



Dashers go "walk-about" with tales from South Africa, Lanzarote, Berlin, Dublin, Abingdon, and Portsmouth.

DASHERS BRAVE MONSOON CONDITIONS AT WINDSOR HALF - 5 PBs

Despite the grey and rainy skies, our home half marathon took place on the 30 September, under new ownership and over a new course and proved an overwhelming success with all 5000 places taken and at least 31 Datchet Dashers showing the club's colours.

The narrow track meant that only those at the front could get off to a flying start and many people took several minutes to cross the start line, rather mitigating against fast official times. However, with conditions getting worse through the race, this did not stop some excellent dashing performances amongst the men with Chris Bradfield showing his usual blistering pace to be the first Dasher home in less than eighty minutes in 31st position overall – an excellent performance in the circumstances.

Things are hotting up at the front of the Dashers pecking order with new boy Andy Cooney squeezing between Chris Hunt and Jason Emmett to take the Dashers second place. Andre Randall put in a superb run to produce a personal best – well done Andre. With 23 male dashers the field stretched back through another newcomer Massimo Morretti at 1.54 to Les Bradfield who slogged through the rain to complete the course in 3 hours and twenty seconds. There could be a moral for us all here – Les was not wearing club kit – could it be that the cheers

engendered by the sleek red and white silks would have spurred him on those vital seconds to come in under three hours? We will never know.

Name	Time
Men	
Chris Bradfield	1:19:05
Andy Cooney	1:24:03
Chris Hunt	1:24:53
Jason Emmett	1:25:54
Andre Randall	1:31:42 (PB)
Jon Sheehan	1:33:43
Ron Sloan	1:34:32
Mike Baldock	1:35:14
Steve Iles	1:38:46
Brent Curlless	1:44:32
Guy Grewal	1:44:32
Peter Quemard	1:47:57
Bob Gregory	1:48:20
Dave Glazier	1:48:41 (PB)
Gerry Grimmett	1:48:36 (PB)
Steve Coleshill	1:53:49
Simon Rimmer	1:54:54
Jim Butcher	2:04:35
Derek Rudd	2:10:07
Mark Allum	2:18:18
Les Bradfield	3:00:04
Ralph Moore	DNF
Women	
Caroline Bolton	1:50:58
Saffron Sabine	1:56:42 (debut)
Sunita Dawett	1:52:26
Julie Hing	2:07:02 (debut)
Debbie Berry	2:06:38 (PB)
Carol Baldwin	2:12:57 (PB)
Tracey Powell	2:30:52
Pauline Allum	2:30:52

Please note, above official times – watch times were significantly quicker for several runners.

WINDSOR HALF (CONT)

Eight lady dashers competed which represents a big increase on 2000 so lets make sure we double that by next year! New members showed great potential with Caroline Bolton leading the way home in 1.51 and Saffron Sabine (1.56) and Julie Hing (2.06) both making excellent Half Marathon debuts. Both have plans to do the London marathon so we can expect the girls to be out in force there.

The Dashers also managed to get 7th place as a team ahead of local rivals Maidenhead and just behind Reading RR and Burnham. We were also ahead of Windsor, Slough, Eton & Hounslow which is quite an achievement.

It was a pity that the damp conditions meant that people didn't stay around at the end, but the new course with its route entirely within the Great Park should mean the Windsor will continue its reputation as one of the most enjoyable and scenic half marathons on the calendar and let us pray for a rain free day next year.

(Brent Curless)

PEPSI MAX KINGSTON RUNNING FESTIVAL 8 MILE

Chris Bradfield led the Dashers home once again with an impressive time of 48:41 to be placed 5th in the men's race. But Chris had strong competition from our captain, Ian Spencer, who ran a superb time of 49:32 to come 6th in the men's race. And this was only two weeks after his phenomenal PB Marathon of 3:03 in Berlin.

Yet another impressive performance from Chris Hunt in his build-up for the New York marathon. Chris completed the 8-mile race in 53:03, then went on to do yet another lap. Chris was joined by Andre who is in

training for the Dublin marathon and clocked up 54:42 for his first 8-mile loop. Andre was given a good run for his money by Tony Curtin who finished only 11 seconds behind him with a time of 54:53.

New member, Andy Cooney, opted to do the full 16-mile race, coming 12th overall with a time of 1:47. Marathon PBs are on the cards for Chris in New York and Andy and Andre in Dublin.

Three new lady members made their debut performances for the Dashers. Miriam Serra was the 11th lady home overall and first lady Dasher in a time of 59:19. Watch out guys, this lady is on your tails! This was a walk in the park for Helen Jones whose running career prior to joining the Dashers, included the Comrades Ultra marathon in South Africa (56 miles!). Caroline Cross who recently joined the Dashers after racing triathlon over the summer did the 8 miles in a very respectable 1:11.

Name	Time
Men	
Chris Bradfield	48:41
Ian Spencer	49:32
Chris Hunt	53:03
Mike Baldock	54:35
Andre Randall	54:42
Tony Curtin	54:53
Dave Glazier	1:01:27
Giles Reynolds	1:02:35
Bob Gregory	1:06:28
Jim Butcher	1:11:12
Mark Allum	1:21:50
Women	
Miriam Serra	59:19
Helen Jones	1:03:24
Sunita Dawett	1:04:47
Caroline Cross	1:11:50
Carol Baldwin	1:13:32
Billy Bhamra	1:20:20
Pauline Allum	1:21:50

GREAT SOUTH (10 MILE) – PORTSMOUTH 14 OCTOBER

Whilst numerous Dashers were competing in our club championship in Kingston, four members decided to have a day at the seaside. We arrived around 9am to take a stroll along the seafront – it was lovely and the sea was like a millpond.

Due to start at 11am, the race was delayed by 15 minutes. The course was flat with the last two miles along the coast. We received a rather nice t-shirt and medal plus hot soup and baguette. What more could you ask for? This race represents all the big race fun benefits of the Great North without the crowds – 10 000 participants as opposed to 40 000! Certainly recommended to Dashers for next year.

Well done to Mary – her maiden 10-mile race – and a significant amount raised for charity.

<u>Name</u>	<u>Time</u>
Steve Coleshill	1:28:29
Tracey Powell	1:47:47
Joyce Clarke	1:49:45
Mary Wang	1:55:35
Derek Rudd	Not known

STOP PRESS

CHRISTMAS SOCIAL

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ETON WICK

6 DECEMBER 2001
@7.30 PM

Tickets £10 each

PLACES ARE LIMITED SO GET YOUR
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WELCOME TO NEW MEMBERS

The last six months have seen a stream of new members to the club. We would like to say a big welcome to them – if you haven't done so already, please say hello to them when you get the chance:

Miriam Serra	Mary Wang
Saffron Sabine	Angela Sullivan
Caroline Bolton	Jessica Jager
Caroline Cross	Guy Grewal
Louise Angell	Andy Cooney
Claire Goad	Cameron Rempel (who will race soon???)
Claire Lang	Gerry Grimmette
Carol Baldwin	Stephen Lee
Helen Jones	Massimo Morretti
Julie Hing	Derek Rudd
Linda Whittaker	

!!!!SOCIAL NEWS!!!!

New members to the Dashers are now able to practise cross-training as the first New Members evening in a while took place on Friday 19 October. The event proved popular and further similar events can be expected in the run up to Christmas (no pun intended!!)

WATCH THIS SPACE.....

DAZZLE IS GREAT SUCCESS

Almost 100 Dashers / friends enjoyed the "Dazzle" on Saturday 27 October. The "brainchild" of Brent Curless, the Dazzle consisted of a fun run close to dusk followed by numerous Halloween-related activities. Everyone had a great time and it looks set to become a regular event in DD's calendar. Thks to all Dazzle committee members – Dave, Denise, Mitch, Brent.

Country Lore (an introduction to cross-country)

I joined the Dashers on Thursday 8th January 1997 and within 3 days had been persuaded to do my first cross-country race in over 20 years, borrowing a club vest from Mike Clarke and a pair of old trail shoes from Mike Bradfield. I now consider cross-country to be my strongest event and was thus delighted to be asked to stand in for Jim Miller as the club's cross-country representative. I would like to pass on a few tips for those new members who might be wondering what it's all about.

Why?

Cross-country races provide a break and complete contrast from road races, which anyway are thin on the ground during the winter months. You will benefit from running with a lower impact, and see gains in strength and fitness. You need to be alert to the constantly changing conditions. Courses are scenic and typically consist of hills, valleys, narrow paths and the obligatory stream or two. Earth and root can be great levellers and give the steady runner, with good stamina, a chance against his fleet-footed brethren.

How?

You should have most of the kit you need barring possibly the shoes.

1 Your normal running vest or top should suffice. In league races club kit is required and in cold conditions I tend to wear the club vest with a long-sleeve technical top underneath (e.g. *Nike Dri-fit*, *Helley Hanson Lifa*). I will not wear cotton tee shirts under any circumstances as they have poor wicking properties, retain moisture and thus provide poor insulation.

2 For the brave and those who do their own washing, shorts can be used all winter. Running tights and leggings are an alternative.

3 As far as socks go I usually wear the same pair and throw them away at the end of the season. Remember if you participate in most of the league races you will be rewarded with a brand new pair at the A.G.M.

4 Unfortunately your road shoes are not suitable, they have insufficient grip and will not survive the mud. So what are the alternatives?

Trail Shoes

These should have a deeper tread for improved grip and stronger uppers to survive the mud and wet. They provide good support, have the advantage that you can use them all year round for off-road training and they usually provide sufficient cushioning to run on the road to your chosen trail.

They tend to be heavier and you may struggle in very muddy conditions. (*See Running Fitness September 2001*)

Fell shoes

These have a studded sole, excellent grip and cope with a variety of surfaces. They are lightweight but have poor support and cushioning and therefore can only cope with short sections of road. This is probably the best choice as a cross-country racing shoe for those not wishing to wear spikes (e.g. *Walsh PBRacer* or *Trainer*, *Felldancer*)

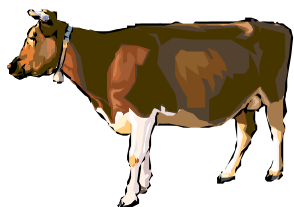
Spikes

These are very lightweight, and have superb grip. Those aspiring to finish in the top 20 and who are biomechanically sound should use spikes. They offer little or no support and are obviously uncomfortable on stony ground. I normally use 12mm spikes but will go up to 16mm for very muddy conditions. You run the greatest risk of injury wearing spikes and I would recommend you try them out before racing in them. (*E.g. Asics' Pro Country, see also Runner's World October 2001*).

Style warning: If you choose to wear blue, skin-tight leggings under the club's red shorts you will look like Superman. Be prepared to run faster than a speeding bullet!

Training

- 1 Any form of trail running is both enjoyable and useful training for cross-country running. There are plenty of good trails in Windsor Great Park.
- 2 Fartlek (*Swedish for speed play*) consists of varying speeds over different distances within a training run. In this respect it mimics the changes in pace encountered during a race.
- 3 Hill training can be incorporated into fartlek sessions and long runs or be performed as intervals.



A Day At The Races

The golden rules for successful cross-country racing include:

- ❑ If you are warm at the start of the race you are wearing too much clothing.
- ❑ Before you start racing, tie double / triple / quadruple knots in your laces – losing shoes in knee-deep mud is a common occurrence and all adds to the day's entertainment. Seasoned x-country runners are even known to actually wrap the laces under the shoe and tie again.
- ❑ Beware getting caught up by the pace at the beginning. Cross-country starts are notoriously fast as everyone races for position.
- ❑ Trust me even if you try to observe the above it is still likely that you will start faster than your anticipated race pace. Try to remain calm, relax and settle to a comfortable speed as soon as possible.
- ❑ You will find it impossible to maintain a steady pace for the entire race due to the changing terrain. The key to cross-country running is maintaining an even EFFORT. This is particularly important on hills, if you are really struggling shorten your stride (think 'baby steps').
- ❑ When running through mud, puddles and streams try to notice where the runner ahead of you has placed his feet and, providing he hasn't disappeared up to his neck, try to follow the same path.
- ❑ Don't follow so close to the runner in front that you can't see any obstacles ahead.
- ❑ Try to familiarise yourself with the course beforehand. At the very least check the last section by running out from the finish as part of your warm up.
- ❑ Drink plenty of water before the start, as there will be no water stations during the race.
- ❑ Throw away your watch - every course is different - instead concentrate on your finishing position.
- ❑ Use the course to your advantage: keep tight to the inside of corners, take advantage of narrow paths to avoid being overtaken, let others pass as you run steadily up hill but fly past them on the way down whilst they recover from the build up of lactic acid.

When?

Thames Valley League

14 local clubs, including the Dashers, compete in the Thames Valley League. The races are held on alternate Sundays between November and March. The courses are generally around 5 miles in length. Entry is £1 including food (*after the race*).

Cliveden 30th December 2001

Organised by Burnham Joggers, this is a two-lap race around the grounds at Cliveden. The race is tough as it includes 4 steep climbs, but enter early as it always sells out.

South of England Championships January 2002

Held on Hampstead Heath with races starting at midday and continuing all afternoon. The senior race distances are 15 km for men and 8 km for women. The start, with 1,000 runners heading straight up Parliament Hill, is really impressive providing you are not actually taking part.

And finally

I must admit that there is some truth in the rumour that my best cross-country performance occurred in a field just north of Salisbury. I was fly-fishing for trout at the time and hooked a cow on the back cast. Following an electrifying start both the bovine competitor and myself produced lifetime bests, but can confirm that thigh-length rubber waders are not really suitable for speed work.

Chris Hunt

!!!! IMPORTANT DATES FOR YOUR DIARIES!!!!

THE X-COUNTRY SEASON IS HERE

Date	Host	Venue
11 Nov	Datchet	Eton
18 Nov	Berks Bucks & Ox Champs	MAC / Braywick
25 Nov	Metros	Ruislip Lido
9 Dec	Sandhurst	Yateley
16 Dec	Reading	Tbc
6 Jan	Tadley	Tadley
20 Jan	Bracknell	The Lookout
26 Jan	SEAA Champs	Parliament Hill, London
3 Feb	Burnham	Tbc
17 Feb	Handy Cross	Bradenham Woods

I'd just like to reinforce Chris' brilliant introduction to cross country. It really is great fun – falling flat on your face in the middle of a race is the best face pack I've ever had.

*If you have any questions contact Chris. You don't have to enter individually. Cross-country is a team event so we need as many of you to participate as possible. For events in the Thames Valley League, you just need to show up on the day – maps will be available at the clubhouse before races. For the Berks, Bucks & Oxon + SEAA, we need to submit teams for those so we will need you to sign up for those before hand.
(Andrea)*

IAN SETS THE STANDARD FOR THE AUTUMN MARATHON SEASON

BERLIN MARATHON SEPT 2001

Club captains, Ian Spencer and Andrea Watson both ran in the Berlin marathon on 30 September in infinitely better conditions than the Windsor Half which was held on the same day. This was the first of other Autumn marathons to be completed by Dashers – Abingdon, Dublin and New York are to follow.

Ian ran an absolutely outstanding race in Berlin knocking 7 minutes off his PB to finish in a time of 3:03. Ian claims his training for the race was less than perfect and puts much of his success down to more serious nutritional preparation. I'm sure Ian will offer tips to all those thinking about the London Marathon – for a fee!!

Andrea was not as pleased with her time as she failed to achieve the sub-3:15 that could have made her eligible for a championship place at the 2002 London Marathon. With a time of 3:16, she keeps getting asked why not – its only a minute.....answers on a postcard...

Ian and Andrea travelled with friends from other clubs as part of a tour organised by LPG (part-owned by Mike Gratton). Although LPG's training camps are to be strongly recommended, organisation on the Berlin trip was limited. However it was still a pretty good way to spend a weekend in Berlin.

AND DASHERS FIND SUCCESS CLOSER TO HOME: ABINGDON MARATHON – 21 Oct 2001

Five valiant dashers turned out at the Abingdon Marathon on Sunday 21 October with Brent Curless and Dave Glazier determined to do their first sub-4 hour time. Despite difficult conditions including heavy rain during the last hour both achieved PBs with Dave leading the way with a magnificent run that took over 15 minutes off his previous times and demonstrated the remarkable improvement in his form over the last few months.

Brian put in his usual sterling performance and Roman - running in his 20th marathon and with a PB of 3.31 ran well until fading in the last two miles. With under 500 runners, this race is a far cry from London but the flat course and open roads make for a decent attempt at a PB for any Dashers that fancy this race next year.

Brian Philp	3:31
Mike Bladock	na
Dave Glazier	3:54
Brent Curless	3:58
Roman Lach	4:05

LATE NEWS FROM DUBLIN

Yet more Autumn marathon success in Dublin for new member, Andy Cooney and Andre. Andy completed his 3rd (4th?) marathon of the year with another PB – 2:56. And Andre completed his second marathon this year in a time of 3:30. I know Andre is slightly disappointed with this as he has had a fantastic summer and did a brilliant PB at Windsor. But given his busy work schedule and commitment to DD's web site this is still very impressive. CONGRATS

Ironman Lanzarote – You're having a laugh!

That was my response when first asked about doing IM Lanzarote. The IRONMAN distance is:

3.8K swim

180K bike

42K run (marathon)

Until then I had often wondered how much pain you must endure to complete an IM - let's face it running a marathon is pain enough for most people.

But before I knew it I was sitting in front of the PC one Saturday afternoon in December, with the main instigator of the forthcoming IM trip, Vern Overton, filling out the entry form. A few clicks of the mouse and we were in. What had I done - was this a good idea?? Only the next five months would tell.

Once we announced we had entered, Pete Gardner (another Dasher), Jonathan Pike and Chris Heape soon followed and then there were five.

January came and went as did February. It was just training all the way. We started slow for the first few weeks and gradually built up the mileage. All I can remember is how cold I was when we had finished our long bike rides at the weekend. We're talking ice cube!

In March, Vern, Pete and I went to Majorca for a cycling camp, organised by LPG. We all fancied getting in some warm weather riding for a change, and ride some real climbs. This proved to be a great week's training. We clocked up close to 450 miles riding in 5 days, climbed some major mountains and managed the odd run.

Pete gained the nickname 'Goat-Boy' after this trip as his climbing on the bike was looking quite good, but were still not sure about his ability to carry out a quick tyre change, but that's another story!

We came back to cold weather again, but we knew there was only about 6 weeks of hard training left for us, the light was at the end of the tunnel.

April 22nd came, London Marathon, Pete and I ran this as part of our training. When I told people this at work they just gave me that look as if to say, "are you feeling alright or is there something seriously wrong with you!" The race went well, another training session completed!

Before I knew it we were into May, weather was still crap but we were used to it by now. We started our taper one week into May - that was a nice feeling - everyone had put in some serious mileage up till then and we were all ready to race. We just didn't know it right then.

We were all IM virgins apart from Chris, who was tackling his third IM with us. We all picked his brain at different times trying to take on board anything that might help us get through without blowing up. Between us all we had probably read scores of different articles on training and nutrition, so we had no excuse when we got there to be under-prepared.

Finally we were on the plane bound for Club La Santa to race in what is billed as the toughest IM in the world. I felt good - all the training was behind us now, and strangely I was looking forward to my first IM race. Was I mad??!!

Club La Santa is a great resort - it really makes you want to train. But apart from a few easy rides and runs we were there only to race. We had nine days before the race to acclimatise as the average temperature is 80 –90°C most of the time.

I had been told the stories about the wind at Lanzarote, and I can say they are true. When it blows, it

blows, big time! We went out on the bike a few times and rode some of the bike course to get a feel for the big day. The bike was going to be tough.

Friday 25th May, the day before the race, we're tucked up in bed by 9pm - ready for the 4am pick up. 10.30pm Chris phones - he needs a spare bottle. Come round - we're not sleeping yet - it's the nerves.

4.30am Saturday 26th May: we're sitting on the coach travelling to the start at Puerto del Carmen. There is a feeling of tension in the air already.

5.00am: We arrive at the start - it's blowing an absolute hooly. First thing is to check our bikes to make sure no one has suffered a puncture overnight, and then to load the bike with drinks and energy bars for the race.

5.30am Bikes are ready. Nothing else to do except wait for the start. We all wait inside a holding tent - it all feels very tense. Everyone is very quite, just thinking about the race. I just want to get on with it!

6.55am Exit the toilet for the last time and start to jog down to the swim start with Jonathan. As we arrive the hooter sounds and we're off - its all arms and legs. 850 people aiming for the first buoy about 150m out from the beach.

It's all pretty manic until I make the 1st turn then I can start swimming properly. Once we were moving it felt good. Before I realised it we were running up the beach to the turn point to start our second lap. I exit the water having completed the 1st 3.8K in 68mins, I'm well pleased.

Into transition - pick up my bike bag - into the tent to change. I see Vern's wife Lorna, who is one of the helpers in the changing tents. She quickly covers me in sunscreen as I

change. I pick my bike up and I'm off on the next 180K of the course.

10K into the bike Chris comes past me, I wonder how and where the others are. I get my head down and grind out the K's. It's tough going - the wind is really blowing big time. We find out after the race that it was the toughest conditions ever for the race.

Although I had energy bars with me I just couldn't face eating them on the day, so I just take banana's at every feed station with new drinks bottles.

There don't seem to be many flat bits on Lanzarote. It's mainly up with a few down's thrown in as well. The climb's are taking their toll on some people. I actually see some people get off their bikes on Mirador del Rio and start pushing, as the wind is blowing straight at us head-on. We climb up past the giant windmills close to the top. There are some sections of the bike course which offer fantastic views, but it wasn't until after the race that I realised just how good they were.

I keep grinding away, the K's are clicking by. I'm not far away from finishing the bike. Before the race I had 6:30hrs in my mind for the bike course. I get in to T2 in 7:26hrs. Its going to be a long day!

I pick up my run bag and head straight into the changing tent. I think I've been quite quick changing but it's taken me over 5 mins. I run out under the finish line to a big cheer from the crowd. This helps a lot, and start my 1st lap of 4. I'm feeling fine, taking it easy, drinking and eating to keep my energy levels up. I see Pete and Chris, they look ok as well. I finish lap 1 in 1hr - perfect - a 4hr marathon would be great. I even manage a smile for Lucy who was taking pictures.

I spot Vern - he looks like he's having a bad patch - a few words as we pass and I'm well into lap 2. I then spot Jonathan who looks well

comfortable and looks like he's having a good run.

Lap 2 over - 2 hours - still going according to plan - for the time being anyway!

At 3K into lap 3. my calves start to tighten up, so I pick a lamp-post and start to stretch. One of my hamstrings cramps. As I start to stretch it the other one goes as well. This is pain - I end up flat on my back trying to get rid of the cramp. I happen to look across at a woman - she thinks I've collapsed and is starting to panic. I have to give her a smile and let her know its not terminal!

Needless to say the rest of lap 3 and half of lap 4 are very tough. My pace has dropped dramatically. I don't care about a 4 hour marathon now. I'm just intent on finishing.

I see Pete and Chris who are also having their own battles with the last half of the run. Its amazing how many people I saw drop out on the run - just totally exhausted or didn't have the will to go on. This just made me more determined to finish - there was no way I wasn't going to finish.

I make the last turn on lap 4. Just over 5K to go. I decide to try to pick up my pace a little and get this race finished. I notice that Vern has got going in the second half and is catching me up rapidly. I've managed to stay ahead of Vern and Jonathan up to this point so I find some extra energy from somewhere and head down towards the finish. I know they will both be doing their best to catch me and this spurs me on.

With the finish in site my pace quickens - its amazing what a little adrenaline can do. The last 100M are fantastic - the crowd give you a massive cheer as you come in - its in that last 30 seconds that you really feel like all the hard work was worth it - its a huge buzz to come across the line.

I'm greeted by Kenneth Gasque - the race director. He asks if I've

enjoyed it. I was beaming at this stage - of course I enjoyed it. It was fantastic - where's the medical tent by the way??!

A visit to the medical tent, and 2 fluid replacement drips later, I have a wander around and find the others. Everyone has finished - a good end to a very tough day's racing.

Doing the Ironman, is not just a physical test but a mental one as well, you do ask yourself some questions when you're out there suffering but it is at these times that you really test yourself. And it's a good feeling to finish such a challenge.

We found out afterwards that it had been the toughest conditions so far for race - this added an extra feeling of accomplishment.

And yes I would do another one and am going back in 2002 to have another go.

Our finish times were as follows:

Chris Heape	11:48hrs
Pete Gardner	12:11hrs
Jon Sheehan	13:35hrs
Vern Overton	13:38hrs
Jonathan Pike	13:53hrs

(Jon Sheehan)

Big congratulations to Jon and the rest of the guys on such a fantastic accomplishment.

Jon's has had an excellent running season just going to show the benefits of cross-training. Since May he's completed the UK Half-Ironman championships in Llanberris (along with fellow Dasher and BTS member, Ralph Moore.)

In fact Dasher-triathletes have had a pretty good season with Jason Emmett winning his first triathlon in September at Spelthorne. and Chris Hunt completing his first tri season.

The Dashers now boasts a number of women triathletes - also showing great promise. If a spot of cross-training appeals to you talk to Jon for some advice.

TOMMY TALKS

What a lively club we have - an early arrival at club nights is highly recommended these days if you want to sit down! I am delighted with the number of new members this year, especially with Andrea's ladies. A reward for new ideas and commitment from the committee - and also a large input by yourselves the Membership. I believe we have an exciting future with the club developing in many areas.

2002 is a year for all of us to look forward to with, I believe, greater numbers supporting our regular events and the possibility for further development of the Datchet Dash.

The social calendar has developed this year and become more attractive to the membership, again an area to look forward to.

Sadly the future of the club will continue to grow and be successful without me as your chairman. I have been very proud to be associated with the Dashers as captain for 4 years followed by 5 years as chairman. However, I feel the time has come for new blood to continue the development of the club and it will be in very good hands with your new committee. My personal involvement in running over the last couple of years has been limited and therefore I have found it difficult to help make decisions on matters of running.

I retire to the back-benches to support the committee next year and look forward to seeing you all at the A.G.M.

TOM.

DATCHET DASHERS ANNUAL GENERAL MEETING – 15 NOVEMBER 2001 – THAMES VALLEY SPORTS CENTRE

A reminder that the Dashers will be holding their AGM on Thursday 15 November at 7.30 pm.

At the AGM the Treasurer and two club captains give reports on the current state of play in the club. This is your opportunity to ask questions and air any issues so please come along. Elections will be held for the following committee positions:

- **Secretary**
- **Treasurer**
- **Mens Captain**
- **Ladies Captain**
- **Publicity Secretary**
- **Social Secretary**
- **Fixtures Secretary**
- **Webmaster**

You should all have received nomination forms for committee positions (either in the post or via e-mail). If you haven't already done so and wish to stand for the committee, please return your form as soon as possible.

The trophies competed for during the year will also be awarded at the AGM. Please use the voting form attached to this notice to cast your vote for the Harry Triggs Dasher of the Year.

AND THEY CALL IT THE DOWN RUN!!!

(Mike Baldock completes Comrades Ultra Marathon)

Some of you may have heard of the Comrades Marathon - it's the largest ultra-marathon event in the world, held in South Africa in June with over 15,000 people taking part. It's run between Durban and Pietermaritzburg over a scenic and challenging course, alternating directions between the two cities. The course varies slightly from year to year. This year was the "down run" from Pietermaritzburg up in the hills down to Durban at the coast, a distance of nearly 56 miles.

I was looking for a new running challenge and had heard some great stories about the history and I wasn't going to be disappointed. The race dates back to just after the First World War in remembrance of comrades lost in battle, but has been associated with the progress of South Africa during some very difficult times. If you can imagine the excitement of the London Marathon taking over most of the country, you start to get a sense of the occasion.

I was very lucky to hook up with Dave Waterman and Wayne Rebello from Maidenhead A.C. for the trip. Dave ran the race last year (and it hadn't put him off returning!) whilst Wayne is a prolific marathon and ultra-marathon runner who had taken part in 8 previous Comrades. Dave sorted out the flights and Wayne sorted out our transport and accommodation in South Africa, so all I had to do was some extra training and turn up to run!

My training went pretty well. After Christmas, I started to build up my marathon training, building up to 40 miles/week, then towards 50 and eventually a bit more. Training for an ultra is much like training for a standard marathon, but you need to put some extra long runs in.

If you do it properly, you still need to do speedwork and add some gym work for strength. Being lazy, I left out most of the quality work suggested.

Building up the miles and losing a few pounds seemed to be getting me a bit faster as we got into the spring and it's amazing how the thought of such a long run focuses the mind and gets you out of the door! By the time we set off for South Africa, I had lost almost a stone in weight, had done quite a few long training runs (including a couple of marathons on consecutive weekends and a 40-miler!). The weekend before we went, I ran the Wargrave 10k in 38:32, which was the fastest I'd run in ages, so things were looking good.

We flew out to Johannesburg and drove down to Durban. It was my first visit to South Africa - it's a big country with some spectacular scenery. Our route took in some of the course and I could start to appreciate some of the challenge of the event. Forget "undulating", this was definitely hilly. The build-up to Comrades seemed to include most of the country. Even the service stations en route had special Comrades menus!

We collected our numbers from the marathon expo, which really started to get the atmosphere building. International runners are treated really well, with their own registration area and coffee lounge. We had the honour of meeting Bruce Fordyce, arguably the greatest ultra-runner the world has seen and multiple Comrades winner in the 80's.

The big day was approaching and we were trying to get plenty of rest and carbo-loading. Dave and Wayne had given me plenty of good advice about my training and race preparations and I was as ready as I was going to be!

The big day arrived. The race starts at 6 a.m., so it was an early start. The gun went off and we were away. Like all big races, the first few miles were a bit slow, but we weren't in any great rush! Unusually the mileage markers are set up with "km to go", so you had to calculate your pace slightly differently. Pietermaritzburg is about 2,000 ft above sea level, with the highest point, Umlass Road, over 2,500 ft. and over 20km into the race.

The first half of the race certainly contains more uphill than down, with some famous climbs like Polly Shortts and Inchanga. There are so many hills, that some of them don't even have names, but the scenery was stunning in places, if you had the energy to look up! In some places you could almost imagine Zulus coming out of the bush (or maybe MichaelCaine!).

I got through halfway at Drummond "comfortably" inside 4 hours and was feeling pretty good. Onwards towards Botha's Hill and the start of the real downhill section - the trouble is that after you've been running for 5 hours or more, a steep downhill section doesn't hold much pleasure! They say your legs talk to you, in fact your quads scream! They kindly provide ice-massages for your legs at some of the excellent drinks stations.

The steepest and longest downhill section is the infamous Fields Hill. By the time you get to the bottom of it, your legs are in a bit of a state and you've been running for well over 6 hours, so a climb up Cowie's Hill is tough. In common with some very good runners, this was the point where I decided to have a bit of a walk! Still with about 15km to go, it was going to be hard work and although the last few hills were only going to be tiddlers, it would be difficult to do more than the gentlest walk/jog over them.

I was still in reasonably good spirits (honest!) and finally reached Durban and what seemed

like the only flat 3km of the course, so I managed to get myself going again and jogged into the finish for a time of **8hrs 23mins**. They give different categories of medals at Comrades, with the first 10 getting golds, under 7:30 getting silver, under 9:00 getting a Bill Rowan (named after a famous previous winner) and under 11:00 getting bronze. If you take more than 11 hours you get nothing!

The scenes in the stadium as people try to get through the finish inside the 11 hour limit looks like a war zone! Again, they look after the international runners extremely well, with an enclosure for runners and their supporters after the race. It was all organised very well and we all had a terrific experience. Wayne also got his Bill Rowan, but Dave just missed out by a few, frustrating minutes but happily settled for a bronze, still a worthy achievement.

Not surprisingly, we were all rather tired after the race, but satisfied with our achievement. It couldn't have been so bad, because it wasn't long before we were discussing the possibility of returning for the "up run" next year. Mind you, if you had seen our efforts at walking the next day, particularly walking backwards downhill, you'd think we were completely insane! I think my legs are still recovering from the event but it was an amazing experience and I'd have no hesitation in recommending Comrades to anyone who's run at least a few marathons and is looking for a different challenge.

MIKE BALDOCK

Mike neglects to say that 8:23 is a pretty fantastic time for an Ultra Virgin! He is not the only Dasher to have recently completed the Comrades - new member, Helen Jones has also managed this fantastic challenge - and another new member Linda has done Comrades no less than three times!! And lets not forget several Dashers who have completed the Two Oceans Marathon (36 miles) - Torsten Moehl, Steve Iles and Hannah Wheeler.

Jim Banks Handicap Race Tuesday 4 September 2001

We again had a perfect late-summer's evening for the Jim Banks 5K handicap race. This year saw our chairman, Tom Emmett, win the event overall – we are told that he had absolutely no influence on the handicapping system which was a closely guarded secret by captain, Ian Spencer. Tom has started running again and he certainly looks like he will back with Vengeance. He also recently completed the Eton Sprint Triathlon. Second was Billy Bhamra, followed by Michaela Clark.

Fastest runner of the evening was Chris Bradfield who running very well at the moment and is making a bid for the club championship. Close on Chris' s heels were Jason Emmett and Cameron Rempel who ran a very close for all 5K and both finished in exactly 17:48 – and this was when Cameron had absolutely no intention of running! What about when he tries – watch out Chris and Jason!!!

In 4th and 5th places were Ian Spencer and Chirs Hunt (respectively) – both are on outstanding form at the moment on the back of marathon training.

Good runs from some of our newer lady members including Claire Lang and Saffron Sabine – one of their first races with the club – but hopefully first of many. Success also for a couple more relatively new members – Andre Randall and Guy Grewal

Thanks to Mike Clarke and Steve Iles for organising starting order and finishing times so efficiently. And for another year a big, big THANKYOU to Allan and Anne Banks who so kindly organised fish & chips for the very appreciative masses – making for another very successful and enjoyable evening.

No	Name	Handicap	Running Time	Actual Time	Handicap Position	Actual Time
1	Tom Emmett	07:28	30:40	23:12	1	25
2	Billy Bhamra	02:38	30:50	28:12	2	36
3	Michaela Clark	04:32	31:12	26:40	3	34
4	Sunita Dawett	07:55	31:27	23:32	4	26
5	Steve Iles	11:47	31:27	19:40	5	9
6	Mike Clark	08:02	31:39	23:37	6	27
7	Gerry Grimmette	08:58	31:39	22:41	7	22
8	Jean Hayton	03:21	31:45	28:24	8	37
9	Simon Light	07:04	31:50	24:46	9	30
10	Simon Rimmer	09:32	31:54	22:22	10	20
11	Derek Rudd	07:24	31:55	24:31	11	29
12	Dave Glazier	10:35	32:25	21:50	12	18
13	Brent Curless	11:07	32:25	21:18	13	13
14	Jim Butcher	07:41	32:33	24:52	14	31
15	Roz Mansie	08:25	32:34	24:09	15	28
16	Bob Gregory	09:42	32:34	22:52	16	23
17	Lucy Ryan	07:32	32:35	25:03	17	32
18	Steve Coleshill	12:04	32:36	20:32	18	12
19	Andre Randall	13:02	32:43	19:41	19	10
20	Chris Hunt	14:15	32:44	18:29	20	5
21	Tony Emmett	11:19	32:46	21:27	21	15
22	Giles Reynolds	11:07	32:51	21:44	22	17
23	Ian Spencer	14:29	32:53	18:24	23	4
24	Barbara Nicholson	00:00	32:54	32:54	24	41
25	Denise Lansley	01:09	32:56	31:47	25	39
26	Claire Lang	07:22	33:02	25:40	26	33
27	Roman Lach	10:39	33:07	22:28	27	21
28	Ralph Moore	14:02	33:12	19:10	28	7
29	Jon Sheehan	14:02	33:16	19:14	29	8
30	Andy Pace	14:26	33:17	18:51	30	6
31	Guy Grewal	12:56	33:18	20:22	31	11
32	Cameron	15:48	33:32	17:44	32	2
33	Jason Emmett	15:48	33:32	17:44	33	3
34	Chris Bradfield	17:01	33:50	16:49	34	1
35	Saffron Sabine	10:56	33:55	22:59	35	24
36	Peter Quemard	12:36	33:55	21:19	36	14
37	Andrea Watson	12:20	33:58	21:38	37	16
38	Tony Curtin	12:04	34:00	21:56	38	19
39	Leanne Irwin	02:38	35:28	32:50	39	40
40	Becca Stead	09:32	36:15	26:43	40	35
41	Allan Banks	07:50	37:15	29:25	41	38

DASHER TRAINING SESSIONS.....

As a number of you know for the last couple of years Ian has been organising weekly speedwork sessions of varying lengths, venues, speeds – generally on Tuesday evenings. These sessions have had a great response. However it was felt that they did not necessarily cater for the more medium-paced runner. For this reason Ian and Andrea put together an informal training programme aimed at this group. These proved very popular (see below) and we may consider something similar closer to the London Marathon. In the mean time we will be posting a list of proposed training sessions for forthcoming Tuesday night sessions – so watch this space and the notice board in the club.

I joined the club at the end of August, so I managed to follow just the second half of the scheme. I think it was pretty good. I ran almost the same time as I did in my first HM (in Bath), but considering the hilly course and very annoying stitches for the last couple of miles, I'm more than happy with my performance I think that the scheme is well balanced between mileage build-up and speed-work.

As far as I'm concerned I prefer long repeats to short ones (maybe because my posture is so bad that when I run very fast it just gets worse) and I tapered a bit more in the last week, but apart from that I followed the scheme quite rigorously and I'm glad I did it. Hope this feedback will be useful.

Massimo

Now I've finished beating myself up about not doing the Windsor half in under 2 hours (2 hours 1min and 44 secs to be exact - my own time), I just wanted to thank Ian, Andrea and Tony for our recent training sessions. This was really what I joined the club for - to improve my performance and to inject a bit more interest than pounding the streets, very slowly, on my own.

The sessions have been strangely fun and I think its been great to see some of us medium/slower paced runners really working hard and seeing results so quickly. Also, its been brilliant to see so many ladies joining in the last few months and I truly think that everyone has enjoyed the sessions. The rapport and team spirit is wonderful.

More of the same please - that elusive sub 2 hours is out there somewhere!

(Debbie Berry)

VIRGINIA WATER PADDLE 28 OCTOBER 2001:

The Virginia Water Paddle provided a fitting climax to the Mens Club Championship with the three main protagonists competing for the title in a head to head. Prior to the race **Jason Emmett** and **Ian Spencer** had 770 points each from their best eight races and **Chris Bradfield** had 698 points from seven events.

Chris Bradfield arrived just in time for the start of the race having done one of the fastest warm-ups of his career. Based on age Ian was clearly not the favourite but he was determined that whoever won the race was going to have to work very hard for it. It was eye balls out from the word go with no quarter being given. By half way round the first lap Chris had opened up a small lead on Ian and he was a similar distance in front of Jason. At the end of the first lap the gaps were 11 and 42 seconds respectively.

Chris was very anxious on the second lap and kept looking over his shoulder for Ian who at various points narrowed the gap. He need not have worried and went on to win by a comfortable margin of 42 seconds. The final result of the mens club championship was that Chris was the winner with Ian and Jason sharing second place –a good reflection of the seasons races. Tony Curtin had a good race and is clearly coming back into form.

It was good to see two new members **Helen Jones** and **Linda Whittaker** leading the ladies home. They were followed by our reliable regulars **Julie, Billy, Joyce and Jean**. Billy's performance gave her second place in the Womens Club Championship.

Name	1 st Lap Time	Total Time
Men		
Chris Bradfield	25:25	51:11
Ian Spencer	25:36	51:53
Jason Emmett	26:18	54:20
Tony Curtin	29:02	57:41
Mike Baldock	29:03	59:16
Guy Grewal	30:55	1:01:05
Giles Reynolds	31:16	1:03:45
Dave Glazier	31:39	1:05:03
Brent Curless	31:39	1:06:08
Roman Lach	32:31	1:10:18
Jim Butcher	35:58	1:12:27
Mark Allum	40:20	1 lap only
Women		
Helen Jones	32:40	1:06:26
Linda Whittaker	35:58	1:12:27
Julie Hing	37:32	1:15:00
Billy Bhamra	40:34	1:24:09
Joyce Clarke	41:15	1:25:29
Jean Hayton	42:13	1:31:12
Pauline Allum	42:20	1 lap only

SO CHRIS BRADFIELD TAKES THE MEN'S CHAMPIONSHIP....

A very close finale to the Men's Club Championship with the Ladies result already decided. For full results, see next page. Chris won the championship outright, with Jason and Ian tying for a very close second, each with 774 points.

Eight male Dashers completed eight or more events in the club championship vs only one lady completing the same number. Those completing 8+ events and achieving 650+ points include Dave Glazier, Giles Reynolds, Andre Randall, Mike Baldock and Chris Hunt. Congratulations to all.

So come on girls , we've got lots of new members, lets increase our visibility at these Championship events.



CLUB CHAMPIONSHIP



NAME	Bracknell X/C	Wokingham 1/2M	Towpath 10ml	Town & Gown 10km	Burnham 5km	Wargrave 10km	Maidenhead 5km	Wycombe 1/2M	Yateley 10km	Windsor 1/2M	Kingston 8ml	Virginia Water 8ml	TOTAL	Races	Best 8	Position
Mens Championship																
Chris Bradfield		100			100	100	98		100	100	100	100	798	8	798	1
Jason Emmett	94	98			98	96	100	98	92	94		96	866	9	774	2
Ian Spencer	92	94	100	100	94	94		94	96		98	98	960	10	774	2
Chris Hunt	98				90	90	94	96	94	96	96		754	8	754	3
Mike Baldock		92	98		92	92		92		86	94	92	738	8	738	4
Andre Randall				98	84	78	90	82	90	92	92		706	8	706	5
Giles Reynolds	80		90	96		66	84	76	88		86	88	754	9	688	6
Dave Glazier				96	74	68	82	72	86	72	88	86	724	9	652	7
Jim Miller	96				96	86	96	84	98				556	6	556	8
Jim Butcher	78	78					74	70		64	82	80	526	7	526	9
Peter Quemard	88	86			82	74	92			78			500	6	500	10
Roman Lach	84				78	72	86	74				82	476	6	476	11
Brian Philp	86	88	94			84		86					438	5	438	12
Peter Gardner	100	96				98		100					394	4	394	12
Mike Clark	82				72	62	76		84				376	5	376	13
Ralph Moore			96		88	88		78					350	4	350	14
Steve Coleshill		82	92		80					70			324	4	324	15
Brent Curless					76	70				80		84	310	4	310	16
Bob Gregory						64	80			76	84		304	4	304	17
Tony Curtin							88				90	94	272	3	272	18
Jon Sheehan						82		88		90			260	3	260	19
Ron Sloan						76		80		88			244	3	244	20
Simon Rimmer		80				60				66			206	3	206	21
Charles Pantlin	90	90											180	2	180	22
Guy Grewal										82		90	172	2	172	23
Andy Pace						80		90					170	2	170	24
Tom Emmett					70		78						148	2	148	25
Simon Light	76				66								142	2	142	26
Mark Allum										60	80		140	2	140	27
Allan Banks					68		72						140	2	140	27
Andy Cooney										98			98	1	98	28
Mike McLachlan					86								86	1	86	29
Bruce Humphries		84											84	1	84	29
Steve Iles										84			84	1	84	29
Gerry Grimmette										74			74	1	74	30
Massimo Moretti										68			68	1	68	31
Derek Rudd										62			62	1	62	32
Les Bradfield										58			58	1	58	33



CLUB CHAMPIONSHIP

(CONTINUED)



NAME	Bracknell X/C	Wokingham 1/2M	Towpath 10ml	Race for Life 5km	Town & Gown 10km	Wargrave 10km	Maidenhead 5km	Wycombe 1/2M	Yateley 10km	Windsor 1/2M	Kingston 8ml	Virginia Water 8ml	TOTAL	Races
Women														
Andrea Watson	100	100	100	100	100	100		100	100				800	8
Billy Bhamra				90	96		88				90	94	458	5
Sunita Dawett						94	94			98	96		382	4
Debby Berry				96		96	96			92			380	4
Tracey Powell				84	98	90				88			360	4
Jean Hayton				86		92	90					90	358	4
Julie Price				98			100		98				296	3
Joyce Clarke		96	98									92	286	3
Carol Baldwin							92			90	92		274	3
Pauline Allum				88						86	88		262	3
Helen Jones											98	100	198	1
Roz Mansie	98						98						196	2
Carol Hipwell	96	98											194	2
Ellen Morris						98			96				194	2
Julie Hing										94		96	190	2
Michaela Clark	94			92									186	2
Denise Lansley				80			86						166	2
Barbara Nicholson				80			86						166	2
Caroline Bolton										100			100	1
Miriam Serra											100		100	1
Saffron Sabine										96			96	1
Linda Whittaker												96	96	1
Caroline Cross											94		94	1
Helen Iles				94									94	1
Jane Light				82									82	1
Rosemary Arber				78									78	1

Guest Editor for this edition of the Dasher is Andrea Watson – giving Ian a well-deserved break from newsletter production – and hoping that a willing volunteer takes it on at the AGM. If you have any issues which you would like to air or articles for the newsletter please contact me in the club house or alternatively you could phone me on 01753 853345 or E-mail me at:

andrea.watson@reckittbenckiser.com.

Andrea Watson (Editor – for this edition!)

Committee Nomination

The Committee meets about once every six weeks (more often around the time of the Dash) to ensure the smooth running of the club and to deal with issues that typically arise in any sports club.

If you would like to stand, please see the list of committee posts, secure a proposer and seconder, and return the completed form to Tracey Powell, 2 Freestone House, Park Street, Colnbrook, Berks, SL3 0H5 by Friday 9th November.

I
propose
for the position of

Signed (proposer)
Date

Signed (seconder)
Date

I acknowledge having been proposed for the above position on the Datchet Dashers Committee and if elected agree to honour and fulfill all the responsibilities of the position.

Signed Date.....

Harry Triggs Dasher of the Year

The Harry Triggs Dasher of the Year award goes to the person whom you think has made the greatest contribution to the club over the last 12 months.

My nomination for Harry Triggs Dasher of the Year is

.....

Please post to Tracey Powell, 2 Freestone House, Park Street, Colnbrook, Berks, SL3 0H5 by Friday 9th November, or place in the box provided at the AGM.

DATCHET DASHERS KEY ROTA				
Day	Date	Month	Surname	First Name
Thursday	1 st	November	NICHOLSON	BARBARA
Tuesday	6 th	November	O'HARA	CRAIG
Thursday	8 th	November	PACE	ANDREW
Tuesday	13 th	November	PANTLIN	CHARLES
Thursday	15 th	November	ANNUAL GENERAL MEETING	
Tuesday	20 th	November	PHILP	BRIAN
Thursday	22 nd	November	POWELL	TRACEY
Tuesday	27 th	November	QUEMARD	PETER
Thursday	29 th	November	REMPEL	CAMERON
Tuesday	4 th	December	REYNOLDS	GILES
Thursday	6 th	December	SKITTLES EVENING	
Tuesday	11 th	December	RIMMER	SIMON
Thursday	13 th	December	RUDD	DEREK
Tuesday	18 th	December	RYAN	LUCY
Thursday	20 th	December	SABINE	SAFFRON
Tuesday	25 th	December	CHRISTMAS DAY	
Thursday	27 th	December	BOXING DAY	
Tuesday	1 st	January	NEW YEARS DAY	
Thursday	3 rd	January	SERRA	MIRIAM
Tuesday	8 th	January	SHEEHAN	JOHN
Thursday	10 th	January	SLOAN	RON
Tuesday	15 th	January	ALLUM	PAULINE
Thursday	17 th	January	BALDWIN	CAROL
Tuesday	22 nd	January	BANKS	ALLAN
Thursday	24 th	January	BERRY	DEBBIE
Tuesday	29 th	January	BHAMRA	BILLY
Thursday	31 st	January	BOLTON	CAROLINE
Tuesday	5 th	February	BRADFIELD	CHRIS
Thursday	7 th	February	BRADFIELD	LES
Tuesday	12 th	February	BUTCHER	JAMES
Thursday	14 th	February	COLESHILL	STEVE
Tuesday	19 th	February	COONEY	ANDY
Thursday	21 st	February	CURLESS	BRENT
Tuesday	26 th	February	CURTIN	TONY
Thursday	28 th	February	DAWETT	SUNITA

DATCHET DASHERS CLUB KIT

Prices from March 2000

Singlets (running vests)	£12.00
T-shirt – short sleeve	£ 6.00
T-shirt – long sleeve	£ 8.00
White sweatshirt	£12.50
Shorts – Ron Hill	£12.50
Shorts – Sub 4 Classic	£10.00
Shorts – long lycra	£12.50
Tracksters – Ron Hill	£16.00
Reflective bib	£ 3.50
Cap	£ 6.00
Woolly hat	£ 5.50
Shoe bag	£ 6.00
Fleece jacket	£35.00

If you would like to purchase some of the new kit please see **Jason Emmett** on a club training night. Alternatively orders can be placed by **telephone(01753 758908 or 0802 628529), fax(01753 758908) or E-mail(jason@cit-international.co.uk)** if you are unable to get to the club. The following form should be used for postal orders:

Dashers Kit Order Form

Name: _____

Address: _____

Kit required:

Size required:

Ladies/Mens:

Total price: £

Please send order to: **Jason Emmett, 93 Lowestoft Drive, Burnham, Slough, SL1 6PB**

