



# NEWS

to all members,  
is our first newsletter giving you  
tails of what the committee has been up  
o since the club was formed. I hope you  
ill be able to take up most of the offers  
available.

The membership is steadily growing, so  
recognising all of you is going to be a  
task and a half. Therefore if any  
committee member gives a blank stare when  
you approach you will have to bear with us.  
If you have any suggestions or ideas,  
complaints or problems then contact me or  
any committee member.

Of course the newsletter is not only an  
information sheet, it should also provide  
platforms for discussion on running matters,  
any interesting stories encountered by  
members etc. If you have, or would like to  
contribute please do by sending them to the  
Editor.

Let me end by welcoming you all and hope  
that the club will become a successful  
one for all types of runner by members:

showing good will to all  
encouraging their fellow runner  
and above all having fun

Best wishes to all,

Charlotte Keenan

### Judge outlaws 'chairperson'

A High court judge yesterday  
refused to accept 'chairperson'  
as a valid word. Mr Justice  
Hartmann told counsel in a  
hearing that the cor-

### MEMBERSHIP

Membershi

### CLUB KIT

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**READING ROAD RUNNERS**  
JUNE 1995  
**100th ANNIVERSARY**  
**CHAIRMAN'S CHAT**  
Paul Kurowski  
Congratulations to everyone who completed :  
Shinfield, Bracknell, Sonning Common,  
Highlands Farm, the Land's End - John O'Groats  
run, Dinton Pastures, etc. etc.  
Highlands Farm - Thank you Karen Edwards  
and Brian "BJ" Taverner and all your helpers for  
another excellent Highlands Farm.  
The Multiple Sclerosis Therapy Centre - 14  
RRRs visited the centre on Tuesday 31st May.  
We found out a lot more about the centre and  
the work that goes on there. If anyone else would  
like a visit please phone Charles or Leslie Dorin  
on 01734 482072.  
Dinton Pastures - Thank you Karen Edwards  
and Charlotte Keenan, the time keepers, position  
markers, marshals and chefs for another good  
evening. Well done to everyone particularly Pete  
Turner for running to his predicted time. There  
is another relay on Tuesday 18th July. Definitely  
an event for New Runners and Intermediates.  
10Ks - This is the time of year to put all that winter  
endurance training into effect in the "shorter"  
distances. However you may need to adjust your  
training to the event you have targeted: any of  
the Club coaches are available to help.  
Barn Dance - this is always a fun evening so I  
hope to see you there.  
No.1  
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## READING ROADRUNNERS NEWSLETTER APRIL 2016

Some slight favouritism shown towards the cover  
photo this month, but if anything it poses a very real question  
about running events in general; who are the real heroes? Is it the  
elite runner, helicoptered into the starting pen from their sponsor-  
endorsed luxury trailer, or is it the humble supporter, forced to  
stand for hours in all conditions, in this case with nothing but their  
enthusiasm and lightly-hopped 3.8% session ale to sustain them?

This year at least, the answer to the question above is 'Sheryl',  
along with all the rest of the intrepid runners competing in the  
Reading Half Marathon that the newsletter team were out in  
force to cheer on. Thanks to their carefully selected spectator  
point, they were also on hand to witness the fastest  
club member to stop for a 'refreshment' supplied  
by the Nag's Head on Russell Street. He/she  
knows who they are...

INSIDE THIS  
• CHARITY  
• THE STRA  
OF DR. SHI  
• CROSS COU  
RESULTS



## READING ROADRUNNERS NEWSLETTER JAN 2017

Who would have thought we would make it to  
30? Back in January 1987, the newsletter team were more  
interested in the acquisition of acid-wash denimwear than  
any form of exercise, but over in Reading an intrepid band of  
enthusiastic runners were putting together the blueprint for  
what would become the 500+ members-strong club we know  
today.

There'll be events throughout the year to look out for in  
celebration of the anniversary, but in the meantime it's  
business as usual as our Bramley event gets closer and  
closer.

As usual, help is always needed - so if you  
haven't entered, or you are interested in getting  
more involved with the club, details on who to  
speak to are on the very next page!

## INSIDE THIS MONTH: HAPPY 30TH BIRTHDAY ROADRUNNERS!





**BRAMLEY 20/10**

**SUNDAY 19TH FEBRUARY 2017**

**If you aren't running we need your help to make the race a success.**

**Please contact race director Adele Graham**

**or email Alan Makepeace, Chief Marshal at:**

**rocket-al@hotmail.Com**

**THANK YOU IN ADVANCE!**

.....  
**READING ROADRUNNERS**

## *Dinner Dance*

**Saturday 25th February 2017 at Sonning Golf Club.**

**£33.00 per person**

**6.30pm for 7pm dinner**

**All monies to be put into an envelope with full names and individual menu choices. These can be given directly to Toni McQueen or handed in at the desk on club night.**

**Please note, if you have any queries or questions, I can be contacted by email**

**tonimcqueen@ntlworld.com or 07803 609226 (not Facebook).**

### **Starter**

**Butternut Squash & Ginger (v),**

**Smoked Salmon & Cream Cheese Roulade, Dill & Cucumber Vinaigrette (gf)**

**Baked Mushroom Mediterranean Vegetables, Parmesan Crust (gf)**

### **Main**

**Fillet of Seabass, Yellow Pepper Sauce (gf)**

**Pork Tenderloin, Red Cabbage, Parsnip Mash, French Beans, Apple Sauce & Crackling**

**Grilled Halloumi, Stir Fried Vegetables, Noodles, Sweet Chilli Sauce**

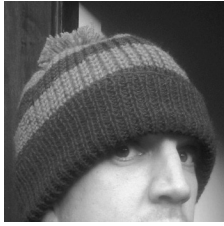
### **Dessert**

**Plum & Ginger Crumble with Custard**

**Fresh Fruit Salad (gf) (df)**

**White Chocolate & Raspberry Cheesecake**

**Coffee/Mints**



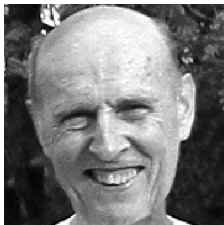
## Welcome from the Editor

CHRIS CUTTING

The newsletter team found themselves hobnobbing with the great and the good (the bloke with the perm from Channel 4 Racing was there) at an awards dinner last night. We will cover it off properly in the next issue, but suffice it to say that the club, and in particular a certain lady, did rather well.

This is the first in what we hope will be forming part of the newsletter's new 'Showbiz Scoops' direction, which along with some exciting incentive ideas, (look out for the London Marathon Ballot cheat codes coming soon!) should be leading the research to see if anybody actually reads this bit.

Enjoy your running this month.



## Chairman Chat

CARL WOFFINGTON

I hope you all had a good Christmas break and I wish you all well for 2017.

Our 2016 TVXC home fixture at Crowthorne Woods went well on 18th December. We had a contingency course in mind but didn't expect a repeat of 2015 where our race was cancelled due to a rave taking place. Many favourable comments were received from runners in the race. Thanks to our Team Captains, Mark and Claire, for the main organisation. Thanks also to all our helpers on the day.

We missed just two track sessions over the Christmas break this year. However, we had mince pies and mulled wine at the last Wednesday session of the year – thanks to Toni for organising this.

Our Boxing Day run was a little different this year. Goring is normally quite quiet. However, this year there were vans with communication dishes on the roof. There were also, photographers carrying cameras with very large lenses. No, not to photograph RR's, sadly George Michael had passed away in Goring the day before. All was back to normal once we ran past the village centre. It was lovely weather for a run. Thanks to Kathy for organising.

Our festive pub run took place on Wednesday 28th December at the Rainbow Inn, Middle Assendon. A chilly start but good running weather once we got moving. Our planned 6 mile run turned into just over 7 due to a slight detour from the route. Or to put it another way, we got lost. Never mind, we are roadrunners and we resorted to hoofing it down a road back to the pub. It's a lovely old fashioned village pub. Home cooked food, excellent as always. Thanks to Toni for coordinating with the pub and Kev for leading the run.

Our social trip to the Comedy Club will take place on 28th January and the take up on tickets has been excellent.

Our Annual Dinner Dance will take place on Saturday 25th February and table bookings are now being taken. See RR website for details.

We are supplying marshals for the Wokingham ½ on 12th February. We just about have a full team now.

Our own RR Bramley 20/10 takes place on 19th February and we are looking for volunteers and marshals. We always struggle to find volunteers, please help if you can.





## Ladies' Captain - Report

CLAIRE SEYMOUR

I would like to start my report by wishing you all a Happy New Year and happy running in 2017! Hope you all had great Christmas's and received lots of running gifts! It was certainly good to have the break from work over Christmas with the added bonus of being able to run more in daylight! And now the New Year has arrived I hope the start of those Spring Marathon training plans are going well, and the cold and icy conditions haven't proved too difficult to get out and get those training runs in.

In the month of December we had a few Cross Country Fixtures, including our own fixture which I'm pleased to say was a complete success, and no ravers! We also had some positive feedback from the other clubs which is always good to hear. Myself and men's Captain Mark were appointed with the task of organising our race, and I would like to say a big thanks to Mark for his help and support with organising it, and thanks to everyone that helped out on the day! now we can relax and enjoy the remaining fixtures organised by the other local clubs throughout January in to February (and there are quite a few of them!)

So what has been happening throughout the month of December in to January?

### **South of England Masters XC Championships, Horspath, Oxford - Saturday 10th December**

As this event was being held fairly near to us, I thought it would be good to enter some teams, as I believe a few years back the club entered a vet Ladies 60 team and they did very well, so I was really pleased that we had 4 teams out, a women's 40 and 60 team and a men's 40 and 50 team.

The women's teams were made up of Belinda Tull, Sam Whalley and myself for the V40's, with Toni Mcqueen, Cecilia Csemiczky and Kathy Tytler for the V60's. Both races were very competitive as we were up against some of the top runner's in the country in our age categories, and the conditions reminded me slightly of a mini Parliament Hill, particularly in the wooded section of the course where it was technical and very muddy in places. Belinda had a great run to lead our team home finishing in 26th place, Sam also had a

good run finishing in 68th, with myself 73rd and Toni hot on my heels in 74th. We then had Cecilia in 93rd place and Kathy 94th. The overall standings were 5th FV40 Team and 2nd FV60 Team. Congratulations goes to the FV60 team for winning a silver medal, with Cecilia winning a second medal, a bronze for 3rd in her age category. A good day out was had by all.



### **TVXC Crowthorne (Our fixture) - Sunday 18th December**

Considering this was our home fixture and we had quite a lot of people helping on the day, we still managed to field a big team of runners overall (Good to see the hill didn't put many of you off!) with 29 ladies taking part in perfect running conditions. Our ladies scoring team was made up of Alix Eyles in 12th place, Lesley Whiley 23rd, Claire Marks 25th and Susan Knight 57th! Well done goes to these ladies along with all the other ladies that helped by pushing back scoring runner's from the other clubs. Overall on the day we finished in 5th position for the ladies and combining the men's and women's result we finished 2nd. After 3 races, this leaves us in 7th place overall for the ladies league and join 4th position with the men.

As always it will be good to have lots of Green vests at these remaining fixtures:

TVXC Tadley - Sunday 22nd January

Metro's - Sunday 29th January

TVT - Sunday 5th February

Berkshire XC Championships - Saturday 7th January 2017

I was pleased to see that we had a scoring team of 4 of us to take part in these Championships, which is also a qualifier for the Inter-counties. The race was held at Braywick Park, Maidenhead and conditions were muddier than expected, particularly as the ladies race followed the senior men's 12K! so the ground was well and truly churned up. Apart from the mud I would say race conditions were perfect. Sarah Urwin-Mann had a very good run considering she was recovering from recent illness, and was our first lady to finish earning herself a bronze medal in 3rd position for the masters, Sarah was then followed by Sam Whalley in 17th, with myself and Toni McQueen running in together to finish in 18th and 19th respectively. After the race we went to the presentation hopeful that we may be in with a chance of a team medal as we had all placed well, however unfortunately we soon learned that due to an admin error we would miss out as we weren't officially registered as a team. And to rub salt in the wound, was that fact that we would have won the Master's Silver! Unfortunately an email to the organiser's regarding our medals lead to no avail, so we will hopefully be back next year to defend our title of 2nd place! and hopefully gain our rightly earned medals!

#### **Hampshire League updates**

Unfortunately as most of you are aware the 4th Hampshire League Fixture due to be held at Prospect Park on Saturday 14th January was cancelled due to travellers in the car park, unfortunately with a tight XC schedule for most clubs it doesn't look likely that this will be rescheduled, if anything changes we will let you know.

Please also note that the venue of the 5th fixture being held on 11th February, being hosted by City of Portsmouth is due to change from Queen Elizabeth Country Park, Petersfield to a new venue TBC. We hope to have more details on this soon.

On Saturday 28th January we also have the Southern XC Championships being held at the iconic Parliament Hill, and we have a team of ladies out representing us taking on the tough conditions that come with this course, so I will look forward to reporting how we get on.

Finally, some news from me is that after 2 years, I have decided to step down as Ladies Captain at the AGM, so if anyone is interested in finding out a bit more about what's involved with this role or taking it on, please feel free to contact me via email or have a chat with me at the track or at one of the XC fixtures.

Have a good month of running!

Claire



## Men's Captain - Report

MARK WORRINGHAM

Happy new year clubmates!

For many of you, the New Year will have been celebrated, as it has been in so many cultures over the centuries, by hanging a picture of a naked, beaming Keith Russell up on your wall. I also invested in a calendar, intending to keep it in a box somewhere (cos, you know, it's a family house and stuff), only to find that my wife had hung it in pride of place in the dining room. When a lady came around to measure up for a new kitchen, I noticed her eyes kept flickering in that direction, although whether in horror or lust is not clear. And for those who are more concerned with uncovering grammatical errors than enjoying the pictures (specifically Ben Whalley), I have checked and it is indeed my fault that there is a missing apostrophe, but in my defence I was typing it into my phone at the time. Nevertheless, I have suitably flagellated myself as punishment.

The Thames Valley Cross Country League continued with the Handy Cross and RRR fixtures taking place in December. It seems that I may have cursed our men's team in my last report by droning on at length about our dominance in the league, as we came second in both of these events. I resolve to henceforth undersell our abilities, and see if the curse works in reverse.

At Handy Cross, David McCoy II placed third, and first RRR scorer. Matthew Green and Andrew Smith finished in close succession in 9th and 10th, and Gary Tuttle recorded his highest ever placing in 29th. Fergal Donnelly was first vet scorer for the club in 32nd. Duncan Mollison, Brendan Morris, Paddy Hayes and Henry Stapley all featured in the top 50, with Gavin Rennie in 57th the final scorer.

The weekend before Christmas saw our own TVXC fixture take place. Luck, if not the sun, shone on us that day as the illegal ravers decided not to grace us with their presence again. Presumably they either stayed in bed, or organised their rave in an empty warehouse somewhere, as nature intended. Much credit goes to ladies' captain Claire Seymour for the organisation on the day, as well as her band of willing helpers – great to see many of you sacrificing your own race to help out. An impressive performance from Rob Corney secured the race win, with Lance Nortcliff not far back in third. David McCoy II was 12th, with another close battle between Andrew Smith and Matthew Green (16th and 17th) being edged by Andrew this time. Mark Apsey and Ryan O'Brien

were not far behind in 23rd and 26th, whilst the points were rounded out by Fergal Donnelly in 46th.

Although RRR are not the dominant force in the men's races in this league that we have been in recent seasons, there is no other club running away with this either, so we are in a strong position to win again this season, so let's hope for some strong performances in the last few races.

For those aged and decrepit enough, there was more cross country fun to be had at the South of England Masters cross country championships at Oxford. We fielded both a V40 and a V50 team, and both did very well indeed. Lance Nortcliff led home the V40 team in 22nd, with Ben Whalley 51st and Fergal Donnelly 75th, placing the team 14th overall. This was almost matched by Bill Watson (78th), Melvin Silvey (102nd) and Colin Cottell (103rd) for the V50s, who finished 16th team. The standard of this competition was high, with most of the quickest old fogies in the South present, so these were very creditable performances.

There was a stronger than usual turnout at the Berkshire Cross Country Championships in Maidenhead at the beginning of January. In fact, the men had a strong team of six for a virtual guarantee of silverware. I was pushed hard for first RRR by new member Matthew Richards, and eventually pulled out a small gap to finish 6th to Matthew's 7th, both securing qualification for the county team. I also had the rare treat of winning the 'masters' county championship, as the cut-off is, unusually, 35. Lance Nortcliff was 11th (and won county masters bronze) followed closely by David McCoy in 12th, with both on standby for county selection. Matthew Green's 18th and Ben Whalley's 26th rounded out the team.

We were busy congratulating ourselves on an assured team prize, when a chap ambled by and informed us that, because three of us were entered as masters, we could not count towards the team after all, as set out in the small print of the race entry. No-one seemed any the wiser as to why this rule existed – possibly to protect the young men from the unconquerable excellence of those over 35, or something. Anyway, this baffling rule meant that we had not finished a team at all, and, since neither had Newbury for the same reason, it led to the unfortunate situation of only one team actually completing the race. Don't ask me how a results sheet showing only one full team in the race helps to arrest the

perceived decline of county athletics, but there you go. Naturally, I did my own calculations later in the day, and had masters counted, we would have been joint winners.

The biggest road race of the month was the Woodcote 10K. This is no longer known as the Goring and Woodcote 10K, possibly to disguise the fact that the two villages are separated by a massive bloody hill. Our second claim Herne Hill Harrier, Ben Paviour, took second place, and first V40, with an excellent time on a tough course. Chris Lucas (4th) and Andrew Smith (7th) also made the top ten, whilst Brian Kirsopp and Nigel Hoult were second V50 and V60 respectively. RRRs were also well represented in the Gut Buster on New Years Eve, with Ben Whalley 9th in the 10-mile race (and 2nd V40), Andrew Morgan 15th and Julian Hough 25th and third V50.

At other races, Nigel Hoult managed yet another V60 win for the year at the Andy Reading 10K. Ben Whalley was third V40 at something calling itself the Muddy Welly 10K, a fittingly evocative title. Lance Nortcliff started the year off well by getting very close to his 10K PB at the New Years Day 10K in Hyde Park, running 33:53. Aside from Rob in the TVXC, the only other overall win of the month was by Chris Lucas in the Tadley Christmas

XC race. Meanwhile, a number of RRRs escaped the misery of a Berkshire December to take in the Lanzarote marathon (and half marathon and 10K). Keith Russell even managed to bring back some silverware, winning the V35 category (a category that exists far too rarely as far as those of us who are between 35 and 39 are concerned) and finishing 4th overall. Keith ran a relaxed 2:49 without pushing himself, which is disgusting really.

I will finish with a reminder that there are still plenty of TVXC races, on every weekend up to the beginning of February, so that gives you a good chance to get some good muddy runs in, as well as giving you an excuse to stay away from your families for a bit. We also have the final Hampshire League fixture on Saturday 11th February, and, because this is the same weekend as the Wokingham half marathon, we traditionally struggle to get many runners out. It would be a shame to undo our good work this season by not fielding a full team in the final fixture, so if you area available, it would be great to see you there. The venue will be somewhere near Portsmouth, but has not yet been announced.

Until next month, good running everyone.

## 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.





## Charity Chatter

SUSIE REES

Hello friends,

It's been a while since I put pen to paper for the Newsletter and I want to apologise for that; buying a flat has been very exciting but incredibly time zapping! Unfortunately, I haven't managed to execute a couple of fundraising ideas – the auction of goods and promises and the pebble artwork to sell, but I am hopeful that these can happen in the future, when we are raising money for another great cause.

Thankfully, however, the efforts of a whole bunch of individuals has meant the Club's fundraising activity continued strongly over the Autumn and Winter. Big Thank You's to:

- Fiona Ross and John Bowley for organising a curry / singing knees up and for all those who supported it.

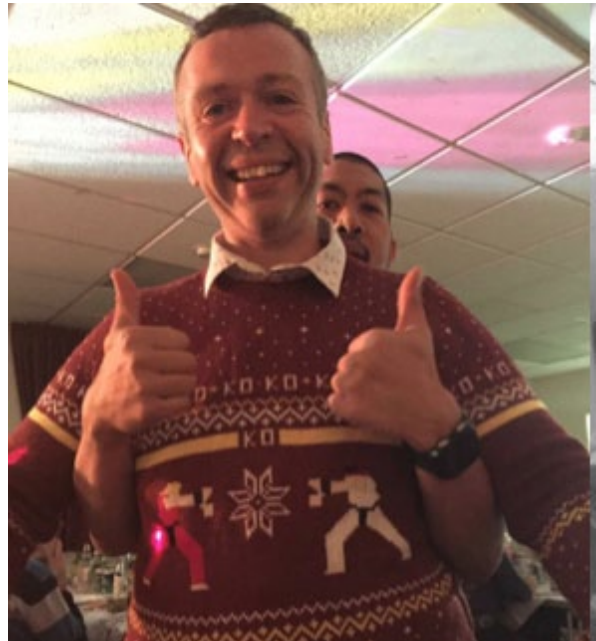


- Hannah McPhee and Amanda Rosser for giving us a lovely Christmas Do. Thank you if you bought raffle tickets on the night or if you donated prizes for it – we made a fantastic over £200. A special mention to the lovely Brian Shave, who always so willingly sells the tickets at our socials and manages to get so much cash out of us all!
- The gang behind our legendary 'in the buff' Calendar. I understand we are \*almost\* at £1000 profit which is incredible. What has been particularly brilliant about this fundraiser is that I have had very little do with it! – thank you Keith Russell and team for seeing the project through and for raising so



much, in such a novel way. Not too late to get your copy, it has got to be seen to be fully appreciated and thanks if you have already bought one, or eight, Mark Worringham!!!!. Your lucky, lucky family!

- All those I have failed to mention, for your online donations from race number swaps / selling of running watches to each other, pennies in the pot on the bar/desk and more. Thank you.



So, without further ado, I give you a current fundraising balance, as it stands in Mid January. A whopping £21,298.45. Of course, we are not done just yet. There are still the proceeds from our own Bramley 20/10 next month, Sunday 19th February, so please, get entering / baking / marshalling if you can. Will we make it to the magical £25,000??? Fingers crossed and look out for the final update in due course!

It won't be too much longer before our AGM is upon us and it will be time for the Club to choose a new charity to support for 2017-18. If you are thinking of nominating a charity, which can be local or international and would like to chat more about what this would involve, please don't hesitate to get in touch. It has been a true pleasure for me and it has been humbling to see how well received



Sport in Mind has been amongst you all. The wonderful Kerri French, would I am sure, also be happy to talk to you about being a Charity Co-ordinator having raised so much for Me 2 Club the year before. Kerri, has done a sterling job of banking all the charity dosh we have raised but is understandably stepping down from the role after the AGM, so a new banker will also be needed. Again, if this would interest you, please do get in touch with Kerri or myself. If you would like to continue to support Sport in Mind, they are always very happy to hear from prospective volunteers, so why not drop them a line. Lots of roles available <http://sportinmind.org/contact-us>

Before signing off, I would like to encourage you to continue reading; is taken from an article, written by one of the founding members of Sport in Mind, Neil Harris, with England Athletics. It mentions 'Mental Health Ambassadors'. The England Athletics Mental Health Ambassador programme aims to establish a network of volunteer Ambassadors in running clubs and groups across England to support people who are experiencing mental health problems to start running, get back into running, or continue running as well as to improve the mental wellbeing of their existing members. If becoming an Ambassador interests you, please speak to our Club Committee.



## Introduction

The term 'mental illness' sounds quite scary to many of us, but the truth is mental illness really is very common with 1 in 4 of us in the UK affected each year— that's

approximately 15 million of us! Mental health conditions are characterized by alterations in our thinking, mood or behaviour, and include illnesses such as anxiety, depression, addiction, bipolar disorder, personality disorder, schizophrenia or eating disorders. Despite a huge amount of work being done to raise awareness of mental health conditions there is still a great deal of stigma surrounding mental illness. Speaking about mental health shouldn't be seen as being scary, taboo or something to avoid as the reality is mental health conditions are part and parcel of everyday life. All of us, at some point in our lives, will be touched either directly or indirectly by mental illness so it's important to speak openly about these conditions and help address the stigma.

## The facts

Mental illness is the single largest cause of disability in the UK and accounts for one third of all illnesses. It is also the largest cost to the NHS at £10.4 billion (10.8% of the NHS budget). Mental health conditions do not discriminate – they affect people of all ages, genders, sexualities and ethnic groups. They do not care if you are rich, poor, successful, married or single –they really can affect any one of us. Some of the most successful sportsmen and women over the past 20 years have spoken about their own mental health conditions, including:

Double Olympic Champion Athlete, Dame Kelly Holmes

Footballers, David Beckham and Paul Gascoigne

Rugby players, Jonny Wilkinson and Jason Robinson

Cricketers, Marcus Trescothick and Andrew 'Freddie' Flintoff

Olympic Champion Cyclist, Victoria Pendleton

Olympic Champion Swimmers, Rebecca Adlington and Ian Thorpe

Tennis Legend, Serena Williams

World Champion Boxers, Ricky Hatton and Frank Bruno

Mental illness is a rapidly growing problem in UK society and new interventions need to be sought to address this issue. Regular engagement in sport and physical activity is one such intervention and Sport in Mind can testify to its effectiveness in the treatment and prevention of mental illness.

## The England Athletics Mental Health Ambassador Programme

England Athletics are committed to improving mental wellbeing through running. Our aim is to one day have a mental health ambassador in every club and group in England so that people experiencing mental health problems can access the benefits of running in a supported way.

### Become a Mental Health Ambassador

We will be working with our Ambassadors and providing support to work with their clubs/groups on variety of things including:

Creating a mental health action plan for their club/group.

- Organising specific events or open evenings.
- Creating links with local mental health services/organisations.
- Sharing information on social media about #runandtalk and other related campaigns.

- Starting conversations about mental health.
- Sharing good news stories.
- Supporting leaders, coaches and other volunteers with relevant guidance on mental health.
- Volunteering through Mind and other organisations to support people experiencing mental health problems to start running.

For more information, visit <http://www.englandathletics.org/disability-athletics/mental-health-charter/mental-health-ambassadors>

Happy running, athletes.

Until next time,

Susie



## RESULTS

Friday 5k- 25<sup>th</sup> November, Palmer Park @ 1830hrs

1. Corney, Rob 16:06
2. McCoy, David 16:18
3. Paviour, Ben 16:24
4. Mollison, Duncan 17:36
5. Maddison, Jacob 17:36 (Uni)
6. Tuttle, Gary 18:22
7. Talib, Joshua 18:37 (Uni)
8. Usher, Richard 18:47
9. Goodyear, Callum 19:22
10. Cottell, Colin 19:26
11. Johnson, Charlotte 19:30 (Uni)
12. White, Ollie 19:59 (Uni)
13. Simons, Justin 20:09
14. Croad, Hannah 20:24 (Uni)
15. Fiddes, David 20:34
16. Foy, Eleanor 20:50
17. James, Chris 21:17
18. Chai, Yau Hei 21:29 (Uni)
19. Dearman, Chloe 21:40 (Uni)
20. Davis, Simon 21:44
21. McIndoe, Eddie 21:44



22. Guest, Will 21:55
23. Rorke, Alice 22:17 (Uni)
24. Adley, Nick 22:26
25. Atkinson, Andy 22:31
26. Morris, Pete 22:42
27. Fassihinia, Mo 22:55
28. Turner, Megan 23:02 (Uni)
29. Whalley, Sam 23:11 PB!
30. Ganpatsingh, Liz 23:37 PB!
31. Ferris, David 24:18
32. DeBordons, Maeve 25:09 (Uni)
33. Simons, Rebecca 26:05 (SRC) PB!
34. French, Kerri 27:49
35. Sweeney, Maureen 28:19
36. Wright, Linda 28:31
37. Woffington, Carl 29:11
38. Jones, Sue 29:52 (SRC) PB!
39. Haskins, Lynda 30:02
40. Oakley, Jenny 31:54
41. Gilbert, Jay NR

## Next Event

Friday 5k- 24<sup>th</sup> February (tbc), Palmer Park @ 1830hrs

## I've started, so I'll finish ...

KATHY TYTLER

DNF (Did Not Finish) is probably the saddest result. I haven't finished the last three Ridgeway Challenges that I started; 2012 – bad weather on Saturday made me lose the will to live, or at least to carry on past Goring; 2013 – too slow through the night and timed out at CP7; in 2014, although I was not timed out at CP7, I was overcome by fatigue and getting very slow. I wouldn't have made CP8 within the time limit. I have finished eight Ridgeway Challenges, but this record has now been overtaken by Brian Layton who did his ninth this year.

There can be many reasons; injury, sickness, getting lost, not making cut off times (always obey the marshals instructions on this one – it is hard enough organising a race without the added worry of people who have carried on unofficially and out of time), and even miscounting laps on a 5K track race.

I did The Dorset Giant (LDWA event) some years back. I, and the man I had 'hooked up' with for the night(!) went wrong in the dark. We ended up behind the back marker, catching him and his entourage just before the checkpoint. When we arrived at the checkpoint the marshal said; 'I'm sorry, you're out of time, you'll have to retire.'

Thank goodness I thought – I was really suffering from blisters on both feet.

'Oh they're OK – they went wrong, but they are walking at a good pace,' explained the back marker.

The marshal let us go on. A mile or so into the next stage my companion said, 'Wasn't that lucky that we were allowed to continue.'

'Yes,' I replied through gritted teeth, each step feeling like the walk of Hans Christian Andersen's 'Little Mermaid' on her new feet. Still we finished the rest of the event within the cut-off times – and it was good to finish, in more ways than one!

What if you are just having a bad run? Well, as an individual runner it's your decision. If it's an ultra you may just be going through a bad patch, food, drink a little rest at a checkpoint and a bit of encouragement from a companion may be all you need to carry on and finish. It will get better – or maybe not?



I retired on my first LDWA 100 miles (2002, Lake District). I'd done 82 miles! It was early hours of the morning, having almost gone through the second night. In my naiveté, I thought I would only need one night without sleep to complete. My eyes were going funny and I could face any more darkness, mud and rain. As we were driven back to base through the pouring rain (after quite a long wait at the checkpoint, in a tent on the side of a hill), I was so jealous of all those still carrying on walking. Lessons learned;

Give my eyes a rest from my contact lenses before the second night if necessary.

Two o'clock in the morning is always a bad time for big decisions.

It is often easier to carry on than to retire.

But if you must retire make sure it is at a comfortable indoor checkpoint!

If it is a short run, you may as well carry on and finish, even if your time is going to be much longer than you would like. If it is nothing serious, it is likely that you'll feel a lot better if you finish rather than pull out – remember the slowest finisher beats the fastest quitter. Of course if you are part of a team, and

the team result depends on each member finishing, having a bad run is not a reason to quit. It may be disheartening to be at the back, way off the pace, but don't stop, or you'll really let your team down.

I went to watch The Hampshire League cross country at Prospect Park several years ago. I had stopped running in these events because everyone was much quicker than me. Our team for the women's race was one person short – without a full team we would not score at all; null points! I was wearing an old pair of trail running shoes, so after being lent a male green vest ensuring that I was in club kit, I reluctantly agreed to take part. I was wishing that I had turned up in strappy sandals, high heels, big boots; any footwear that was totally unsuited to running that would have got me out of it. The first 100 metres left me right at the back, and then I was on my own for the rest of the race, trying really hard, but feeling very sick. I'd not long had my lunch after a long morning training run. I really wanted to stop but I carried on because I just couldn't let my club down. Apart from a bit of a panic towards the end when it was touch and go whether I would finish before the men's race started – I had to give the vest back, remember – I finished, and after a quick club vest return, I was greeted as a hero by the rest of my team. I'd scored for them and maintained our position in the league.

Like many runners I have had some DNFs. This is disappointing at the time, but the most important thing is to learn the lessons for next time.

*Postscript*

*On 10 December I was part of the women's 60+ team at The South of England Masters Cross Country Championship.*

I was standing in the rain at Horsepath, Oxford, still coughing at the tail end of a cold having done very little over the previous two weeks. As I had just had my 60th birthday in October I had been asked to be in our 60+ team.

"I'm slow," I said – and that was before I caught a cold!

"It doesn't matter," said my team mate, Cecilia, "not many clubs field a full team of Vet 60s, so we all just have to finish and we might win a medal."

So, on that rainy day I consoled myself with the fact that I just had to get round a reasonably flat muddy XC course of 6K – just a bit longer than parkrun. Once we started and I'd accepted that I was well off the pace, I had a nice run. After the first couple of fields I couldn't see any runners in front, and I was sure that there was no-one behind me, so I could indulge in my 'race fantasy' where I am leading and I'm way ahead of the rest!

When I finished my team mates were there to cheer me in.

Looking at the results, I was last, but I was 17th in my age group. Any 60+ club runners could enter, so therefore I am the 17th fastest woman in XC in the South of England!

And, our team came second. (Toni McQueen, Cecilia Csemiczky and me.) Yes, there were only two full teams of 60+ women, but we got South of England Athletics Association silver medals – and they couldn't have done it without me!



# The Rain in Spain Falls Mainly on Malaga

THE STORY OF A MARATHON THAT WAS NOT TO BE – BY PAUL MONAGHAN

Earlier this year we ran a race called Not the Rio Marathon which as planned went ahead. This December it was more a case of Not the Malaga Marathon only in this case it really was a case of not to be.

Most of us love the chance to have a holiday and if it involves a marathon then to some of us it's a holiday with bells on. The expo, the meeting pals, the crowds cheering, the elation as you cross the line amongst Palm trees all adds to making it what for me is very near an addiction and one which I need no medication except for perhaps an ice cold beer at the end of a race.

Cue Malaga marathon in December. This is amongst one of my best as it's cheap to enter and travel to plus there's an authentic Spanish feel to the place without the usual onslaught of British bars found in the Costas. Personally I think Malaga is an underrated destination as most people use it as a gateway to the Costas

From the club there was Myself with Caroline Jackson (#TeamJackMon), Martin Bush & Caroline Hargreaves. The first three of us were doing the double with Lanzarote Marathon the following week. Caroline Hargreaves would be doing a 45 minute drive from Mijas to join us on race day.

On arrival we teamed up with many more of our running pals for the expo and to grab a bite to eat in the evening. The weather forecast had predicted rain a while back but none of us at that time could have imagined the scale of this and besides we were too busy taking photos.

We awoke at our hotel in the morning and scurried down for are usual small pre-race breakfast. At this point we were aware it had been raining overnight but had no idea of the magnitude.

As we left our hotel the heavens opened and what seemed like a full scale monsoon fell from the sky, so we walked quickly as possible as the start line was about 10 minutes away. As we walked it just got worse so we sheltered outside a café under the tarpaulin with about 10 other runners, but it got even worse. Next thing we knew the tarpaulin collapsed under the

weight of the water and many of us were drenched as we dived into the café. By a slim chance I even managed to catch this on video which is hilarious looking back. Caroline Hargreaves contacted us as she was doing a U-turn back to Mijas as the roads were totally flooded. It wasn't looking good.



## A soaked unimpressed Caroline Jackson

Anxiously us runners waited in the café whilst the police were giving us up to the minute news on whether this race would go ahead. By this time we were wrestling with the possibility it could be cancelled so we frantically searched on social media and to our amazement it showed pictures of submerged cars & buses with tunnels totally blocked by excessive flooding. Surely this would not now go ahead? And then we received the green light.



**Just a shower? Perhaps not.**

We rushed down past the start frantically looking for our baggage station, when suddenly behind us crowds of runners were waking the same direction. Why was this? We discovered they were all looking for shelter as news had come through the race would be delayed an hour but we would receive a further update in 30 minutes. By this time we were drenched plus we'd heard the baggage drop was flooded so runners were rescuing their gear. We'd also learnt there was mass flooding across Malaga as the drains had stated overflowing making most roads unpassable, still we waited for the news. By now Caroline & I with over 100 others were sheltered at the front of the Marriot hotel waiting for the news.



### **Umbrellas at the ready**

What was now happening? The police started moving the race roadblocks which seemed to suggest one thing, and then on their twitter & Facebook feed it was announced that our worst nightmare had come true. 'The Malaga Marathon is cancelled by order of the Security Area of the City of Málaga. The decision has been made following the communication by the Delegation of Security of "Red Alert" state for rains and floods in Málaga' So there you have it, after our months of planning the race was now officially cancelled due to severe floods.

I need to mention at this point to not let this deter you from ever entering Malaga marathon. I've ran it three previous years without any weather problems.

We all left our temporary shelter and Caroline & I walked to the race village. It was such a shame as everything was set up and ready to go but now the village was being cleared. I felt so sorry for the organisers as so much effort had obviously gone into this. We were thankful we were in Lanzarote in a few days and hey we were on holiday so you may guess what's coming next?

Us runners are a resilient bunch and we weren't going to let a minor problem like a marathon cancellation ruin our day. A text was received and apparently all our running pals were meeting at a bar in town. How could TeamJackMon refuse? Hastily we went back to our hotel (yes it was still raining) to get changed and made are way to the bar. About 60 of us including 100 marathon club members and pals from various clubs all met up that afternoon and even though we'd had a cancellation spirts were running high, and one cracking afternoon (and evening for some mentioning no names) was had by all.

As I've said before it's not just about the running but the places and people you meet along the way as many of you will know. I for one was thankful of the people that afternoon.



### **Happy faces with Martin, Caroline & I even after the cancellation**

# 2016 Championship Results

Congratulations to everyone who took part in the 2016 Club Championships. Trophies will be awarded to the 1st, 2nd and 3rd placed runners in each category, and will be presented in person to those attending the annual dinner dance.

## Main Championship

To qualify for the Club Championship, members had to run at least one of the nominated three races at each of the distances: 5M, 10K, 10M, HM. For a race result to score in the competition, the runner needed to have worn club colours.

The results of the main competition are as follows:

### Men's competition

**Senior** 1 Dave McCoy  
2 Brendan Morris  
3 Daniel Rickett

**Vet 40** 1 Ben Whalley  
2 Richard Usher  
3 Simon Denton

**Vet 50** 1 Alan Freer  
2 Dave Caswell  
3 Keith Ellis

**Vet 60** 1 Andy Atkinson  
2 Stephen Wing

**Vet 65** 1 David Dibben  
2 Carl Woffington

**Vet 70** 1 Frank Cooper

### Ladies' competition

**Senior** 1 Nikki Gray  
2 Nicole Rickett  
3= Donna Saunders  
3= Rachel Derry

**Vet 35** 1 Fleur Denton  
2 Samantha Whalley  
3 Amanda Box

**Vet 45** 1 Katherine Sargeant  
2 Catherine Leather  
3 Mary Jansson

**Vet 55** 1 Maureen Sweeney  
2 Sandra Sheppard

**Vet 60** 1= Linda Wright  
1= Liz Atkinson  
3 Ann McKinnon

**Vet 65** 1 Julie Wing  
2 Janice Thomas  
3 Cecilia Csemiczky

**Age grade competition** 1 Alan Freer  
2 Ben Whalley  
3 Dave McCoy

The first race in the 2017 Club Championship will be the Wokingham Half Marathon on 12Feb17. The full list of nominated Championship races will be published shortly.

### Marathon Championship

For the Marathon Championship, members record their results in any marathon races that they run anywhere in the world. The winners in each age category are the runners who recorded the best times recorded during 2016.

In total, 120 members returned 358 results. Some members clocked up an amazing number of races during the year, the most prolific marathon runners being:

Martin Bush 64

Paul Monaghan 23

Caroline Jackson 19

Pete Morris 14

Julia Molyneux 13

Dean Allaway 10

The results of the Marathon Championship are as follows:

#### Men's competition

<b>Senior</b>	1	Keith Russell	London
	2	Rupert Shute	London
	3	Mark Worringham	London

<b>Vet 40</b>	1	Ben Whalley	London
	2	Brian Grieves	London
	3	Alex Harris	Copenhagen

<b>Vet 50</b>	1	Brian Kirsopp	Dublin
	2	Gavin Rennie	Manchester
	3	Alan Freer	London

<b>Vet 60</b>	1	Andy Atkinson	London
	2	David Leake	Abingdon
	3	John Bailey	London

<b>Vet 65</b>	1	Paul Jenkins	London
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<b>Vet 70</b>	1	Tom Harrison	London
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#### Ladies' competition

<b>Senior</b>	1	Nikki Gray	London
	2	Katy Webb	London
	3	Nicole Rickett	Berlin

<b>Vet 35</b>	1	Caroline Jackson	Hamburg
	2	Erica Key	Chelmsford
	3	Melanie Shaw	London

<b>Vet 45</b>	1	Caroline Hoskins	London
	2	Katherine Sargeant	London
	3	Mary Janssen	London

<b>Vet 55</b>	1	June Bilsby	Brighton
	2	Kathy Tytler	Dorney Lake

<b>Vet 60</b>	1	Sian James	Valencia
	2	Lorraine Bailey	London
	3	Ann McKinnon	Brighton

<b>Vet 65</b>	1	Julie Wing	Salisbury
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The 2017 Marathon Championship is already underway.



# Roadrunners Results

## NIGEL HOULT

Christmas and New Year is always a quieter time for races, so there aren't so many to report on this time. The most popular events by far were the two TVXC fixtures in December; we seem to be improving our results with each race, let's hope we can keep it up! The other popular event was the Woodcote 10k, despite the clash with Cliveden; Ben Paviour and Carrie Hoskins won the vet 40 age categories (as well as finishing second man and second lady), and we also had second places in the men's vet 50 and 60 categories (Brian Kirsopp and Nigel Hoults). But more surprisingly, Susan Knight managed a PB on what must be one of the hilliest 10ks around. This wasn't the first one of 2017, though: Claire Seymour takes that honour, knocking 12 seconds off her PB at the Serpentine 10k on New Year's Day.

To avoid the British winter, some preferred to travel to the warmer climes of Lanzarote to run various distances, with Keith Russell and Caroline Jackson winning the vet 35 age categories in the marathon. (There should have been results from the Malaga marathon as well, but that was cancelled due to flooding – what a contrast to the perfect running conditions of the year before.)

It's usual at this point to review the year just finished. Two of the club men's records were broken (5k and 5 miles), both by Mark Worringham, while Alice Leake (who has now left the club) came close to breaking the ladies' 5k record. No-one came particularly close to the other records: maybe something to aim for in 2017?

There were few changes to the most popular road races, with the re-introduced Woodley 10k and Mapledurham 10 (a club championship race last year) replacing the Maidenhead half and our own Mortimer 10k. The multi-terrain races changed rather more, though mostly because of small changes in numbers of participants; Endure 24 had a significant increase, but the biggest by far was the Kintbury 5 (the most popular race after the TVXC fixtures), which again featured in the club championship: perhaps this is becoming more popular?

Well done to all those racing last month, and good luck in your forthcoming races.

### 4th December

#### TVXC League, Handy Cross

David McCoy	3	33:34	
Matthew Green	9	35:00	
Andrew Smith	10	35:06	
Gary Tuttle	29	37:03	
Fergal Donnelly	32	37:12	5th MV
Duncan Mollison	44	38:11	
Brendon Morris	45	38:14	
Paddy Hayes	47	38:28	
Henry Stapley	50	38:35	
Gavin Rennie	57	39:10	
Ian Giggs	58	39:15	
Bill Watson	69	39:50	
Monty Gershon	78	40:24	
Julian Hough	88	41:02	
Chris Cutting	100	41:45	
Ashley Middlewick	117	43:01	
Claire Marks	151	45:15	
Will Guest	163	46:15	
Eddie McIndoe	170	46:54	
Nicole Rickett	172	47:05	
Gary Brampton	179	47:38	
Tom Wright	196	48:21	
Daniel Rickett	207	48:54	
Peter Reilly	214	49:31	
Pete Morris	217	49:54	
Ted Hamilton	219	50:07	
Jim Kiddie	233	51:37	
Charlie Macklin	242	52:18	
Susan Knight	243	52:21	
Jo Sollesse	250	52:36	
Andy Breakspear	251	52:44	
Martin Douglas	252	52:52	
David Ferris	263	53:29	
Michael Charlton	263	53:29	
Richard Morgan	267	53:42	
Louise Atkinson	290	56:08	
Peter Higgs	291	56:09	
Lin Morton	292	56:13	
Barry Baker	309	59:20	
John Bailey	312	59:39	
Bob Thomas	315	1:00:01	
Sandy Sheppard	319	1:00:27	
Tom Harrison	323	1:00:54	
Julie Thompson	326	1:01:10	

## ROADRUNNERS RESULTS

Alison Wrigley	329	1:01:56
Cecilia Csemiczky	333	1:03:15
Sarah Drew	340	1:04:14
Catherine Douglas	340	1:04:14
Sev Konieczny	342	1:04:49
Justin Watkins	343	1:04:59
Lucy Bolton	343	1:04:59
Lorraine Bailey	346	1:06:24
Juliet Fenwick	357	1:09:24
Carl Woffington	361	1:10:30
Janice Thomas	362	1:10:56
Hannah McPhee	363	1:10:57
Chris Drew	364	1:12:00
Kathy Tytler	372	1:22:35
Mens Team: 2nd, Ladies Team: 8th (Overall: 6th)		

### 10th December

#### Lanzarote Marathon

Name	Pos	Gun	Chip	
Keith Russell	4	2:49:17	2:49:15	1st MV35
Ashley Middlewick	32	3:10:58	3:10:55	
Dean Allaway	87	3:28:59	3:28:53	
Caroline Jackson	112	3:37:25	3:37:21	1st FV35
Paul Monaghan	183	3:56:55	3:56:50	
Brian Kirsopp	272	4:23:20	4:23:16	
Peter Higgs	371	5:03:28	5:03:14	
Pete Morris	372	5:03:29	5:03:13	
Martin Bush	383	5:09:57	5:09:09	

#### Lanzarote Half Marathon

Peter Cook	134	1:45:13
Kerri French	479	2:25:21
Sandy Sheppard	480	2:25:21 5th FV55

#### Lanzarote 10k

Linda Wright	281	1:05:16 2nd FV60
Lynda Haskins	310	1:06:56
Maureen Sweeney	327	1:09:02 5th FV55

### South of England Masters XC Championship, Oxford

#### Women Vet 40 (6k)

Belinda Tull	26	25:44
Samantha Whalley	68	29:09
Claire Seymour	73	30:21
Toni McQueen	74	30:30
Cecilia Csemiczky	93	37:37 3rd FV65
Kathy Tytler	94	41:45
FV40 Team: 5th (Belinda, Samantha, Claire)		
FV60 Team: 2nd (Toni, Cecilia, Kathy)		

#### Men Vet 40 (10k)

Ben Paviour	6	32:58	(running for Herne Hill)
Lance Nortcliff	22	34:21	
Ben Whalley	51	36:32	
Fergal Donnelly	75	40:06	
Team: 14th (Lance, Ben, Fergal)			

#### Men Vet 50 (10k)

Bill Watson	78	40:39
Melvin Silvey	102	42:08
Colin Cottell	103	42:18
Team: 16th (Bill, Melvin, Colin)		

### 11th December

#### Milton Keynes Winter Half Marathon

Name	Pos	Gun	Chip	
Sarah Urwin-Mann	59	1:24:55	1:24:48	3rd F

#### Andy Reading 10k

Name	Pos	Gun	Chip	
Ryan O'Brien	8	35:40	35:39	
Nigel Hoult	68	42:08	42:02	1st MV60
David Caswell	73	42:31	42:24	
Tim Miller	189	51:02	49:43	

#### Tadley Xmas XC

Christopher Lucas	1	30:57
Susan Knight	78	45:48
Nicholas Adley	85	47:56
Lee Hinton	103	51:46
Kathy Tytler	118	1:03:53

### 18th December

#### Pisa Marathon

Caroline Jackson	603	3:40:19
Paul Monaghan	629	3:42:00

#### Portsmouth Coastal Marathon

Ashley Middlewick	71	3:21:03
Amanda Box	702	4:43:33
Andy Dingle	703	4:43:34
Martin Bush	918	5:31:41

#### Muddy Welly Run 10k, Crowthorne

Name	Pos	Gun	Chip	
Ben Whalley	12	37:23	37:21	3rd MV40
Caroline Hoskins	21	40:04	40:00	1st F
Justin Simons	29	41:21	41:20	

## ROADRUNNERS RESULTS

Anthony Long	42	43:20	43:10	
Julie Rainbow	85	46:59	46:39	
Sophie Hoskins	87	47:06	46:46	
Samantha Whalley	118	49:22	49:08	5th FV40
Sarah Phelps	210	57:26	57:12	
Rita Dykes	241	1:00:20	1:00:00	2nd FV60

### Muddy Welly Run 5k, Crowthorne

Name	Pos	Gun	Chip	
Helen Pool	9	22:53	22:44	3rd F, 1st FV40
Sarah Richmond De'voy	53	30:55	30:43	

### TVXC League, Crowthorne

Rob Corney	1	27:39		
Lance Nortcliff	3	28:09	1st MV	
Mark Booth	9	29:24		
David McCoy	12	29:29		
Andrew Smith	16	29:42		
Matthew Green	17	29:45		
Mark Apsey	23	30:14		
Ryan O'Brien	26	30:25		
Ryan Faulkner	30	30:40		
Duncan Mollison	39	31:24		
Gary Tuttle	41	31:27		
Fergal Donnelly	46	31:47		
Kevin Burree	50	32:15		
Paddy Hayes	53	32:21		
Ian Giggs	88	33:51		
Bill Watson	95	34:08		
Henry Stapley	100	34:21		
Julian Hough	102	34:28		
Dean Allaway	107	34:37		
Colin Cottell	115	35:04		
David Fiddes	128	35:30		
Peter Cook	129	35:31		
Mel Silvey	132	35:45		
Alix Eyles	140	36:06		
David Caswell	144	36:19		
Stuart Jones	159	37:07		
Lesley Whiley	176	38:02		
Claire Marks	182	38:13		
Tom Wright	206	39:03		
Nick Adley	222	39:48		
Scott Gillespie	228	40:17		
Jonathan Moore	229	40:21		
Lee Hinton	232	40:24		
Vince Williams	239	40:52		
Barry Baker	255	41:50		
Susan Knight	257	41:54		

Simon Brimacombe	269	42:27
Andy Atkinson	284	42:56
Martin Douglas	285	42:57
Paul Carter	293	43:16
Richard Morgan	294	43:19
Rhianon Bailey	299	43:43
Jo Sollesse	303	43:51
Charlie Macklin	309	44:02
Peter Higgs	319	44:26
Donna Saunders	323	44:40
Michael Charlton	324	44:41
Katie Gumbrell	348	45:40
Sally Carpenter	357	46:19
Lin Morton	370	47:09
Louise Atkinson	380	48:36
John Bailey	397	49:33
Tom Harrison	407	50:12
Maureen Sweeney	409	50:21
Bob Thomas	412	50:46
Lucy Bolton	421	52:07
Justin Watkins	421	52:07
Linda Wright	421	52:07
Fiona Ross	421	52:07
Catherine Douglas	430	52:59
Janet Leverton	431	53:06
Adele Graham	433	53:31
Liz Atkinson	440	54:50
Sue Jones	445	56:22
Janice Thomas	449	57:13
Lorraine Bailey	450	57:30
Kerry Eastwood	451	57:52
Sarah Walters	453	58:11
Juliet Fenwick	454	58:45
Emma Grenside	455	59:04
Liz Fletcher	458	59:53
Steve Wing	468	1:08:05
Julie Wing	469	1:08:56
Kathy Tytler	470	1:08:57

Mens Team: 2nd, Ladies Team: 5th (Overall: 2nd=)

### 26th December

#### Aylesbury Boxing Day 5k

Emma Grenside	226	36:32
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### 28th December

#### Year End Marathon

Martin Bush	76	5:25:01
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**29th December****Frozen Phoenix (Day 1)**

Martin Bush	34	26.24 miles in 5:19:55
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**31st December****Liverbird Marathon (Day 1)**

Caroline Jackson	38	3:37:37
Ashley Middlewick	40	3:38:14
Paul Monaghan	48	3:48:16
Pete Morris	104	4:41:21
Martin Bush	105	4:43:22

**Gut Buster 10 miles**

Name	Pos	Gun	Chip	
Ben Whalley	9	1:09:06	1:09:01	2nd MV40
Andy Morgan	15	1:11:04	1:11:03	4th MV40
Julian Hough	25	1:13:23	1:13:15	3rd MV50
Justin Simons	50	1:17:09	1:17:06	
Dean Allaway	51	1:17:29	1:17:20	
Anthony Long	53	1:17:41	1:17:32	
Fergal Donnelly	60	1:18:44	1:18:39	
David Caswell	68	1:19:34	1:19:27	
Joe Blair	110	1:25:30	1:25:22	
Sarah Morgan	191	1:35:19	1:34:48	
Samantha Whalley	192	1:35:21	1:34:51	
Dave Brown	205	1:37:18	1:36:57	
Peter Higgs	216	1:38:32	1:38:12	
Charlie Macklin	254	1:46:04	1:45:45	
James Meston	302	1:58:52	1:58:34	
Linda Wright	309	2:02:14	2:01:53	2nd FV60
Juliet Fenwick	317	2:10:40	2:10:15	

**Gut Buster 10k**

Name	Pos	Gun	Chip	
Blue Caswell	20	49:41	49:35	
Ewan Harris	58	55:31	55:29	
Simon Brimacombe	74	56:43	56:27	
Jim Godsell	97	1:00:25	1:00:09	
Ray McGroarty	124	1:02:44	1:02:11	
Sarah Richmond De'voy	163	1:06:25	1:05:57	
Chris Drew	173	1:07:04	1:06:37	
Maureen Sweeney	183	1:07:46	1:07:30	
Lucy Bolton	188	1:08:41	1:08:25	
Justin Watkins	189	1:08:41	1:08:24	
Kathy Tytler	265	1:21:13	1:20:45	1st FV60
Trisha Arnold	271	1:23:00	1:22:20	2nd FV60
Hannah McPhee	282	1:32:00	1:31:57	

**Nos Galan 5k**

Carl Woffington	546	32:04
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**1st January****Liverbird Marathon (Day 2)**

Martin Bush	39	4:58:34
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**Serpentine New Year's Day 10k**

Name	Pos	Gun	Chip	
Lance Nortcliff	11	33:55	33:53	
Helen Pool	125	44:05	43:55	
Claire Seymour	210	48:34	48:20	PB
Ashley Middlewick	298	52:57	52:36	
Andrew Middlewick	493	1:08:29	1:08:09	

**7th January****Tollymore 10k**

Ashley Middlewick	15	40:34	40:30	
Helen Pool	68	47:02	46:58	2nd FV40

**Berkshire Cross Country Championships, Maidenhead****Senior Men (12km)**

Matthew Richards	6	40:57	
Dave McCoy	9	42:17	
Robert Tan	10	42:18	(Running for Reading AC)
Matthew Green	12	43:44	

**Veteran Men (12km)**

Mark Worringham	1	40:42
Lance Nortcliff	3	42:08
Ben Whalley	11	45:56

**Veteran Ladies (8km)**

Sarah Urwin-Mann	3	32:50
Samantha Whalley	17	40:23
Claire Seymour	18	42:18
Toni McQueen	19	42:18

**8th January****Armagh City Marathon**

Ashley Middlewick	13	3:29:49
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**Winter Fan Dance (24km over Pen-y-Fan)**

Alex Warner	4	2:46
Andrew Morgan	5	2:48

**Red Men Trail Run, South Africa (18km)**

Graham Tull	8	1:55:44
Belinda Tull	12	2:04:07 3rd F



**Rough 'n' Tumble 10 miles**

Colin Cottell	98	1:32:35	
Claire Seymour	436	2:21:11	

**Woodcote 10k**

Name	Pos	Gun	Chip	
Ben Paviour	2	35:37	35:34	1st MV40
Chris Lucas	4	36:52	36:49	
Andrew Smith	7	37:05	37:01	
Mark Apsey	11	38:34	38:32	
Kevin Burree	17	39:29	39:24	
Brian Kirsopp	19	40:06	40:02	2nd MV50
Fergal Donnelly	20	40:10	40:05	4th MV40
Carrie Hoskins	22	40:30	40:27	2nd F, 1st FV40
Daniel Brock	37	42:50	42:44	
Nigel Houlst	64	45:25	45:21	2nd MV60
Joe Blair	104	47:16	47:11	
Tom Wright	119	48:22	48:04	
Julie Rainbow	131	49:09	48:54	
Marc Bowley	141	50:36	50:15	
Susan Knight	145	50:40	50:23	PB
Andy Atkinson	147	50:46	50:29	
Jacqueline Smith	154	51:14	51:00	
Nick Robey	172	51:59	51:42	
Keith Russell	173	51:59	51:42	
Heather Ridgus	175	52:01	51:50	
Catherine Leather	176	52:04	51:48	4th FV40
Lee Hinton	177	52:04	51:48	
Peter Higgs	183	52:38	52:11	
Pete Morris	187	52:56	52:44	
Rachael Derry	196	53:17	53:04	
Rob Bursell	197	53:28	53:12	
Paloma Crayford	199	53:33	53:13	
Zoe de la Pascua	213	54:33	54:11	
Joe Akem-Che	228	55:15	54:51	
Robert Hele	229	55:15	55:06	
John Bullock	248	57:08	56:55	
Ray McGroarty	258	57:39	57:20	
Martin Bush	271	58:33	57:58	
Nigel Barker	275	58:38	58:14	
Maureen Sweeney	303	1:01:29	1:01:02	
Linda Wright	333	1:03:57	1:03:32	5th FV60
Sarah Phelps	349	1:05:32	1:05:05	
Liz Atkinson	362	1:07:01	1:06:35	
Charlie Macklin	363	1:07:01	1:06:34	
Severine Konieczny	364	1:07:01	1:06:35	
Sheryl Higgs	409	1:38:08	1:37:39	

**Cliveden Cross Country**

Alasdair Marnoch	53	45:41
Ian Giggs	69	46:55
Nicholas Adley	302	58:37
Lucy Bolton	434	1:05:43
Justin Watkins	436	1:05:44
Andrea Marnoch		Time not recorded
Yvonne Edwards	445	1:06:13
Kim Stevens	460	1:07:09
Kerri French	479	1:08:11
Ian McGuinness	492	1:08:53

**Final 2016 Season's Bests****Ladies**

5k	Alice Leake	18:18
5 miles	Alice Leake	30:26
10k	Sarah Urwin-Mann	37:24
10 miles	Nikki Gray	1:04:15
Half Marathon	Sarah Urwin-Mann	1:24:48
20 miles	Carrie Hoskins	2:14:07
Marathon	Carrie Hoskins	2:59:24

**Men**

5k	Mark Worringham	15:38
5 miles	Mark Worringham	26:03
10k	Mark Worringham	32:22
10 miles	Robert Tan	56:11
Half Marathon	Mark Worringham	1:13:28
20 miles	Dave McCoy	2:08:06
Marathon	Keith Russell	2:33:23

**Current Club Records****Men**

5k	15:38	Mark Worringham (2016)
5 mile	26:03	Mark Worringham (2016)
10k	31:38	Zak Tsegay (1995)
10 mile	52:25	Howard Grubb (1995)
Half Marathon	1:09:24	Howard Grubb (1995)
20 mile	1:56:23	Chris Mason (1996)
Marathon	2:27:48	Keith Russell (2013)

**Women**

5k	18:12	Liz Hartney (2004)
5 mile	29:40	Elaine Laver (2005)
10k	34:32	Sarah Gee (2010)
10 mile	57:21	Sarah Gee (2010)
Half Marathon	1:14:45	Sarah Gee (2010)
20 mile	2:04:49	Sarah Gee (2009)
Marathon	2:38:14	Sarah Gee (2010)

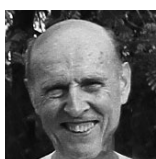
### Most Popular Road Races of 2016

Reading Half Marathon	210
Wokingham Half Marathon	107
Shinfield 10k	84
Royal Berkshire 10k	75
Maidenhead 10 miles	74
Woodley 10k	64
Bramley 10 miles	59
London Marathon	46
Wargrave 10k	41
Bramley 20 miles	40

### Most Popular XC/Multi-Terrain Races of 2016

Kintbury 5 miles (7th)	44
Endure 24 (8th)	41
Ridgeway Relay (9th=)	39
Halloween 5 Nite Run (9th=)	39
(The rest were all TVXC League events)	

## Your Committee



**CARL WOFFINGTON**  
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**SIMON DENTON**  
CLUB EX-OFFICIO



**CATHERINE LEATHER**  
CLUB EX-OFFICIO



**ALAN McDONALD**  
CLUB EX-OFFICIO



**ANDY DINGLE**  
CLUB EX-OFFICIO

### 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

# Reading Roadrunners Committee Meeting

TUESDAY 7 JAN 2017 – 7:30PM

## ATTENDANCE:

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

## APOLOGIES FOR ABSENCE:

All present

## MINUTES OF THE PREVIOUS MEETING

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

## MATTERS ARISING FROM THE MINUTES OF THE PREVIOUS MEETING

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

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

Carl is in discussion with members regarding the Men's Team Captain and the TVXC Race Director, and invites expressions of interest in regard to the Welfare Officer and Charity Bank Account Manager, by email to [chairman@readingroadrunners.org](mailto:chairman@readingroadrunners.org).

## CHAIRMAN'S REPORT

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

- 18Dec RR TVXC Crowthorne Woods
- 21Dec Mince pies & wine at track
- 26Dec Christmas run: Goring
- 28Dec Christmas run: Assendon

Carl thanked the Team Captains, Claire and Mark, for organising a successful XC event at Crowthorne

Woods; Kathy Tytler for organising the run at Goring; and Kevin Jones and Toni McQueen for organising the Christmas pub run from the Rainbow at Assendon.

Notable forthcoming events include:

- 14Jan Hants XC: Prospect Park (Cancelled)
- 15Jan TVXC: Lightwater Country Park
- 15Jan Reading Sports Awards
- 18Jan Cake at track to start 30th anniversary celebrations
- 22Jan TVXC: Tadley
- 28Jan Comedy Night
- 30Jan TVXC: Metros (location tbd)
- 05Feb TVXC: TVT (location tbd)
- 11Feb Hants XC: Queen Elizabeth Country Park
- 12Feb Wokingham Half Marathon (Championship race)

## TREASURER'S REPORT

**TVXC Accounts** Sandy reported that she has received all monies due from other clubs that took part in the Club's TVXC race at Crowthorne Woods.

**Club Accounts** Sandy is preparing the accounts for the annual audit.

## GENERAL SECRETARY'S REPORT

**Charity Bank Account Manager** Kerri French has advised that she intends to step down as the manager of the Charity bank account at the AGM.

**Reading Half Marathon marshalling places** Richard Hammerson has received the free entries for members who marshalled at last year's RHM and will be contacting the members concerned in the next few days.

**London Marathon coaches** Bob has been in contact with Stewarts regarding transport for members wishing to travel to the London Marathon by club bus. Contrary to what was advised by staff on duty in Belvedere Rd at the 2016 race, Stewarts is confident that they can obtain pick-up permits for the location.

In previous years the coaches were booked to depart

Belvedere Rd no later than 17:00, but the last bus rarely left until well after 18:00, putting the driver in danger of exceeding his maximum hours. Yet to be confirmed, but it is likely that this year, we will dedicate one of the buses to Tower marshals, delay its departure from Palmer Park until 07:00, and set down at Fenchurch St, which is only nine minutes' walk to the Tower, rather than Charing Cross. All three buses will leave from Belvedere Rd, as usual, with the Tower marshals' bus being the last to leave by 18:00, and no later than 18:00, even if any passengers are missing by that time.

Action: Bob to confirm the arrangements.

#### MEMBERSHIP SECRETARY'S REPORT

Anne reported that fourteen new members have joined since the last meeting, taking the membership total to 533.

#### SOCIAL SECRETARY'S REPORT

**Comedy night** Hannah reported that she has sold over 50 tickets for the Comedy Night on 28Jan.

**Social Calendar** Hannah is working on a list of social events that she intends to organise during 2017.

It was agreed that Hannah would be given a float to enable her to book venues and obtain tickets for approved events as only Sandy is able to use the debit card provided with the Club's bank account.

#### ANY OTHER BUSINESS

**Online renewals** Emails inviting online renewal will

be sent to all 1st Claim members in early February, for payment by end-March.

Members wishing to renew by cheque or cash can do so now in person with Anne.

**Club Championship** Bob tabled a draft list of races for the 2017 Championship, which was not approved. As always, scheduling a set of races is proving tricky as many race organisers do not publish dates for their events this early in the year.

Action: Bob to confirm the Championship races for 2017.

Bob received approval to purchase trophies for 1st to 3rd placements in each category in the 2016 Road & Multi-terrain Championship and the Marathon Championship.

Action: Bob to provision trophies in time for presentation at the Dinner Dance.

#### DOOR ROTA

04Jan17 Anne, Shirley

11Jan17 Anne, Hannah

18Jan17 Anne, Shirley

25Jan17 Anne, Heather

01Feb17 Anne, Christina

08Feb17 Anne, Jane

22Feb17 Anne, Shirley

DONM: 13Feb17

## READING HALF MARATHON 2017 - SUNDAY 19TH MARCH

VOLUNTEERS ARE REQUIRED TO MARSHAL THE START AT THE READING HALF MARATHON.

Each year we ensure the runners enter the correct starting zones and then walk the runners up for the phase start.

Also if anyone can stay on, transfer over to the finish area to help out where required (this will be decided on the day)

Please give your name and contact phone number to either myself, or fill in the details on the form at the entrance desk on wednesday track sessions or by email (see below)

Please respond by february 19th

THE ORGANISER'S HAVE CONFIRMED FREE RUNNING PLACES FOR 2018

Many Thanks, Richard Hammerson TEAM LEADER

Phone: 01189694057 email: richard@hammerson.fsnet.co.uk