



## READING ROADRUNNERS NEWSLETTER MAY 2017

It was a toss-up for the front cover between this lot and John Bailey's photographic study of a bunch of angry cows that wandered into the Shinfield Junior Races this year. However, we will leave John's effort to the Countryfile 2018 calendar and try and concentrate on the running for once.

Some absolutely sterling performances at London this year right throughout the field, matched only by Colin and the Shinfield team's efforts in putting on another very successful Bank Holiday Monday 10K.

This month sees a Thames River Cruise as well as some high profile racing, including the London 10K - and that's before we get to the Pub Runs and the Vets League Athletics...

### INSIDE THIS MONTH:

- **SID IS 88!**
- **SOCIAL NEWS**
- **HARRISON VS KIPCHOGE**





## This month's Guest Editor

DAISY THE SHINFIELD COW

When I'm not converting grass into methane via my four-compartment ruminant digestive system, or getting lamped across the backside with a 'CAUTION RUNNERS' sign by Sarah Drew, there's nothing I enjoy more than watching a spot of bipedal running action.

There are more links between distance running and bovine agriculture than you might think; Joss Naylor celebrated his record-breaking 1974 Pennine Way run by returning to his farm and milking his herd, and who

can forget the year the Reading Half Marathon itself fell prey to the foot-and-mouth epidemic? Actually the less said about the second one, the better.

Anyway, there seems to have been some sort of bank holiday event around these parts for a few decades now and wasn't the most recent one an absolute belter?

Adults and little ones alike all getting out in the fresh air and enjoying themselves - pats on the back all round, if you'll pardon the pun. Moooooo!



## Chairman Chat

CARL WOFFINGTON

The new RR website is now up and running. Paul had been building it alongside our old site for some time. The new site was switched over just after the previous newsletter was published. Thanks to Paul for the work done, the new site is excellent.

We've had two RR Championship races in the last month. The Maidenhead 10 and the Marlow 5. The Maidenhead with our PM doing her usual job as a marshal. The Marlow was much cooler than last year.

We have had three social events in the last month. The Spring Do featuring the XC Awards presentation. A new venue, new disco and new food arrangements. The Quiz Night. Foot Golf. Thanks to Hannah and helpers. Thanks to Catherine and Shane for the Quiz Night.

We have had two Vets League matches. Oxford and Abingdon.

The London Marathon took place. We had quite a few runners and supplied our usual two marshal teams. Thanks to the marshals. The new coach arrangements seemed to work well.

Last but not least, we staged our own Shinfield 10k. It was touch and go whether or not this would take place due to the house building work in the area. Colin and team monitored the situation and took the decision to go ahead quite late on. This resulted in a new course. There was also a new area for the children's races. All went well. Well done to Colin, Tom and all the helpers.

Coming up in the next month we have:-

- Mon 29th May – London 10k, RR teams and marshals.
- Thu 1st Jun – 2nd 2017 pub run, The Butchers Arms at Sonning Common
- Sun 4th Jun – Chiltern Chase, RR Champs
- Mon 5th Jun – Vets League at Bracknell, joint RR & RAC event
- Thu 15th Jun – 3rd 2017 pub run, The 3 Horseshoes at Henley
- Sat 17th Jun – Boat Trip, tickets now on sale
- Sun 18th Jun – Ridgeway Relay



## Ladies' Captain - Report

SAM WHALLEY

What a busy month it has been! In the Whalley household, we are fully booked for races, and anyone expecting to see us in anything other than running kit, on a Sunday at least, will be disappointed.

The last report ended with only a brief reference to the Brighton Marathon Weekend, partly because their results website is so frustrating to navigate, and partly because I was unable to type through my tears. Lucy Bolton made the sensible choice of the day in running the 10k before the sun came out. Congratulations must go to Vroni Royle, who managed to achieve a PB in what felt like unbearable heat. It was a lovely day for ice-cream, and I was quite pleased with my tan, so it wasn't all bad. The Fullers Towpath 10 might have been more pleasant – good move, Sev.

Good Friday saw the Maidenhead Easter 10 take place, and there were PBs for Sev Konieczny, Sarah Walters and Helen Dixon. This was the first of the 10-mile races in this year's Club Championship, and Nikki Gray, Erica Key, Mary Janssen, Jane Davies, Tina Woffington and Cecilia Csemiczky took the top spots in their age categories. The ladies' team prize for the race overall was won by Nikki, Erica and Jane, who all crossed the line in under 1 hr 11, or, as I believe it is called when you are that quick, 71 minutes. This race is also part of the Berkshire Road Running Championship, and Nikki, Helen Pool, Mary and Lesley Whiley all came away with gold medals, while Caroline Jackson bagged herself a silver. The next race in this championship will be the Wargrave 10k on 11th June, so don't forget to check the criteria for entry on the Berkshire Athletics website.

A huge event in our calendar has to be the London Marathon. If you are ever fortunate/rich/fast enough to gain a place, you must do it. Significant achievements were Carrie Hoskins winning her age category with an amazing PB time of 2:57, and to Catherine Douglas, who knocked a whopping 20 minutes off of her previous marathon PB, all due, apparently, to her running buddy and marathon debutante (according to power of 10, at least), Lin Morton. I suspect many miles and hours of training might have also had

something to do with it. I believe there were also PBs for Kristin Brandl, Loretta Briggs, Erica Key and Julie Rainbow, while Jenny Mulhearn tackled the distance for the first time.

Some preferred the lower key events of the day, with Sally Carpenter running the Southampton half marathon, Julia Molyneux the full, and Caroline Jackson facing the heat of the Madrid Rock 'n' Roll version. Jacqueline Smith was 3rd female in the Earley Urban X 10k. Had I known about the Aldbury XC 5.3 (sounds the right kind of distance for an XC race), I might have joined Charlie Macklin, Trisha Arnold and Sev for it, rather than playing marathon bingo in London. Maybe next year.

A week later, Jenny Mulhearn was back in action in the Düsseldorf marathon; fortunately for her feet, this time it was a leg of the relay with Juliet Fenwick and a couple of non-club males. Meanwhile, Helen Pool and Nicole Rickett had been duped into believing that the Bergen half marathon would be flat, rather than undulating and, in places, cobbled; this didn't stop Helen achieving a PB, however, and Nicole was close to hers. A few of you took on the Danesfield Dash 10k; I opted for an 8 (more like 9) mile coastal race in North Devon, and, given the torrential rain, was pleased to not have entered the 18 mile option, even if it did promise prosecco stations. A nice cup of tea wouldn't have gone amiss.

The Shinfield 10k was, as usual, a popular event. Mary Janssen was the first lady home for the club, followed by Lesley Whiley and Liz Jones. There were PBs for Fiona Ross, Sarah Walters, Helen Dixon and Rachel Allaway. The same day also saw Caroline Jackson and Amanda Rosser in the Milton Keynes marathon, with Trisha Arnold in the half.

After a little afternoon snooze on that Bank Holiday Monday (that might have just been me), a number of us headed to Oxford for the first of this year's vets league matches. The vets league is for athletes aged 35 and over, and is a good opportunity to dust



off your throwing, jumping and sprinting skills, pitch yourself against others of your age, and get yourself some distances and times on power of 10. The ladies' team came 6th, out of 6 (!), with some impressive performances from Adele Graham, fresh from a boat in St Lucia, and coming 2nd in the hammer and 3rd in javelin, Helen coming 5th A and Nicole 2nd B, in the 1500m, having just got off a plane from Norway, and Jane Davies 2nd and 3rd in the 1500m and 400m respectively.

Sunday 7th May is one of the busiest days in the racing calendar, with there always being a decision to be made between the Marlow 5, Woodley 10k, and Bracknell half marathon. The former was the second of the 5 mile races in the Club Championship, and Helen Pool, Mary Janssen, Jane Davies and Tina Woffington were the first home in their age categories. Helen was also first V40 female, and Hannah McPhee achieved her goal of a sub 1 hour finish. "My aim is to keep improving," said a triumphant Hannah, and I think this is a very positive attitude to have. There was another PB for Sev, who is really on a roll this year.

Over at the Woodley 10k, Carrie Hoskins was storming to 2nd place and setting a V40 course record with a PB, while Katie Williams and Jane Copland Pavlovich also finished in the top five females. We were all grateful for a cooler day than the tropics of last year, and this might have helped Sophie Hoskins and Laura Chandler towards their PBs too. I am not aware of any PBs in the Bracknell half marathon, but well done to those who completed it.

Not even a week later, many of you were in action again at the first race in the Finch Coasters Woodland 5 series, and somebody had forgotten to tell Anna Richmond about the hills. These trail races are exactly why people should not shy away from XC in the winter – it is excellent preparation for the spring and summer season. There is still time to enter the remaining races – on 14th June and 19th July.

The first race in the Dinton 5k/10k series was also popular, with Catherine Leather taking away the V40 prize in the 10k. The remaining races in this series will be held on 8th June, 14th July and 10th August. The Bracknell Forest Runners' event, the Forest Five, will take place on 21st June, so there is absolutely no excuse for not getting your trail run fix this summer.

And so it goes on. Races, races and more races. Last weekend saw Liz Atkinson winning the V60 prize in the Park House 10k Fun Run, while others used the Henley trail half marathon as more training for the Snowdonia trail half marathon in July.

I will finish with the second of the vets league fixtures, which took place on Monday 15th May, again in Oxford. Adele excelled once again, this time achieving 3rd in the triple jump; Jane was 1st in the 3000m, while I found myself entertained by the 2000m race walk, and especially the warming up which preceded it, where it just looked like a lot of people wiggling themselves randomly around the stadium. Despite some YouTube research, I wasn't brave enough to try it, and applaud Gill Gillard and Cecilia for taking this on, and both coming 3rd, even if Gill did get shown a warning paddle (naughty!). Cecilia had not long returned from the Riga half marathon the day before – that's dedication. Once everyone was properly tired, it was time for the 4x400m relay, with Jane, Gill, myself and Nicole getting that baton around the track. While most of us will not be in danger of breaking any records at these fixtures, I have to admit, it was actually quite fun to leave our comfort zones well and truly behind us, and just go for it.



The next vets league match will be at Bracknell on Monday 5th June, at 6.30. We Will be joint-hosts of this fixture with Reading AC, and need to provide helpers, so please get in touch if you could volunteer for all or part of the evening.

The next race in the Club Championship will be the Chiltern Chase, on Sunday 4th June. This will be your first opportunity to get some 10k points in early; the remaining 10k races are not until October. The New Forest 10 (mile) will be on Sunday 9th July, and the Down Tow, Up Flow half marathon on Sunday 23rd July. These are all multi-terrain races.



## **Men's Captain - Report**

**PHIL REAY**

WOW!! What a month it has been for the Men in the Reading Roadrunners team. All the dedication and commitment to training through the winter months pays off with some colossal performances as the Spring season reaches its peak. The common theme for this month is undoubtedly 'reward through hard work'. The short version of the month in numbers reads; 237, 56, 36, 23, 37, 4, 19, 49, 1, 6.

And here's what the numbers mean:

**237** – The number of Kilometers Donald Scott-Collett ran across the Sahara Desert in 50 degree heat for the iconic 'toughest footrace on earth' – The Marathon Des Sables.

If you've been following Donald's journey on social media over the last year you will know just how hard he worked to be ready for the start line. The 100km Race to the Stones, 84 mile Druids challenge and 66 mile Pilgrims challenge were just some of the massive standalone challenges which he completed as part of his training for the MdS. Here's what Donald had to say about his phenomenal achievement, "It was a long journey to get to the start and no amount of preparation could get me ready for the awesome adventure that MdS was. It is an experience that I will remember forever and heartedly recommend as the pinnacle of anyone's running career. The friends you make and the sights you see will stay with me forever. Companionship is created with a common goal". Donald finished the MdS in a total time of 47hours, 28minutes and 39 seconds. Superb!



*pics: Donald tops up his tan on the final day before showing off his bling.*

## 56 – The distance in kilometers of the Two Oceans Ultra Marathon

A new chapter in 'The Worldwide Adventures of Dave Wood' was written over the Easter Weekend. The last sighting had seen Dave complete a marathon and a half in the Arctic Tundra. This time he was back on familiar territory; with the Comrades back-to-back medal safely on his medal hanger he returned to South Africa for the Two Oceans Ultra Marathon. The event takes place around the Cape Peninsula with a strict 7 hour cut-off time. Hard work and experience meant Dave completed the race in 6hrsours 25mins. It's also becoming obvious that Dave has a love of hills. Here he is proudly wearing the Green Vest and showing off his new bling.



*pics: Dave with his bling and the two oceans course profile.*



**36** – The number of new Men who have joined Reading Roadrunners this year. With any organization, whether in the workplace or a sporting club there will be leavers and joiners. For the club Alumni we wish them well, and we warmly welcome the 36 new Men to the team and look forward to their participation in our upcoming events.

**23** - This was the date in April of the London Marathon and what a great day it was for both marshals and runners as we all did our club proud. The marshal team at mile 23 was energetic throughout the race and we all had fun. During the race there were some truly epic performances. We witnessed huge PBs for Jamie Cole and the evergreen Tony Streams. Lance Nortcliff ran 2:38, a PB by almost 25minutes – at any level that's amazing but at sub 3, that's inspirational. While many of us are in the bar after track drinking beer, Lance can be spotted drinking his protein shakes; it's the hard work and dedication that has enabled him to run a fast time. Similarly Ben Whalley, who is now reaping the rewards of four years of dedicated training and hard work. The images below show Ben at parkrun in early 2013 and on his way to another v40 victory in May 2017. Ben ran a new Marathon PB at London in a time of 2:44. Almost as impressive as his time were his splits with each 5k of the marathon being almost identical in time – inspirational running and a journey we can all learn from and aspire to.



*pics: Ben Whalley at parkrun in 2013 and on his way to another v40 trophy in May 2017*

**37** – The number of Men we had at the Maidenhead 10 mile race, our first of the Club Championship season at this distance. There were individual prizes for Mark Worringham, Alan Freer and Tom Harrison. Well done to that trio and thanks to those who came to support the team. Apart from running the thing we do best is socialise. There was a real team feel afterwards in the pub as we celebrated our achievements and shared stories of our race over a drink or two.



*pic: Reading Roadrunners celebrate after the Maidenhead 10.*

**4** – The place our team finished in the 1<sup>st</sup> Vets Track and Field Event. We are a road running club, so finishing above recognised athletics clubs was a good achievement. For many it was a step outside their comfort zone to throw, jump and run on the track. Each team member contributed to our overall score. Many thanks and well done to; Ian Giggs, Clive Bate, Duncan Mollison, Nigel Hoult, Mark Worringham, Brian Grieves, Pete Jewell and David Fiddes.



*pic: left, Clive Bate leads the charge during the 3,000m steeplechase and right, Mark Worringham and Duncan Mollison collect maximum points in the 1500m*



**19** - Men who in perfect conditions ran the Marlow 5, which was the second of our Club Championship events at the distance. There was an individual category prize for Ben Paviour who finished 7<sup>th</sup> overall in a time of 27:25. Strong performances from Dave Brown, Dan Brock, Chris Manton, Brian Kersopp, Keith Ellis, Kevin Jones, David Dibben, Andy Atkinson, Frank Cooper and Tom Harrison saw them all either consolidate their place or lift themselves into the top 3 of their respective age category in the Club Championship.



*pics: left to right, Carl Woffington, Chris Manton and Tom Harrison in action at Marlow 5.*

**49** – Medals which were handed out to Reading Roadrunners men who finished the Shinfield 10K. Another successful event, with a carnival atmosphere delivered by Fergal, Colin and team was the highest attended event of the month. There were PBs for Paul Kerr, Dan Brock and Neil Carpenter.

**1** – Congratulations to Duncan Mollison who became Berkshire County Champion for the 800m running a very impressive 2mins 00secs. That's 15 seconds per 100m, 8 times in a row! Duncan made a decision to focus on the track events, and his hard work is rightly being rewarded.

6 - The number of years Mark Worringham has worked hard for, to be in a position to win Woodley 10K. This is the one he wanted and he delivered in style. Massive congratulations and respect for his victory on home soil in a time of 32:38. The winter training has also clearly paid off for many members of the team as there were also PBs for Ben Whalley, Brendan Morris, Fergal Donnelly, Richard Smith, Daniel Rickett and Neil Carpenter. The latter was a story of true club camaraderie; finding it tough at 7km Neil was encouraged to for the final 3km to the finish by Vince Williams and a bromance was born!



*pics: left, Mark on his way to victory at the Woodley 10K and right, Vince and Neil begin their bromance.*

### **Runners on the Road**

The Green Vest has once again been on its travels. Andy Atkinson and Dave McCoy were in Boston (USA) for the marathon, David Caswell ran the Ibiza Marathon, while Paul Monaghan and Martin Bush rocked their way around the Madrid Marathon. Ashley Middlewick was on his travels, this time to Norway for the Bergen half marathon. Winner of the best race goodie bag goes to the inaugural Loire Valley Marathon ran by Colin Byers. Here Colin shares his race experiences:

“I joined 4600 runners for the inaugural Marathon de la Loire on 16th April, neatly in between spring's Brighton and London weekends. Starting and finishing in the picturesque, riverside town of Saumur (3 hours south west of Paris) with it's imposing chateau overlooking the town, this first running of the Marathon de la Loire was a perfect opportunity for me following the expected London ballot failure, after my first trip to Saumur aged 6 and now having a house 10 kilometres away.

The event was a huge success, running a short distance around the town, before 11 miles on the south side of the River Loire, over the next bridge upstream and 11 miles back to town - 4 more kilometres to run having been within 50 metres sight of the finish line were hard at the end. Well supported in the 3 or 4 villages we passed through, the event was relaxed and easy for runners and supporters alike, with my support team able to get to 5 points on the route to cheer. Having also run 2016's Paris Marathon, refreshment stations in French events seem better than UK, with oranges, bananas, sultanas, sugar lumps and water available every 5k. Sponge stations were welcome too in half a dozen spots on a warm spring morning.

For me, the event was a huge success, with a new 11 minute marathon PB of 4:19 - and the best goodie bag I've seen, with a hoodie, finisher photo - and best of all a bottle of Cremante for every finisher (Champagne without the name as it's not in that region).

The event included the Marathon, a Marathon relay, a 10k and perhaps most interesting a half marathon kayak and half run - all run concurrently on the same morning - and they are planning to run it again in 2018, although the date is yet to be confirmed."



*pics; Colin Byers in action and the picturesque Loire marathon scenery.*

This report covers only some of the highlights from a busy month. There were many more runs across all distances with a full set of races, times, and positions to be viewed at your leisure in the results section at the back of the newsletter.



### Upcoming Events:

- 29 May - London 10,000m/British Championships. Our men's team is: Rob Corney, Chris Lucas, David McCoy, Lance Nortcliff, Matthew Richards, Ben Whalley. I was asked to select a team for this race and have done so in the following way; The six places were awarded to the club having participated in a Southern Counties Road Relay in 2016. I therefore gave first refusal to the 6 runners who earned our club place via this relay. After reviewing and analysing performances over the last three months, I selected the fastest runners available for the remaining places
- 4 June – Club Championship Event, Chiltern Chase 10K.
- 17 June – Club Social: Boat, BBQ and Music, see Hannah for tickets.

### And finally.....

.....Pete Morris makes a valiant attempt to take Mo Farah's crown as Great Britain's top runner.....



Thanks for reading, next month we'll catch up with one member who will have completed 3 parkruns in 3 weeks in 3 countries across the world.

Any questions or ideas please contact: [teamcaptains@readingroadrunners.org](mailto:teamcaptains@readingroadrunners.org)



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Visit our new website: [readingroadrunners.org](http://readingroadrunners.org)

## Happy birthday Sid!

TIM POVEY

Congratulations to you mate.

You've reached the age of eighty-eight.

(Two fat ladies - apt for you.

`Cos ladies - you chat up a few!)

And at the track each Wednesday night

You are a familiar sight,

Ticking off the laps with ease

While leaning forty-five degrees!

Although you've had your share of strife

You've never lost your zest for life.

You never let things get you down

And seldom ever wear a frown.



To us you are an inspiration.

Enjoy your birthday celebration,

And may the future hold in store

Many, many birthdays more.

*Thank you to our wonderful volunteers!*



**Shinfield 10km & Junior Races 2017**

## Year Planner for Social Events - 2017

28 <sup>th</sup> January	Comedy Club
8 <sup>th</sup> February	30 Years Celebration Cake at track
25 <sup>th</sup> February	Dinner Dance
10 <sup>th</sup> March	Sport In Mind Table Tennis Celebration
29 <sup>th</sup> April	Spring Do and XC Awards, Reading Cricket and Hockey Club
5 <sup>th</sup> May	Quiz Event
12 <sup>th</sup> May	FootGolf, Wokingham
17 <sup>th</sup> June	Boat trip and a BBQ
8 <sup>th</sup> July	First intermittent Reading Real Ale Treasure Hunt Ultra 10K
15 <sup>th</sup> July	Run and Picnic
29 <sup>th</sup> (Date TBC) July	Vineyard and Winery tasting tour
19 <sup>th</sup> August	Olly Murs at Newbury Races
20 <sup>th</sup> August	Dragon Boat Racing Festival
2 <sup>nd</sup> September (Date TBC)	30 <sup>th</sup> Anniversary Celebrations Summer do
October (Date TBC)	Brewery tour
20 <sup>th</sup> October (Date TBC)	Curryoake: Curry and karaoke!!!
November	Theatre- Jersey Boys or 42 <sup>nd</sup> Street
November or December	Christmas Markets outing
December	Christmas Do



# Boat Trip with Music and BBQ



This social event with a difference is a three-hour boat trip. While we cruise along the River Thames, we will enjoy a BBQ and a live DJ. Please feel free to bring friends and family along and enjoy the ride.

**Date: Saturday 17<sup>th</sup> June**

**Cost: £27pp**

**Time:** Meet outside River Spice Restaurant by Caversham Bridge at 7.15pm ready to make our way to the boat ready for a 7:30pm sail (the boat won't wait for you, so make sure you arrive in plenty of time to park, if needed and to get to the meeting place on time)

Three hour sailing time to finish

around 10:30pm



# Roadrunners Results

## JENNY GALE

Wow! So last month being my first in charge of this section of the newsletter I was very diligent and updated it every weekend to ensure I was on top of things. This month, however, I decided to take a more lacksadaisical approach to things – man was that a rookie error! You guys run an amazing amount of races week in week out and I am in awe of all of you! I travelled to Leeds last June to do a triathlon and thought that was quite a long drive but the distances you all travel for races is incredible. In fact, I think that we should start an RR races World Map where we put pins in where any of us race – it would be covered before too long I'm fairly sure of it!

Joking aside, we have this month also had our own Shinfield 10k, the local-to-all Woodley 10k, Bracknell Half, Maidenhead Easter 10, Earley Urban 10k – loads of local races for the more local people amongst us to enjoy. Well done all, and happy running for May/June!

### April Awesomeness!

#### Marathon des Sables

Name	Chip
Donald Scott-Collett	47:28:39

#### 19th March (missed from last edition)

##### Reading Half

Name	Pos	Chip
Julie Bagley	8035	02:24:27

#### 8th April

##### Ibiza marathon

Name	Pos	Chip
David Caswell	63	03:33:17

#### 9th April

##### Brighton 10k

Name	Pos	Chip
Lucy Bolton	649	01:04:47

##### Brighton Marathon

Name	Chip
Brendan Morris	02:52:57 PB
Jamie Smith	03:06:19
Aaron Chai	03:22:14

Sam Hammond	03:40:50
Simon Denton	03:47:59
Gemma Buley	03:52:37
Claire Seymour	03:59:56
Susie Rees	04:00:49
Catherine Leather	04:03:07
Fleur Denton	04:05:35
Paloma Crayford	04:13:01
Dave Brown	04:14:03
Angela Burley	04:15:48
Peter Felgate	04:18:36
Lee Hinton	04:20:09
Amanda Rosser	04:25:26
Jonathan Bryan	04:28:39
David Walkley	04:31:37 PB
Sam Whalley	04:33:33
Zoe de la Pascua	04:40:46
Andy Dingle	04:47:13
Vroni Royle	04:47:42
Martin Bush	04:48:51
John Bullock	05:03:46
Elizabeth Ganpatsingh	05:15:09
Pete the Train Morris	05:22:08
Lorraine Bailey	05:44:16
Justin Watkins	05:51:03
Julie Bagley	05:57:07

#### Fullers Towpath 10

Name	Pos	Gun	Chip
Sev Konieczny	482	01:47:55	01:46:40

#### Maidenhead Easter 10

Name	Pos	Gun	Chip
Mark Worringham	5	00:53:46	00:53:46
Brendan Morris	52	01:00:06	01:00:01 PB
Brian Kirsopp	74	01:03:26	01:03:18
Gavin Rennie	91	01:04:20	01:04:14
Ashley Middlewick	107	01:05:09	01:05:08
Chris Cutting	105	01:05:14	01:05:01
Daniel Brock	112	01:05:49	01:05:42 PB
Nikki Gray	122	01:06:19	01:06:14
Alan Freer	137	01:07:07	01:07:01
Erica Key	159	01:08:44	01:08:34
Justin Simons	164	01:09:09	01:09:03
Eugene Mcsorley	165	01:09:12	01:09:03

## ROADRUNNERS RESULTS

Julian Hough	172	01:09:23	01:09:11
Jane Davies	190	01:10:19	01:10:05
Helen Pool	207	01:10:48	01:10:41
Fergal Donnelly	208	01:10:48	01:10:41
Caroline Jackson	215	01:11:11	01:11:03
Kenny Heaton	217	01:11:26	01:11:08
Nicholas Adley	223	01:11:28	01:11:26
Antony Streams	221	01:11:33	01:11:20
Keith Ellis	233	01:12:27	01:12:20
Mary Janssen	247	01:13:06	01:12:56
Kevin Jones	255	01:13:22	01:13:16
Alix Eyles	257	01:13:27	01:13:24
Daniel Rickett	272	01:14:07	01:13:54
David Dibben	282	01:14:30	01:14:18
Lesley Whiley	285	01:14:37	01:14:32
Paul Monaghan	297	01:15:04	01:14:55
Chris James	296	01:15:07	01:14:53
Joe Blair	307	01:15:32	01:15:17
Dave Brown	339	01:17:26	01:17:10
Nicole Rickett	354	01:18:03	01:17:51
Mo Fassihinia	362	01:18:22	01:18:11
Chris Manton	372	01:18:41	01:18:34
Colin Mccarlie	378	01:19:01	01:18:46
Gary Brampton	377	01:19:09	01:18:42
Kristin Brandl	406	01:20:33	01:20:23
Stephen Dellow	413	01:21:02	01:20:50
Pete The Train Morris	432	01:22:00	01:21:51
Joanne Sollesse	461	01:23:25	01:23:10
Christina Calderon	490	01:24:30	01:24:13
Gillian Gillard	487	01:24:50	01:24:06
Andy Dingle	522	01:26:24	01:25:41
Phil Reay	536	01:26:30	01:26:13 PB
Clive Bate	541	01:27:09	01:26:25
Charlie Macklin	576	01:28:12	01:28:01
Catherine Leather	563	01:28:15	01:27:32
Tina Woffington	569	01:28:36	01:27:51
Sandra Sheppard	685	01:34:21	01:34:08
Sarah Richmond-Devoy	694	01:34:58	01:34:15
Kim Stevens	702	01:35:46	01:35:02
Linda Ann Wright	704	01:35:55	01:35:13
Bob Thomas	720	01:36:43	01:35:59
James Meston	733	01:37:20	01:36:48
Adele Graham	730	01:37:22	01:36:39
Tom Harrison	729	01:37:31	01:36:37
Chloe Lloyd	751	01:38:21	01:37:38
Sev Konieczny	785	01:42:01	01:41:10 PB
Cecilia Csemiczky	809	01:45:24	01:44:26
Janice Thomas	819	01:46:20	01:45:34

Sarah Walters	823	01:46:48	01:46:01 PB
Juliet Fenwick	838	01:48:54	01:48:10
Suzanne Bate	839	01:49:23	01:48:37
Trisha Arnold	853	01:50:35	01:49:36
Helen Dixon	856	01:51:10	01:50:25 PB
Hannah Mcphee	871	02:01:46	02:01:14
Rachel Allaway	874	02:05:52	02:05:19
Julie Wing	879	02:11:47	02:11:14
Eva Simmons	882	02:34:47	02:33:55
Steven Simmons	884	02:34:54	02:34:00

### 16th April

#### Marathon de la Loire, France

Name	Pos	Chip
Colin Byers	4104	04:19:05

#### North Tyneside 10k

Name	Chip
Christina Calderon	51:51
Phil Reay	53:31

### 17th April

#### Boston Marathon (UK)

Name	Pos	Chip
Dean Allaway	91	03:27:25
Pete the Train Morris	321	04:37:58

#### Boston Marathon (USA)

Name	Pos	Chip
David McCoy	1607	03:01:33
Andy Atkinson	19643	04:20:46

### 23rd April

#### Earley Urban X 10k

Name	Pos	Chip
Richard Hallam-Baker		
	5	39:12
Fergal Donnelly	6	39:36
Mark Smith	14	43:27
Nicholas Adley	17	43:43
Ivan Harding	19	44:19
David Leake	41	48:53
Jacqueline Smith	48	49:11
Joe Akem-Che	52	50:01
Ros Crawford	55	50:36
Rita Dykes	96	56:09



**Southampton Half**

Name	Pos	Chip
Stuart Jones	124	01:29:27
Sally Carpenter	1179	01:53:42
Douglas Kelley	1490	01:57:40

**Southampton Marathon**

Name	Pos	Chip
Gavin Rennie	35	03:11:33
Dean Allaway	91	03:27:43
Justin Simons	159	03:37:17
Wayne Farrugia	182	03:39:36
Julia Molyneux	949	05:10:48

**Madrid Rock 'N' Roll Marathon**

Name	Pos	Chip
Caroline Jackson	2840	03:47:00
Paul Monaghan	4395	04:02:46
Martin Bush	9009	04:54:16

**Aldbury Cross Country 5.3**

Name	Chip
Peter Cook	42:58
Charlie Macklin	52:09
Sev Konieczny	1:02:34
Trish Arnold	1:11:57

**London Marathon**

Name	Pos	Chip
Seb Briggs	213	02:37:31
Lance Nortcliff	245	02:38:12 PB
Rupert Shute	343	02:40:52
Ben Whalley	506	02:44:20 PB
Jamie Cole	787	02:49:15 PB
Carrie Hoskins	1473	02:57:08 PB
Alex Warner	2492	03:05:26
Andy Mutton	2823	03:08:21
Paul Kerr	2919	03:08:56 PB
Paddy Hayes	3687	03:14:23
Brian Grieves	3691	03:14:25
Peter Aked	3965	03:15:54
Brooke Johnson	4033	03:16:21
David McCoy	4187	03:17:21
Alan Freer	4606	03:20:02
Erica Key	4772	03:21:20
Tony Streams	5827	03:27:38 PB
Nikki Gray	5860	03:27:47
Mary Janssen	6117	03:29:00
Tracey Lasan	6315	03:29:46

Alix Eyles	6718	03:32:10
Jake Hiom	6813	03:32:40
Sarah Dooley	7781	03:37:48
Brian Kirsopp	9406	03:45:06
Loretta Briggs	9533	03:45:36
Kristin Brandl	11097	03:52:25
Julie Rainbow	11133	03:52:32
Nigel Blair	11549	03:54:03
Lee Hinton	12235	03:56:25
Simon Tapley	14011	04:02:38
Tracey Hicks	14800	04:06:21
Grant Hopkins	16195	04:12:26
Gary Brampton	19166	04:24:11
Paul Jenkins	22729	04:38:13
Tim Hogarth	22925	04:39:06
Tom Harrison	24892	04:46:47
Dave Bunting	25853	04:51:04
Justin Watkins	27738	04:58:52
Catherine Douglas	27848	04:59:17
Lin Morton	27851	04:59:18
Luke Broad	27958	04:59:45
Judith Ritchie	28270	05:01:26
Andrew Wilson	29562	05:08:12
Andy Patrick	29808	05:09:31
Bob Thomas	31399	05:18:41
Socrates Christidis	32118	05:23:09
Jenny Mulhearn	34949	05:45:28
Helen Grieves	37443	06:18:24

**29th April****Bergen Half Marathon**

Name	Pos	Chip
Ashley Middlewick	28	1:23:49
Helen Pool	5	1:37:45 PB
Nicole Rickett	14	1:43:38
Daniel Rickett	273	1:44:08

**30th April****Danesfield Dash 10k**

Name	Pos	Chip
Chris Lucas	1	36:11
Fergal Donnelly	16	41:48
Robert Grice	51	48:18
Sarah Morgan	66	50:10
Pete the Train Morris	98	54:10
Richard Bury	166	1:02:17
Rosamund Lee	227	1:18:37
Sheryl Higgs	236	1:40:33

**Hackney Half**

Name	Pos	Chip
Dan Clarke	989	01:38:27
Colin Byers	3857	01:56:27

**1st May****Shinfield 10k**

Name	Chip	
Mark Apsey	35:08	
David McCoy	35:43	
Jamie Smith	37:14	
Richard Hallam-Baker	38:44	
Paul Kerr	39:43	PB
Stuart Jones	39:50	
Brian Kirsopp	40:12	
Edward Dodwell	40:30	
Dan Brock	40:55	PB
Chris Buley	41:38	
Kenny Heaton	42:09	
Justin Simons	42:47	
Bill Watson	42:52	
Peter Cook	42:53	
Aaron Chai	42:54	
Anthony Long	43:09	
Ewan Harris	43:14	
James Silman	43:14	
Nigel Houlst	44:13	
Mary Janssen	44:26	
Lesley Whiley	44:37	
Keith Ellis	44:39	
Chris Manton	44:59	
Joe Blair	45:12	
Kevin Jones	45:15	
Elizabeth Jones	45:31	
Scott Gillespie	45:59	
David Dibben	46:10	
David Leake	46:21	
Mo Fassihinia	46:29	
Jonathan Bryan	46:54	
Jonathan Belson	46:56	
Paul Milnes	47:47	
Andy Atkinson	49:17	
Martin Douglas	49:18	
Ray McGroarty	49:50	
Jonathan Moore	50:15	
Peter Reilly	50:29	
Will Guest	51:05	
Neil Carpenter	51:16	PB
Sally Carpenter	51:18	

Pete the Train Morris	52:23	
Gurpritpal Singh	53:45	
Louise Atkinson	54:22	
David Ferriss	54:28	
Dan Gurney	54:34	
Fiona Ross	54:49	PB
Donna Saunders	54:58	
Charlie Macklin	54:58	
Holly Towers	55:08	
Anna Richmond	55:10	
June Bilsby	55:26	
Moirra Allen	55:31	
Brett Date	55:35	
Jane Copland Pavlovich	55:50	
Ivan Harding	56:01	
Ian McGuinness	57:04	
James Maston	57:30	
Linda Wright	57:44	
Sarah Richmond-Devoy	57:48	
Chloe Lloyd	57:49	
Bob Thomas	58:22	
Margot Bishop	58:24	
Simon Hunt	58:33	
Heather Bowley	58:51	
Andrea Marnoch	59:08	
Sam Slater	59:09	
Mary Carol de Zutter	59:20	
Angharad Shaw	59:32	
Judith Ritchie	1:00:09	
Angelique Haswell	1:01:53	
John Bailey	1:02:00	
Sarah Walters	1:02:41	PB
Carl Woffington	1:05:33	
Annette Russell	1:06:10	
Elizabeth Fletcher	1:06:19	
Janice Thomas	1:06:25	
Suzanne Bate	1:06:36	
Lorraine Bailey	1:07:11	
Helen Dixon	1:07:13	PB
Kevin Strong	1:08:25	
Hannah McPhee	1:09:49	
Candis Holmes	1:10:31	
Rachel Allaway	1:12:48	PB
Jill Dibben	1:19:14	

**1st May****Milton Keynes Marathon**

Name	Chip
Liang Guo	3:17:24

## ROADRUNNERS RESULTS

Caroline Jackson	3:43:30
Paul Monaghan	3:46:05
Martin Bush	4:34:06
Andy Dingle	4:34:10
Amanda Rosser	4:34:10

### Milton Keynes Half Marathon

Name	Chip
Sam Hammond	1:37:00
Dave Wood	2:27:59
Trisha Arnold	2:34:17

### Vets League Match 1

#### M35 A 100m

Duncan Mollison	2	12:5
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#### M35 B 100m

Clive Bate	4	14:5
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#### M50 100m

David Fiddes	5	15:4
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#### M60 100m

Nigel Hoult	4	17:2
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#### W35 100m

Sam Whalley	6	19:5
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#### W50 100m

Adele Graham	3	17:3
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#### W60 100m

Cecilia Csemiczky	5	23:2
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#### M35 Shot

Phil Reay	5	4.98m
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#### M35 Hammer

Phil Reay	5	3.77m
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#### M35 A 3000SC

Brian Grieves	4	14:19:2
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#### M35 B 3000SC

Clive Bate	3	16:06:5
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#### M50 3000SC

David Fiddes	2	13:55:0
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#### M35 A 400m

Ian Giggs	4	64:0
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#### M35 B 400m

Brian Grieves	4	93:6
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#### M35 A 1500m

Duncan Mollison	1	4:23:4
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#### M35 B 1500m

Mark Worringham	1	4:27:3
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#### M50 1500m

Pete Jewell	3	5:00:7
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### W35 1500m

Helen Pool	5	5:41:7
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### M35 Long Jump

Ian Giggs	5	3:54m
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### M50 Long Jump

David Fiddes	4	3:37m
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### M60 Long Jump

Nigel Hoult	4	1:87m
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### W50 Long Jump

Adele Graham	4	2.77m
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### W50 HT3K

Adele Graham	2	17
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### W50 JT500

Adele Graham	3	10.35
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### W60 JT500

Cecilia Csemiczky	6	5.35
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### M 4 x 100m relay

Roadrunners	4	61:6
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### W 4 x 100m relay

Roadrunners	5	73.5
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### 6th May

#### Genova 10k

Name	Chip
Tim Miller	50:14

### 7th May

#### Marlow 5

Name	Pos	Chip
Ben Paviour	7	00:27:25
Brian Kirsopp	36	00:30:45
Dan Brock	57	00:31:52 PB
Darrell Robins	78	00:32:44
Helen Pool	91	00:33:20
Bill Watson	93	00:33:24
Peter Cook	94	00:33:27
Jane Davies	104	00:33:51
David Fiddes	120	00:34:19
Chris James	134	00:34:38
Keith Ellis	138	00:34:46
Mary Janssen	149	00:35:02
Kevin Jones	175	00:36:10
David Dibben	189	00:36:24
Chris Manton	193	00:36:28
Dave Brown	271	00:37:50
Andy Atkinson	277	00:38:38
Joanne Sollesse	318	00:39:25
Claire Seymour	320	00:39:02



## ROADRUNNERS RESULTS

Fleur Denton	336	00:39:19
Clive Bate	362	00:39:58
Donna Saunders	403	00:40:14
James Kiddie	428	00:40:59
Philip Reay	441	00:41:46
Gillian Gillard	459	00:41:12
Tina Woffington	462	00:41:16
Charlie Macklin	464	00:41:20
Chloe Lloyd	600	00:44:38
Andrea Marnoch	620	00:44:54
Tom Harrison	625	00:44:58
Adele Graham	645	00:45:25
Frank Cooper	715	00:47:34
Eleanor Phipps	779	00:48:43
Sev Konieczny	794	00:48:56 PB
Liz Atkinson	813	00:49:38
Carl Woffington	845	00:50:26
Hannah McPhee	1013	00:59:21

### Woodley 10k

Name	Chip
Mark Worringham	32:38:00
Rob Corney	33:07:00
Ben Whalley	34:55:00 PB
Brendan Morris	35:39:00 PB
Jamie Cole	36:05:00
Jamie Smith	36:15:00
Andrew Smith	38:00:00
Richard Hallam-Baker	38:16:00
Carrie Hoskins	38:20:00 PB
Fergal Donnelly	38:40:00 PB
Stuart Jones	39:31:00
Edward Dodwell	40:06:00
Chris Cutting	40:34:00
Katie Williams	40:37:00
Ian Giggs	40:46:00
Anthony Long	40:53:00
Chris Buley	41:02:00
Jane Copland Pavlovich	41:04:00
Kenny Heaton	41:28:00
Richard Smith	41:41:00 PB
Mark Smith	41:49:00
Nicholas Adley	42:50:00
David Caswell	42:52:00
Nigel Hoults	43:12:00
Gemma Buley	43:40:00
Sophie Hoskins	44:15:00 PB
Daniel Rickett	44:37:00 PB

Jonathan Belson	45:36:00
Julie Rainbow	46:11:00
Nicole Rickett	46:34:00
Jacqueline Smith	47:20:00
Brian Fennelly	47:28:00
Martin Douglas	47:39:00
Jonathan Bryan	47:43:00
David Walkley	47:57:00
Samantha Whalley	48:50:00
Neil Carpenter	49:14:00 PB
Vince Williams	49:35:00
Andy Dingle	51:04:00
Joanne Kent	51:12:00
June Bilsby	52:43:00
Kevin Bilsby	52:43:00
Amanda Rosser	53:27:00
Ricky Straw	53:31:00
Nigel Barker	54:41:00
Sarah Bate	55:08:00
Ian McGuinness	55:08:00
Mary Carol De Zutter	56:18:00
Simon Hunt	56:32:00
Dan Gurney	57:07:00
Jenny Boxwell	57:16:00
Angharad Shaw	57:42:00
Maria Norville	01:02:12
Annette Russell	01:03:52
Emma Grenside	01:05:45
Juliet Fenwick	01:05:59
Laura Chandler	01:08:32 PB
Sarah Richmond-Devoy	01:08:50
Jennifer Mulhearn	01:15:05

### Bracknell Half Marathon

Name	Pos	Chip
Keith Russell	44	1:29:17
Eleanor Roy	79	1:33:06
Barry Baker	207	1:44:04
Tracey Hicks	274	1:47:21
Angela Burley	369	1:53:26
Rita Dykes	533	2:06:56
Lisa Kilby	615	2:14:35
Anthony Eastaway	688	2:23:01
Julie Wing	778	3:02:19
Sheryl Higgs	783	3:42:00
Peter Higgs	784	3:42:00

## ROADRUNNERS RESULTS

### 8th May

#### Vets League Match 2

##### M35 A 200m

Duncan Mollison	4	25:9
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##### M35 B 200m

Clive Bate	5	30:5
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##### M50 200m

David Fiddes	6	32:2
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##### M60 200m

Nigel Hoult	5	37:4
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##### W35A 200m

Nicole Rickett	5	37:6
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##### W35 B 200m

Sam Whalley	5	40:9
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##### W50 200m

Adele Graham	4	37:4
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##### M35 A 800m

Duncan Mollison	1	2:12.2
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##### M35 B 800m

Ben Whalley	3	2:20.0
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##### M50 800m

David Fiddes	4	2:39.2
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##### W35 A 800m

Sam Whalley	6	3:17.7
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##### W50 800m

Jane Davies	2	3:06.5
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##### W50 2000m

Gillian Gillard	3	14:13.7
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##### W60 2000m

Cecilia Csemiczky	3	16:27.3
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##### W35A 3000m

Nicole Rickett	6	123:08.0
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##### W50 3000m

Jane Davies	1	12:26.9
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##### M35 Discus

Clive Bate	5	18.76m
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##### M60 Discus

Nigel Hoult	5	9.80m
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##### W50 Discus

Adele Graham	6	11.20m
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##### M35 Javelin

Clive Bate	6	11.65m
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##### W50 Triple Jump

Adele Graham	3	5.57m
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##### W50 Shot

Adele Graham	5	6.01m
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### W60 Shot

Cecilia Csemiczky	5	3.89m
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### W 4x400m relay

Roadrunners	5	6:13.3
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### 14th May

#### Henley Trail Half Marathon

Name	Chip
Dave McCoy	1:20:22
Dean Allaway	1:35:23
James Silman	1:48:32
Rob Grice	1:49:14
Pete The Train Morris	1:55:02
Linda Wright	2:29:55
Kerri French	3:02:13
Suzanne Bate	3:02:13
Hannah McPhee	3:02:13

#### Henley Trail 10k

Name	Chip
Edward Dodwell	40:32
Nick Adley	45:27

#### Berks County Champs 800m

Name	Pos	Chip
Duncan Mollison	1	2:00:96

### Season's Bests

#### Ladies

5 miles	Helen Pool	33:20
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	Carrie Hoskins	2:57:08

#### Men

5 miles	Ben Paviour	27:25
10k	Mark Worringham	32:38
10 miles	Dave McCoy	57:40
Half Marathon	Mark Worringham	1:09:52
20 miles	Matthew Richards	1:53:59
Marathon	Seb Briggs	2:37:31

# Reading Roadrunners Committee Meeting

TUESDAY 16th MAY 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

Simon Denton

## 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

**Desk Transactions** Simon Davis presented his proposal to introduce Point of Sale technology on the desk at track sessions. The main benefits of this initiative would be to:

- reduce cash transactions
- allow members to pay by card
- provide accurate reporting

There are start-up and operating costs to consider, but the Committee agreed that there would be nett benefit to Club governance, kit management and to members' convenience.

It was agreed that we would mount a trial applied to purchases of Club kit, and approved that Simon should procure the IT needed to implement this limited trial.

Action: Simon to initiate and manage the trial and report back to the Committee on its effectiveness and take-up.

**Track announcements** Simon Davis presented his views on how to improve the effectiveness of announcements at the track, and asked Committee members to provide feedback in time for the next meeting.

## CHAIRMAN'S REPORT

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

- 14Apr. Maidenhead 10 (Champs race)
- 23Apr. London Marathon
- 29Apr. Spring Do
- 01May. Shinfield 10K
- 01May. Vets' League, Oxford
- 05May. Quiz Night
- 07May. Marlow 5 (Champs race)
- 12May. Foot golf Social event
- 15May. Vets' League, Abingdon

Carl noted the contributions of:

- Colin Cottell and his team for organising another successful Shinfield 10K, despite the last minute availability of a revised course
- Hannah for organising a successful Spring Do, which took place at a new venue and with a new format
- Catherine & Shane Leather for putting on a very entertaining Quiz Night

Notable forthcoming events include:

- 18May. Pub run, Theale
- 19May. Timed 5K at the track
- 29May. Vitality London 10,000
- 01Jun. Pub run, Sonning Common
- 04Jun. Chiltern Chase (Champs race)
- 05Jun. Vets' League, Bracknell
- 15Jun. Pub run, Henley
- 17Jun. Boat trip Social event
- 18Jun. Ridgeway Relay

The Club will stage the Bracknell Vets' League jointly with Reading AC.

## TREASURER'S REPORT

Sandy reported that she has received promised sponsorship cheques for the Shinfield 10K and a cheque from Caversham Primary School for the hire of a clock.

## GENERAL SECRETARY'S REPORT

**Clock hire** Bob questioned why we hire out our race clocks, which led to a lively debate of the pros and cons of continuing to do so. Whilst it used to be the odd fun run that wanted to hire a clock, it is becoming increasingly frequent and now includes professional race organisations.

The Committee was divided on whether we should continue to hire our race clocks, with the majority in favour of discontinuing this service. We will honour all current commitments, but will refuse any further hire requests.

Action: Bob to write to regular hirers to advise them of this decision.

**BARR AGM & conference** Bob noted that the BARR (British Association of Road Races) AGM will be held on 20May17 in Birmingham. BARR is also organising a "Race Conference" on 20Sep17 at Crystal Palace intended to bring together race directors and supporting bodies.

**Committee election voting scheme** Revised Club Constitution and Rules were adopted in principle at the March AGM, but there was some dissent expressed at the meeting regarding the provision that no vote would be taken if there were no more candidates than available Committee places. Some members wanted to be able to vote against a candidate that they felt is unsuitable to act as a Committee member rather than have them elected by default.

Following some effort, the Committee has failed to identify any means of conducting a fair ballot on this basis and has concluded that no further changes to the voting system will be made unless and until someone can articulate a voting scheme that the Committee is prepared to support as fair and equitable and adequately addressing this concern.

Recognising members' concerns that candidates can be elected by default, a list of candidates will be published before the closing date for entries so that members have time to put themselves forward as candidates to ensure that an election has to take place.

## MEMBERSHIP SECRETARY'S REPORT

Anne reported that 15 new members joined and three members made late renewals during April, bringing the total membership to 473.

## SOCIAL SECRETARY'S REPORT

**Dinner dance** Hannah noted that several members have said to her that they feel the dinner dance has

become somewhat stale and is in need of a refresh. Hannah is looking into alternative venues and formats for consideration.

**Boat trip** The boat trip scheduled for 17Jun17 has been booked, along with a DJ. It will run 19:30-22:30; the ticket price will be £27, which is subsidised by the Club as a 30th Anniversary event.

**Organised run** As a further subsidised celebration of the anniversary, Belinda & Graham Tull will organise a run from the green at South Stoke on 15Jul17.

## COACHING REPORT

Simon Davis reported that the Club will soon have the benefit of three additional coaches: Dave Caswell has transferred his coaching qualification from RAC to the Club, whilst Nicole Rickett and Pete Higgs are both due to complete their training.

## ANY OTHER BUSINESS

**Catering** Sandy noted that we have only one member who is known to be certified to manage catering. Whilst Sandy has established that there is no legal requirement for us as a non-profit making club to have certified personnel at, for instance, our races, there seems to be an expectation in some quarters that we do.

It was agreed that Sandy should look into what is involved in obtaining Catering CPD (Continuing Professional Development) certification, after which we will seek to recruit volunteers.

**Mortimer 10K & 3K** Bob presented the budget for this year's Mortimer 10K & 3K, which will be held on 24Sep17. The budget was unanimously approved.

**Online membership service** Bob reported that he had started to prototype an online membership service using the WebCollect system. If this turns out successfully, it will allow new joiners to sign up online, members to renew online, maintain their own profiles and make bookings for Club events online.

**Service requests** Both the Chairman and General Secretary are inundated with offers of services that we are urged to promote to members, which we do not do.

Notwithstanding the policy of not endorsing such offers, Carl has received two requests that the Committee has agreed will be allowed to go ahead, though with the caveat that the Club does not promote or endorse either service:

- One of our coaches, Alexa Briggs, has qualified in



Sports Massage Therapy and will advertise her services on the noticeboard and on Facebook.

- Another qualified Sports Massage Therapist, who is in the final stages of qualifying in acupuncture, will attend track sessions for a period of about three weeks to offer acupuncture sessions free of charge in return for permission to write up the treatments as case studies as part of her course.

**Charity account** The Committee approved by email that the cheque signatories for the Charity account should be changed to be Anne as mandatory signatory, to be counter-signed by one of Carl or Jim Kiddie.

**Championship & XC trophies** Carl reported that he has advised all winners of trophies from the 2016 Club Championships and the TVXC League by email that they can collect their trophies from Palmer Park.

**Timed 5K track sessions** Tony Canning has invited Bracknell Forest Runners to join the timed 5K track sessions.

#### DOOR ROTA

17May17	Anne, Shirley
24May17	Anne, Alice
31May17	Anne, Christina
07Jun17	Anne, Shirley

**DONM:** 6Jun17, then 25Jul17

## Your Committee



**CARL WOFFINGTON**  
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If you would like to submit an article for the newsletter, please send it to the editor Chris Cutting, who can be reached at: [newsletter@readingroadrunners.org](mailto:newsletter@readingroadrunners.org)  
Deadline for next issue is Friday 9th June

# WHO'S THE GREATEST?

## TOM HARRISON v ELIUD KIPCHOGE

**HARRISON - READING  
ROADRUNNERS & MYNYDD  
DU FELL & MOUNTAIN  
RUNNING CLUB**



### **Marathon**

4:46:57

Fastest 80+ man in Britain for 2017.  
London 23rd April.  
Only me.

### **Half Marathon**

2:13:09

2nd fastest 80+ man in Britain for 2017.  
Wokingham 12th February.  
5 runners.

### **Ten Mile**

1:35:38

2nd fastest 80+ man in Britain for 2017.  
Bramley 19th February.  
7 runners.

### **Five Mile**

44:58

3rd fastest 80+ man in Britain  
for 2017.  
Marlow 7th May.  
9 runners.

### **Parkrun 5k**

28:11

8th fastest 80+ man in Britain  
for 2017.  
Black Park Slough 18th March  
80 runners.

## **KIPCHOGE - KENYA**



Eliud Kipchoge of Kenya, 32, the reigning Olympic marathon champion, covered 26.2 miles in 2 hours 25 seconds early on Saturday in an extremely managed setting of pacing and drafting on a Formula One racecourse in Monza, Italy, outside Milan.

It was the fastest marathon ever run, more than two and a half minutes quicker than the official world record, 2:02:57, set by Dennis Kimetto of Kenya at the 2014 Berlin Marathon. But Kipchoge's time will not be ratified for record purposes, mainly because of rules regarding pace-setting.

The attempt, called Breaking2, was as much a Nike marketing play and a laboratory experiment as a sports competition. Even so, Kipchoge shaved a remarkable amount of time off his best official finish: 2:03:05 at the 2016 London Marathon.