar with carols to holla,  
Some say it was Ross with a dog's collar.  
Disney's Mini Mouse was little Mandy,  
The skirt was so mini, it could make an old man \*\*\*\*\*

A rouge appeared as Dick the Dasher,  
Highway man Jim, the black cloak flasher.  
Tony came in his Santa's hat,  
Giving the ladies his Christmas chat.

Fred Flintstone, a guest named Ray,  
Was voted best costume of the day.  
So those on future Boxing Days, who don't have fun,  
Just come and do the fancy dress run.

After the race we all made merry,  
Everyone eating mince pies and drinking sherry.

*Jim Butcher*

## Windsor Half Marathon

Congratulations to all those who ran the Windsor Half Marathon. The Datchet Dashers appeared in most of the category results. A huge well done to Debotah Hamilton, Andrea Watson, Helen Jones and Jenny Nicholls who picked up 1<sup>st</sup> prize for being the 1<sup>st</sup> athletic club and 1<sup>st</sup> female team to cross the line. Jenny and Andrea also finished 2<sup>nd</sup> and 7<sup>th</sup> respectively in their age category groups. Mary Wang finished 10<sup>th</sup> in hers. The men didn't do too badly either. According to the website the men were the 2<sup>nd</sup> athletic club and the 7<sup>th</sup> team to finish, although Chris Hunt's time wasn't included in these results. If Chris Hunt was included then the men would have been the 1<sup>st</sup> athletic club and 5<sup>th</sup> team to finish. Well done to Ian Spencer, Antony Curtin, Grant Sayer and James Calhoun (the credited team). Ian and Tony also picked up 2<sup>nd</sup> and 3<sup>rd</sup> prizes for their age category and Chris Hunt finished 3<sup>rd</sup> in his. The 2003 Windsor Half was a great year for the Datchet Dashers.

The date for the 2004 Windsor Half is Sunday 26<sup>th</sup> September. You can enter on line or through the post. Visit [www.runwindsor.com](http://www.runwindsor.com) for details.

### Category winning results:

(all gun time)

Debotah Hamilton	1:35:39
Andrea Watson	1:35:57
Helen Jones	1:41:51
Jenny Nicholls	1:42:45
Ian Spencer	1:27:30
Tony Curtin	1:28:23
Grant Sayer	1:30:03
James Calhoun	1:36:13
Mary Wang	2:26:16
Chris Hunt	1:22:33

## So you want to run a half.

Half marathons are a great way for beginners to increase their mileage. Entering a race can give you something to aim for and give a purpose to those long Sunday runs. If you have never run a half marathon before then it's probably best to start with a flat one or one with a lot of support to encourage you on your way. Here are some local half marathons:

### **Wokingham Half Marathon – Sunday 8<sup>th</sup> February 2004.**

Flat, mainly rural course. Approx 2000 runners of all abilities. Cost: £9 affiliated, £10 unaffiliated (before 30<sup>th</sup> Jan), £15 after 30<sup>th</sup> Jan. Pick up an application form from the clubhouse or visit [www.wokinghamhalfmarathon.co.uk](http://www.wokinghamhalfmarathon.co.uk).

### **Reading Half Marathon – Sunday 7<sup>th</sup> March 2004.**

New course, starting at the South Reading Leisure Centre and finishing inside the Madejski Stadium. ChampionChip timing. Bad organisation in the past but good support. Cost: £16.50 affiliated, £17.50 unaffiliated (before 9<sup>th</sup> Feb), £21.50 affiliated, £22.50 unaffiliated (after 9<sup>th</sup> Feb). Visit [www.nt4309.vs.netbenefit.co.uk/reading/](http://www.nt4309.vs.netbenefit.co.uk/reading/) or via the link on our website.

### **Flora London Half Marathon, Sunday 7<sup>th</sup> March 2004.**

Half marathon held at Silverstone Grand Prix Motor Racing Circuit. The course consists of two whole laps of the circuit plus running around the perimeter of the compound. The course is flat with ChampionChip timing chips to all runners. See [www.london-marathon.co.uk](http://www.london-marathon.co.uk) and click on the half marathon icon for details.

## 2002-2003 Club Championship Awards

Each year 12 races are selected for the Club Championship and Dashers are awarded points for finishing. The first home gets 100 points, 98 for second, 96 for third etc. The men need to complete 8 races and the women have to complete 6 to qualify for the championship. Club kit must be worn in order to obtain the points.

Well done to Andrea Watson and Chris Bradfield for winning the championship. Jim Butcher was the only Dasher to compete in all 12 events and he finished 5<sup>th</sup> in the men's championship.

The trophies were awarded at the Xmas party in the Royal Oak on December 2<sup>nd</sup> along with other awards for outstanding performance during the year.

Richard Golding was awarded the Terry Purser Trophy for the most improved male. Melanie Hartley was awarded the Julia Martin Heaven Trophy for the most improved female. Joyce Clarke received the Hannah Wheeler Trophy for her contribution to the club. Joyce helped out immensely with the Datchet Dash last year processing all the applications. She did a fantastic job.

Julie Hing was voted the Dasher of the Year. It's great to see Julie back at the club. Good luck with the marathon training Julie. You are an inspiration to us all.



Julie and Debbie with the Dasher of the Year Trophy at the Xmas party.

**Ladies Championship:**

- 1<sup>st</sup> Andrea Watson
- 2<sup>nd</sup> Melanie Hartley
- 3<sup>rd</sup> Jean Hayton

**Men's Championship:**

- 1<sup>st</sup> Chris Bradfield
- 2<sup>nd</sup> Ian Spencer
- 3<sup>rd</sup> Dave Glazier
- 4<sup>th</sup> Richard Golding
- 5<sup>th</sup> Jim Butcher

**Veteran Championship:**

- Men Ian Spencer
- Women Andrea Watson

**NOTE FROM THE EDITOR**

Thanks again to all of you who made contributions to this newsletter. Please let me have any race reports or trips you've been on. And if you have any ideas or suggestions, do let me know.

Don't forget you can find the newsletter on the web site [www.datchet-dashers.com](http://www.datchet-dashers.com).

About two-thirds of Dashers now receive their newsletter by e-mail which saves admin, trees and postage - if you have e-mail and haven't given us your address, please do so.

Amanda Ramsay

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**SUBSCRIPTIONS DUE****Full Membership Fees**

If paid before 31<sup>st</sup> January 2004    **£15.00**

If paid after 31<sup>st</sup> January 2003    **£20.00**

**Associate Membership Fees**

Paid at anytime during 2004    **£ 2.00**

**New Member Fee**

(includes club T-shirt)    **£25.00**

**In order to help us keep you right up to date with club newsletters and announcements, please complete an application form (on following page) – including your e-mail address where appropriate.**

**Please hand the completed form with the correct fee to Dave Glazier or any other committee member. Alternatively post it directly to the address shown on the form.**

**If you do not have a club membership card, please request one at the time of paying 2004 fees.**

**DATCHET DASHERS  
Membership Form 2003 / 2004**

Surname	First name	Second name
<input type="text"/>	<input type="text"/>	<input type="text"/>

Date of Birth

Address

Postcode

Daytime Phone No.

Home Phone No.

E-mail

**1. New Members**

I wish to become a member of Datchet Dashers and confirm that I am an Amateur as defined by the Amateur Athletics Association. I am not already a member of an affiliated athletic club. (Give details if otherwise.)

I enclose my subscription of £25 (1)

Signed

Date

Proposed

Seconded

**2. Existing Members**

I enclose my subscription of £20 (£15 before 31st January 2004)

Signed

Date

**3. Associate members**

I wish to become or remain an associate member of the Datchet Dashers. I enclose my subscription of £2.

Signed

Date

Please return form and subs to Dave GLAZIER, 20 Wolf Lane, Windsor, Berks, SL4 4HY  
Tel 07947 752640

This information may be held by the club on computer.

Club use	Number	Paid	Category
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

(1) New members joining after 1 November 2003, will not be required to pay subscription for 2004

## DATCHET DASHERS RUNNING KIT

Datchet Dashers running kit can be obtained by completing the attached order form and handing it to Dave GLAZIER with a cheque to cover the cost, cheque to be made payable to Datchet Dashers.

The kit is supplied by Fastrax Running and ,where applicable, comes ready printed with the registered Dashers Logo.

The order form covers the normal kit used by club members but orders for other kit from the Fastrax catalogue can be placed through Dave GLAZIER (ie crop tops, lycra shorts etc), see catalogues held by Dave GLAZIER or look at the companies web page at [www.fastraxrunning.co.uk](http://www.fastraxrunning.co.uk) .All tops are made from Aquaduct technical fabric.

Cotton T Shirts available direct from Dave GLAZIER at £6.00 each (free to new members).

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### ORDER FORM

Name.....

Womens Running Vests. Cost £15.00 per item (please enter quantity in brackets)

Size.....34(.....).36(.....)38(.....)40(.....).....Cost £.....

Mens Running Vests. Cost £15.00 per item (please enter quantity in brackets)

Size.....36(.....).38(.....).40(.....).42(.....).44(.....).....Cost £.....

Shortsleeve Running Tops. Cost £20.00 per item (please enter quantity in brackets)

Size.....Small(.....).Medium(.....).Large(.....).Extra Large(.....)...Cost £.....  
36            38            40-42            44

Longsleeve Running Tops. Cost £23.00 per item (please enter quantity in brackets)

Size.....Small(.....).Medium(.....).Large(.....).Extra Large(.....)...Cost £.....  
36            38            40-42            44

Red Running Shorts. Cost £14.00 per item (please enter quantity in brackets)

Size.....Small(.....).Medium(.....).Large(.....).Extra Large(.....)...Cost £.....  
28            30            32            34

Cheque For Total Cost £.....

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