

**** 2017 Men's Team Highlights ** by Phil Reay, Men's Team Captain**

I've always found the period between Christmas and New Year to be one of reflection and a time to celebrate the achievements of the year. In this, our 30th Anniversary year, 2017 has produced some stellar performances from the Men's Team. Here are just some of the highlights.

- **Matthew Richards** breaks **Chris Mason's** 20mile record with a time of 1:53:59 at Bramley. The record had stood for two decades. Matt continued his form throughout the year with wins at Tadley 10 and a dominant run at Clarendon Half Marathon, which he won by over 9 minutes. He rounded off the year in New York City finishing 3rd Matthew, 4th Brit and 72nd overall.
- **Duncan Mollison** smashed the 400m, 800m and 1500m club records with times of 54:37. 2:00:96 and 4:11:73 respectively. After becoming Berkshire 800m Champion, he won bronze in the British Masters Championships before selection for Team GB squad for the European Masters Championships in Denmark where he finished 11th and first Brit.
- **Mark Worringham** celebrated his call-up to the England Team for the British XC Championships by winning a silver medal. Mark had already won a Bronze on the track at the British Masters. Mark also dominated his home race, winning the Woodley 10K.
- No fewer than 22 men ran PBs at the Wokingham Half Marathon, including our first seven finishers. Runs from **Mark Worringham, Matt Richards, Rob Corney and Jamie Smith** secured 2nd place in the team competition.
- In the Hampshire XC League our Vets team won Division 2. **Lance Nortcliff** led the way with overall victory in the individual vets league. Lance also enjoyed success on the track this year with Bronze in the British Masters Championships in Birmingham.
- **Rob Corney** cruised to victory at the O2O 10K, following incredible performances earlier in the year where he was 2nd at Goring 10k, 3rd at Race the Train and 4th in the notoriously difficult Snowdonia Trail Marathon.
- **Alan Freer** added several accolades to his collection including victory in the v60 category at Hillingdon Half Marathon
- **Nigel Hault** won more v60 gongs including at the Down Tow Up Flow Half Marathon and Swallowfield 10K.
- **Paul Jenkins** won the v70 cat at Lisbon marathon
- **Tom Harrison** took victory in the v80 category at the Heartbreaker Half Marathon and the Maidenhead 10. He is also the fastest 80+ marathon runner in Britain for 2017 with a time of 4:46:57 at London.
- **Brian Grieves** finished 2nd out of a field of 118 in the solo competition at Endure 24 running a total of 115 miles over 23 laps. In the 3-5 team category a Reading team came 2nd with **Keith Russell, Ryan O'Brien, Brendan Morris, Ashley Middlewick** and **Matthew Green** running 205miles between them.

- **Donald Scott-Collett** completed 'The Toughest Footrace on Earth', The Marathon Des Sables. A self-supported race over 237km of the Sahara Desert in temperatures above 50 degrees C.
- Sub 3hr Marathons from 12 men: **Matthew Richards, Rob Corney, Seb Briggs, Rupert Shute, Brendan Morris, Andrew Smith, Gary Tuttle, Lance Nortcliff, Ben Whalley, Jamie Cole, Ashley Middlewick & Keith Russell.**
- Good For Age Marathon times (based on London) for: **David McCoy, Dan Brock, Brian Grieves, Tony Walker, Gavin Rennie, Peter Aked, Brian Kirsopp and Alan Freer.**
- Huge marathon PBs at Marathon Majors for, **Paul Kerr** (London), **Brooke Johnson, Simon Denton and Tony Streams** (all Berlin).
- **Brian Kirsopp** entered the Guinness Book of Records as the fastest to run a Marathon dressed as a postman.
- 24th from 278 teams at the Vitality 10,000m British Championships with a team of **Rob Corney, Chris Lucas, David McCoy, Lance Nortcliff, Matthew Richards, Ben Whalley**
- **Stuart Kinton** earned a 100mile belt buckle finishing the South Downs Way 100 in a time of 22hrs 7mins.
- **Mark Worringham** and **David McCoy** made it an overall RR 1-2 in the 3 race Yateley 10k series.
- **Ian Giggs** celebrated his 400th parkrun and finishes the year having ran 419 at 220 different venues across 7 countries. He's also completed 63 consecutive Yateley 10Ks over 21 years
- Our men's team had two 3rd place finishes in the Vets Track & Field League. A great achievement against seven specialist Athletics Clubs. Team: **David Fiddes, Nigel Hault, Peter Higgs, Clive Bate, Brian Grieves, Duncan Mollison, Dave Brown, Ian Giggs, Ben Paviour, Lance Nortcliff, Andrew Atkinson, Mark Worringham, Phil Reay, Ben Whalley, Pete Jewell**
- **Wayne Farrugia** finished in the top 6% at the 100km Race to the Stones event.
- **Mark Apsey** won the Woodland 5
- **Ben Paviour** and **David McCoy** make it a RR 1-2 at Swallowfield 10K
- **Ben Paviour** won Pangbourne 10k
- **David McCoy** finished inside the top 50 from a field of 8,500 at the Great Scottish Run achieving a PB of 1:15:24 in the process.
- At Mortimer 10K, **Keith Russell, Chris Lucas and Mark Apsey** took the podium positions
- Big PBs at several distances for **Brendan Morris, Tony Streams, Neil Carpenter, Gary Tuttle, Dan Brock, Fergal Donnelly and Dave McCoy.**
- In the Ridgeway Relays we were awarded the shield to keep for most previous wins.
- 2nd place from 54 teams in the Runnymede Relays; **Mark Apsey, Pete Jewell, Lance Nortcliff, Mel Silvey, Ben Whalley, David McCoy**
- In the SEAA Road Running Relays we were the first non-London team and 4th overall from 30 teams.

- In the Berkshire Road Running Championships, **Gavin Rennie** won the trophy in the v50 category, **Daniel Rickett** took Bronze in the Seniors and **Phil Reay** Bronze in the v40 category.
- **Paul Monaghan** and **Dean Allaway** joined the prestigious 100 marathon club
- **Martin Bush** joined the 900 marathon club and finished the year on 928 marathons.
- **Pete Morris** completed his 500th Marathon and continued to lead his popular Monday evening recovery run group, The Chug.
- Head Coach **Simon Davis** completed the worlds oldest Ultra-marathon, Comrades, in South Africa and later added marathon major medals from Berlin and Chicago to his collection.
- Won Berks, Bucks, Oxon XC Vets Championship. Team of **Seb Briggs, Rob Corney, Lance Nortcliff, Chris Lucas, Jamie Smith, Brian Kirsopp, Ian Giggs, Colin Cottell, Ivan Harding, David Caswell, Andy Atkinson, Andrew Smith, Peter Higgs, Nick Adley**
- The adventures of **Ashley Middlewick** ended on a 2017 high with 4th place in the Puglia Half Marathon. In a field of over 400 runners he took over 3 mins off his PB to finish in 1:19:18.
- **Dave Wood** entertained us and was the only Brit (probably) to run marathons in Spain, Jordan, South Africa, Vietnam & Nepal during 2017.
- After running Comrades down run last year (89km), my own personal highlight of the year was returning to South Africa this year and completing the up run (87km) to earn the much coveted Back-to-back medal.

Sincere apologies if I've missed any major achievement (there's bound to be some). Congratulations to everyone on your achievements and on behalf of the club thank you for choosing to run in a Green Vest.

We've had 79 new men join the club in 2017 and go into 2018 with great momentum and yet more strength in depth. Go Green Vests!