



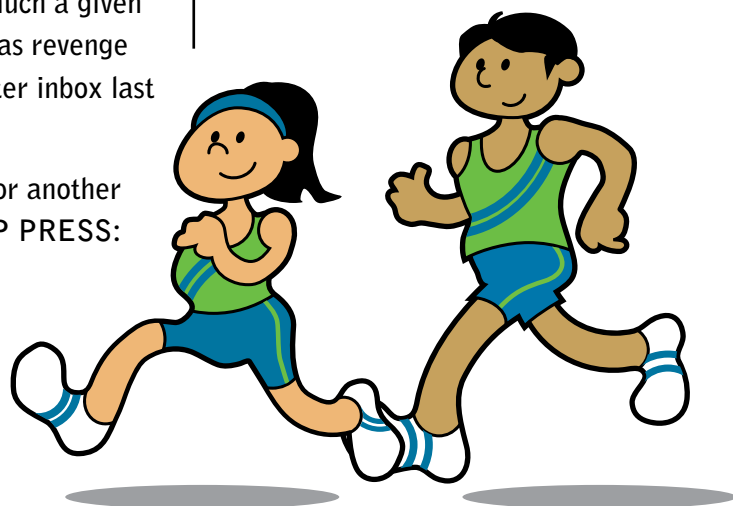
READING ROADRUNNERS NEWSLETTER MAR 2017

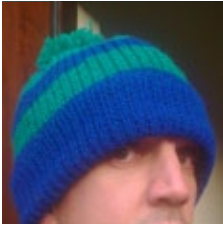
We are a simple bunch at the newsletter, easily impressed by bright colours, loud noises etc. So when somebody (let's call her No.1781) starts acting up to the cameras at a certain high-profile 20 mile road race, it's pretty much a given that they will end up on the cover. This also serves as revenge for the photo of Bob that 'ended up' in the newsletter inbox last month. Never, EVER mess with the Gen Sec...

Hearty congratulations go to Adele and the team for another hugely successful Bramley event this month. (STOP PRESS: Congratulations also go to our Coach Alexa on her wedding this weekend!) These things (races, not weddings) couldn't go ahead without so many members giving up their time. Please support the upcoming Shinfield 10K equally well - it's only seven weeks away!

INSIDE THIS MONTH:

- **SOCIAL CALENDAR**
- **COACHES CORNER**
- **2017 AGM**
- **SPRING DO**





Welcome from the Editor

CHRIS CUTTING

2017 CAMBRIDGE
BOUNDARY MARATHON
DNF



ON/PT standing and weightbearing GCS 15
A10x3.

BE/Able to walk to ambulance. Very hesitant
to bend knee, but sat in chair. knee seized
up on journey, but again able to mobilise to
med room. NO obvious swelling or redness to lateral
side of (L) knee. Given ice pack. Pain on palpation
Non radiating. Given analgesia.
Advice/rest and ice knee. If worsens or
fails to improve see GP.

Transporting / Left scene ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Pre-alert ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Legend: Burns = ■ Pain = ●

In some ways it's a sad edition this month as we bid farewell not only to both our captains and charity coordinator, but also to our results compiler. I would like to thank Claire, Mark, Nigel and Susie for their patience with my nagging, hectoring and occasionally printing the wrong version of their article, if not missing it out entirely. I'm sure you will join me in wishing them well and will support our two new captains (Katie Hopkins and Piers Morgan) when they submit their first reports next month.

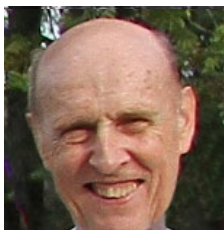
On another sombre note, I would like to wish Richard Morgan all the best as he recovers from a stroke he suffered at the end of February. Richard is well known to the newsletter for his encyclopedic knowledge of results, not only of local running but seemingly most other sports as well and it feels genuinely strange not to hear his voice at track on Wednesday evenings. We all wish Richard a full and speedy recovery.

Enjoy your running this month!

Reading Roadrunners ANNUAL GENERAL MEETING

This year's AGM will be held on Tuesday 21st March 2017
at
Sutton Bowls Club, Chalfont Way, Lower Earley RG6 5HQ.
The meeting will commence at 19:15

If you wish to have a vote, please bring a valid 2017 membership card



Chairman Chat

CARL WOFFINGTON

The month started with our own Bramley 20/10 race on 19th February. There was a major wobble a few days before the race but it was sorted and nobody outside the race organisers would know. However, it is one of those things that added major stress to those directly concerned. The weather on race day was kind to us again. The race itself went without incident and there were many favourable comments from runners afterwards. Thanks to Adele, the team and volunteers.

Tony Canning and team staged another track timed 5000m run on 24th February. These are getting more popular with bigger fields. It was followed by the social. Thanks to Tony and team.

The cross country season has now ended. The last two events took place in February and March. On the 24th February we sent teams to the National XC Champs in Nottingham. The postponed Hampshire League XC race at Prospect Park was finally held on 4th March. Results and comments will be found in the Team Captains reports.

We held our RR Annual Dinner Dance at Sonning Golf Club on 25th February. There were many favourable comments afterwards regarding both the food quality and the band. Thanks to Toni and Anne for organising. There was the Charity Cheque presentation to Sport in Mind. Thanks to Susie Rees for running the RR Charity for the year. There was also the trophy presentation for the RR 2016 Club Championship. Thanks to Bob Thomas for organising this. Trophies were presented by our guest of honour Chris Sumner – thanks Chris.

Coming up in the near future we have:-

19th Mar – Reading 1½, always loads of green vests running and we provide volunteers.

21st Mar – AGM, new venue, you all have details by now. Please try to attend.

26th Mar – Woking 5 mile, RR Champs 2nd race

1st Apr – RR contribution at the Woodley parkrun

14th Apr – Maidenhead 10, RR Champs 3rd race

23rd Apr – London Marathon, runners and marshal teams

29th Apr – Spring Do including presentation of the RR XC Awards, look out for details

If you have renewed your RR membership already then please ignore the following. If not, please read on. Membership ran out 28th February. However, RR allows you to renew during March without penalty. If you have not renewed by 31st March then RR considers your membership has lapsed. You are no longer a RR member. From the 1st April you have to re-join and the renewal subscription fee no longer applies. You have to pay the subscription to join as a new member. The re-join subscription is typically £2 more than the renewal subscription. 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

So this is my final report as Ladies Captain as the time has come to hand the reins over. It has been a busy 2 years and I have thoroughly enjoyed organising teams for Runnymede, the Ridgeway, Southern Counties vet league and also organising teams for the Cross Country fixtures etc. I would like to say a personal thank you to everyone who has supported me in my role by turning out to run/volunteer at the team events I have organised, and the Cross Country fixtures, whether it be the Hampshire League or TVXC. I would also like to say thank you to Men's Captain Mark Worringham for all your help and support over the last 2 years. And I would like to wish the new Captains every success. I will look forward to taking part in some of the team events over the summer!

So on to what's been happening this month..

Bramley 20/10

Our own fixture always attracts a great turn out of green vests and this year was no exception. the 20 mile race is a great way to complete one of your marathon training runs with company. Although I notice there were quite a few PB's in the results which must be a good sign for any upcoming marathons! Our ladies team made up of Carrie Hoskins, Erica Key and Caroline Jackson finished 1st which was a great result! Well done Ladies!

The 10 mile race equally had a good turn out of RR's with lots of PB's, with our Ladies team again finishing 1st! Congratulations goes to Katherine Sargeant, Helen Pool and Sophie Hoskins. With Katherine finishing 2nd FV45 and Helen 2nd FV40. Very well deserved result for our ladies!

Well done also goes to the ladies who completed the 10 or 20 mile distance for the first time! I heard there were a few of you!

National XC Championships - Wollaton Park

A small team of RR ladies took on the iconic and tough challenge of the Nationals. If you enjoy running up hills, through mud and water, and lots of it, I definitely recommend this race to put on your 'to do' list. It's very rewarding when you get to the finish line knowing you

have completed this very tough course! It was great to see that the ladies race had around 800 runners, and apparently numbers have improved from last year, which is a good sign! So definitely consider this one for next year!

Hampshire XC League - Prospect Park, Reading.

This was the final fixture of the season! We had a good turn out of ladies, Sarah Urwin-Mann, Belinda Tull, Sam Whalley, Toni McQueen, Alix Eyles, Maureen Sweeney, Cecilia Csemiczky, & myself.

Sarah placed in 15th position, and wrapped up, on aggregate, the 2nd vet lady spot for the season. Belinda had a great run finishing in 32nd and in the top 10 overall for the vets, with Alix 41st, Sam 61st, myself 73rd, Toni 76th, Maureen 89th and Cecilia 93rd. On the day we finished 10th senior team and 3rd for the vets! So overall we finished 6th senior team and 3rd vet team which is an amazing result for us! and possibly the best position we have finished in for a long time! So I would like to say well done and thank you to all the ladies that gave up their Saturdays to travel to run in this league.

Dates for your diaries

Sunday 18th June - Ridgeway Relay

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

Saturday 1st July - Runnymede Relays

Wishing you all good running (injury free!) and lots of PB's for the coming months!

Claire



Men's Captain - Report

MARK WORRINGHAM

Welcome all to my last ever captain's report in these hallowed pages. I will be doing the emotional stuff further down the page, thanking my wife, parents, one or more deities, the Academy and my beautiful co-star Jeremy Irons and so on, but before that begins, I must quickly rattle through the events of the last month.

We begin at Bramley. Simply writing down the names of all the men who ran PBs in either the 20 or the 10 would take up half the page on its own, so I will not do that. However, a big mention must definitely go to Matthew Richards, who hasn't been in the club long enough to know that it's rude to go round pinching Chris Mason's club records off him. Matthew knocked a very sizeable chunk off Chris's two-decade old club 20 mile record, running a stunning 1:53:59. That's pretty quick, and it looks like Matthew may put more of our club records under considerable pressure. Of note is that four of our seven men's records were now set in the last four or so years. Can we manage a clean sweep over the next couple of years?

Also breaking the 2 hour mark at Bramley, a very good benchmark indeed, was Seb Briggs, with a PB of 1:58:29. Brendan Morris, Gary Tuttle, Jamie Cole and Ben Whalley also followed with PBs, and there were many more throughout the race. This strong showing was enough to ensure that the men's team finished second overall.

In the 10-mile race, it was a similar story, with the men wrapping up second place (and outshone by the ladies on both occasions I'm afraid to report). David McCoy II was tenth, followed by a PB for Matthew Green in 12th, and by Jamie Smith in 14th. PBs were also had by Eugene McSorley, Neil Carpenter and Tony Streams, who is setting so many PBs in advanced years that one wonders if some kind of Benjamin Button thing is going on. Richard Morgan and Jim Kiddie were second and third V65 respectively, whilst, somewhat predictably, Tom Harrison was first V80.

The last mud of the winter was put to good use as cross-country reached its dirty conclusion. With TVXC already wrapped up, the only question was where we would end up in the Hampshire League. The final rearranged fixture at Prospect Park placed home advantage in our hands, and we just needed to beat Poole AC to ensure 7th place would be ours. 7th place would be our second best finish since 2004 (and, it must be said, our 6th

in 2012 had much to do with several clubs failing to field full teams). In the end, there was no contest, and a comfortable 5th in the match ensured we took that overall 7th place. I was 11th, followed by Ben Paviour 19th (and first veteran), Mark Apsey 30th, Ben Whalley 31st and David McCoy II 39th, after a typically exuberant first 500 metres.

It was a good day for the veterans, securing promotion back to vets division 1. Backing up the Bens was Bill Watson in 100th, to ensure a glorious return to the top table of old guys. Bills and Bens are a famously good combination. Despite not running in this match, Lance Nortcliff had already sewn up the overall individual win over the course of the season, whilst Ben Whalley was an overall 4th.

A small team (by which I mean two blokes) travelled up to Nottingham to take on the English National Cross Country Championships, which is arguably the highest quality race in the country in terms of depth. Depth was the operative word here, because the organisers had decided that dry cross country doesn't make for good photos, and had taken it upon themselves to flood a good portion of the course. The result was ploughing through a bog, and mud splattered faces and upper bodies were the order of the day. I managed to crack the top 200 in 190th, whilst David McCoy II opted against leading out the best runners in the country, and ended up with a creditable 581st.

A smattering of other highlights around the place included Rob Corney's 2nd place at the Goring 10K, ahead of Ben Paviour 5th and first V40, and Chris Lucas 7th. There was a V60 win for Alan Freer at the Hillingdon Half Marathon, and a PB for Justin Simons, slipping under 1:30 at the Thorpe Park Half. There was a V50/V80 double win for the team of Cottell and Harrison at the Heartbreaker Half Marathon in the New Forest. The regular Friday night timed 5K saw Duncan Mollison and Ben Whalley finally break the 17 minute barrier.

Finally, best wishes go out to Richard Morgan, recovering from a stroke, hope to see him back, headband on, very soon. Likewise, hoping that Nigel Hoult recovers well from his recent operation.

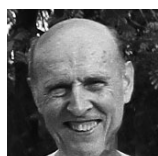
So that's it for my tenure as men's captain. No longer will I have to try to find alternative prose to describe

race results, arguably the most challenging element of the captaincy. It has been a pleasure and a privilege to lead our glorious green-vested troops over the last two and a bit years. You're a great lot, despite what they all say about you. Thanks very much to all those who have supported me, turned out in events in response to my request (or even better without being asked), or otherwise helped. Thanks to the committee for the support. Particular thanks to the retiring ladies' captain Claire, whose sharing of the burden has made the job so much easier. However, I can no longer really find the time to do the role justice, so it's time to hand over the reins, in order to, in the style of a disgraced cabinet minister caught by the press furiously rutting in a grubby layby,

spend more time with my family. I wish the very best of luck to my successor, whoever he is. That's assuming it's a he. Is it sexist to assume the men's captain will be male? Who knows, or indeed cares.

And so endeth my last report. One or two people have asked me whether I will continue to write in the newsletter for your entertainment after I have stepped down. The answer is no, I won't. That's the whole point. However, hardcore fans of my writing will be pleased to know that you can achieve a similar effect to reading one of my reports by seeking out your nearest sewage outflow pipe, putting your ear to it and listening for the distant gurgle of oncoming effluent. Have fun!

Your Committee



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WELFARE OFFICER: JENNY MILLER

Jenny is the club's welfare officer. She is not part of the committee and can be contacted directly on 0118 966 2375



Charity Chatter

SUSIE REES



Dear friends,

Without further ado, I am truly delighted to let you know that at the end of our year of fundraising for Sport in Mind, we together raised a wonderful

£27,293.06!!!

Reading Roadrunners, you are absolute Superstars.

Look out for next month's edition, where you can read my interview with the lovely Laura (above) who is the charity's Development Officer (and newly joined Roadrunner) where she tells me how the charity plan to spend the money. Also, there'll be more badminton ping pong banter than you can shake a stick at.

Don't forget, if you would like to be the next Charity Co-ordinator for the new fundraising year, Carl will be delighted to hear from you. The AGM is fast

approaching (21st March) and this is the time for a new charity to be nominated and voted for. Thank you to Liz Ganpatsingh who has offered to be the new Charity Banker going forward.

Signing off with an almighty high 5,



Susie



Year Planner for Social Events - 2017

January 28th	Comedy Club
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February	30 Years Celebration Cake at track
February 25th	Dinner Dance
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March 10th	Sport In Mind Table Tennis Celebration
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April 29th	Spring Do and XC Awards, Reading Cricket and Hockey Club
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May	Quiz Event FootGolf, Wokingham
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June	Boat trip and a meal (possibly evening)
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July	'Pub-Quiz-Pub' run/ walk around town Vineyard and Winery tasting tour
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August	Dragon Boat Racing and a meal Olly Murs at Newbury Races 19th August
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September	30th Anniversary Celebrations Summer do
<hr/>	
October	Curryoke
<hr/>	
November	Theatre- Possibly to see Jersey Boys Christmas Markets outing
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December	Christmas Do
<hr/>	



Coaches Corner - Intervals - How They Work - Golden Rules

ROGER PRITCHARD

There are three elements to an interval session,
DURATION – INTENSITY – RECOVERY.

DURATION can be either time or distance and if you have a track, then distance is the best option.

INTENSITY is the speed employed and as we have a track, then a target time is used.

RECOVERY is the period of low intensity activity between the repetitions.

DURATION. The classic distance for intervals is 400m and there are two good reasons for using this distance. They are long enough to get the heart rate up higher than normal and as 400m is not too long, you can get more repetitions in a one hour training session than you would if you were doing repetitions of 600m or 800m. So why are more shorter reps better than less longer reps?

The answer is that if you have more reps, you get more recoveries and it's during the recoveries that the training effect takes place. (see recoveries for the explanation)

INTENSITY. The simple way to select the intensity, which we will now refer to as target time is to divide your current 5000m race time (not PB) by 12.5 to give you your average 400m time.

Then take away 5 seconds and this will be your target.

Example, a 5k time of 30 minutes divided by 12.5 = 2:24 less 5 seconds = 2:19 is the target.

RECOVERY. The recovery period should not be long enough to let your heart rate drop below 120BPM for guys and 124BPM for gals, so the best way to choose the recovery period is to do some 400m reps and after each one take your pulse and time the period between the end of the rep and the time you get down to 120/124 BPM. As a guideline, the fitter runners will get down in about 45 seconds or less. So now we come to why the training effect takes place during the recoveries and not during the rep itself. Surprisingly, the chambers of the heart fill up with more blood during the recovery, than during the rep. The effect is that cardiac capacity and strength

increases and this improves oxygen delivery (via the blood) to the working muscles.

GOLDEN RULE No.1

RECOVERIES must be active (jogging) and not standing/resting. Heart rates fall much quicker while jogging, as the muscles pump the deoxygenated blood and waste products into your veins. Also, temperature must not be allowed to fall, which it will undoubtedly do on cold winter nights.

Waste product removal is the key to making the session go the full allotted time for the session.

GOLDEN RULE No.2

DURATION & INTENSITY. After several sessions have been completed and improvement has taken place, its time to either increase the duration (600m-800m) or to increase the intensity, but under no circumstance should you change both.

GOLDEN RULE No.3

If you have planned a one-hour session and you find that you're rep times are falling away from your target time, then do not continue with the session. There are two reasons why rep times deteriorate. The most common is that the build up of waste products has reached a critical level preventing sufficient energy production. The less common is that you may have a bug of sorts.

To test to see which one is the culprit, jog for 5 minutes, which should be enough time to ensure complete removal of the waste products and then try another rep. If you hit your target, then its safe to continue. If not, wrap up, go home and rest.

OTHER BENEFITS. In addition to increasing cardiac efficiency (oxygen delivery) the increase on oxygen demand will stimulate bone marrow to produce more red blood cells (haemoglobin) which are the carriers of oxygen to the muscles.

Roadrunners Results

NIGEL HOULT

So long, and thanks for all the fish – Douglas Adams

Yes, this is the last time you'll have to read my ramblings about the results; it's been fun following all your successes, but after more than five years I think it's time for a change, so I'm passing the baton on to Jenny Gale. She takes over at a busy time, with the Reading Half Marathon and London Marathon coming up; please make her life easy by letting her know about your results and PBs via the normal email address: results@readingroadrunners.org.

So on to the results. When I wrote last time that we might see a club record fall this year, I wasn't expecting that it would happen before the ink was even dry on the page; so very well done to Matthew Richards, knocking over two minutes off Chris Mason's 21 year old 20 mile record at Bramley. He wasn't the only one to have a good race at that event: there were 27 PBs (including our first four finishers), a further 19 in the 10 mile race, and our ladies' teams came first in both races. Well done to all of you.

The Friday track 5ks are becoming ever more popular, and although I only have a record of 3 PBs this time round, I suspect there were several more. There was also a good turnout for the Goring 10k, which is never a fast race thanks to the hilly course, so no PBs there as far as I know. The (delayed) final race of the Hampshire League attracted a decent turnout from the club, no doubt helped by its being local. There were good runs, and the veteran men guaranteed their promotion next season with the veteran ladies also finishing strongly.

Of course, our regular marathon tourists were racing in various locations, including Malta and Tokyo; at the latter, Katherine Sargeant recorded an almost 3 minute PB, while Sian James' time, although not a PB, should set her up well for this year's marathon championship.

Well done to everyone who raced last month, and good luck in the Reading Half, London Marathon, or whatever races you're training for.

19th February

Bramley 20

Name	Pos	Gun	Chip	
Matthew Richards	7	1:53:59	1:53:59	PB
Seb Briggs	17	1:58:32	1:58:29	PB
Brendan Morris	51	2:10:08	2:10:01	PB
Gary Tuttle	69	2:12:36	2:12:12	PB
Carrie Hoskins	98	2:15:21	2:15:14	5th F, 3rd FV45
Jamie Cole	108	2:16:35	2:16:00	PB
Ben Whalley	109	2:16:35	2:16:00	PB
Gavin Rennie	134	2:19:35	2:19:26	
Paul Kerr	171	2:22:41	2:22:29	PB
Katy Webb	178	2:23:19	2:23:01	PB
Erica Key	194	2:25:33	2:25:06	PB, 4th FV40
Brooke Johnson	201	2:26:34	2:25:51	PB
Liang Guo	233	2:30:02	2:29:19	
Sarah McDade	234	2:30:05	2:28:11	
David Caswell	240	2:30:24	2:29:24	PB
Caroline Jackson	259	2:32:17	2:31:22	PB
Sam Hammond	298	2:35:41	2:34:57	PB
Alix Eyles	307	2:36:13	2:36:10	
Justin Simons	314	2:36:45	2:35:48	PB
Paul Monaghan	324	2:37:51	2:36:56	
Mary Janssen	334	2:39:46	2:39:00	4th FV50
Wayne Farrugia	337	2:40:06	2:39:22	PB
Jake Hiom	374	2:43:27	2:41:34	
Simon Palmer	410	2:46:35	2:45:52	
Gemma Buley	420	2:47:29	2:46:20	PB
Simon Elsbury	421	2:47:30	2:47:12	
Loretta Briggs	442	2:49:30	2:47:48	PB
Elizabeth Jones	448	2:50:12	2:48:41	PB, 3rd FV55
Catherine Leather	464	2:51:40	2:49:56	PB
Kristin Brandl	467	2:52:07	2:50:58	
Aaron Chai	474	2:52:47	2:49:59	
David Walkley	505	2:56:45	2:54:47	PB
Vince Williams	550	2:59:55	2:58:05	PB
Pete Morris	565	3:01:16	3:00:45	
Samantha Whalley	610	3:04:53	3:02:40	PB
Elizabeth Ganpatsingh	615	3:05:41	3:03:56	PB
Lee Hinton	617	3:05:42	3:03:57	
Joe Akem-Che	629	3:07:13	3:05:23	
Claire Seymour	632	3:07:47	3:06:24	
Tim Hogarth	657	3:11:09	3:09:35	
Paloma Crayford	698	3:17:54	3:16:30	
Paul Milnes	700	3:17:56	3:15:55	
Zoe De La Pascua	709	3:20:24	3:19:00	PB
Caroline Hargreaves	769	3:34:00	3:33:13	PB

ROADRUNNERS RESULTS

David Bunting 770 3:34:01 3:33:14 PB
 Donna Saunders 771 3:34:39 3:32:15
 Dave Brown 772 3:34:47 3:32:24
 Veronika Royle 783 3:37:53 3:36:59 PB
 Simon Davis 812 3:46:14 3:45:03
 Justin Watkins 846 4:01:03 3:58:43
 Mens Team: 2nd (Matthew, Seb, Brendan)
 Ladies Team: 1st (Carrie, Erica, Caroline)

Bramley 10

Name	Pos	Gun	Chip
Dave McCoy	10	57:40	57:40
Matthew Green	12	58:31	58:29 PB
Jamie Smith	18	59:56	59:56
Ian Giggs	45	1:05:53	1:05:51
Katherine Sargeant	48	1:06:46	1:06:30 PB, 4th F, 2nd FV45
Eugene McSorley	72	1:10:53	1:10:15 PB
Christopher Buley	80	1:11:32	1:10:26
Helen Pool	99	1:13:19	1:12:36 2nd FV40
Tony Streams	103	1:13:33	1:13:17 PB
Fergal Donnelly	104	1:13:37	1:13:25
Nick Adley	115	1:14:52	1:14:46
Christopher James	119	1:15:13	1:14:27
Sophie Hoskins	127	1:16:20	1:15:53 PB
David Clay	155	1:17:51	1:16:50
Claire Woodhouse	185	1:21:29	1:20:43
Susan Knight	187	1:21:38	1:19:40 PB, 5th FV50
Mo Fassihinia	209	1:23:31	1:21:08
David Power	225	1:24:40	1:23:31
Paulina Erceg	249	1:27:02	1:24:59
Richard Morgan	251	1:27:11	1:24:57 2nd MV65
James Kiddie	264	1:28:14	1:25:59 3rd MV65
Katie Gumbrell	270	1:28:29	1:26:17
Adrienne O'Driscoll	295	1:29:43	1:28:02
Angela Burley	303	1:30:03	1:28:21
Carmen Fuentes Vilchez	325	1:31:39	1:29:57
Chloe Lloyd	334	1:32:15	1:31:30 PB
Tina Woffington	353	1:34:06	1:31:51
Neil Carpenter	367	1:35:52	1:33:05 PB
Ken Beck	375	1:37:08	1:34:43
Linda Wright	386	1:37:53	1:36:50
Tom Harrison	391	1:38:04	1:35:38 1st MV80
Bob Thomas	396	1:38:31	1:36:06
Annette Russell	402	1:39:17	1:38:23 PB
Sarah Richmond De'voy	403	1:39:18	1:38:24 PB
Catherine Douglas	405	1:39:22	1:36:35 PB
Elizabeth Stevens	424	1:41:17	1:39:10
Jenny Boxwell	431	1:42:05	1:39:40 PB
Moiria Allen	474	1:46:41	1:43:54

Margot Bishop 475 1:46:42 1:43:54 PB
 Sandra Sheppard 476 1:46:50 1:44:35
 Lucy Bolton 484 1:48:19 1:46:00 PB
 Sev Konieczny 493 1:49:22 1:46:34
 Sarah Walters 500 1:51:27 1:48:39 PB
 Carl Woffington 511 1:54:51 1:52:19
 Helen Dixon 516 1:55:10 1:53:16 PB
 Andrew Few 534 2:00:31 1:57:49
 Rachel Allaway 536 2:01:06 1:59:11 PB
 Alyson Few 539 2:01:51 1:59:09
 Hannah McPhee 548 2:05:27 2:03:32 PB
 Holly Turner 553 2:11:45 2:08:55 PB
 Mens Team: 2nd (Dave, Matthew, Jamie)
 Ladies Team: 1st (Katherine, Helen, Sophie)

Hampton Court Half Marathon

Name	Pos	Gun	Chip
Clare Stephens	3157	2:22:06	2:09:51

Hillingdon Half Marathon

Name	Pos	Gun	Chip
Alan Freer	58	1:33:36	1:33:33 1st MV60

24th February

5000m, Palmer Park

Name	Pos	Gun	Chip
Dave McCoy	2	16:41	
Duncan Mollison	3	16:46	PB
Ben Whalley	4	16:57	PB
Ashley Middlewick	7	18:16	
Pete Jewell	8	18:41	
Dean Allaway	9	18:57	
Colin Cottell	11	19:17	
Jane Copland	12	19:18	
Stewart Jones	13	19:20	
Bill Watson	14	19:35	
Ashley Jeggo	15	19:36	
David Caswell	17	19:51	
Erica Key	18	20:17	
Alan Freer	19	20:26	
Chris James	20	20:48	
Nick Adley	21	20:55	
Chris Manton	22	21:05	
Tony Streams	25	21:24	
Steve Dellow	28	22:16	
Mo Fassihinia	29	22:24	
Simon Davis	31	22:39	
Pete Morris	32	22:50	
David Ferris	37	23:56	
Jay Gilbert	40	24:16	

ROADRUNNERS RESULTS

Charlie Macklin	41	24:42	
Sally Carpenter	44	25:01	
Tina Woffington	46	25:23	
Russell Prentice	47	25:24	
Anthony Eastaway	50	26:54	PB
Lara Atkins	52	27:15	
Linda Wright	53	27:38	
Harrison Tom	54	27:40	
Carl Woffington	55	28:54	
Jenny Oakley	56	31:40	
Norma Atkins	59	32:52	
Clare Franklin	59	32:52	
Alyson Fen	61	34:23	
Jill Dibben	62	36:37	

25th February

National XC Championships, Nottingham

Senior Men

Mark Worringham	190	44:47
Dave McCoy	581	50:05

Senior Women

Sarah Urwin-Mann	208	36:15
Helen Pool	426	41:00
Claire Seymour	626	46:29

26th February

Tokyo Marathon

Name	Pos	Gun	Chip	
Katherine Sargeant	187	3:09:23	3:08:22	PB
Sian James	683	3:39:41	3:39:17	

Positions are in the ladies' race

Bolton Abbey Trail Marathon

Kathy Tytler	35	7:07:16
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Marathon Day Marathon

Martin Bush	64	4:46:35
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Thorpe Park Half Marathon

Name	Pos	Gun	Chip	
Ryan O'Brien	19	1:16:27	1:16:25	PB
Justin Simons	163	1:29:54	1:29:47	PB
Tony Streams	418	1:40:19	1:39:14	
Samantha Taylor	518	1:42:46	1:42:28	
Colin McCarlie	833	1:50:15	1:47:41	
Colin Byers	1265	1:59:29	1:55:33	
Kathy Vickers	1656	2:06:22	2:03:27	
Sarah Richmond De'voy	2035	2:13:49	2:09:20	PB

Vroni Royle	2036	2:13:49	2:09:20	PB
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Heartbreaker Half Marathon, Fordingbridge

Colin Cottell	35	1:41:17	1st MV50
Tom Harrison	216	2:33:26	1st MV80
John Bailey	230	2:41:09	
Lorraine Bailey	246	2:51:35	

Brighton Half Marathon

Name	Pos	Gun	Chip
Gill Manton	7928	3:13:36	3:04:07

Goring 10k

Name	Pos	Gun	Chip
Rob Corney	2	34:38	34:38
Chris Lucas	7	37:00	37:00
Richard Usher	32	40:03	40:02
Ed Dodwell	58	42:14	42:13
Ashley Middlewick	59	42:24	42:17
Daniel Brock	62	42:40	42:37
Stuart Jones	81	43:38	43:25
Ben Smith	85	43:48	43:44
Brian Kirsopp	102	44:41	44:33
David Clay	153	46:28	46:13
Nicholas Adley	169	47:05	47:00
Stephen Dellow	279	50:55	50:32
Paulina Erceg	314	51:50	51:19
Rachel Derry	329	52:18	51:41
Rob Bursell	342	52:47	52:34
John Bullock	381	53:50	53:13
Katie Myerscough	390	54:09	53:37
Sally Carpenter	397	54:17	53:54
Danlu Tong	519	57:54	56:41
Catherine Bruce	528	58:05	57:03
Sarah Phelps	645	1:01:53	1:01:16
Linda Wright	728	1:05:14	1:04:24
Pete Morris	884	1:29:16	1:27:26
Trisha Arnold	885	1:29:16	1:27:41

4th March

Phoenix Spring Marathon

Caroline Jackson	17	3:41:52
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Hampshire League XC, Reading

Ladies

Sarah Urwin-Mann	15	21:27	3rd FV (for Reading AC)
Belinda Tull	32	23:12	
Alix Eyles	41	24:23	
Samantha Whalley	61	25:59	

Claire Seymour	73	27:37
Toni McQueen	76	28:23
Maureen Sweeney	89	31:17
Cecilia Csemiczky	93	34:32

Ladies Team: 10th

Ladies Vets Team: 3rd

Ladies Vets Individual Aggregate: 2nd – Sarah Urwin-Mann

Men

Mark Worringham	11	32:26	
Ben Paviour	19	33:39	1st MV
Mark Apsey	30	35:07	
Ben Whalley	31	35:18	4th MV
Dave McCoy	39	36:08	
Ashley Middlewick	70	38:43	
Duncan Mollison	73	38:49	
Robert Tan	78	39:06	(for Reading AC)
Bill Watson	100	41:00	
Colin Cottell	109	42:51	
Anthony Long	116	44:01	
Justin Simons	120	45:03	
Gary Brampton	128	47:15	
Nick Adley	131	48:48	
Paul Carter	136	52:06	
Peter Higgs	137	53:01	

Mens Team: 5th in Division 1

Mens Vets Team: 1st in Division 2

Mens Vets Individual Aggregate: 1st – Lance Nortcliff

5th March

Malta Marathon/Half

Name	Pos	Gun	Chip
Paul Monaghan	214	3:38:02	3:37:51
Martin Bush	634	4:55:31	4:34:34

Milton Keynes 20

Name	Pos	Gun	Chip
George Kinyanjui	217	2:42:14	2:41:53

Cambridge Half Marathon

Name	Pos	Gun	Chip
Jake Hiom	380	1:28:47	1:28:33

St. David's Day 10k, Cardiff

Name	Pos	Gun	Chip
Tina Wilson	277	54:31	54:07
Carl Woffington	637	1:02:12	1:01:47
Jennifer Mulhearn	1476	1:18:49	1:08:47

Season's Bests

Ladies

5 miles	No result	
10k	Sarah Urwin-Mann	38:20
10 miles	Katherine Sargeant	1:06:30
Half Marathon	Nikki Gray	1:26:03
20 miles	Carrie Hoskins	2:15:14
Marathon	Katherine Sargeant	3:08:22

Men

5 miles	No result	
10k	Lance Nortcliff	33:53
10 miles	Dave McCoy	57:40
Half Marathon	Mark Worringham	1:09:52
20 miles	Matthew Richards	1:53:59
Marathon	Ashley Middlewick	3:14:17

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.

★★★★ SPRING DO ★★★★★

AND CROSS-COUNTRY AWARDS

Saturday 29th April - 7pm

Reading Cricket and Hockey Club
Sonning Lane, Sonning, RG4 6ST

TICKETS

£15pp (includes hot food and a disco)

Available from Social Secretary from Wed 15th March,
 either before track or in the bar after track.

1.	Faulkner	Ryan	16:38	Uni
2.	McCoy	David	16:41	RR
3.	Mollison	Duncan	16:46	RR
4.	Whalley	Ben	16:57	RR
5.	Lloyd	Dewi	17:11	Uni
6.	Talib	Joshua	17:48	Uni
7.	Middlewick	Ashley	18:16	RR
8.	Jewell	Pete	18:41	RR
9.	Allaway	Dean	18:57	RR
10.	Wilkins	Kristian	19:08	SRC
11.	Cottrell	Colin	19:17	RR
12.	Copland	Jane	19:18	RR
13.	Jones	Stewart	19:20	RR
14.	Watson	Bill	19:35	RR
15.	Jeggo	Ashley	19:36	RR
16.	Watson	Charlie	19:38	Guest



17.	Caswell	David	19:51	RR
18.	Key	Erica	20:17	RR
19.	Freer	Alan	20:26	RR
20.	James	Chris	20:48	RR
21.	Adley	Nick	20:55	RR
22.	Manton	Chris	21:05	RR
23.	Crood	Hannah	21:07	Uni
24.	Williams'n	Alan	21:14	SRC
25.	Streams	Tony	21:24	RR
26.	Fernandes	Sunil	21:36	RJ
27.	Chai	YauLei	21:44	Uni
28.	Dellow	Steve	22:16	RR
29.	Fassihina	Mo	22:24	RR
30.	Watts	Kate	22:38	Uni
31.	Davis	Simon	22:39	RR
32.	Morris	Pete	22:50	RR
33.	Dearman	Chloe	23:15	Uni

RESULTS

Friday 5k- 24th February, Palmer Park @ 1830hrs



RRR-5k Taped Trial (6) - 24/02/17

Next Event

Friday 5k- Date TBC (May), Palmer Park @ 1830hrs

34.	Walent'cz	Agnie'ka	23:15	Uni
35.	Wright	Lucy	23:29	Uni
36.	Jacobs	Bronwyn	23:32	Uni
37.	Ferris	David	23:56	RR
38.	Shambr'k	Laura	24:01	FC
39.	Alexander	Kate	24:10	RJ
40.	Gilbert	Jay	24:16	RR
41.	Macklin	Charlie	24:42	RR
42.	Alcorn	Jim	24:44	SRC
43.	Stewart	Nick	24:58	RJ
44.	Carpenter	Sally	25:01	RR
45.	Bakhit	Anas	25:05	Uni
46.	Woffling'n	Tina	25:23	RR
47.	Prentice	Russell	25:24	RR
48.	Jacobs	Rosie	26:33	Uni
49.	Greens'ids	Allyee	26:37	RJ



50.	Eastaway	Anthony	26:54	RR
51.	Evans	David	27:06	SRC
52.	Atkins	Lara	27:15	RR
53.	Wright	Linda	27:38	RR
54.	Tom	Harrison	27:40	RR
55.	Woffling'n	Carl	28:54	RR
56.	Oakley	Jenny	31:40	RR
56.	Jurrolait	Ana	34:40	Guest
58.	Leneghan	Andrew	32:25	RJ
59.	Atkins	Norma	32:52	RR
59.	Franklin	Clare	32:52	RR
61.	Fen	Alyson	34:23	RR
62.	Dibben	Jill	36:37	RR
63.	Dibben	Dayid	DNF	RR
64.	Hammond	Kal	DNF	Uni
65.	Shute	Rupert	N/A	RR

Reading Roadrunners Committee Meeting

TUESDAY 7 MAR 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

Catherine, Paul

Minutes of the previous meeting

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

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, the TVXC Race Director and the Charity Bank Account Manager..

Sam Whalley is standing at the AGM as the only candidate for Ladies' Team Captain.

Andy Dingle has been appointed to take on the role of Welfare Officer following Jenny Miller standing down after the AGM after many years in the role.

Jenny Gale has been appointed to take over the race results service that Nigel has provided very effectively over the past five years.

Carl thanked everyone who had put themselves forward to take on these roles.

Online renewals Bob reported that the England Athletics online renewal service has been stable with only a handful of failures, all but one of which have

been rectified. As at the meeting, 235 members have opted to renew using this service.

Club Championship Bob posted the list of races nominated for this year's Club Championship on the noticeboard on 8Feb17. Unfortunately, it later came to light that the Hampshire Hoppit HM clashed with the Ridgeway Relay, to which we traditionally send several teams. The off-road HM will become the Down Tow Up Flow on 23Jul17.

Chairman's report

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

19Feb. Bramley 20/10

24Feb. Timed 5K at the track

25Feb. National XC Championships, Nottingham

25Feb. Annual Club dinner dance

04Mar. Hants XC Prospect Park

Carl observed that the Bramley races, the timed 5K and the dinner dance had each been well organised and were very successful events, and thanked the teams involved in staging the events. Particular mention was made of the contributions of Adele Graham and her team for Bramley, Tony Canning and Fergal Donnolly for the 5K and Anne Goodall and Toni McQueen for the dinner dance.

Notable forthcoming events include:

19Mar. Reading Half Marathon

21Mar. AGM at Sutton Bowls Club

26Mar: Championship race: Woking 5

01Apr. Woodley parkrun takeover by the Club

14Apr. Championship race: Maidenhead 10

23Apr. London Marathon

29Apr. Spring Do at Reading Cricket Club

Thanks Carl thanked Alan MacDonald, who is stepping down from the Committee at the AGM, for his many years of service to the Club.

Treasurer's report

Club Accounts Sandy has received confirmation from the auditor that the Club accounts are in order and will present the end-of-year outturn at the AGM.

Sandy is presently awaiting mostly statements of

expenses before being able to finalise the accounts for the Bramley 20/10, and has accounting for the dinner dance in hand.

Sponsored events The issue of which races for which the Club will sponsor team entries, and the scope of that sponsorship have yet to be resolved. An action remains with Carl and Sandy to clarify both the list of sponsored races and exactly what costs will be covered in relation to each.

It has become clear that there needs to be a tighter procedure around gaining prior approval to incur cost rather than just presenting an expense claim after the event as a fait accompli.

General Secretary's Report

ARC affiliation Bob reported that he had received the annual invitation from ARC to affiliate to that organisation. Once again, we will decline to do so as we affiliate to England Athletics as our sport governing body.

SEAA membership Bob reported that he had received the annual renewal for membership of the SEAA. The Club regularly takes part in SEAA events; the Committee unanimously agreed to renew.

Online renewal service Bob reported that administration of the EA payment facility has improved since last year, but it still falls short of a professional service and it is limited to members who have affiliated to EA, largely 1st Claim members.

An important milestone on the Club roadmap is to move from spreadsheet-based administration to a shared database, which the Committee is keen should be progressed immediately following the AGM as it brings benefits for both members and administrators.

Membership Secretary's Report

Anne reported that three new members joined during February.

The Club's membership presently stands at 369 new and renewed members, leaving a large number yet to renew or resign despite being past the end-of-year deadline of end-February.

Anne also noted that several membership cards she has mailed to members have gone astray owing to the members not having updated their addresses with her.

Social Secretary's Report

Spring Do Hannah gained the agreement of the Committee to stage a Spring Do, tentatively for 29Apr17 at the Reading Cricket Club. Carl will present the TVXC Championship awards at this event.

Social calendar Hannah has been working on a schedule of diverse events for the year, which is starting to firm up; this will shortly be posted on the website.

Members are invited to contact Hannah with feedback on her calendar and with any ideas for further types of event that may be of interest to the membership. socialsec@readingroadrunners.org

COACHING REPORT

Simon Davis reported that Katie Gumbrell has achieved her Level 2 coaching qualification. The Committee congratulated Katie and thanked her for her continuing contribution to the Club.

Simon has updated photos of the coaches on the noticeboard at Palmer Park.

ANY OTHER BUSINESS

Mental Health Ambassador Carl has been approached by a member who would like to become a Mental Health Ambassador, a role promoted by England Athletics, the general theme being that sport can bring benefits to people suffering with mental health conditions.

Whilst sympathetic to the general notion, the Committee needs to understand the impact this would have on the Club and the implications for its officers, coaches and general members. Carl will discuss this further with the member before putting the initiative to a vote.

Race repository Bob noted that he receives a constant stream of race promotions in the gensec mailbox and suggested that it may be useful to members if these could be organised into some sort of repository on the website. Bob will ask Paul what could be achieved with the software we have in place today.

London Marathon buses Anne reported that she has sold 24 places on the Tower bus and 28 on the other buses. There are 57 seats available on the Tower bus and 28 seats on each of the other two buses.

Door Rota

08Mar17	Anne, Christina
15Mar17	Anne, Shirley
22Mar17	Anne, Shirley
29Mar17	Heather, Christina
05Apr17	Anne, Jane
12Apr17	Anne, Shirley

DONM: 11Apr17