



READING ROADRUNNERS NEWSLETTER FEB 2017

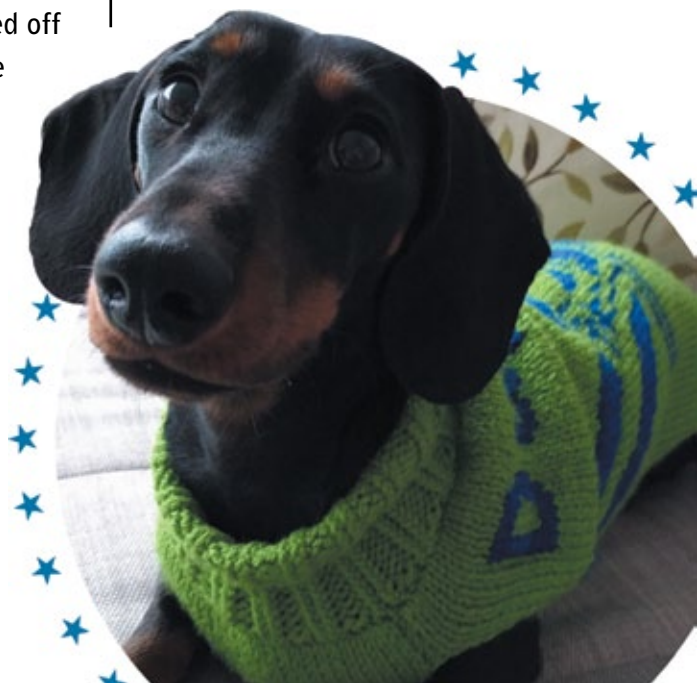
It's not often the club gets allowed into the company of polite society, let alone have an audience with the actual Mayor of Reading, so it was all the more gratifying when we were presented with a special award at this year's Reading Sports Awards. To top the evening off, Sheryl Higgs walked off with the Female Improver of the Year award and we were all entertained by the 'as-seen-on-TV' Bulmershe School Choir.

You all seem to have benefited from the cross country season/winter break by the absolute glut of PBs at Wokingham Half this month. This edition comes just too late for a report on this year's Bramley event, but we're hoping for similar success amongst the results.

This of course means we're only a month away from Reading Half Marathon. Any Reading Roadrunners doing this one?

INSIDE THIS MONTH:

- **2017 CHAMPIONSHIPS**
- **COACHES CORNER**
- **DOGS IN JUMPERS!!**





Chairman Chat

CARL WOFFINGTON

We have started our 30th Birthday year. Various events will be taking place throughout the year. There was a running group training at Palmer Park in 1986 and talk of forming a club. This led to a meeting on 15th January 1987 and we are taking this meeting to be the actual "birth" of Reading Roadrunners.

Our actual RR birthday fell on Sunday 15th January 2017 and two things took place that day.

Firstly, the TVXC race at Lightwater took place in the morning. Some of our runners wore 30 birthday badges, we had 30 birthday bunting around our club tent and we sang Happy Birthday on the start line before the race.

Secondly, the Reading Sports Awards took place in the evening. These awards are for various categories in many sports taking place in Reading, eg basketball, diving, athletics, rugby, football, swimming, synchronised swimming etc. The awards are made at a dinner in the Hilton Hotel, Basingstoke Road. RR put in an application for Club of the Year and we were informed that we had been nominated. We found on the evening that we actually won the Mayors Award. This was a real achievement for the club and especially so on our birthday. Thanks go to Sandy for putting the application together and Chris Mason for writing the paper supporting the application.

The celebrations continued with a special birthday cake in the bar after track on Wednesday 18th January. Thanks go to Peter Higgs.

RR held a tea party on Saturday 21st January. The founder members were invited and many attended. Many don't run now and some are no longer members. This was a very successful event. Lots of chat, banter, old photos, old videos etc. Thanks go to Catherine, Sandy, Margo and Fiona. Also thanks to Chris Drew and Peter Higgs. Peter made another birthday cake for this.

The Hampshire League XC races continued in January and February. Unfortunately the Prospect Park race scheduled for the 14th January was postponed due to travellers camping in the car park. This has now been rescheduled to take place on 4th March at the same venue. The race on the 11th February was moved from the original advertised venue to a new venue near Portsmouth. All went well.

The TVXC races for 2016/17 season have now ended and the league positions decided. Since the last newsletter we had the following races:- 15th Jan Bracknell, 22nd Jan Tadley, 29th Jan Metros and 5th Feb TVT.

RR sent teams to the SEAA Southern Championship XC race at Parliament Hill on Saturday 28th January.

Also on 28th January, RR held a social event with a visit to a Comedy Club in Reading. Everyone attending enjoyed the evening. Thanks to Social Sec Hannah for organising.

The Wokingham 1/2 Marathon took place on 12th February and RR contributed by supplying a team of marshals. Thanks to Roger for coordinating.

So, it was a very busy month. Coming up is our Bramley 20/10 race on 19th February and our Annual Dinner Dance on 25th February.

Also, RR membership renewals take place this time of year, membership runs out 28th February. Some of you have already renewed, thanks. There are 3 methods available to renew. Cheque with completed membership form in the post. Cheque or cash with completed membership form handed in at track on a Wednesday evening. Electronic payment via the email you have received.



Ladies' Captain - Report

CLAIRE SEYMOUR

With spring around the corner and the lighter evening's arriving, and those muddy TVXC run's almost a distant memory, I hope the start of those Half/Marathon training plans are going to plan, the weeks are flying by and its scary to think how long we have until the Reading Half and Brighton, Manchester and London Marathon's I'm sure they will be here before we know it!

January was a busy month for Cross Country with a fixture almost every weekend! which was certainly a bit tricky when trying to fit in those long runs. Sadly the season is about to come to a close, I hope those of you that have taken part in the TVXC league have enjoyed it, and even though we didn't come away with the Ladies trophy this year, I think it has been great that some of our ladies, for the first time, have had the opportunity to be on the scoring team. If, however, you are really missing the mud, we still have one final Hampshire League fixture of the season being hosted by Reading AC at Prospect Park on the 4th March (as long as the travellers decide to stay away of course!) so if you're interested in running please let myself or Mark know via teamcaptains@readingroadrunners.org.

Remaining TVXC Fixtures - Bracknell/Tadley/Metro's/TVT

From rain with lots of mud, to very cold and icy (black ice in places), we have certainly faced some challenging conditions throughout January into February, but our ladies rose up to the challenge, and I hope any runner's who suffered an injury at Tadley are fully recovered now. We had a good turn out of green vests across these fixtures, so thank you to everyone that turned up and ran! and an extra well done to our scoring ladies in these remaining fixtures, Alix Eyles, Sam Whalley, Susan Knight, Sally Carpenter, Catherine Leather, Toni Mcqueen, Joanne Sollesse and Donna Saunders. Our ladies team finished the season off in 9th place overall, combined result for the ladies and men's team - 6th position. I also wanted to say thank you to Katie Gumbrell for coordinating the helpers for each fixture, and all the willing volunteers who arrived early to take your names and money, Its very much appreciated by all of us runners.

Southern XC Championships - Parliament Hill

A small team of ladies took on the iconic and tough challenge of Parliament Hill. Conditions weren't quite as muddy as in previous years, but the course is very hilly so was still very gruelling! There is something about it that makes you want to return. Sam Whalley, Nicole Rickett, Toni Mcqueen, myself, Charlie Macklin and Maureen Sweeney made up the team, and we finished in 58th position. With quite a few teams behind us, we were pleased with our joint team effort, and all of the ladies have said that they would be happy to take on the challenge again next year.

Hampshire XC League - Havant

On a freezing cold snowy winters day we had the penultimate fixture of the Hampshire League. This course wasn't like traditional Hants XC fixtures as it was on a trail course held at Staunton Country Park. For us ladies it was a three lap course of 6.5K with a big hill at the end of each lap. Belinda Tull was our first lady home, having a very good run to finish in 30th position. Belinda has recently returned from the sunnier warmer climes of South Africa, so running a cold XC must have been a real shock to the system. Belinda was followed by Sam Taylor in 47th position (this was Sam's first Hants XC race, she has recently joined the club). Sam Whalley also had a good run in 57th place (Sam's highest position so far this season), with myself in 76th and Cecilia 100th position, overall on the day we finished in 9th for the seniors and 7th for the vets. With one final fixture we are currently lying in 4th overall for the vets and 7th for the seniors.

Wokingham Half Marathon

What an amazing turn out we had for the first race of our Club Championship! It was a cold Sunday morning, but proved perfect racing conditions as there were loads of PB's! Our ladies team did brilliantly finishing 2nd team overall, made up by Nikki Gray (our first lady finisher for the club), Katherine Sargeant (Katherine also ran a PB and a Championship time for London), Sarah Mcdade and Eleanor Roy. Well done to all the ladies that took part! hope it didn't take you too long

to warm up afterwards! I understand our ladies also won a few Berkshire Championship medals between them so well done all.

Southern 12/6 stage Road relays, Gravesend Cyclo Park, - Saturday 25th March

I'm currently looking for 3 ladies to make up a team of 6 for the above event. The ladies race starts at 1.00pm. The relay consists of four stages x 4.8 km and two stages x 7.2 km on traffic-free roadways. If you're interested in taking part please contact me asap by Monday 6th March at teamcaptains@readingroadrunners.org

Dates for your diaries

Saturday 4th March - Hampshire League Prospect Park

Sunday 18th June - Ridgeway Relay

Monday 1st May/15th May/5th June/3rd July - Southern Counties Vets Fixtures (Dates TBC)

Hope you have a good month of running!

Claire

Friday 5k- 24th February

Palmer Park, 1830 hrs



The Event

- Timed 5k, club organised, running event
- Aimed at runners of ALL abilities
- Track fee- £1.50 charge
- Minimum age for entry- 13yrs
- Open to all track members- RRR, Uni, SRC

The Social

- Teas, coffees & cake afterwards in the clubhouse
- Photos available on flick'r post event
- Donations to club charity- Sport in Mind

The Support

- Volunteers needed-contact fergal.donnelly@getronics.com
- Spectators welcome- bring friends & family!



Men's Captain - Report

MARK WORRINGHAM

Pete Morris's hairy backside is grinning at me from the calendar on the wall, which can only mean that it's February. And a very fine backside it is too, unashamedly unclad, unlike most builder's rear ends, which peak coquettishly from poorly fitting jeans as they bend to lift a breezeblock. In fact, it's not far off March, so I'll just check to see who I can take the mickey out of next month ... [checks] ... oh dear. Maybe I'll leave that one. Anyway, this means that cross country is coming to an end and thoughts turn back to the roads, and to the Bramleys, Readings and Londons.

There has been a veritable slew of TVXC races this month, with every week seemingly ending in a chance to run through some mud and then eat some sausage rolls. First up was Bracknell, and David McCoy II was the first green vest back this time in 10th, followed by a rare TVXC appearance from Chris Lucas in 12th. Jamie Smith (18th), Matthew Green (21st) and Andrew Smith (26th) were next across the line, with Ben Whalley (64th) and Fergal Donnelly (90th) scoring the vets points needed to put the men's team 5th.

There was barely time to draw breath before it was time for more TVXC at Tadley. Usually an extravaganza of mud, this time Tadley mixed it up by providing frozen mud, which was a delightful ankle-snapping novelty. Winner was new member Matthew Richards, a very handy addition to our team indeed. David McCoy II and Mark Apsey got top 10 positions, with Jamie Smith 11th and Mathew Green 15th. Points scorers for the vets were Brian Kirsopp (51st) and Julian Hough (68th). Overall, it was an improvement for us, with the men's team placing 3rd.

The TVXC circus then moved onto Metros and a smaller turnout for this most distant of the fixtures was inevitable, although 4th was not a disastrous performance by any means. A great run by Mark Apsey in 4th led the club home, and, after Andrew Smith in 23rd, there were some different scorers to usual, with Brendon Morris, Paddy Hayes and Monty Gershon scoring the points, along with the ever-present Fergal Donnelly.

The season closer was the Thames Valley Triathletes fixture at Bramshill, and we finished on a high note with one of our strongest performances of the season. Matthew Richards won with another dominant display, only needing one shoe to secure the victory. Mark Apsey won out in a close finish with David McCoy II, in 5th and

6th respectively, with Jamie Smith 11th, Doug Kelley 21st and Brendon Morris 29th. Fergal Donnelly and Brian Kirsopp were the requisite old chaps to round out the scoring.

Overall, we haven't been able to continue our dominance in the League that we've enjoyed over the last few years. In part, this has been due to some of our faster men concentrating on the Hampshire League, in which we've been doing very well. However, it's also been down to some of the other teams improving, with much stronger Bracknell Forest and Finch performances, and some of Datchet's main men coming back from injury. Something to work on next year.

Speaking of the Hampshire League, once again the Prospect Park fixture was cancelled due to an incursion of travellers, who seem to have a sixth sense for when cross country races are due to take place. Unless they weren't travellers at all, but hardcore fans of regional distance running, who pitched up early to get ringside seats. I don't think anyone knocked on the caravan doors to ask. Anyway, that fixture has been rearranged for 4th March, a date the travellers are no doubt pencilling into their itinerary as we speak. So, the fourth fixture was instead a new course at Havant. This being the weekend of the Wokingham half, numbers were low, but enthusiasm was high. Half our team had done a parkrun that morning, and I have a sneaking suspicion that one of them might already have had a pint. Lance Nortcliff was 28th and third veteran, thus keeping his hopes in the individual vets standings alive. Mark Apsey was 47th, closely followed by Ben Whalley in 48th, with Ian Giggs 111th, Colin Cottell 125th and Pete Morris 157th. An 8th place finish for the men overall keeps us safe in Division 1, whilst the vets bolstered their push for promotion from Division 2 with a 2nd place.

As if all of those cross country shenanigans weren't enough, there was the joy of the Southern Cross Country Championships at Parliament Hill. I am still suffering flashbacks of last year's horrors, so I opted/wimped out (delete as appropriate), but a fine team performance saw Reading Roadrunners in overall 37th. By all accounts, the ground was firm and runnable by Parliament Hill standards. A right old ding dong saw Jamie Smith come out ahead of Lance Nortcliff in 240th and 241st respectively. Only a few seconds back was David McCoy

II in 256th. According to the coaches who shout at their charges from the sidelines, this is known as "good packing", and is something to be admired, although I am never entirely sure why. Ben Whalley was 456th, Gary Tuttle 534th and Bill Watson 789th to round out the scoring team, with fine support from Ian Giggs, Colin Cottell, Gary Brampton and Daniel Rickett.

The first big road race of the year was, as usual, the Wokingham Half Marathon. After the wind-affected 2016 race, this year's edition was truly a vintage one for PBs. There were 20 PBs amongst the men, including all of the club's first seven finishers, so you'll forgive me if I don't namecheck everyone. However, some of the notable ones included Paddy Hayes knocking almost three minutes off, Paul Kerr almost matching that and Tony Streams taking his PB into the car park and smashing the hell out of it, whilst there were new bests for stalwarts like Chris Cutting and Gary Brampton. A two-minute PB for me got me 7th place and under 1:10 for the first time, and I was pushed hard by Matthew Richards for much of the race, who ended up 12th. Rob Corney took three minutes off his PB in 17th, whilst more PBs followed for Jamie Smith (44th), David McCoy II (47th), a huge PB for David Ferguson (114th) and Ben Whalley (121st).

All those excellent performances meant that we came very close to grasping the team title, just losing out to Serpentine. The chap on the PA even announced us

as the winners, leading to brief jubilation, before the reality dawned. More interestingly, in the Roadrunners three-to-score beards vs skins team competition, it was a clear victory for the baby-smooth chins of Worringham, Richards and Smith, scoring a 14 minute aggregate victory over the hirsute features of Corney, McCoy and Tuttle. This provides indisputable evidence to prove my theory that the wind resistance of a beard is equivalent to an additional 20 seconds per mile. Personally, I had the best of both worlds in that I trained in an unshaven state and shaved before the race, thus using the power gained through resistance training to cut through the air like Concorde, and it is to this that I attribute my massive PB. Meanwhile, McCoy's 60s counterculture/biblical prophet look probably cost him a sub 1:15.

Elsewhere, there was a win for Alan Freer in the Winter Tanners 20 mile race, whilst Ashley Middlewick followed up a marathon in Kent with one in Gran Canaria.

That's that for now, but just a gentle reminder that the men's captain role is available from the end of March. Having spoken to a few people, I understand that the task of writing the report seems daunting, and I realise I haven't exactly helped with the preceding couple of pages of waffle, but you really don't have to write that much. In fact, I'm sure there will be many who find a short concise report to be a blessed relief after all my meanderings over the last couple of years. So, please do give it a go if you're interested.

SPORTS MASSAGE AVAILABLE AT THE CLUB

WEDNESDAY FROM 6:30 WITH JUNE WILSON

Sports Massage is an important part of your training. Massage in general lengthens muscles, basically providing a good stretch, it moves lymph around the body helping to eliminate toxins. It also helps to relax the body.

Sports Massage goes a little deeper, it breaks down trigger points which may lead to injury and overtime it helps to remove scar tissue. Several of my customers have reported new personal best times after a massage at the club.

Sports Massage is available from 6:30 on Wednesday evenings for £10.
Pop into Changing Room 1 and give it a try.



Coaches Corner - Race Planning

ALEXA BRIGGS

I wanted to share a few tips about planning for races, so you can get everything in place for before, during and after the race to maximise your enjoyment and performance.

One week to go;

Start writing a list of all the things you want to take to the race, and if you have space start creating a pile of things to add to a few days before the event.

Have a think about what you eat in the week prior to the race;

- Healthy protein to maximise recovery and adaptation from all your training
- Higher than usual carbohydrate intake for the 2 days before the race; ideally from low GI foods like pulses, grains etc
- Keeping hydrated

Sleep is another one to watch out for, if you can try and prioritise lots of sleep as it will also help with recovery, adaptation and getting you feeling your best on the start line!

Have a go at writing down a race plan;

- What pace do you plan to run at?
- What can you do to stop yourself going off too fast?
- When and what are you going to eat?
- How will you keep hydrated?
- Do you have any mantras or technique tips you'll remind yourself of during the race?
- Do you have any specific worries about the race? Come up with some ideas on how you could reduce the likelihood of them happening or how you might respond if they do.

The day before the Race;

Get everything packed; have you got race kit, warmer clothes for before and after, food and drink, a route planned?

Eat well and have breakfast planned for race day morning.

Take a look at your training log and think about all the

training you have completed. All the sessions you have run, any races you've done before and the preparation you've worked on will put you in a great place for race day.

Consider writing some timings down for the race day. What time will you eat breakfast and pre race snacks? What time are you setting off? Are you going to warm up before the race? What are you going to eat and drink during the race and when? When and where will you meet people after the race? What do you want them to have ready for you? What snacks do you crave after a run?

Race Day!

Following your race day timings and plan can help reduce the stress on the day. Stick to a routine you know, especially for what you eat.

Get to the race in plenty of time if you can, make sure you've registered and have your chip and number. Double check your kit list to make sure you wear everything you need to the start.

Do a warm up if you want to. If you are feeling nervous or anxious, try a few deep breathing exercises and gentle shoulder rotations to help feel more calm.

Try your best to stick to the race plan pace and remember to keep relaxed and enjoy it. Use those mantras, technique tips and remember all the effort you've put in to get to the start line!

Remember to smile for the race cameras and aim for a glorious finish line photo, not one capturing the moment of you stopping your GPS watch :)

After the race prioritise you and your recovery. Stretch gently, get a massage if you can, change into comfy clothes and shoes. Eat and drink what you want to, if you can try a mix of protein and carbohydrates for best recovery. If possible don't stay seated too long; keep gently moving. Take regular breaks if driving home or you will seize up. Sleep is the best way for the body to recover, napping is definitely allowed!

Most importantly, savour the moment! Tell people, be proud of the work you put in before and during the race. No matter how you do on the day you've achieved far more than the majority of the population ever will.

2017 Championships

BOB THOMAS

As in recent years, we will run two Championship competitions through the year: a road & multi-terrain competition in which you need to return a result in some nominated races, and a separate marathon competition.

Trophies will be awarded to the winners in the various categories in spring 2018.

Road & Multi-terrain competition

The races for this year's Club Championship comprise:

Feb 12	Wokingham HM
Mar 26	Woking 5 ²³
Apr 14	Maidenhead 10
May 07	Marlow 5
Jun 04	Chiltern Chase 10K ³
Jun 18	Hampshire Hoppit HM ³
Jul 09	New Forest 10 ³
Aug 27¹	Headington 5
Sep 03	Maidenhead HM
Sep 17	Swallowfield 10K
Oct 01	O2O 10K
Oct 15	Tadley 10

¹ The Headington 5 is usually held on the last Sunday in August, but not yet confirmed.

² The Woking 5 was known as the Fair Oaks 5.

³ Multi-terrain races; all others are predominantly road races

Full rules to be found on the website. In brief:

- You don't need to register to take part: just enter some or all of the nominated races.
- To qualify, you must complete at least one race in each of the 5M, 10K, 10M, HM distance categories; it doesn't matter if you choose a road or multi-terrain race.

- You are competing with others in the same age & gender category:
- Men: Senior, M40, M50, M60, M65, M70, M75, M80
- Ladies: Senior, F35, F45, F55, F60, F65, F70, F75, F80
- The fastest club member's result in each age category scores 50pts; 49 for second fastest, etc. in each race
- Only your best points score at each race distance counts
- For your race result to count in the Championship, you **must wear club colours at the race**

Marathon competition

For the Marathon Championship:

- You don't need to enter to take part, just enter one or as many marathons as you like between 1Jan17 and 31Dec17, anywhere in the world.
- Make sure that your result is recorded in the Results section of the club newsletter.
- You are competing with other members in your gender and age category (see above).
- Results are based purely on race times, as recorded in the newsletter

For both championships, where chip times are available they will be used in preference to gun times.

Queries to champs@readingroadrunners.org

Roadrunners Results

NIGEL HOULT

One race dominates this month's results: the Wokingham half marathon. Traditionally the second most popular race after the Reading half, once again over 100 Roadrunners took part. The bitterly cold, still conditions plainly suited many runners, with 35 – almost a third of the field! – recording PBs (and I suspect that there will be one or two more who I missed). The performances at the head of the field were even more remarkable. Our two fastest runners (Mark Worringham and Matthew Richards) beat the best times achieved by a Roadrunner in any half marathon since at least 2012 when I started keeping records (and at Wokingham since at least 2010), and Mark came within 30 seconds of Howard Grubb's club record that has stood for over 20 years. Even our third placed runner (Rob Corney) beat the season's best for any year except 2015 (and missed that only by seconds), and all the first seven got PBs. Wokingham is also a Berkshire championship race, and we picked up a good many medals, including a clean sweep of the women's vet 45 category. Impressive runs by everyone, well done to all of you.

The other popular races were, as ever, the final four events of the Thames Valley league, where new member Matthew Richards made his mark by finishing first in the two in which he took part (on one occasion with only one shoe, I hear!), helping our men's team improve their placing in the process.

Next month sees our own ever-popular Bramley 20/10 races, followed the month after by the Reading half and then the London marathon. Good luck to all those running in these and other forthcoming races, and I look forward to seeing more PBs and, hopefully, the breaking of some club records that have stood for far too long.

This will be my penultimate results article; after doing this task for five years or so, I'm handing over to Jenny Gale after the next issue. To make the transition as painless as possible, please only use the official email address results@readingroadrunners.org, as opposed to my personal email or Facebook messenger, to pass on results and PBs. Once Jenny has taken over, she'll let you know how she would like to be contacted.

15th January

Winter Tanners

30 miles

Julia Molyneux	156	9:27:00
Pete Morris	157	9:27:00

20 miles

Alan Freer	1	3:29:00
Christine Usher	72	6:57:00

TVXC League, Bracknell

David McCoy	10	35:26
Chris Lucas	12	35:35
Jamie Smith	18	36:31
Matthew Green	21	36:46
Andrew Smith	26	37:15
Gary Tuttle	55	39:37
Ben Whalley	64	40:19
Tom Anthistle	76	40:55
Paddy Hayes	79	41:10
Fergal Donnelly	90	41:44
Julian Hough	93	41:51
Bill Watson	97	42:14
Ian Giggs	129	44:28
Richard Charley	133	44:47
Peter Cook	141	45:05
Alix Eyles	143	45:10
Mel Silvey	144	45:11
Stuart Jones	148	45:20
Keith Ellis	168	46:58
Vince Williams	193	48:37
Simon Brimacombe	226	50:24
Will Guest	233	50:46
Samantha Whalley	242	51:11
James Silman	257	52:25
Brian Fennelly	268	53:08
Susan Knight	271	53:21
Andy Atkinson	278	53:51
Peter Reilly	288	54:11
Sally Carpenter	291	54:35
Lee Hinton	292	54:36
Jim Kiddie	294	54:44
Catherine Leather	297	54:59
Michael Charlton	305	55:48
David Ferris	311	56:25
Peter Higgs	313	56:47

ROADRUNNERS RESULTS

Jo Sollesse	317	56:57
Andy Breakspear	323	57:31
Martin Douglas	328	57:53
Donna Saunders	334	58:23
Dave Brown	335	58:24
Louise Atkinson	339	58:38
Lin Morton	351	59:35
Anna Richmond	357	1:00:32
Katie Gumbrell	358	1:00:34
Chris Drew	371	1:03:31
Richard Morgan	377	1:04:29
Veronica Royle	383	1:04:57
Sarah Devoy	384	1:04:58
Bob Thomas	388	1:05:10
Sandy Sheppard	392	1:05:31
Lucy Bolton	399	1:06:35
Justin Watkins	401	1:06:48
Lisa Kilby	404	1:07:14
Caroline Hargreaves	405	1:07:15
Catherine Douglas	408	1:08:23
Linda Wright	414	1:09:33
Fiona Ross	415	1:09:34
Cecilia Csemiczky	416	1:09:46
Liz Atkinson	418	1:10:29
Carl Woffington	421	1:11:12
Kerry Eastwood	422	1:11:27
Juliet Fenwick	426	1:12:48
Kathy Tytler	430	1:15:49
Liz Fletcher	431	1:15:53
Hannah McPhee	438	1:21:40

Mens Team: 5th, Ladies Team: 9th, Overall: 7th

21st January

Ranscombe Challenge

Ashley Middlewick 9 26.2 miles in 3:34:15

22nd January

Gran Canaria Marathon

Name	Pos	Gun	Chip
Ashley Middlewick	105	3:14:30	3:14:17

Farnborough Half Marathon

Name	Pos	Gun	Chip
Nikki Gray	63	1:27:55	1:27:50
Steven Siddell	166	1:34:09	1:32:48
Sam Hammond	195	1:35:58	1:34:51
Joe Blair	383	1:43:08	1:39:42

Windsor Winter Half Marathon

Grant Hopkins	51	1:35:59
Amanda Rosser	201	2:00:23 2:00:14

Windsor Winter 15k

Kerry Eastwood	33	1:45:44
Trisha Arnold	34	1:47:49

TVXC League, Tadley

Matthew Richards	1	32:11
David McCoy	7	33:57
Mark Apsey	8	34:00
Jamie Smith	11	34:15
Matthew Green	15	34:42
Andrew Smith	28	36:02
Brendon Morris	40	37:36
Paddy Hayes	50	38:28
Brian Kirsopp	51	38:35
Julian Hough	68	39:35
Bill Watson	78	40:10
Andrew Long	82	40:14
Ian Giggs	93	40:50
Mel Silvey	112	42:29
Keith Ellis	129	43:30
Alix Eyles	149	45:04
Colin Cottell	153	45:18
Vince Williams	158	46:03
Simon Brimacombe	184	47:58
Tom Wright	189	48:15
Pete Morris	199	48:52
Brian Fennelly	204	49:09
Samantha Whalley	208	49:41
Andy Atkinson	211	49:54
Jim Kiddie	218	50:29
Catherine Leather	219	50:30
Martin Douglas	240	51:55
Peter Reilly	243	51:59
Toni McQueen	248	52:37
Andy Breakspear	258	53:28
Jo Sollesse	259	53:33
Charlie Macklin	269	54:12
Dave Brown	277	55:14
Donna Saunders	278	55:15
Lin Morton	283	55:48
Louise Atkinson	288	56:04
Peter Higgs	295	56:32
Richard Morgan	298	56:43
Susie Rees	301	57:18
Katie Gumbrell	307	58:25
Chris Cutting	308	58:26
Chris Drew	314	59:55
Angharad Shaw	319	1:00:16
Caroline Hargreaves	321	1:00:25

ROADRUNNERS RESULTS

Justin Watkins	327	1:01:42
Sandy Sheppard	329	1:02:09
Catherine Douglas	333	1:02:23
Lucy Bolton	334	1:02:25
Claire Seymour	342	1:03:22
Cecilia Csemiczky	348	1:04:52
Juliet Fenwick	358	1:07:45
Liz Atkinson	359	1:08:08
Carl Woffington	361	1:09:01
Linda Wright	363	1:10:04
Kathy Tytler	369	1:17:34
Sheryl Higgs	371	1:45:38

Mens Team: 3rd, Ladies Team: 9th, Overall: 5th

28th January

SEAA XC Championships, Parliament Hill

Senior Men

Robert Tan	166	56:38	(running for Reading AC)
Ryan O'Brien	206	57:45	(running for Reading AC)
Jamie Smith	240	58:26	
Lance Nortcliff	241	58:27	
Dave McCoy	256	58:40	
Ben Whalley	426	1:02:02	
Gary Tuttle	534	1:04:22	
Bill Watson	789	1:11:03	
Ian Giggs	829	1:11:57	
Colin Cottell	928	1:15:08	
Gary Brampton	1007	1:20:45	
Daniel Rickett	1056	1:27:32	

Team: 37th (Jamie, Lance, Dave, Ben, Gary, Bill)

Senior Ladies

Sam Whalley	352	42:15
Nicole Rickett	390	43:44
Toni McQueen	427	44:54
Claire Seymour	453	45:53
Charlie Macklin	510	48:55
Maureen Sweeney	555	53:41

Team: 58th (Sam, Nicole, Toni, Claire)

29th January

Marrakech Marathon, Morocco

Name	Pos	Gun	Chip
Caroline Jackson	18	3:33:33	3:33:08
Paul Monaghan	288	3:47:28	3:47:03
Christina Calderon	65	4:48:57	4:47:32
Phil Reay	629	4:48:57	4:47:33
Martin Bush	634	4:50:19	4:48:53

Positions are separate for men and women

TVXC League, Metros

Mark Apsey	4	34:09
Andrew Smith	23	36:26
Brendon Morris	32	37:51
Paddy Hayes	43	38:12
Fergal Donnelly	46	38:22
Monty Gershon	47	38:23
Brian Kirsopp	52	38:46
Julian Hough	61	39:35
Bill Watson	86	41:03
Alan Freer	95	41:51
Stuart Jones	101	42:37
Ian Giggs	109	43:06
David Fiddes	113	43:22
Vince Williams	132	44:54
Alix Eyles	133	45:03
Jonathan Moore	144	46:24
Will Guest	165	47:20
Andy Atkinson	174	48:42
Martin Douglas	178	49:23
Sally Carpenter	184	49:41
Jo Sollesse	192	50:36
Michael Charlton	201	51:26
Donna Saunders	204	51:57
Dave Brown	205	52:01
Lin Morton	225	53:37
Louise Atkinson	232	54:37
Charlie Macklin	242	56:03
Lucy Bolton	250	57:58
Catherine Douglas	270	1:02:22
Justin Watkins	274	1:05:33
Juliet Fenwick	278	1:06:09
Liz Atkinson	280	1:07:30

Mens Team: 4th, Ladies Team: 8th, Overall: 4th=

4th February

Thames Trot 50 mile

David Legg	82	9:35:04
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5th February

Gloucester Marathon

Caroline Jackson	41	3:35:48	4th F
Paul Monaghan	76	3:52:29	
Martin Bush	156	4:50:29	

Watford Half Marathon

Name	Pos	Gun	Chip
David McCoy	157	1:28:38	1:28:29
Dean Allaway	232	1:32:29	1:32:13

ROADRUNNERS RESULTS

Lucy Bolton	1500	2:20:54	2:18:26
Justin Watkins	1501	2:20:55	2:18:27
Caroline Hargreaves	1506	2:20:55	2:18:27

London Winter 10k

Name	Pos	Gun	Chip	
Sarah Urwin-Mann	57	38:25	38:20	2nd FV45
Katherine Sargeant	433	44:07	42:27	5th FV45
Antony Streams	1000	47:26	45:43	
John Bailey	8369	1:04:31	1:03:56	
Jennifer Mulhearn	10409	1:09:56	1:09:03	
Lorraine Bailey	10477	1:10:10	1:09:35	

TVXC League, Bramshill

Matthew Richards	1	32:59
Mark Apsey	5	35:31
David McCoy	6	35:34
Jamie Smith	11	36:10
Douglas Kelley	21	37:11
Brendon Morris	29	38:07
Paddy Hayes	45	39:51
Brian Kirsopp	49	40:00
Fergal Donnelly	58	40:39
Ian Giggs	60	40:45
Julian Hough	65	41:05
Ashley Middlewick	75	41:46
Bill Watson	77	41:54
Colin Cottell	88	42:33
Anthony Long	115	44:09
Alix Eyles	141	46:10
Vince Williams	153	46:45
Nick Adley	172	47:50
Chris Cutting	200	48:56
Dave Brown	205	49:11
Brian Fennelly	209	49:16
Samantha Whalley	223	50:05
Susan Knight	229	50:24
Pete Morris	232	50:31
Andy Atkinson	237	50:48
Barry Baker	240	51:02
Martin Douglas	250	51:30
Peter Reilly	256	51:56
Peter Higgs	257	52:00
Catherine Leather	271	52:54
Michael Charlton	283	53:59
Andy Breakspear	285	54:32
Lin Morton	289	54:50
Katie Gumbrell	300	55:36
David Ferris	302	55:38

Charlie Macklin	307	56:16
Chris Drew	344	1:00:05
Claire Seymour	345	1:00:16
Tom Harrison	360	1:02:32
Sandy Sheppard	363	1:03:14
Catherine Douglas	364	1:03:15
Cecilia Csemiczky	371	1:04:00
Linda Wright	374	1:04:50
Kerry Eastwood	376	1:04:55
Kathy Tytler	380	1:05:21
Liz Atkinson	387	1:07:39
Sev Konieczny	393	1:09:02
Juliet Fenwick	397	1:10:32

Mens Team: 2nd, Ladies Team: 8th, Overall: 6th

11th February

Hampshire XC League

Ladies

Belinda Tull	30	28:36
Sam Taylor	47	30:06
Samantha Whalley	57	31:29
Claire Seymour	76	33:56
Cecilia Csemiczky	100	40:32

Ladies Team: 9th

Ladies Vets Team: 7th

Men

Lance Nortcliff	28	36:22	3rd MV
Mark Apsey	47	38:04	
Ben Whalley	48	38:07	
Ian Giggs	111	43:29	
Colin Cottell	135	46:18	
Pete Morris	157	53:11	

Mens Team: 8th in Division 1

Men Vets Team: 2nd in Division 2

12th February

Punchbowl Trail "Marathon" (20.6 miles)

Alan Freer	1	3:15:00
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Wokingham Half Marathon

Name	Pos	Gun	Chip	
Mark Worringham	7	1:09:52	1:09:52	PB
Matthew Richards	12	1:10:26	1:10:24	PB
Rob Corney	17	1:11:53	1:11:51	PB
Jamie Smith	44	1:15:56	1:15:54	PB
Dave McCoy	48	1:16:09	1:16:02	PB
David Ferguson	115	1:20:44	1:20:00	PB
Ben Whalley	122	1:21:14	1:19:50	PB
Gary Tuttle	139	1:22:25	1:22:14	

ROADRUNNERS RESULTS

Patrick Hayes	177	1:24:19	1:23:44	PB	Eddie McIndoe	948	1:51:04	1:49:11	
Nikki Gray	217	1:26:21	1:26:03		Samantha Whalley	960	1:51:18	1:48:24	PB
Tony Walker	223	1:26:34	1:26:16		Pete Morris	975	1:51:45	1:49:24	
Paul Kerr	228	1:26:49	1:25:50	PB	Paul Carter	985	1:52:02	1:48:48	
Chris Cutting	240	1:27:19	1:26:31	PB	Gillian Gillard	988	1:52:14	1:50:29	
Dan Brock	250	1:27:43	1:27:06	PB	Joanne Sollesse	1009	1:52:55	1:50:22	
Gavin Rennie	275	1:28:34	1:28:11		Colin McCarlie	1054	1:54:26	1:51:03	
Brooke Johnson	279	1:28:41	1:27:43	PB	Peter Reilly	1067	1:55:01	1:54:27	
Katherine Sargeant	311	1:30:18	1:29:45	PB	Richard Morgan	1104	1:55:51	1:52:34	
Justin Simons	343	1:31:26	1:30:57	PB	Claire Seymour	1133	1:56:40	1:53:23	
Darrell Robins	356	1:32:03	1:31:34		Nicholas Adley	1142	1:56:52	1:56:46	
Sarah McDade	358	1:32:06	1:30:44		Donna Saunders	1169	1:57:22	1:55:01	PB
Bill Watson	365	1:32:23	1:31:54		Amanda Box	1171	1:57:22	1:55:01	PB
Simon Palmer	375	1:32:40	1:31:41	PB	Robert Hele	1189	1:58:03	1:56:56	
Gareth Goodall	376	1:32:41	1:32:22		Paul Godbold	1221	1:59:10	1:57:26	
Julian Hough	400	1:33:32	1:32:55		Phil Reay	1225	1:59:18	1:56:26	
Eleanor Roy	405	1:33:47	1:32:47		Christina Calderon	1226	1:59:18	1:56:26	
Fergal Donnelly	431	1:34:55	1:32:51		Colin Byers	1227	1:59:20	1:56:04	
Belinda Tull	440	1:35:10	1:34:56		Zoe De La Pascua	1294	2:02:02	1:58:28	PB
Claire Marks	444	1:35:17	1:34:30	2nd FV50	Peter Higgs	1300	2:02:18	1:58:05	
Tony Streams	451	1:35:28	1:34:54	PB	Andy Dingle	1339	2:03:34	2:01:14	
Chris Buley	481	1:36:43	1:35:15	PB	Kathy Vickers	1377	2:05:08	2:01:57	
Simon Denton	500	1:37:26	1:35:08		Rita Dykes	1389	2:05:47	2:01:46	
Caroline Jackson	504	1:37:30	1:36:50		Chloe Lloyd	1423	2:06:55	2:02:55	PB
Chris Manton	509	1:37:43	1:36:23	PB	Paloma Crayford	1443	2:07:48	2:03:37	
Gemma Buley	511	1:37:44	1:36:16	PB	Kim Stevens	1447	2:07:59	2:04:49	
Eugene McSorley	519	1:38:03	1:36:39		Neil Carpenter	1465	2:08:41	2:04:33	PB
Keith Ellis	531	1:38:21	1:37:05		Kevin Bilsby	1486	2:09:53	2:06:42	
Kevin Jones	535	1:38:33	1:38:09		Laura Batten	1493	2:10:10	2:05:44	
Brian Kirsopp	538	1:38:36	1:36:50		June Bilsby	1504	2:10:43	2:07:32	
Paul Monaghan	601	1:40:16	1:39:32		Linda Wright	1517	2:11:13	2:07:54	
Gary Brampton	618	1:40:44	1:39:15	PB	Martin Douglas	1520	2:11:17	2:06:56	
Dave Wood	619	1:40:49	1:39:05		Lin Morton	1521	2:11:18	2:06:57	
Vince Williams	625	1:40:56	1:40:18	PB	Catherine Douglas	1522	2:11:18	2:06:57	PB
Mary Janssen	646	1:41:36	1:40:11		Bob Thomas	1538	2:12:05	2:08:00	
Robert McEnaney	666	1:42:13	1:41:18		Fiona Ross	1554	2:13:25	2:10:06	PB
Lesley Whiley	674	1:42:33	1:42:15		Lucy Bolton	1604	2:15:48	2:10:54	PB
Daniel Rickett	691	1:43:06	1:41:01	PB	Adele Graham	1625	2:16:54	2:15:09	
Lee Hinton	695	1:43:10	1:40:52		Tom Harrison	1631	2:17:23	2:13:09	
David Brown	732	1:44:06	1:41:56	PB	Sandra Sheppard	1650	2:19:43	2:17:20	
Nicole Rickett	767	1:45:17	1:43:12	PB	Andrea Marnoch	1655	2:19:49	2:16:40	
Catherine Leather	797	1:46:12	1:43:55	PB	Liz Atkinson	1670	2:20:50	2:17:23	
Brian Fennelly	835	1:47:28	1:45:17		Ray McGroarty	1687	2:21:43	2:17:47	
Andy Atkinson	843	1:47:58	1:45:35		Kathy Tytler	1698	2:22:49	2:18:41	
Stephen Dellow	862	1:48:38	1:46:45		Kerri French	1714	2:25:16	2:20:23	
Elizabeth Ganpatsingh	894	1:49:34	1:46:51	PB	Anne Marie Cocker	1756	2:30:45	2:27:16	
Roger Ganpatsingh	895	1:49:34	1:46:52		Julie Bagley	1758	2:30:50	2:26:13	
Fleur Denton	916	1:50:07	1:47:49		Jennifer Mulhearn	1773	2:36:14	2:31:03	
Mo Fassihinia	937	1:50:37	1:48:13		Juliet Fenwick	1774	2:36:14	2:31:03	

Janice Thomas 1789 2:40:54 2:37:09
 Mens Team: 2nd (Mark, Matthew, Rob, Jamie)
 Ladies Team: 2nd (Nikki, Katherine, Sarah, Eleanor)
 Berkshire Championships
 Senior Men: Silver – Jamie Smith
 MV40: Silver – Ben Whalley
 MV50: Gold – Gavin Rennie, Bronze – Tony Streams
 Senior Ladies: Silver – Nikki Gray
 FV45: Gold – Katherine Sargeant, Silver – Claire Marks,
 Bronze – Mary Janssen
 FV55: Gold – Lesley Whiley

Worthing Half Marathon

Name	Pos	Gun	Chip
Peter Cook	1492	2:29:24	2:26:59
Kerry Eastwood	1493	2:29:24	2:26:59

Season's Bests

Ladies

5 miles	No result	
10k	Sarah Urwin-Mann	38:20
10 miles	Claire Seymour	2:21:11
Half Marathon	Nikki Gray	1:26:03
20 miles	Christine Usher	6:57:00
Marathon	Caroline Jackson	3:33:08

Men

5 miles	No result	
10k	Lance Nortcliff	33:53
10 miles	Colin Cottell	1:32:35
Half Marathon	Mark Worringham	1:09:52
20 miles	Alan Freer	3:29:00
Marathon	Ashley Middlewick	3:14:17

Special Notices



Bob has been missing for five weeks now - last seen Lightwater Woods, 15/01/2017. Please check your sheds.

DOG/KNITWEAR OF THE MONTH

Daphne sports Roadrunners branded tank top from Esmé's Wardrobe. Keep your dogs in jumpers pictures coming in.



Reading Roadrunners Committee Meeting

TUESDAY 13 FEB 2017 – 7:30PM

The Committee

Carl Woffington	(Chairman)
Simon Denton	(ex-Officio)
Andy Dingle	(ex-Officio)
Anne Goodall	(Membership Sec)
Catherine Leather	(Coaching Liaison)
Hannah McPhee	(Social Sec)
Paul Monaghan	(Social networks/ Webmaster)
Alan McDonald	(ex-Officio)
Sandra Sheppard	(Treasurer)
Bob Thomas	(General Sec)

Apologies for absence

Andy, Hannah, Alan

Minutes of the previous meeting

The minutes of the previous meeting were proposed as a true record by Anne, seconded by Paul.

Matters arising from the minutes of the previous meeting

Role vacancies Several posts are being relinquished at the forthcoming AGM:

- Men's team captain
- Ladies' team captain
- TVXC RR Race Director
- Race Results Co-ordinator
- Welfare Officer
- Charity Bank Account Manager

Carl is in discussion with members regarding the Men's Team Captain and the TVXC Race Director, and invites expressions of interest in regard to the other posts, by email to chairman@readingroadrunners.org.

Online renewals Bob issued invitations to renew online through the England Athletics website on 2Feb17. Only members affiliated to EA through the Club are able to use this service. 116 members are recorded as having renewed online in the two weeks since the service has been available.

London Marathon coaches Bob has booked the coaches to take runners, marshals and spectators to the London Marathon on 23Apr17. Unlike previous years, the return buses will need to leave at the designated times: 4, 5 and 6pm; the 6pm bus will be reserved for Tower marshals.

Action: Bob to draft a briefing note to explain the

restrictions to members signing up for the LM coaches.

Club Championship Bob posted the list of races nominated for this year's Club Championship on the noticeboard on 8Feb17. Trophies for last year's winners have been procured and will be presented at the Dinner Dance.

Chairman's report

Events Carl recounted some of the events in which the Club has been involved recently, including:

- 14Jan. Hants XC: Prospect Park (Cancelled)
- 15Jan. Official 30th anniversary of the founding of Reading Roadrunners
- 15Jan. TVXC Lightwater Country Park
- 15Jan. Reading Sports Award: RR awarded as the best local sports club. The Club's proposition was deftly orchestrated by Sandy and Chris Mason
- 18Jan. Birthday cake at the track provided by Peter Higgs to celebrate the 30th anniversary
- 21Jan. Tea party to celebrate the 30th anniversary with founder members, organised by Sandy and Catherine and supported by many others
- 23Jan. TVXC Tadley
- 28Jan. SEAA XC Championships at Parliament Hill
- 28Jan. Comedy night: a very successful social event organised by Hannah
- 29Jan. TVXC Metros
- 04Feb. Chairman marries Tina
- 05Feb. TVXC Bramshill plantation
- 11Feb. Hants XC Portsmouth
- 12Feb. Wokingham Half Marathon, supported by over 100 club runners and many marshals around the course on a bitterly cold day

Notable forthcoming events include:

- 19Feb. Bramley 20/10 – marshals still required for this event
- 25Feb. Annual dinner dance at Sonning Golf Club
- 04Mar. Hants XC Prospect Park, re-arranged from 14Jan.

Treasurer's report

Club Accounts The annual audit of the Club’s accounts is underway.

Sponsored events Following a request from the team captains for the Club to reimburse team travel expenses to a recent XC event, Sandy asked for clarification on what has been agreed: which races does the Club sponsor and what is the extent of that sponsorship?

Following a lively discussion, it became evident that this is not universally understood.

Action: Carl & Sandy to document the list of races for which the Club will pay team entry fees and to clarify what, if any, other expenses will be covered; and to publish the statement to the Team Captains.

Charity donation The Committee agreed to donate £5300 to the Charity for inclusion in the cheque to be presented at the dinner dance. This amount is in keeping with donations of recent years, and is funded by profits returned by the Bramley and Shinfield races. (The profits from Mortimer are paid directly into the Charity account.)

General Secretary’s Report

Equipment insurance Bob reported that the equipment insurance is due for renewal at a cost of £199.

Membership Secretary’s Report

Anne reported that 21 new members joined during January and five renewals were received.

Anne noted that renewals were accruing slower than usual and asked Carl to send out a reminder that subscriptions are due by the end of February.

Social Secretary’s Report

Comedy night All reports are that the Comedy Night, organised by Hannah, was a hugely successful event.

2018 Dinner dance Hannah intends to seek alternative venues for the 2018 dinner dance.

COACHING REPORT

None received.

ANY OTHER BUSINESS

Ladies Captain Carl reported that Claire Seymour intends to stand down as the Ladies’ Captain at the AGM. Carl thanked Claire for her contribution as the Ladies Captain.

Action: Carl to recruit a Ladies’ Captain.

AGM Bob needs to organise the venue for the AGM, which would usually be held around 21 March. Catherine will investigate whether the Bowls Club would be available as it offers better facilities and easier parking than St Peter’s hall.

As last year, members who have registered an email address with the Club will receive their AGM pack electronically unless hardcopy is specifically requested at gensec@readingroadrunners.org.

Club 30th anniversary book Sandy and Paul reported that the book recalling the history of the Club over the past 30 years is close to publication, expected to comprise around 100 pages. They asked that it should be available to members at cost price, which the Committee agreed.

Vets Track & Field event In response to a proposal received from the Men’s Captain, Mark Worringham, the Committee agreed that the Club should jointly organise this year’s event with Bracknell Forest Runners, as was the case last year.

Revision of the Constitution & Rules As has been previously minuted, the Committee has been working on a revision of the documents that define how we operate as a club and what is expected of the Committee in assuring that the Club continually strives to meet its stated objectives. The draft documents were reviewed, with no substantive amendments being required.

The Committee will propose to the forthcoming AGM that these documents should be adopted as the Club’s formal governance documents.

School fun run Carl has been approached by a school fun run that would like to hire a clock, to which the Committee agreed. The usual contribution to the Charity account and a £100 refundable damage deposit applies.

Door Rota

15Feb17	Anne, Shirley
22Feb17	Anne, Shirley
01Mar17	Anne, Alice
08Mar17	Anne, Christina
15Mar17	Anne, Shirley

DONM: 7Mar17