



READING ROADRUNNERS NEWSLETTER APRIL 2017

A fair few candidates for the cover photo this month, what with the Woodley parkrun takeover and some 13.1 mile shuffle round Reading, but we thought this one stood head and shoulders above the rest; Steve showing that you don't have to finish first to win parkrun and scooping the Best Grandad spot prize to boot. Well played, Sir!

INSIDE THIS MONTH:

- **SHINFIELD RACES**
- **SOCIAL EVENTS**
- **XC CHAMPS RESULTS**
- **CHARITY NEWS**
- **T-SHIRT CONTROVERSY!**



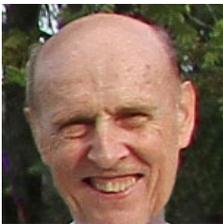
Welcome from the Editor

CHRIS CUTTING

The best thing I discovered this month whilst talking to Tom Harrison at the Maidenhead Easter 10 (shortly before watching in horror as our members ran towards a world leader brandishing hand-held electronic devices) was that he has reached an age now where HE DOES NOT EXIST according to some race entry systems!

It's true - as an 80 year old runner, Tom is no longer recognised as a sentient being and has consequently been rejected for race entry. He is now reduced to appealing to race directors, sending them his dental records and employer's references whilst he slowly fades away, like the picture of Marty McFly in Back To The Future.

Members are asked to refrain from trying to pass their hand through Tom at this difficult time.



Chairman Chat

CARL WOFFINGTON

The winter months are behind us and Spring is here. A few have already experienced running in warm conditions.

The Reading 1/2 took place with the usual high numbers of RR's taking part. It is clearly a very popular race with the green vests. We supplied a marshal team for the race and all went well. I would also thank the RR's that rallied around the RR tent situation at the last minute.

We held the RR AGM on Tuesday 21st March. There was a new venue and comments received afterwards suggest it was a positive move. The meeting was well attended. There were some old RR photos etc shown after the meeting. Alan McDonald stepped down from the Committee – thank you Alan for all the years you have put in. He was replaced on the Committee by Simon Davis – welcome Simon. We have two new Team Captains – Sam Whalley and Phil Reay. Thanks to previous Captains Claire Seymour and Mark Worringham. We also have a new Welfare Officer – Andy Dingle. Thanks to previous Welfare Officer Jenny Miller.

The RR Championship races continue. The Woking 5 race was held on a morning that started with a chilly wind. It was an off road race and there were a few

RR fallers. Luckily no serious injury though. By the time you read this we will have had the Maidenhead 10.

We also had the RR contribution to the Woodley parkrun on 1st April. We supplied pacers and marshals. Also, we had a very good turnout of RR runners. All seemed to go well. Thanks to Sam Whalley for organising it all.

Coming up in the next month we have:-

Sunday 23rd April. London Marathon. Final organisation of the marshal team is now nearing completion. Good luck to our RR runners taking part.

Saturday 29th April. Spring Do. RR Cross Country Championship Trophies will be presented. We will also present trophies from the 2016 RR Championship that were not collected at the Dinner Dance. The Spring Do is a general social for all RR's, families and friends, not just for trophy winners. There will be a disco and food.

Monday 1st May. Shinfield 10k. Race entries are open. We are also looking for marshals and helpers. Please volunteer if you can help.

Sunday 7th May. Marlow 5. The next race in the RR Championship.



Ladies' Captain - Report

SAM WHALLEY

Well, the road racing season is well and truly underway, and several of us are 'fresh' from our first (or only) marathon of the year.

But this report starts with the most RR-dense race of the year - Reading Half Marathon. There had been some discussion over the cost of this event. Yes, it is well-organised, and the atmosphere is fantastic, and I, for one, weighed up the pros and cons of entering an event that is almost double the price of any other half marathon, but... it's Reading, and it's always amazing. If only Vitality could stretch to putting a technical T-shirt in the shockingly poor goody bag (no more PJs, thanks). Anyway, for some RRs this was their first ever half marathon, and I really hope they enjoyed it and feel thoroughly proud of their achievement. To name a few, but by no guarantee, all, huge congratulations to Hannah McPhee, Rachel Allaway, and Helen Dixon, who have been well and truly bitten by the racing bug, and I see have already entered more races for the rest of the year. For veterans of the race, this year will be known as a windy one. I almost lost my visor buff on the A33 (don't laugh). The weather didn't stop some people getting a PB, however: among them Carrie Hoskins (setting the fastest time in the club so far this year), and daughter Sophie, Susan Knight, and Anna Richmond, with the latter coming in under 2 hours for the first time. I know there were more (you can see these on the results page), so well done to you all.

Other half marathons featuring RR ladies this month have been the Surrey (Sally Carpenter and Alice Jackson), the Silverstone (Gill Manton and Kathy Vickers), and the Queen Elizabeth (Gemma Buley and Philippa White), so there are some different ones for you to try.

A week later, plenty of us were keen to spend our Mother's Day morning (even after losing an hour in the switch to British Summer Time) at the second of the Club Championship races, the Woking 5. The weather of the preceding couple of weeks meant that the ground was unusually dry for a trail race, but it was still challenging. Running into the wind across a field is a particularly strong memory for me. As some of us have moved up an age category for this year's

championship, there was an evil look or two, I mean, friendly banter, exchanged on the start line, and the air was more than a little competitive. First RR lady across the line was Helen Pool, with a second female finish overall. Second was Nicole Rickett, and third was me. Thanks to the 'one prize per person' rule, which exempted Helen from the prize for first V40 female, I received a trophy. Next in the trophy stakes was Tina Woffington, as first V60 female. This was the first ever five-mile race for some people, and they will have duly set themselves a PB to beat. The rest will be happy to have earned some points in the championship, with the remaining races at this distance being the Marlow 5 on 7th May, and the Headington 5 on 27th August. Make sure you enter one of these.

The following Sunday saw yet more RRs engaged in races. Most chose the Decathlon 5k, a new, free, and from the photos, very enjoyable event, with Amanda Rosser, Penny Piccio, Andrea Marnoch, Adele Graham and Charlie Macklin testing out the inaugural Wokingham 10k, which used the familiar trail paths of Dinton Pastures. If you enjoy off-road running, look up the Woodland 5 series, organised by Finch Coasters, and Bracknell Forest Runners' Forest 5 race; entries for these are open now. And if you like your off-road running to be really muddy too, The Grizzly, described as 'twentyish muddy, hilly, boggy, beachy miles of the multiest-terrain running experience you will find this side of the end of time', takes place in Devon each March, and is often used as a pre-marathon/ultra-training run by a number of RRs. This year saw Claire Seymour, Lorraine Bailey, Cecilia Csemiczky and Kathy Tytler take on/suffer the full distance, while Sev Konieczny, Linda Wright and Ros Lee opted for the shorter, Cub, version.

If you prefer to run in the dark, March also saw the first 'running' of the Dash in the Dark 10k, which, for some reason, half a dozen of our ladies entered, and, by the social media posts that followed, enjoyed. Something for everyone, I suppose, so don't miss it next time, if that is your thing.

LADIES' CAPTAIN'S REPORT

As far as marathons go, Caroline Jackson holds the crown, unsurprisingly, for the most completed so far this year, and has racked up another four - Thames Meander, Limassol, Queen Elizabeth, Manchester - since the last newsletter, which is pretty impressive. Sarah Dooley also ran Manchester, achieving a PB, Helen Grieves bravely took on the Fowlmead 12 Hour Challenge, which sounds aptly named, and Gemma Buley, the Larmer Tree. The largest turnout of green vests so far, must have been at Brighton, where a sunny weekend was had by all, mostly in the blue pen, hoping for that coveted sub-4-hour time. For most, it was not to be, and the general consensus seemed to be that surviving the heat was achievement enough. Respect to those of you who managed to stick to your plan, even if, like me, it was revised to Plan F: Finish. Support at

this event was fantastic, possibly due to the promise of ice-cream and a play on the penny slots. Thank you if you made the effort to travel down and cheer us all on.

Meanwhile, Gill Manton was running in similarly warm Paris, which was also Christina Calderon's 50th marathon – well done to you both, and I hope that you celebrated in style.

Don't forget to volunteer to lend a hand at our own race, the Shinfield 10k, on 1st May. The vets league also begins on the evening of 1st May at the Horspath track in Oxford, so, if you are 35 or over, dust off your jumping legs, warm up your throwing arms, and put yourself forward for whatever you fancy; it would be good to see RRs represented in all of the vet age groups.

WANTED- Marshals Shinfield 10k & Junior Races



10km event:- contact fergal.donnelly@getronics.com, race starts 9:30

Junior Races:- contact tom.harrison13w@btinternet.com, races start from 11:30

Your Shinfield needs you- please support
Bank holiday Monday, May 01st



Men's Captain - Report

PHIL REAY

Following Mark Worringham is something I've been doing for some time, usually by around two minutes per mile. Thanks to Mark for his words of wisdom and advice, I'm delighted to continue in his footsteps, this time as Men's Team Captain.

It's been a truly global month for the Green Vest as it has appeared in Spain, Morocco, France, Cyprus, Italy and even as far away as New Zealand. More on those later, it's only right and proper to start at home with the Reading Half Marathon. Year on year the sense of anticipation continues to reach new heights as the team prepares in our tent in the race village. A warm and breezy day seemingly had little impact on Mark Worringham, Matthew Richards and Seb Briggs who all finished in the top 100, the latter with a PB. Roared on by the crowds throughout the course we recorded 13 PBs as a carnival atmosphere ensued and several post race team celebrations took place in the area.

Roadrunners also represented the club at the North London, Surrey, Lydd, Bath, Queen Elizabeth Spring and Fleet Half Marathons - See the results section for a full list.

There were special performances at the shorter distances as Duncan Mollison won the 800m at Radley AC Open and Keith Russell recorded a new course record at the Milan parkrun, presumably running away from the Italian branch of his fan club.

Ben Whalley continued his rich vein of form finishing 4th overall and taking home the winners trophy in the v40 category at the Woking 5. The second of our Club Championship events was well attended with the opportunity to post a score for the 5 mile distance coming next month on 7 May at Marlow and then at Headington on 27 August.

For some members running a track, road or trail run simply isn't enough. Seven of our men took on and completed The Grizzly, a Twentyish muddy, hilly, boggy, beachy miles of unforgiving terrain – sounds great – I'm in next time!

Runners on the Road

I'm always amazed at how far the Green Vest travels. This has prompted me to introduce a new feature to my captains report entitled 'Runners on the Road'. In the last month we've seen it across Europe at various Marathons with Paul Monaghan in Limassol, Dean Allaway in Milan,

Dave Wood in Barcelona and Chris Manton in Paris. The Green Vest has even made it as far as New Zealand with Nigel Hoult enjoying himself Orienteering and at various parkruns.

One member who never fails to bring a smile to our faces is the curly green wig wearing, boombox waving Ashley Middlewick. Here Ashley shares his experiences of joining Reading Roadrunners as well as his Marseille Marathon adventure.

The Marseille Marathon

"Since joining The Roadrunners 2 or 3 years ago I have taken part in many many running events in the UK and Europe. It all started with The Wrexham Marathon in 2015 when I met up with Paul Monaghan, Dean Allaway, Kerri French and Ian Giggs having not known any of them beforehand. We went for a drink and meal at the local Weatherspoons after the race. This was the start of an ever-expanding friendship circle among my fellow club mates.

My latest venture led me to Marseille (19/03/17). Why Marseille you may ask? One of my 100 Marathon Club friends Donna Richards suggested it to me after I'd had a few post-race Sangria's at The Gran Canaria Marathon. Any excuse for another adventure . Anyway here's a little description of my experience of The Marseille Marathon:

The course was stunning taking in a lot of the coastline and green spaces to the south of the city and finishing in the port with superb crowd support. My target was to go sub-3 and getting a PB would be a bonus. The first mile was off-pace (congestion at the start/finding my rhythm) but after that I was hitting the splits. Ran into a bit of traffic where the Marathon course joined the half marathon course (still quite early on) so had to weave my way past a lot of the slower runners. Got through halfway in 1.30.30 so a negative split was needed. The second half was a real physical and mental battle and I was hanging on for dear life for the last 5k or so knowing that it would be very close. I wasn't sure if I would do it until I saw the clock as I approached the finish line. I looked at my watch as I crossed the line - 2.59.35 . Not quite a PB (Malaga's time of 2.59.04 in 2015 still takes the crown) but given my less than ideal preparation and warm conditions on the day I'm very happy to have achieved my

second sub-3 finish. The calorie-controlled diet (sensible portion sizes and reduced sugar intake), alcohol detox 2-3 weeks beforehand paid off. But the main factor was having the self-belief - probably wouldn't have gone for the sub-3/thought I was capable of this before the Finchley 20-miler I'd done the previous Sunday. So if you believe in yourselves, are willing to dig deep and improve diet/lifestyle you will almost certainly reap the rewards. I'd definitely recommend the race - other than the lovely course and support the water stations were plentiful and well stocked, marshals were great and it was a well organised affair.

I am always very proud to represent Reading Roadrunners and always try to wear the Green Vest when racing (and the green wig when marshalling). So, if there are any new members reading this/anyone who has never ventured outside Berkshire for a race I'd highly recommend signing up for an event further afield. If it's a big event in the South chances are you will see another Green Vest there, or if there's something you're keen on suggest it to fellow RR's. You will undoubtedly have a great time, make new friends and explore an exciting new place!"

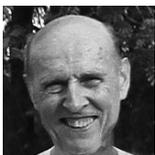
Upcoming Events

- 29 April - Spring Do. I hope to see as many of you as possible at this social event as we celebrate all of our achievements so far this year. TVXC awards will also be given out. Tickets available from Hannah at socialsec@readingroadrunners.org
- 1 May – Shinfield 10K. This is our own race. If you'd like to volunteer please contact Fergal Donnelly.
- 1 May – Vets Track and Field Meeting take place in the evening at the Horspath Track in Oxford. If you're 35 or over and would like to join the team please contact me. All abilities welcome.
- 7 May – Marlow 5. Club Championship Event.

Coming up in next months report we'll have highlights from the London Marathon, Dave Wood goes on another South African adventure and there's the incredible Donald Scott-Collett fresh from his heroics in the desert at the Marathon Des Sables.

Until next month, train hard, run well, socialise with your fellow team mates and if there's anything you'd like to ask me, please email me at teamcaptains@readingroadrunners.org

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CLUB WELFARE OFFICER



Charity Chatter

SUSIE REES



Dear friends,

Following the recent AGM, it is now time for me to hand over the fundraising reigns to Ellen Togher to who will be co ordinating the fundraising for our 2017-18 charity, Cycle Smart. Wishing Ellen and her team all the very best for this very important and local cause.

So how did we raise so much for Sport in Mind? (£27,293.06 to be exact!

As always, Geoff Chaffer and his awesome team brought in the highest amount via the Prospect Park care boot sales, followed by the proceeds from our own races and the refreshments members so kindly donate for our races (special thanks to all our race directors and to Toni McQueen and Ann Goodall for selling our race refreshments). The rest was raised through a variety of means and I want to thank all these wonderful people once more:

- Sam and Ben Whalley came up with a very novel Bingo social run from their house
- We held a bake off at the Dinton relays with our star bakers presenting their show stoppers
- Ann McKinnon very kindly donated the money raised from her house clearance before emigrating to the USA
- Chris Mason graciously handed over a cheque for £50 after Mark Worringham broke the club's 21 year 5mile record and as we just heard in Mark's report that the 20 mile and 5 k record were broken too. Poor Chris.

- I ran the Reading Half with a bucket alongside Sheryl Higgs and Caroline Hargreaves– thank you to Katie Gumbrell, Chris Cutting and Brian Shave who emptied it along the way
- Peter Higgs organised for this work, Rockwells Collins to donate a cheque of £500 last year and they have given again this year
- Kathy Tytler raffled off a copy of 'Like the Wind' magazine in which one of her legendary poems was featured
- The London Marathon sweep stake – thanks to Liz



- Ganpatsingh and Chris Cutting for selling the times– I got on the very empty coach- woops!
- All those of you who made donations at the front desk and at the bar, and special thanks to Michelle Wilson for her big donation immediately after last year's AGM
- Amanda Rosser organised a super Spring do and

Hannah McPhee a great Christmas do. Thank you to those who supported the events, donated raffle prizes and bought raffle tickets. Special thanks to Brian Shave for always helping to sell raffle tickets at the socials. We also had a curryoke and a quiz so thanks to John Bowley, Fiona Ross and Cath Leather for organising these.

- Roger Pritchard donated the money given to him for his expenses for the London Marathon and has always does this for the charity of the year
- Tony Canning and Fergal Donnelly for organising the track 5k events and to those who have supported them and brought refreshments
- And last but by no means least, the legendary 'Roadrunners in the Buff' Calendar. The brain child of Keith Russell and beautifully executed by his band of merry men. The lads made over £1000 and rumour has it the ladies are up next!

So, a huge sum of money, which will be used by the charity to increase the type of sports and physical activity sessions they offer and the number of locations where they offer them. Over the last year, the charity has kept me informed about their developments. From women's football sessions, to Nordic walking and their first running sessions, I am confident they will continue to make great progress. Oh, and Laura Brooks, who is the Charity's Development Officer and a newly joined Roadrunner, is in talks with Carl about becoming a Mental Health Ambassador for the Club, through England Athletics, which will be another really positive outcome. Watch this space.

I want to thank Laura and the Charity's founder, Neil Harris, for their support over the year. They both got really stuck into helping out at the car boot sales and have been so grateful for what we have all achieved together. The recent table tennis tournament, or was it

badminton? they gave us was a really fun evening that we all enjoyed. Cheers to Hannah McPhee for helping me to publicise the event. Also, a really big thank you to Kerri French, who went from having co-ordinated the charity fundraising in 2015-16 straight into being the charity banker in 2016-17 and gave me so much advice and support over the year and was always so approachable. Plus, her spreadsheet balanced! Hooray. On that note, thank you to Gavin Rennie too for auditing the charity account. Thank you also to Chris Cutting for doing such a great job on our Newsletter and getting the charity news published as well as Paul Monaghan for keeping the charity part on our website up to date. Finally, thank you to Carl for all your support over the year and for doing such a great job as our Chairman.

That's about it from me. Very sadly, I am not renewing my membership this year after a number of very happy years of being a Reading Roadrunner, simply because I am now living in West Berkshire. However, I'm not hanging up my trainers just yet as is I am considering joining Tadley Runners and starting a running group in my village. Keep up the great work, keep looking after each other, keep talking about mental health and I look forward to our paths crossing at the XC fixtures and local races in the future. Oh and I hope you got my very big hint that I want to party at the 30th year celebrations!

Thank you once again for allowing Sport in Mind to be our charity of the year and from the bottom of my heart, and on behalf of the charity, thank you. We bloody smashed it! All the very best to our next Charity Co-ordinator and charity of the year and God bless Reading Roadrunners.

Susie



cycle-smart
FOUNDATION

BE SMART STAY SAFE

Hurray for Cycle Smart!

ELLEN TOGHER

With the start of a new year for Reading Roadrunners, I am delighted that The Cycle Smart Charity has been voted in and I thank everyone very much for voting for them. I can't wait to throw myself into my new role as RR Charity Coordinator!

Cycle Smart are absolutely thrilled to have been chosen as the Reading Roadrunners charity for the forthcoming year and from Day 1 they have rallied their volunteers in readiness of supporting the club along the way.

There has already been several stories told to me by club members of cycling accidents that you have had as a child so I know the charity resonates with members.

its "innovative approach to encouraging children to wear a cycle helmet." In 2015 the charity was awarded by the European Commission the Excellence in Road Safety Award.

The Charity, using its comprehensive knowledge and first-hand experience of working directly with children and young people, has continued to develop an extensive educational programme geared to taking a child in their early years through to mid-teens. By providing the child with age-appropriate material, the Charity aims to empower children and young people with the knowledge and skills to help them make an informed choice on the potential benefits of safety helmets and to overcome peer



So, about Cycle Smart.....

The Cycle-smart Foundation is a Reading based award-winning charity, widely respected in the UK and internationally for its work educating and promoting helmet-wearing and safer cycling practices among children aged 15 and under, particularly those living in deprived areas. The reputation of our work is emulated world-wide, and the Trust's achievements have been acknowledged and praised by the World Health Organisation. Details of the Charity's education programme are included in the European Child Safety Alliance's Good Practice Guide and the Trust is a signatory of the European Road Safety Charter. In 2009, the Charity became the first British organisation to win the European Road Safety Awards and was praised for

pressure that they may face.

The charity was started by a paediatric nurse working at the Royal Berkshire Hospital in Reading. It was a 13-year-old cyclist back in 1992 who for seven months was nursed on the children's trauma ward before he eventually died from his head injury. His death instigated the start of a campaign of awareness.

Head injury from cycling accidents can be devastating and more so when it can be minimised, in cases, by wearing helmets. Children and young people face peer pressure as helmets can be seen as being "un-cool". The charity works hard to counter these issues and support children to make safer choices and cycle responsibly and safely.

Cycle-smart supports schools in some our more socially challenged areas, where the cost of buying helmets, lights

and reflective wear can be beyond the parents' ability. We believe no child should be placed at risk due to the inability to buy safety gear.

Out of the starting blocks.....

I was very pleased and excited as pretty much my first task was to head off to Wokingham Borough Council's offices, with Roger Pritchard, to collect a cheque from the Mayor of Wokingham for £350 by way of thanks for all of the support that RR gives to the Wokingham Half Marathon. This gets Cycle Smart nicely out of the fundraising starting blocks.

I would also like to thank Susie Rees for kindly giving me a handover of my duties and offering support (I hope she gets to read this as she has defected to Tadley runners!!)

So, I am now calling on all of you kind folk to donate any raffle prizes you have to me at the track on Wednesdays for forthcoming events or if you have any spare time to help at the Saturday morning car boot sales in Prospect Park please give me a shout (dates are on the Charity page on the website). The Cycle Smart volunteers and



Reading Roadrunners - Ellen Togher

I have most Saturday's covered but if you can help that would be much appreciated. I will look forward to seeing you there bright eyed and bushy tailed or is that bushy tailed and bright eyed!! There will be more activities coming up so more news on that to follow.

Thank you for reading,

Ellen Togher

charity@readroadrunners.org



 <h2 style="margin: 0;">Friday 5k- 19th May</h2> <h3 style="margin: 0;">Palmer Park, 1830 hrs</h3> 		
The Social	The Event	The Support
		
<ul style="list-style-type: none"> Teas, coffees & cake afterwards in the clubhouse Photos available on flick'r Donations to club charity- Cycle Smart 	<ul style="list-style-type: none"> Timed 5k (RR coach, Tony Canning) Aimed at runners of ALL abilities Invites UoR, SRC, RJ, FC & BFR running clubs & communities Track fee- £1.50 Min age- 13yrs 	<ul style="list-style-type: none"> Volunteers needed- contact fergal.donnelly@getronics.com Spectators welcome- bring friends & family!

Year Planner for Social Events - 2017

January 28 th	Comedy Club
February	30 Years Celebration Cake at track
February 25 th	Dinner Dance
March 10 th	Sport In Mind Table Tennis Celebration
April 29 th	Spring Do and XC Awards, Reading Cricket and Hockey Club
May	Quiz Event
12 th May	FootGolf, Wokingham
17 th June	Boat trip and a meal (possibly evening)
8 th July	First intermittent Reading Real Ale Treasure Hunt Ultra 10K
July	Vineyard and Winery tasting tour
August	Dragon Boat Racing and a meal
19 th August	Olly Murs at Newbury Races
September	30 th Anniversary Celebrations Summer do
October	Curryoake
November	Theatre- Possibly to see Jersey Boys Christmas Markets outing
December	Christmas Do



Spring Do and XC Awards

Date: Sat 29th April Price: £15pp

Venue: Reading Cricket and Hockey Club

Sonning Ln, Sonning, Reading RG4 6ST

Time: 7pm-midnight

Includes: Presentation of the XC Awards, Hot food and disco



Olly Murs at Newbury Races

Date: Saturday 19th August 2017

All day access and night access

Olly Murs performs: 17:45-19:30ish

Ticket Price: £38





Coaches Corner

ROGER PRITCHARD

As it's London Marathon time, so here's some advice for those running this year.

Gel or no Gel? Drinking anything that has a higher concentration than blood plasma during a Marathon such as a gel, should be avoided at all cost. Because gels are so viscous, they need to be diluted in the intestine before being absorbed into the blood stream. The intestine draws fluid from your blood plasma for the dilution process and that in turn makes your blood thicker and puts more strain on your heart and makes oxygen delivery to your muscles less efficient.

Further, if blood is drawn to the intestine (known as blood shunt) for the digestion process or fluid transfer process, you are diverting blood away from where it's needed most, your legs.

The main benefit of an intake of glucose is not energy for running, it's energy for the brain.

The brain does not store fuel and only gets it's fuel from blood glucose. So when you deplete your glycogen stores, your leg muscles will extract blood glucose and use that in preference to body fat. That means the brain is being robbed of it's energy source and makes you want to stop running (all part of the dreaded wall). So an intake of glucose during the latter stages of the Marathon is beneficial, but don't ingest gels without diluting them with water.

Gels are also the main cause of stomach-ache and

vomiting in Marathons.

Any form of glucose drink should only be taken when glycogen levels are running low.

If you have been doing your long training runs, this will ensure your leg muscles store as much glycogen as possible and that should last until at least the twenty-mile mark.

If this is your first Marathon, you will notice that your breathing rate will increase in the latter stages although your pace will possibly slow. Don't let this worry you as it's normal for breathing rates to increase in the latter stages. The reason is the fat will be contributing a higher proportion to energy production as glycogen levels fall and fat requires 15% more oxygen than glycogen to produce the same amount of energy. Finally, as it's been quite warm lately (as I write), here's a tip for keeping your body core temperature down, if it's a warm day. Tie a handkerchief around your neck and keep it soaking wet at drink stations. The carotid artery is very large and runs up your neck close to the surface of the skin. Therefore large quantities of blood can be cooled down at this location very easily. Also, pour water over you face and rub water on your legs. It's not the temperature of the water that cools you down, it's the transfer of heat from your body to the water and then the water evaporates taking the heat with it.

Hope you have a good one.

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.

RR XC Champs 2016 / 17 results

CARL WOFFINGTON

RR SUNDAY X COUNTRY LEAGUE TABLE 2016 / 17												
Prize	Name	13-Nov Datchet	20-Nov S'hurst	04-Dec Handy X	18-Dec RR	15-Jan Bracknell	22-Jan Tadley	29-Jan Metros	05-Feb TVT		Points Total	no. races ran(4+)
F SEN												
1	Alix Eyles	17			12	13	23	19	17		78	6 sen
2	Jo Sollesse	84		59	73	75	70	44			321	6 sen
3	Donna Saunders	107			81	81	81	50			400	5 sen
	Louise Atkinson	117		74	111	84	85	63			417	6 sen
	Katie Gumbrell	92.25		92.25	95	95	96		83		457.5	6 sen
	Hannah McPhee	181		121	152.3333	155	152.3333				761.6667	5 sen
FV40												
1	Samantha Whalley	50				45	42	46.75	50		233.75	5 v40
2	Catherine Leather	69			63	66	48		69		315	5 v40
3	Charlie Macklin	73		53	75	75	75	70	88		346	6 v40
	Lucy Bolton	136		105	136	126	114	76			557	6 v40
	Juliet Fenwick	169		117	157	143	131	92	143		626	7 v40
FV50												
1	Susan Knight	86		54	57	56			52		305	5 v50
2	Lin Morton	168		75	106	90	83	59	77		384	7 v50
3	Sandra Sheppard	144		87	116.2	120	110		120		553.2	6 v50
	Catherine Douglas	167		102	143	132	113	89	121		557	7 v50
FV60												
1	Cecilia Csemiczky	145		98		139	123		126		631	5 v60
2	Liz Atkinson	150			149	140	132	94	138		653	6 v60
3	Kathy Tytler	163		128	168	147	139		134		711	6 v60
M SEN												
1	David McCoy	5		3	11	9	7		6		30	6 sen
2	Mark Apsey	14			22		8	4	5		58	5 sen
3	Andrew Smith	29		10	15	25	26	22			98	6 sen
	Paddy Hayes	47		46	48	73	47	41	44		225	7 sen
	Ian Giggs	74		57	81	112	85	97	58		355	7 sen
	Dave Brown	241				243	192	155	156		987	5 sen
	Michael Charlton	266		200	230	224		153	204		1011	6 sen
MV40												
1	Fergal Donnelly	38		31	42	82		44	56		211	6 v40
2	Vince Williams				177	157	130	114	129		707	5 v40
3	Chris Cutting	150.3333		92	150.3333		206		153		751.6667	5 v40
	Justin Watkins	295		239	272	263	213	184			1171	6 v40
	Chris Drew	293		243	245.4	255	210		226		1179.4	6 v40
MV50												
1	Julian Hough	83		82	94	85	62	56	63		346	7 v50
2	Bill Watson	97		66	88	89	71	75	72		372	7 v50
3	Martin Douglas	221		193	208	239	178	143	188		910	7 v50
	Peter Reilly	213		171	194.6	217	180		192		950.6	6 v50
	Peter Higgs	257		217	227	229	200		193		1066	6 v50
MV60												
1	Andy Atkinson	207			207	211	164	140	180		898	6 v60
2	Jim Kiddie	226		185	199.5	220	167				997.5	5 v60
3	Richard Morgan	245		204	214	256	202				1121	5 v60
	Carl Woffington	305		242	259.5	269	222				1297.5	5 v60

There have been 7 races. The RR cross country championship will count the best 5 results from the 7 area races.
 The above table shows all runners who have competed in 5 or more races.
 The Sandhurst Joggers home fixture was cancelled.
 RR have not won the local league and no RR mementos will be awarded
 RR's who helped as team managers or volunteers at our home fixture have been awarded their average score for helping
 RR Champs Awards will be:- First 3 Senior, Vet 40, Vet 50 & Vet 60
 First only Vet 70
 Remember in cross country the least points is best.
 Awards will be presented at the Spring Do 2017, 29th April, 7:30 to 12:00, Reading Cricket & Hockey Club, Sonning Lane, Sonning, RG4 6ST
 Congratulations to Paddy Hayes, Ian Giggs, Julian Hough, Bill Watson, Martin Douglas, Juliet Fenwick, Lin Morton and Catherine Douglas who ran all 7 races.

Carl Woffington

RR SUNDAY X COUNTRY LEAGUE TABLE 2016 / 17			
PRIZE WINNERS			
	1	2	3
F SEN	Alix Eyles	Jo Sollesse	Donna Saunders
FV40	Samantha Whalley	Catherine Leather	Charlie Macklin
FV50	Susan Knight	Lin Morton	Sandra Sheppard
FV60	Cecilia Csemiczky	Liz Atkinson	Kathy Tytler
M SEN	David McCoy	Mark Apsey	Andrew Smith
MV40	Fergal Donnelly	Vince Williams	Chris Cutting
MV50	Julian Hough	Bill Watson	Martin Douglas
MV60	Andy Atkinson	Jim Kiddie	Richard Morgan

Discussion point - T-shirts

KATHY TYTLER

I was away for the fave t-shirt photo shoot on the track last week. The recent 'Facebook Flurry' about Grizzly t-shirts, where there were only large t-shirts remaining for later finishers at the end of the race, got me thinking about what I value in a race t-shirt.

What do you think?

1. Is a t-shirt a reward for finishing, or paid for as part of your race entry fee?
2. Should t-shirts be given out before or after the race?
3. What do you prefer, technical or cotton?
4. Is size important? How many sizes should be offered?
5. Would it help if manufacturers standardised their sizes – or gave measurements instead of S,M,L etc?
6. Where do you wear your race t-shirt?
7. If you have a lot of race t-shirts, what do you do with them?
8. Do you recycle your old t-shirts, or throw them out? On what basis do you discard them?
9. Would you wear a t-shirt for a race you haven't run or finished?
10. If the t-shirts are given out at the end of a race, would you expect to get a t-shirt if you did not finish?
11. Do you ever buy a t-shirt if it is not part of the race entry package?
12. What do you consider a good design?
13. Do you prefer a t-shirt or a medal? Both? Neither?
14. Would you like a towel instead?



My favourite race t-shirt – it ticks all the boxes:

- The correct size
- Comfortable cotton for casual wear
- Interesting design

New website



Our webmaster Paul Monaghan has now finally finished our new website which should be viewable as this goes to print. It's not so much as an upgrade as a total revamp. More information will now be available including latest news stories & calendars of race & social events.

What you waiting for?

Visit www.readingroadrunners.org to see what the fuss is about. Feel free to leave your comments.

Shinfield 10k & Junior Races

Monday 1 May 2017

Join us for a fun, friendly event for all the family.



Shinfield 10k

- Chip timing, with SMS result sent directly to your mobile phone
- Men and women's team competition for UKA-affiliated clubs (first 4 finishers)
- Age group prizes
- Prize for first male and female local finishers (RG2/RG7 postcode)
- Medal for all finishers under 90 minutes
- Friendly, supportive marshals
- Bag storage
- May Day fete and fun fair
- Free parking (20 minutes walk from the start) at Foster Wheeler (RG2 9FW)
- Junior races – bring the whole family!

You can enter online, or on the day (if there are places left).

10 km race entry	In advance	On the day
UKA affiliated runners	£11*	£14
Non-affiliated runners	£13*	£16

Enter online at <https://www.entryhub.co.uk/2017-shinfield-10k>

Closing date for advance entries 26 April 2017

In association with



With support from



Shinfield New Junior Races

11.30 am, Monday 1 May 2017



The Junior Races are an ideal opportunity to get the whole family involved in the Bank Holiday running fun! These races are run over a multi-terrain course, which can be rough and wet underfoot. The 2017 races are over a new course and are not chip timed.

- Ages 4,5,6, race is 1.9k and starts at 11.30am.
- Ages 7,8,9, race is 1.9k and starts at 12noon.
- Ages 10,11,12, race is 3.8k and starts at 12.30pm.
- Ages 13,14,15 race is 3.8k and starts at 12.30pm.

Entry is £5 per runner in advance or £7 on the day. All junior runners will receive a medal for taking part and there are prizes for the first three boys and girls in each race.

Runners for the Junior Races can enter online at

<https://www.entryhub.co.uk/2017-shinfield-10k>

In association with



Roadrunners Results

JENNY GALE

So here it is, my first results report It was never going to be easy, taking over this role in the Reading Half month, especially when I am following Nigel who has done such a comprehensive and brilliant job compiling the results for the last however many years! I am sure that there will be things I miss out or do differently to how you are used to it being done, so please do let me know at results@readingroadrunners.org if I have missed you out.

Anyway, this year's Reading Half saw 192 green vests out to play with 28 getting PB's which is brilliant! I was so impressed with the pacers – that cannot be an easy job and they all came in so close to their pace time it is incredible – however, special mention must go to Pete The Train Morris pacing the 2:15 time – check out his actual chip time – well done Pete!!

Unfortunately, I have been unable to access useful Brighton Marathon and 10k times, so they will be in next month's newsletter – along with, of course, London. Good luck to all running races this month, have a good one!

4th February

Thames Trot 50k (missed previously)

Chris Kelly	58	8:57:12	5th MV50
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11th March

Thames Meander Marathon

Name	Pos	Gun	Chip
Paul Monaghan	101	4:05:48	4:05:42
Caroline Jackson	102	4:05:48	4:05:43 5th FV35
Michael Firmstone	128	4:15:10	4:14:56
Martin Bush	161	4:37:15	4:36:46

Dash in the Dark 10k

Ian Giggs	16	42:12
Peter Cook	19	43:04
Anthony Long	21	43:13
Nicola Gillard	119	58:44
Veronika Royle	120	58:44
Ian McGuinness	121	58:54
Chris Drew	131	1:01:39
Judith Ritchie	168	1:05:59
Annette Russell	203	1:11:02

Jennifer Mulhearn	208	1:12:49
Trisha Arnold	214	1:14:32

Inter-Counties Cross Country Championships, Loughborough

Senior Ladies

Sarah Urwin-Mann	162	36:04
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Senior Men

Mark Worringham	100	42:18
Matthew Richards	135	43:12
Lance Nortcliff	197	44:43
Ryan O'Brien	203	44:54
Robert Tan	227	45:36
Dave McCoy	265	48:15

(All representing Berkshire)

12th March

Barcelona Marathon

Name	Pos	Gun	Chip
Dave Wood	7646	4:13:13	3:56:22

Larmer Tree Marathon

Name	Pos	Gun	Chip
Gemma Buley	78	4:42:33	4:42:06

Finchley 20

Name	Pos	Gun	Chip
Ashley Middlewick	58	2:15:43	2:15:29
Chris Kelly	146	2:34:11	2:33:48

The Grizzly

Name	Pos	Gun	Chip
Lance Nortcliff	47	2:51:05	2:49:04
Colin Cottell	352	3:31:04	3:29:27
Fergal Donnelly	363	3:31:33	3:29:48
Robert Grice	924	4:15:07	4:12:19
Claire Seymour	1111	4:30:24	4:28:22
Pete Morris	1313	4:53:33	4:50:33
Peter Higgs	1318	4:54:18	4:52:16
Tom Harrison	1389	5:04:07	5:02:45
John Bailey	1434	5:12:55	5:11:23
Kathy Tytler	1514	5:42:58	5:40:09
Cecilia Csemiczky	1515	5:42:38	5:40:10
Lorraine Bailey	1537	5:53:45	5:52:14

ROADRUNNERS RESULTS

The Grizzly Cub

Name	Pos	Gun	Chip
Sev Konieczny	319	2:05:25	2:03:39
Linda Wright	392	2:15:13	2:13:42
Ros Lee	484	2:45:02	2:42:14

North London Half Marathon

Name	Pos	Gun	Chip
Matthew Richards	9	1:11:52	1:11:51
Dan Clarke	639	1:40:11	1:39:37
Nelesh Kotecha	2273	2:00:38	1:57:26

Surrey Half Marathon

Name	Pos	Gun	Chip
Stuart Jones	256	1:29:41	1:28:52 PB
Sally Carpenter	1886	1:58:44	1:56:13
Paul Carter	2268	2:03:38	2:01:55
Socrates Christidis	3035	2:19:05	2:13:40
Alice Jackson	3536	2:43:48	2:37:20

Bath Half Marathon

Name	Pos	Gun	Chip
Martin Douglas	4382	1:58:46	1:54:38
Donald Scott-Collett	4566	1:59:38	1:58:18

Silverstone Half Marathon

Kathy Vickers	3809	2:08:07
Gill Manton	6386	2:56:11

Lydd Half Marathon

Name	Pos	Gun	Chip
Brian Fennelly	91	1:46:14	1:45:50

Ridge Off Roader 10k

Maureen Sweeney	154	1:13:39
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19th March

Limassol Marathon, Cyprus

Caroline Jackson	110	3:40:40
Paul Monaghan	121	3:44:42

Marseille Marathon, France

Name	Pos	Chip
Ashley Middlewick	36	02:59:35

Green Park Challenge

Name	Pos	Gun	Chip
Blue Caswell	24	00:10:40	00:10:39 PB
Aaron Chai	46	00:11:27	00:11:15

Brian Grieves	194	00:13:22	00:12:56
Judith Ritchie	512	00:16:03	00:15:20
Chris Manton	834	00:18:34	00:17:12
Amanda Rosser	1235	00:20:20	00:19:29
Andrea Roberson	1320	00:20:51	00:20:03
Emma Caswell	1621	00:23:13	00:22:23

Reading Half Marathon

Name	Pos	Gun	Chip
Mark Worringham	45	01:11:06	01:11:06
Matthew Richards	60	01:12:27	01:12:26
Seb Briggs	80	01:14:11	01:14:01 PB
Rob Corney	111	01:16:02	01:15:53
Ryan O'Brien	121	01:16:29	01:16:22 PB
David Mccoy	128	01:17:03	01:16:54
Ben Whalley	148	01:18:11	01:17:58 PB
Chris Lucas	174	01:19:08	01:19:01
Jamie Cole	193	01:19:42	01:19:30 PB
Mark Apsey	208	01:20:07	01:19:59 PB
Brendan Morris	224	01:23:46	01:20:38 PB
Jamie Smith	226	01:20:51	01:20:42
Stephen Ridley	229	01:20:58	01:20:51
Gary Tuttle	290	01:23:38	01:23:25
Carrie Hoskins	363	01:25:33	01:25:21 PB
David Ferguson	368	01:28:41	01:25:25
Matt Green (PACER 1:25)	372	01:25:49	01:25:30
Richard Usher	448	01:27:13	01:27:05
David Mccoy	455	01:30:17	01:27:08
Nikki Gray	463	01:30:20	01:27:17
Paul Kerr	506	01:31:37	01:28:19
Richard Hallam-Baker	547	01:32:21	01:29:06
Ian Giggs	548	01:32:08	01:29:07
Katy Webb	579	01:32:46	01:29:41
Peter Aked	581	01:32:51	01:29:44
Joseph Noonan	599	01:35:38	01:30:02
Katherine Sargeant	614	01:33:17	01:30:12
Tony Walker	628	01:30:38	01:30:25
Richard Charley	648	01:30:54	01:30:41
Colin Cottell	651	01:34:34	01:30:42
Ellie Roy	762	01:36:01	01:32:27
Anthony Long	831	01:46:28	01:33:15 PB
Graham Tull	836	01:36:28	01:33:20
David Caswell	838	01:36:52	01:33:22
Dean Allaway (PACER 1:35)	957	01:38:35	01:34:44
Aaron Chai	967	01:40:22	01:34:50
Richard Smith	993	01:38:57	01:35:06 PB
Kristin Brandl	1005	01:39:27	01:35:16
Ben Smith	1009	01:38:30	01:35:18

ROADRUNNERS RESULTS

Chris Buley	1011	01:39:28	01:35:18	Nick Lees	3491	01:58:35	01:53:12
Sarah Mcdade	1062	01:41:21	01:35:56	Ginika Okoye	3495	02:01:23	01:53:13
Belinda Tull	1076	01:39:11	01:36:06	Jonathan Belson	3500	02:01:24	01:53:15
Brian Grieves	1107	01:36:42	01:36:24	Pragash Nantha	3551	01:57:38	01:53:33
Chris Young	1122	01:40:44	01:36:35	Joanne Kent	3567	02:01:51	01:53:38
Peter Cook	1126	01:40:33	01:36:40	Zaid Yousif	3590	01:59:31	01:53:46
Alix Eyles	1141	01:37:11	01:36:51	Rachel Derry	3608	02:04:24	01:53:52
Nicholas Adley	1162	01:42:27	01:37:06	Stewart Wing	3650	02:04:07	01:54:09
Antony Streams	1193	01:40:41	01:37:31	Peter Felgate	3739	02:08:28	01:54:38
Brian Kirsopp	1198	01:41:30	01:37:38	Christina Calderon	3787	02:12:13	01:54:54
Gemma Buley	1223	01:42:00	01:37:50	Anna Richmond	3812	02:08:31	01:55:02 PB
Helen Pool	1244	01:41:57	01:38:09 PB	James Kiddie	3865	02:04:18	01:55:20
Bill Watson	1266	01:43:48	01:38:17	Catherine Bruce	3866	02:16:28	01:55:21
Tracey Lasan	1267	01:41:28	01:38:18	Katie Gumbrell	3937	02:08:50	01:55:44 PB
Matthew Morgan	1281	01:42:43	01:38:26	Stephen Wilks	4101	02:07:00	01:56:39
Robert Mcenaney	1304	01:47:19	01:38:38	Joanne Sollesse	4118	02:05:14	01:56:45
Jake Hiom	1325	01:42:52	01:38:48	John Bullock	4153	02:07:29	01:56:56
David Fiddes	1331	01:42:58	01:38:51	Colin Byers	4219	02:10:47	01:57:15
Dominic Henry	1392	01:44:03	01:39:23	Zoe De La Pascua	4233	02:11:12	01:57:21 PB
Simon Palmer	1459	01:43:30	01:40:01	Angela Burley	4235	02:11:12	01:57:22
Vincent Williams	1488	01:43:56	01:40:13 PB	Neil Carpenter	4238	02:11:13	01:57:22 PB
Pawel Buda	1494	01:48:23	01:40:17	Dinah Alshamma	4247	02:10:35	01:57:24
Elizabeth Jones	1582	01:45:02	01:40:57	Ray Mcgroarty	4281	02:10:59	01:57:35
Gary Brampton	1663	01:45:04	01:41:33	Peter Reilly	4395	02:08:40	01:58:06
Sian James	1520	01:45:42	01:41:51	Andrew Breakspear	4434	02:07:16	01:58:19
Loretta Briggs	1731	01:50:10	01:42:02 PB	Kevin Sangster	4455	02:04:26	01:58:26
Kenny Heaton	1807	01:47:44	01:42:48	Sarah Morgan	4478	02:02:44	01:58:34
Sophie Hoskins	1862	01:51:32	01:43:07 PB	Peter Fawkes	4511	02:12:49	01:58:41
Joe Blair	1898	01:47:46	01:43:21	Peter Higgs	4742	02:12:50	01:59:46
Grant Hopkins	2039	01:52:27	01:44:09	Neil Conway	4795	02:15:43	02:00:09
Stephen Dellow	2231	01:50:34	01:45:32	Paul Carter	4819	02:09:21	02:00:17
David Lennon	2354	01:50:51	01:46:21	Alice Papierowski	4829	02:08:43	02:00:22
Fergal Donnelly	2404	01:50:46	01:46:40	Louise Atkinson	4948	02:14:18	02:01:11
Julie Rainbow	2413	01:51:43	01:46:44	Andrea Roberson (PACER 1:55)	4972	02:14:27	02:01:20
Paul Giles	2456	01:51:49	01:47:04	Andy Dingle	4987	02:09:39	02:01:26
Julian Lewis	2549	02:04:52	01:47:41	David Leake	5016	02:06:48	02:01:37
Mo Fassihinia	2585	01:56:14	01:47:58	Grace Lyon	5100	02:10:32	02:02:02
Colin Mccarlie	2659	01:56:52	01:48:25	Roger Ganpatsingh	5138	02:22:41	02:02:16
Sam Hammond	2726	01:57:03	01:48:51	Philip Reay	5155	02:19:44	02:02:24
Andy Atkinson	2729	01:59:26	01:48:52	Laura Batten	5218	02:17:53	02:02:52
David Walkley	2798	01:59:29	01:49:13 PB	Rob Bursell	5328	02:13:54	02:03:34
Joe Akem-Che	2954	01:58:11	01:50:03 PB	Andrew Wilson	5363	02:17:55	02:03:49
Samantha Whalley	2955	01:58:16	01:50:03	Danlu Tong	5456	02:13:53	02:04:19
Adrienne O'Driscoll	3002	02:05:18	01:50:17	Andrew Osborn	5562	02:18:24	02:04:56
Susan Knight	3010	01:59:34	01:50:22 PB	Clare Stephens	5772	02:27:12	02:06:20
Paul J Jenkins	3054	01:54:37	01:50:34	Catherine Leather	5851	02:24:18	02:06:49
Paul Milnes	3143	01:59:11	01:51:05	Robert Maclean	5905	02:29:23	02:07:11
James Kent	3155	01:56:34	01:51:06	Robert Grice	5977	02:11:37	02:07:35
Lee Hinton	3490	01:58:35	01:53:11				

ROADRUNNERS RESULTS

Clive Bate	5990	02:24:09	02:07:39
Lorna Back	6055	02:35:53	02:08:06
Sarah Phelps	6144	02:28:54	02:08:42
S. Richmond Devoy	6156	02:28:53	02:08:47 PB
Martin Bush (PACER 2:10)	6253	02:29:37	02:09:22
Angharad Shaw	6271	02:24:09	02:09:29
Rhodri Vaughan	6386	02:24:21	02:10:20
Bob Thomas	6403	02:31:29	02:10:28
Sam Slater	6545	02:32:14	02:11:37
Simon Brimacombe	6565	02:33:15	02:11:47
Darren Batchelor	6575	02:29:22	02:11:50
Linda Wright	6590	02:32:05	02:12:00
Dave Brown	6609	02:20:49	02:12:09
Donna Saunders	6610	02:20:49	02:12:10
Amanda Rosser	6666	02:20:49	02:12:37
Andy Patrick	6669	02:22:39	02:12:39
Moira Allen	6673	02:28:12	02:12:40 PB
Socrates Christidis	6711	02:33:50	02:13:06
Russell Prentice	6862	02:34:30	02:14:20
Peter Morris (PACER 2:15)	6942	02:35:38	02:15:00
Brett Date	6960	02:42:57	02:15:09
Simon Davis	6981	02:20:50	02:15:20
Sandra Sheppard	7109	02:32:06	02:16:21
Jenny Boxwell	7462	02:39:08	02:17:49 PB
Lucy Bolton	7271	02:41:37	02:17:39
Geoff Pummell	7372	02:29:08	02:18:21
Justin Watkins	7385	02:42:26	02:18:28
Ian Mcguinness	7753	02:43:50	02:22:01
Severine Konieczny	7784	02:49:39	02:22:14
Margot Bishop	7791	02:37:51	02:22:19 PB
Juliet Fenwick	7818	02:44:22	02:22:34
John Bailey	7902	02:45:14	02:23:18
Adele Graham	7992	02:44:09	02:24:03
Rachel Sutton	8000	02:44:31	02:24:05
Liz Atkinson	8066	02:52:20	02:24:56
Charlie Macklin	8152	02:39:56	02:26:00
Tom Harrison (PACER 2:30)	8320	02:55:47	02:27:58
Trisha Arnold	8493	02:53:07	02:30:31
Lorraine Bailey	8500	02:58:32	02:30:42
Malin Thomas	8667	02:53:33	02:33:26
Sarah Walters	8668	03:01:39	02:33:27 PB
Suzanne Bate	8746	03:03:11	02:35:05
Holly Turner	8862	03:03:54	02:37:35
Simon Eyles	8881	02:59:15	02:38:10
Rose Cook	8935	03:04:33	02:39:23
Helen Dixon	9028	03:09:58	02:41:45 PB
Tracy Jenkins	9128	03:07:30	02:44:44

Paul Smith	9129	03:07:30	02:44:44
Helen Grieves	9226	03:16:20	02:48:07
Hannah Mcphee	9336	03:20:32	02:52:18 PB
Rachel Allaway	9337	03:20:32	02:52:18 PB
Jenny Gale	9340	03:20:32	02:52:21
Jenny Mulhearn	9373	03:17:46	02:52:31
Allan Bradbury	9368	03:19:30	02:53:22
Palee D'Souza	9393	03:21:39	02:54:54
Laura Chandler	9399	03:23:21	02:55:30
Gill Manton	9404	03:23:47	02:55:32
Julie Wing	9480	03:23:18	03:00:01
Himanshu Patni	9590	03:32:44	03:08:50
Ros Lee	9692	03:51:49	03:30:44

Fleet Half Marathon

Name	Pos	Chip
Alan Freer	322	1:30:44 (4th Vet 60)
Julian Hough	470	1:35:22

26th March

Radley AC Open 800m

Name	Pos	Chip
Duncan Mollison	1	2:06:77

Woking 5

Name	Pos (M/F)	Gun	Chip
Ben Whalley	4	0:30:15:67	0:30:15:67
Ashley Middlewick	5	0:30:53:43	0:30:53:43
Ian Giggs	9	0:33:08:22	0:33:08:22
Edward Dodwell	11	0:33:32:58	0:33:32:58
Bill Watson	14	0:34:41:06	0:34:41:06
Eugene McSorley	17	0:35:38:89	0:35:38:89
Helen Pool	2	0:35:52:35	0:35:52:13
Simon Denton	21	0:36:51:98	0:36:50:50
Gary Brampton	24	0:37:54:03	0:37:53:97
Daniel Rickett	25	0:38:11:68	0:38:10:86 PB
Nicole Rickett	6	0:39:53:95	0:39:52:92
Nicholas Adley	29	0:40:08:52	0:40:08:52
Samantha Whalley	9	0:40:44:15	0:40:42:45
Catherine Leather	11	0:41:18:03	0:41:16:74
Fleur Denton	13	0:41:36:06	0:41:33:71
James Kiddie	35	0:42:51:70	0:42:49:17
Charlie Macklin	23	0:46:44:26	0:46:42:40
Louise Atkinson	25	0:47:16:67	0:47:12:35
Chloe Lloyd	27	0:47:28:09	0:47:22:15
S. Richmond Devoy	32	0:48:17:88	0:48:11:05 PB
Sandra Sheppard	33	0:48:48:21	0:48:46:68
Linda Wright	36	0:49:26:47	0:49:24:23
Sev Konieczny	42	0:51:04:49	0:50:59:12 PB

ROADRUNNERS RESULTS

Liz Atkinson	46	0:51:44:11	0:51:40:81
Janice Thomas	50	0:54:19:35	0:54:15:25
Carl Woffington	56	0:55:38:41	0:55:33:11
Helen Dixon	57	0:57:11:67	0:57:04:85 PB
Julie Wing	64	1:03:50:79	1:03:45:69
Stephen Wing	62	1:15:34:79	1:15:29:42

Queen Elizabeth Spring Marathon

Name	Pos	Chip
Caroline Jackson	71	05:02:53
Paul Monaghan	72	05:02:53
Pete the train Morris	78	05:11:58

Queen Elizabeth Spring Half Marathon

Name	Pos	Chip
Chris Buley	24	01:52:46
Gemma Buley	76	02:12:56
PhilippaWhite	77	02:12:56
David Power	80	02:13:53

1st April

Queen Elizabeth Olympic Park 10k

Name	Pos	Gun	Chip
Gary Brampton	76	46:48	46:40 PB

Fowlmead Marathon

Name	Chip
Helen Grieves	06:28:00

2nd April

Wokingham 5k

Name	Pos	Chip
Nicholas Adley	6	0:21:20

Wokingham 10k

Name	Pos	Gun	Chip
Richard Hallam-Baker	5	00:39:05	00:39:04
John Williams	9	00:41:12	00:41:12
Andy Dingle	62	00:52:42	00:52:40
Amanda Rosser	79	00:53:58	00:53:53
Penny Piccio	99	00:56:48	00:56:37
Dan Gurney	103	00:57:10	00:57:07
Andrea Marnoch	128	00:59:52	00:59:50
Adele Graham	137	01:00:41	01:00:39
Charlie Macklin	139	01:00:43	01:00:33

Manchester Marathon

Name	Pos	Chip
Sarah Dooley	1817	03:29:51 PB
Caroline Jackson	2186	03:36:02
Paul Monaghan	2759	03:43:26
Grant Hopkins	3710	03:54:47
Dave Wood	4103	03:58:38

Marathon Prep Race Dorney Lake 16/20/24 mile

Name	Pos	Chip
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20 Miles

David McCoy	3	02:06:02
Alan Freer	28	02:28:08
Andrew Atkinson	243	03:27:37

24 Miles

Joe Blair	9	03:39:05
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Milan Marathon

Name	Pos	Gun	Chip
Dean Allaway	390	03:06:37	03:06:19
Caroline Hargreaves	5108	05:13:33	05:09:04

9th April

Paris Marathon

Name	Chip
Chris Manton	04:19:44
Christina Calderon	04:27:29
Phil Reay	04:27:30

Brighton Marathon & Brighton 10k will be in the next newsletter

Season's Bests

Ladies

5 miles	Helen Pool	35:52
10k	Sarah Urwin-Mann	38:20
10 miles	Katherine Sargeant	1:06:30
Half Marathon	Carrie Hoskins	1:25:21
20 miles	Carrie Hoskins	2:15:14
Marathon	Katherine Sargeant	3:08:22

Men

5 miles	Ben Whalley	30:15
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

Reading Roadrunners Committee Meeting

TUESDAY 11th APRIL 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)
Simon Davis	(Coaching)
Sandra Sheppard	(Treasurer)
Bob Thomas	(General Sec)

APOLOGIES FOR ABSENCE

Hannah

MINUTES OF THE PREVIOUS MEETING

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

2017/18 COMMITTEE

The Committee elected at the AGM to serve for 2017/18 is as listed above. Carl welcomed Simon Davis, who re-joins the Committee after several years.

MATTERS ARISING FROM THE MINUTES OF THE PREVIOUS MEETING

Role changes Previous minutes recorded several role vacancies owing to incumbents stepping down. In summary, the status of these roles comprises:

- Men's Team Captain Phil Reay
- Ladies' Team Captain Sam Whalley
- Race Results Co-ordinator Jenny Gale
- Welfare Officer Andy Dingle
- Charity Bank Account Mgr Liz Ganpatsingh

Carl is in discussion with a member in regard to taking on the new role of TVXC Race Director.

Payment of expenses The action on Carl & Sandy to resolve the list of races for which the Club sponsors team entries and the process of claiming expenses continues.

CHAIRMAN'S REPORT

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

- 19Mar. Reading Half Marathon
- 21Mar. AGM
- 26Mar. Woking 5 Champs race

- 01Apr. Woodley Parkrun take-over

Carl observed that there had been some confusion over making use of the tent, kindly provided by the RHM organisers. In previous years, this has been taken up by members rather than the Committee. It was agreed that Sandy & Simon Denton will take responsibility for organising use of the tent on behalf of the Committee in 2018, assuming that RHM offers one.

Carl thanked the members who kindly brought along food to the RHM tent at practically no notice.

Notable forthcoming events include:

- 14Apr. Maidenhead 10 Champs race
- 29Apr. Spring Do
- 01May. Shinfield 10K
- 23Apr. London Marathon
- 07May. Marlow 5 Champs race

TREASURER'S REPORT

Club Accounts Sandy reported that the Club operating account, the dinner dance account and the Bramley race account are all up to date, and that the Bramley race made a profit of £5.6K.

The Committee has yet to receive a proposed budget for the Shinfield 10K.

At Hannah's request, the Committee approved that Sandy should pay deposits for two forthcoming social events: a boat trip and a dragon boat race.

GENERAL SECRETARY'S REPORT

Membership renewals / barcode Membership renewal has closed. Anyone who has not yet renewed and wishes to continue membership is now required to re-join. The new membership card contains the barcode that gives members access to the stadium on Wednesday, Thursday and Friday evenings; the previous barcode is no longer valid.

MEMBERSHIP SECRETARY'S REPORT

Anne reported that 27 new members joined during March, bringing the total membership to 446.

SOCIAL SECRETARY'S REPORT

Hannah is finalising details for a boat trip and a dragon boat race.

COACHING REPORT

Simon Davis reported that he is in discussion with three members who are considering training to become coaches.

The Committee would like to increase the number of coaches further and urges members who feel that they would like to become coaches, and can make the commitment this implies, to contact Simon. Training costs are borne by the Club in return for a coaching commitment.

KEY POINTS ARISING FROM THE AGM

The following points from the AGM are reported here for the benefit of members who were not present at the meeting.

- The revised Constitution & Rules were adopted in principle. It is accepted that aspects of the documents require further refinement, which will be ratified at the 2018 AGM, but that they may be used to underpin governance of the Club from the date of the AGM.
- The Club roadmap, details of which were circulated to all members with their AGM pack, was approved.
- Phil Reay and Sam Whalley were elected as the Club Captains.
- There was general agreement of the need to increase the Club’s coaching capacity.
- Ellen Togher was successful in having the charity she sponsored, the Cycle-Smart Foundation, adopted as the Club charity. Ellen will now lead on fundraising for the coming year.

ANY OTHER BUSINESS

Desk transactions Simon Davis is keen to explore how Point of Sale technology could be exploited to reduce the need for cash transactions at the desk. Simon offered to provide a proposal to his effect.

Traffic management Bob reminded the Committee of the talk given by Ted Wingrove at the AGM raising awareness of traffic management in regard to race marshalling, and pressed that the Club needs to take this matter seriously.

It was agreed that we should add the development of a traffic management capability as a new project in the Club’s development roadmap and that the Committee should seek someone to lead the project. Ted will support the initiative but is not in a position to take the lead.

Action: Bob to recruit a member to lead on this initiative, liaising with Ted.

Track announcements The Committee is aware of a growing concern amongst a section of the membership who find recent track announcements not to their taste in terms of content and length.

Action: SJD to discuss with Tom how this might best be addressed.

Track etiquette Once again, it has been noted that general observance of the Club’s track etiquette policies has slipped, with the Committee receiving reports of spitting on the track, and runners frequently occupying the inside lanes two or more abreast. Members are asked to comply with the Club’s policies for using the track safely and with due regard to other members.

DOOR ROTA

12Apr17	Anne, Shirley
19Apr17	Anne, Christina
26Apr17	Anne, Shirley
03May17	Heather, Jane
10May17	tbd
17May17	tbd

DONM: 16May17