

GLASTONBURY FOR RUNNERS



READING ROADRUNNERS NEWSLETTER JUNE 2017

'Glastonbury for Runners' indeed, albeit without the bad acid, waterlogged tents and annoying trustafarians in hunter wellies up from Chelsea for the weekend. Our hardy boys and girls performed some sterling feats of Endurance, which Ian has written all about inside after a bath and a good night's kip.

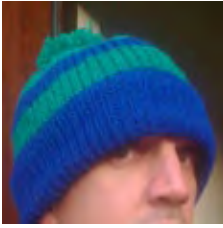
Elsewhere this month we have had the usual mix of sunburn, insect bites and pub gardens. The Friday track events just go from strength to strength and Fergal has written up the latest 5K night inside.

By the time this edition goes to print there should be some tales of heroism from the Ridgeway Relay to tell. Please speak to the team captains if you are interested in running the Runnymede Relays at the start of July.

INSIDE THIS MONTH:

- **ENDURANCE 24 REPORT**
- **FRIDAY 5Ks**
- **CAPTAIN'S REPORTS**





Welcome from the Editor

CHRIS CUTTING

Regular readers will remember that around Easter I was wishing Richard Morgan all the best in this very column as he recovered from a stroke. Well the good news is, he's back! Putting in the laps at the track and parkrun just a few short months after leaving hospital - Richard, it's a pleasure to see you looking so well.

Given the scorching weather of late, I was going to have an attempt at writing up my own Ultra-Endurance

event, namely the Hungerford Harey 8-miler, run in 30+C heat this very Sunday morning. I'm not saying I now know how anybody who has tackled any desert events feels, but when by mile 3 all the air in West Berkshire has run out and you've had to sacrifice your lucky cuddly mascot Webster and sliced him open to make a protective sun hat like Han Solo's tauntaun in The Empire Strikes Back, you know it's not going to be a run-of-the-mill morning. And that's before Jim Morrison and the giant lobsters arrived.

Sunstroke is a real problem. Be careful out there.



Chairman Chat

CARL WOFFINGTON

Tony and friends organised another timed track 5000m run on 19th May. There was a good turnout but mostly from guests. There are still not that many RR's running. Well organised, as always, and enjoyed by all that attended.

We have had the first two pub runs this summer. The first from the Bull at Theale and organised by Tina. It was a wet evening but still well attended. The second from the Butchers Arms at Sonning Common and organised by Pete and Rick. A lovely evening, lovely views and well attended.

RR provided a marshal team at the Royal Berks 10k on 21st May. We also provided a marshal team at the London 10k on 29th May. This race incorporated the National Champs for road 10k and we sent both mens and womens teams. Some really good running with our womens teams finishing 24th and 82nd out of 208. Our mens teams finishing 24th and 51st out of 278.

There was just one RR Championship race last month. The Chiltern Chase was well attended on 4th June.

The vets athletic meeting at Bracknell took place on 5th June. We co-hosted it with RAC, providing helpers and food. Our team captains have reported that there is little enthusiasm within the club for these fixtures

and suggested we don't enter next year. There is one remaining fixture this summer.

Coming up in the next month we have:-

- Thu 15th Jun – Pub Run, 3 Horseshoes, Henley
- Sat 17th Jun – Boat Trip
- Sun 18th Jun – Ridgeway Relay
- Thu 29th Jun – Pub Run, Crown, Swallowfield
- Sat 1st Jul – Runnymede Relays
- Mon 3rd Jul – Last 2017 vets league meeting, Abingdon
- Thu 6th Jul – Pub Run, Rainbow Inn, Assendon
- Sun 9th Jul – New Forest 10, RR Champs
- Tue 11th Jul – Dinton Relays
- Sat 15th Jul – South Stoke Runs
- Tue 18th Jul – Bounders Relay
- Thu 20th Jul – Pub Run, Lands End, Twyford
- Sun 23rd Jul – Down Tow Up Flow 1/2, RR Champs

Our team captains have put out an email asking for runners to run in the Runnymede and Bounders Relays. Please contact them if you would like to run. We also have our own Dinton Relay and will need volunteers and runners for this. Look out for details soon.



Ladies' Captain - Report

SAM WHALLEY

Where has the past month gone? It seems to have flown by, and those races just keep on coming. I haven't seen a results list, so I will try to mention those races I was at, heard about, or heard others talking about. If I miss your PB, I can only apologise.

The Friday 5k kicked us off on 19th May. If you haven't tried it yet, this is an excellent event held at Palmer Park every few months, and is a really good opportunity to try for a 5k PB – or 5000m, since it is on the track. In case you're not sure, that's 12.5 laps of the track, and keeping count is probably the most difficult thing. A couple of our ladies fessed up that they had lost count, and run a lap too few; it's easily done. I believe there were PBs for Helen Dixon, Catherine Leather, who achieved an impressive sub-23 time (and an age-grade about 70%), and Sev Konieczny, who has recently had so many PB mentions, that I can now spell her last name without looking it up.



A mere two days later, hordes of Reading Roadrunners were in action at the Royal Berkshire 10k, billed as "a flat and fast one lap race starting and finishing in Green Park, with fully closed roads and a scenic rural route". Annoyingly, it always seems to be a really hot day, and, supporting on the home straight might be the better place to be. The results for this are not particularly easy to navigate, but I notice that new member Georgina Smithers was proud to wear her green vest for the first time, and Annette Russell managed to get herself in front of the 60-minute pacer

right at the end, and came in at 59.12. Helen Dixon opted for the multi-terrain Portchester 10k on this sweltering occasion – brave choice – while Jo Sollesse, Charlie Macklin, Judith Ritchie and Gill Manton took on the Binfield 10k, and Caroline Jackson added another marathon to her tally in Richmond Park.

On the astonishingly hot Saturday, 27th May, a few brave ladies chose to run the 21 laps that make up the Kent Circuit Marathon. Erica Key finished as 2nd lady, and 1st VW40, in a fabulous time of 3.41. Charlie Macklin and Amanda Rosser ran the race together, in 4.48. I applaud anyone who can manage to keep going in that kind of heat; well done to you all.

28th May saw an unofficial RR outing to the Westminster Mile. I had never participated in this event before, but had watched my daughters race there for the past two years, and had to have a go. Next time I will check the timings first; my race was at 9.40, while theirs was not until 3.15 – oops. Still, it was nice to be done and dusted by 9.50, and it was a lovely sunny day in the park for me, while they made their way up to London later. Most of the other RRs present were registered for the Sweatshop wave, and were clad in – wait for it – yellow T-shirts. Yellow! I almost didn't recognise them. I was surprised to see Charlie there, walking like someone who hadn't run a marathon the day before, and running a mile time of 7.46. There were PBs aplenty, for Hannah McPhee, Helen Dixon, Sev (again) and me.

Other RR ladies were in action at marathon weekends around the country, namely Catherine Bruce, Lucy Bolton and Linda Wright in the Edinburgh half marathon, Jenny Mulhearn and Juliet Fenwick in the Edinburgh Hairy Haggis marathon relay, and, you guessed it, Caroline Jackson in the Rock 'n' Roll Liverpool marathon.

The next day, Bank Holiday Monday, a number of us were up at the crack of dawn to marshal or run at the Vitality 10k in London. This is a fantastic event to support, with green vests to be spotted throughout

the field. The club received six free places through its participation in the SEAA Road Relays, which took place on a very windy airfield in Bedford back in September. Places were offered to the eligible relay runners first, and then, since the race is also a British 10k championship race, to some of the faster ladies in the club. Carrie Hoskins found herself on the elite start, complete with elite toilets (very important!), and got to meet Jo Pavey before the race. Carrie was duly our first lady home, in 38.21, with Jane Copland Pavlovich (individual entry) next in 41.21. Jane Davies followed in 41.47, and was first in the 55-59 age category, which is an amazing achievement. The third of our scorers was Alix Eyles, in 46.18, meaning that our first team was 24th overall. The second team was made up of Helen Pool (recovering from injury, but still a not shabby 48.27), Claire Seymour (48.55) and Toni McQueen (50.30), and came in 82nd, out of a total of 208 teams. Well done, ladies!

The first 10k in the Club Championship races was the rather warm and hilly Chiltern Chase, on 4th June. There were also 15k and 5k options, the latter Helen Pool opted to do, after physio advice to not race another 10k. A good move, as she went on to win the VW35 prize. As far as the club champs were

July, and the Down Tow Up Flow half marathon, on 23rd July.

In a far away village, the Kintbury 5 mile was occurring. Tracy Jenkins was the first lady home for the club, and having recently returned from injury, I am sure she was delighted with her time of 41.01 on that undulating course. Katie Gumbrell was hot on her heels in 41.25, also an excellent time, and it would seem that Katie is enjoying racing again – phew.

I haven't heard anything about PBs in either of these two events, but, a little further afield, Laura Chandler was earning herself a PB in the inaugural London 10 mile run in Richmond Park – well done, Laura!

Even further afield, in South Africa, Christina Calderon was completing her second consecutive Comrades marathon (actually around 55 miles) in 11 hours, 38 minutes, and earning her back-to-back medal. First-timer Sarah McDade finished the race in an incredible 9 hours, 22 minutes, which, according to the race FAQs, earns her a bronze medal. Excellent work, ladies! This year was the 'up' version of the race, which means next year it's 'down', for anyone who meets the qualifying standard and fancies a go.



concerned, it was Sally Carpenter, Nicole Rickett, myself, Jane Davies, Linda Wright, and Janice Thomas who were victorious in our age categories. Jane continued her recent age category success by taking home the prize for first VW50. The next races in the championship will be the New Forest 10 (mile) on 9th

Back in the UK, there was only a short reprieve for those of us participating in the veterans' track and field league on Monday evening, 5th June. With this fixture, match 3 of 4, being held in Bracknell, there was a much better turnout of RRs, aged 35 and over, with some fantastic performances. Adele 'the Heptathlete' Graham turned her hand to the 100m, long jump, javelin and hammer, which mainly meant dashing around in the rain all evening, getting from one event to the other. Sheryl Higgs made her debut in the javelin, and Cecilia Csemiczky stepped in to throw the hammer, on noticing that there was no over 60 listed for this.

Points are points. There were some slippery conditions on the very wet track, and excellent category placings in the 1500m for Jane Davies (2nd VW50) and Toni McQueen (2nd VW60), and for Linda Wright in the 400m (3rd VW60). The highlight of the evening had to be the medley relay, which consisted of 2 legs of

LADIES' CAPTAIN'S REPORT

200m, 1 of 400m, and a final leg of 800m. Well done to Linda, Toni, Nicole and Jane for once again getting the baton from start to finish without a hiccup. The overall result at the end of the evening saw the ladies' team in 6th (last!) place. Thank you to everyone who took part, and to all of the volunteers who stood in the rain for a very long time. You are all my favourite people. The next, and final, meeting will be on Monday 3rd July, at 6.30, in Abingdon. It would be great to see some of you there.

The second of the Dinton Summer Series races took place on the day of the general election. I know which results I found more interesting. Gemma Buley was the winning female in the 5k, in 21.46, with Catherine Leather 2nd VW40. In the 10k, Erica Key was second female, in 42.55. Sarah Dooley was 3rd VW40, Paloma Crayford 1st VW50, and Trisha Arnold 2nd VW60. I think you'll agree this is quite an impressive

set of results, and shows what a range of ladies we have at Reading Roadrunners.

A huge number of us spent the weekend of 10th/11th June running around Wasing Park at Endure 24, which warrants its own, separate, report. More sedate races were enjoyed by Maureen Sweeney, in the Checkendon 10k, and those looking to add to their proper medal collection in the Wargrave 10k, which forms part of the Berkshire Road Running Championship. The first female Roadrunner home was Helen Pool, just dipping under 45 minutes in 44.59, followed by Mary Janssen and Lesley Whiley. Their positions earned gold age category medals in the championship for Helen, Mary and Lesley, while Nicole Rickett won silver. Fantastic performances, ladies! The final race in this championship will be the Abingdon marathon in October.

Your Committee



CARL WOFFINGTON

CHAIRMAN

chairman@readingroadrunners.org



BOB THOMAS

GENERAL SECRETARY

gensec@readingroadrunners.org



SANDRA SHEPPARD

CLUB TREASURER

treasurer@readingroadrunners.org



ANNE GOODALL

MEMBERSHIP SECRETARY

membership@readingroadrunners.org



HANNAH MCPHEE

SOCIAL SECRETARY

socialsec@readingroadrunners.org



PAUL MONAGHAN

WEBMASTER/SOCIAL NETWORKS

webmaster@readingroadrunners.org



SIMON DENTON

CLUB EX-OFFICIO



CATHERINE LEATHER

CLUB EX-OFFICIO



SIMON DAVIS

COACHING CO-ORDINATOR



ANDY DINGLE

CLUB EX-OFFICIO

CLUB WELFARE OFFICER

June 2017



Men's Captain - Report

PHIL REAY

The June report has come speeding along since May's extended edition. Compiling all the content for the newsletter from multiple sources and editing it into a digestible format takes time, patience and dedication – Chris Cutting has been doing this for us and the club for over three years – thank you Chris.

I'm away for the beginning of June, so I've invited Dave Brown to join me as part of a duo and co-write this months report. Dave joined Reading Roadrunners in 2015 and trains in Lee's group. He (Dave not Lee) has taken almost 20mins off his half marathon PB since joining the club and is currently training for the Centurion Autumn 100 miler. Dave was last spotted doing a recce for the upcoming Ridgeway relays.

Vitality 10,000m and British Championships

We are a Road Running club with some very fast men. The performance of the team at the Vitality 10000m was one to be proud of. Also serving as the British Championships our six Men finished with an average time of 34 mins and 5 seconds. Three of the team ran PBs on what was a very warm day. Our official team time was 1:39:12, which gave Reading Roadrunners a position of 24 from 278 team entries. This is certainly a club that CAN compete at national level.

Congratulations and thank you to Rob Corney, Chris Lucas, Dave McCoy, Lance Nortcliff, Matthew Richards, Ben Whalley.

All six earned their place in the team. With so much healthy competition for places already and some fast new joiners I'm confident we will continue to compete strongly in upcoming events. Go the Green Vests.

June 2017



pic: Members from the Mens and Ladies Vitality 10000 teams

5K track time trial

Thanks to the duo of Fergal Donnelly and Tony Canning for organising another successful 5K time trial at Palmer Park. These events are not only a fabulous opportunity to run a PB but also great social events for the club and the wider running community of the town. Well done to the 61 runners who participated including a third who joined us from outside the club.



Pic: Runners of Reading join our regular 5K Time Trial

June 2017

There's been a lot of Marathon action over the last month. They're not London but they're still 26.2miles. Paul Monaghan, Martin Bush and Dean Allaway were in Liverpool, Gary Tuttle and Justin Watkins were in Edinburgh whilst Andy Dingle went dizzy with 21 laps at the Kent Circuit marathon and perhaps the most picturesque of the all, Windemere marathon was ran by Andrew Smith. Well done lads.

Handing the baton to Dave to take this months report to the finish line.....



From the Outside Lane..

Greetings fellow Roadrunners

Firstly, I'd like to say thank you to Captain Phil, for giving me the opportunity this month to contribute to our newsletter.

Today, I want to write about Duos. Instantly our minds think of great duos like Batman & Robin, Thelma & Louise and my personal favorite Fish & Chips but we all love running, so I'm going to focus on duos from that perspective.

Now, I like many others enjoy just lacing up my trainers, getting outside and just going for a run. I find being alone with my thoughts quite therapeutic. However a while back, I started training with a fellow club member, talk about being out of my comfort zone! We'd work together through track sessions, we'd meet up in the evenings and run for miles. I loved every minute, what's going on?! See, I was enjoying the chatter and working together, the miles just flew by and best of all I now have one of my dearest friends.

I ran this year's Bramley 20 mile race with a friend. The start of the race I was feeling good, we ran at a steady pace, no problem. As we approached the start of lap 2, I started to feel quite sick, my positivity gone in an instant. My friend saw that I was struggling and selflessly sacrificed their own race to look after me through to the finish line, for which I am forever grateful.

June 2017

I see comments all the time on social media like “Fab 3 miles with X, I couldn’t have done it without you.” “A lovely evening’s run with X,” and “Tough 6 miles done with X, now time for coffee.”

I’ve volunteered at ultra marathons, when the runner has arrived at my aid station and the joy on their face, when they see their pacer/friend waiting for them is really quite heart-warming.

Now, I’m not telling you that you must now do all your training in pairs but what I hope I’ve illustrated in the examples above are the immense benefits and joys of running as a duo.

It’s June, almost halfway through the year and I’m looking out for the Ridgeway Relay on 18 June 2017, when 4 teams comprising of your fellow club mates will be running the full 86 mile length of The Ridgeway. Make sure you cheer them on and if you haven’t already done so, I urge you to go explore this beautiful national trail.

Well done to all of you getting out there and enjoying your running and I wish you every success for whatever targets you’ve set yourself to achieve. A special mention goes to all those who took on the ever so hilly Chiltern Chase 10km on 4 June 2017. Congratulations to Dean Allaway for his achievement at the Dartmoor Discovery Ultra on 3 June 2017. There were fantastic efforts from Reading Roadrunners who completed triathlons on the weekend of 3-4 June 2017. There was great work from Captain Phil, Simon Davis and Chris Kelly for completing Comrades Ultra ‘up run’ in South Africa. Phil achieved his back-to-back medal having completed the ‘down-run’ last year. There have been some truly amazing achievements already in June.

To my club mates currently struggling with injuries, I wish you a speedy recovery and look forward to pounding the pavement with you in the very near future.

Thank you for reading and let me leave you with this. If you haven’t done so already, make sure you volunteer at an upcoming race and go cheer your fellow runners on to greatness. I find the experience so rewarding, giving something back to a club that has made me so happy and proud to wear the green vest.

Dave Brown

Runners on the Road

This month saw Colin Cottell and Tom Harrison head to France for the Trail des Garciaux. In soaring temperatures Colin ran well completing the 15km course. For Tom, an untimely fall left him with a damaged shoulder. On behalf of the

June 2017

Mens Team and all at the club we wish Tom a speedy recovery – he's a tough lad and there's no doubt he'll be back showing us how to run hard.

In 2015 our adventurer Dave Wood completed 3 parkruns in consecutive weeks in 3 countries namely Australia, UK, South Africa. Last month our Mr parkrun tourist Ian Giggs took it to a whole new level. With over 200 different parkruns to his name already including runs in Poland, Singapore and Italy, Ian headed out on an adventure of a lifetime. Beginning in Stockholm where he ran along with parkrun founder Paul Sinton-Hewitt, Ian then travelled to San Francisco then Calgary to complete his 3 parkruns in 3 weeks in 3 non-UK countries. As if that wasn't enough whilst in Calgary Ian also complete the Half Marathon there before making a quick dash to the airport. Well done Ian!



pic: Ian Giggs poses proudly in his Green Vest with a well earned medal at the end of Calgary Half Marathon.

In last months report I mentioned Dave Caswell completed the inaugural Ibiza Marathon. For anybody looking to combine a run with some Spring sunshine or as alternative to London, this sounds great. Entries are now open for 2018. Here's the Caswell report:

Ibiza Marathon 2017

The sound of the VLM rejection magazine dropping on the doormat meant it was time to look for a different spring marathon. Struggling to find one that fitted around my crazy shift work was difficult, but in January my shift pattern changed and the weekend of 8th April became free. The kids were heading off to Spain for the Easter holidays with their Nan, so Emma and I had 6 days to fill with a short break away, and of course, Em suggested I should look at marathons abroad and make the most of the holidays. We began looking and found marathons in

June 2017

both Rotterdam and Ibiza. It was the inaugural Ibiza marathon so we decided on that and before I knew it, she had entered me and booked us a 5 night holiday! The marathon itself was on Saturday 8th April, so we flew out on the Wednesday evening arriving just in time for a couple of beers in the hotel bar before closing time. We spent Thursday sightseeing around the town we were staying in – Santa Eulalia Del Rio. It is a small town with a beautiful beach and stunning views. I took a short 5km run in the afternoon to see what the heat would be like on race day and it was hot! On Friday morning we headed to the expo to collect my number and pre-race goody bag. The expo itself was rather small, but with only 600 runners for the marathon and 1200 for the 12k it didn't need to be too big. I still managed to spend euros on a new jacket though to keep me warm at the track! We then headed back to the beach and spent a few hours chilling out with a friend of Em's who owns a bar right on the sea front. The bar itself, Es Puet, was right on the course and I was to run past it twice during the race on Saturday.



Saturday arrived and it was strange not having to run until 3pm in the afternoon, my usual routine of get up, eat porridge and run went out of the window and I had to do some thinking to try and get my food intake right. We headed down to the start around 2:15pm. The start was literally a 2 minute walk from our hotel the so location was perfect. We took some photos before I found some shade as the temperature was rising at 26.C, making it the hottest marathon I have ever ran in.

June 2017



Emma left me at about 2:30pm as apparently she needed to get to her friends bar as it was a perfect location as close to the route as she could possibly get. I think it was more to do with the beer on offer - apparently marathon spectating is thirsty work!



June 2017

I headed to the start and with such a small field for their first event, I ended up about 4 runners deep from the start – I don't usually even get that close at local 10k races! As the gun went, I found myself starting with the elite runners – not the cleverest thing to do! The first mile is along the harbour and onto the promenade, past the pubs, bars and cafés on the right and the sea to the left. It was a lovely start but I found myself going off way too fast. The race headed out onto country roads and we steadily climbed the first 6k before dropping down into Ibiza Town, just as the leaders were heading back the other way. We ran through Ibiza Town and round to head back to Santa Eulalia, staying on the main road. This meant some upward running. Nothing too steep, but a long and gradual climb, enough to be working hard past half way. As I headed back into Santa Eulalia at 31k, I was greeted with a shout and wave from a side bar as Em enjoyed her jug of Sangria (you should have heard her excuse!)

We headed back out and down to the south-east town of Es Canar. Although this was a straight road, I was beginning to feel very tired, but the support of the 12k runners helped me push on. We dropped down to the sea front and then headed back up towards the finish. I found this particular part the most difficult of the day. As we got onto the main road and past the last water stop, there was just 2k to go. We ran back into Santa Eulalia, past the expo and heading into the last 1k which had also been the first 1k. The finish was great, a straight run along the promenade, bars to the right and sea to the left. As I crossed the line I was pleased for it to be over. I collected my medal and headed to have it engraved with my official finish time of 3:33.11, 3 minutes over my target. The last 3 miles were the hardest I have ever ran, but I know that it was mostly down to me going off too quick at the start, combined with higher temperatures than expected (sound familiar Brighton runners?) However, marathon number 14 was done! I headed back to find Em who had managed to convince the bar owner to pour me a free pint. We headed back to the hotel, via a nice little British pub then

June 2017

managed a few more pints at the hotel before crashing for the night



The rest of our week was spent relaxing, including a walk down the only river in the Balearic Islands (according to locals) and a few beers! We met a few 100 club runners who knew Pete and Bushy – I challenge anyone to run a marathon where no-one knows them!

The race was great. Well organised, beautiful scenery and a lovely location. I would highly recommend it and will definitely be going back at some point. The 12k event runs alongside it, which makes it a fantastic event for all. It would be great to get a group of Roadrunners out there for the 2018 event. I am pretty sure everyone would enjoy it as much as we did.

For a full set of events, positions and times please visit the results section at the back of the newsletter.

Upcoming Events:

- 1 July - Runnymede relays. We expect to have 5 or 6 teams. If you'd like to join in please email teamcaptains@readingroadrunners.org
- 3 July – Vets Track and Field Meeting. The final meeting of the season. If you're 35 or over and would like to throw, jump or run on the track email teamcaptains@readingroadrunners.org

June 2017

And finally.....

..... much debate has been had about who the 5th Beatle was. Was it George Martin, Yoko Ono, original drummer Pete Best or Martin Bush? Photographic evidence suggests it's the latter.



Thanks for reading, next month we'll be catching up with the teams from Endure24, an event which deserves a special report of its own. We'll also be reporting on the latest standings in the Berkshire Road Running Championships and a report on the Ridgeway Relay.

Any questions or ideas please contact: teamcaptains@readingroadrunners.org



Join our Facebook group, Reading Roadrunners.



Follow us on twitter @ReadRoadrunners



Visit our new website: readingroadrunners.org

5k Friday - new features, but still 12.5 laps!

FERGAL DONNELLY

Reading Roadrunners hosted its seventh '5k Friday' at Palmer Park, last month.

Led by coach, Tony Canning, the 5km track event attracted a field of 61 runners, over one third of whom were from outside RR- Sweatshop Running Community and University of Reading, mainly.

New race features included split lane start, with a minority of runners starting ahead in the outside two lanes before joining the rest of the field after 100 metres. Race numbers were used giving the event more of a 'race feel'. And timekeepers were used, replacing the previous system where runners noted their finishing times from the race clock, at the finish line. All seemed to work well enabling a better race experience overall.

Counting 12.5 laps of the track, however, is much harder than one might think and unfortunately three of the 61 competitors miscalculated. A fourth, Kingsley Starling, who earlier in the day celebrated his 76th birthday didn't quite manage to cross the finish line. Kingsley later explained, "Sorry, I just ran out of energy. Still made up for it (subsequently) at Royal Berks 10k- about 70 mins!".

Defending champion, Ryan Faulkner (University), was first across the line in an excellent time of 16mins 36secs, followed closely by fellow University student,

Nick Byrne, just 14 seconds behind, narrowly pipping Bracknell Forest Runner, Gavin Hooper, and our own David McCoy by just two seconds in joint third place! There were lots of strong performances throughout, including PB's from Sam Whalley, Sev Konieczny and Anthony Eastway amongst others. Well done to Helen Dixon, our final runner, finishing in 31 mins 01 secs, a PB also.

As always, a friendly social was held in the clubhouse afterwards with people generously bringing refreshments to share and a total of £45 raised for club charity- Cycle Smart.

'5k Friday' would not have been possible without the amazing support from our volunteers so a BIG thank you to all who helped during the evening, especially the children who did a great job. Thanks to those who came to watch also and cheer everybody on.

Finally, thanks to all who competed. We hope you enjoyed yourselves and it would be great to see even more Reading Roadrunners join us the next time. We'd like to remind this is an event for runners of ALL abilities and welcome any suggestions you might have.

Results below. Check the Friday 5k link on the website for full details.



RESULTS

5k Friday - 19th May, Palmer Park

1: Faulkner, R 16:36 Uni	7: Talib, J 17:51 Uni	13: Wilkins, K 19:15 SRC	19: Manton, C 20:33 RR
2: Byrne, N 16:50 Uni	8: Hayes, P 18:36 RR	14: Milliam, O 19:29 Uni	20: Fiddes, D 20:40 RR
3: Hooper, G 16:52 BFR	9: Kew, J 18:37 MAC	15: Brock, D 19:31 RR	21: Adley, N 20:47 RR
3: McCoy, D 16:52 RR	10: Hayden, B 18:50 RR	16: Buley, C 19:45 RR	22: Williamson, A 20:53 SRC
5: Morris, B 17:05 RR	11: MacKenzie, P 18:59 FC	17: Key, E 20:01 RR	23: Davies, J 20:55 RR
6: Waitland, J 17:19 RR	12: Watson, C 19:14 Guest	18: Peralta, S 20:18 RR	24: James, C 21:11 RR

Next Event

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

25: Plank, T 21:13 SRC
26: Fassihinia, M 21:32 RR
27: Finnely, B 22:00 RR
28: Morris, P 22:19 RR
29: Walkley, D 22:21 RR
30: Atkinson, A 22:23 RR
31: Douglas, M 22:37 RR
31: Davis, S 22:37 RR
33: Silman, J 22:44 RR
34: Delves, J 22:45 RR
35: Brandt, K 22:49 RR
36: Leather, C 22:51 RR
37: Webb, T 23:12 T20
38: Whalley, S 23:24 RR
39: Aisford, S 23:37 RR
40: Mardle, S 23:38 SRC
40: Jewell, P 23:38 RR
42: Lewis, G 23:57 SRC
43: Carpenter, S 24:08 RR
44: Wiggins, J 24:39 SRC
45: Walenklawice, A 25:19 SRC
46: Greenshields, A 26:07 RJ
47: Alexander, K 26:09 RJ
48: Eastway, A 26:17 RR
49: Johnston, M 26:30 Uni
50: Pritchard, R 26:44 RR
51: Evans, D 27:32 SRC
52: Mohan, M 28:05 RR
53: Haswell, A 28:35 RR
54: Konieczny, S 28:50 RR
55: Woffington, C 29:26 RR
56: Walters, S 30:38 RR
57: Dixon, H 31:01 RR
N/A: Bakht, A -1 lap Uni
N/A: Bate, S -1 lap RR
N/A: Ross, Fiona -1 lap RR
N/A: Starling, K DNF RR

Endure 24 2017 Race Report

IAN GIGGS

As Endure 24 entry co-ordinator on behalf of the club, I will give an insight to this year's event. I entered 5 teams with both regular runners to the event and people doing it for the first time. For those who don't know the event is a continuous relay or solo race for 24 hours from noon Saturday to noon Sunday in the Wasing Estate near Aldermaston.

The weekend started on Friday when the campsite opens at 10am with people arriving throughout the day setting up their tents. Thanks to Bill Watson who offered to take the club Gazebo and with help from Pete Jewell to put it up. I arrived in the evening to collect the numbers etc and offered any help if needed. Some people who set up their tent on Friday stayed the night and some went home before retuning on Saturday morning. There was also a kid's mile event that evening too.

Saturday morning came and I headed to Reading parkrun for an easy 5k warm up. I was surprised to see that Ashley Middlewick was there too. Even more surprising was that Ashley actually ran from the Endure site to parkrun, a distance of about 12 miles. There were a few other endure runners there too. Ashley and I then headed to the event site with more people arriving and setting up their tents. The club had a group photo before the main event began at 12 noon.

Our fast team called 'Reading Tigers' were Keith Russell, Ryan O'Brien, Matthew Green, Ashley Middlewick and Brendan Morris. After 5 laps with each person running once per team, the Tigers had the lead but only by 11 seconds. From then the team rotation started again. For most of the first 15 hours the Tigers had the lead. However after a couple of slower laps between 3am and 5am as those people ran double laps previously, the team were in 2nd place and nearly a lap behind. After 20 hours of running at 8am, 3 of the team members had enough leaving Ashley and Brendan remaining. Both of them were happy to keep going and alternating until the end. They both competed 11 laps each running 55 miles in total. For



Ashley it was 70 miles as he did a 15 mile warm to begin with. The team finished in 2nd place out of 38 teams in the male team of 3-5 category. In total they completed 205 miles in 24:09:25. The 1st team did 43 laps and the 3rd team did 40 laps, in just over 24 hours.

Another male team of 5 called 'Reading Lions' were myself, Bill Watson, David Fiddes, Pete Jewell and his friend Ian Devilliers. After 5 laps with each person running once, we were in 9th place. In just under 13 hours, we all completed 4 laps of 5 miles each. However one person picked up an injury and had to retire leaving 4 of us to carry on. By this time, fatigue stated to set in and our laps times got slower. After nearly 20 hours, the four remaining completed their 6th lap (30 miles). Another member then had enough and the 3 people remaining then carried on for the last 4 hours. I decided to do my last 2 laps in a row. The first lap was ok then on the 2nd lap I really struggled and had to walk up the hills. There was enough time for the other 2 people to do their last lap before the 24 hours was up. The team finished in 9th place having done 165 miles in 23:42:46.

Our 3rd team called 'Reading Leopards' were John Bullock, Rachael Derry, Danielle Milbank, Scott Gillespie and Jo Sollesse. For both John and Rachael it was their 2nd Endure but for the other 3 it was their first time. The 5 of them completed between 20 miles

and 30 miles each. The team finished in 84th place out of 137 teams in the mixed team of 3-5 category. In total they completed 130 miles in 23:33:07.

The other team of 5 I entered were the 'Reading Cougars' with Peter Higgs, Paul Monaghan, Caroline Jackson, Hannah McPhee and Fiona Ross. There was also a team of 4 called 'Reading Panthers' with Donald Scott-Collett, Sian James, Linda Wright and Gill Manton. Despite none of these teams were really competing against another team, it turned out to be quite a battle between them.

For nearly 9 hours into the event, the cougars had the lead. However for the next 2 laps, the panthers were narrowly ahead before cougars were back in the lead. At about 1:40am in the dark, the panthers overtook the cougars but this only lasted for 2 hours as they then fell behind. At about 6:20am the panthers regained the lead again and this was the case for the next 5 hours. With just 15 minutes to go before the 24 hours was up and 118 miles of running, both teams were side by side. It was a runner from the cougars who came from behind to finish ahead of the panthers. The cougars finished in 105th place having done 120 miles in 24:03:39 and the panthers were 106th in 24:06:34, just 1 place and less than 3 minutes behind.

There were 2 other Roadrunner teams of 5 that were entered by Simon Davis. Firstly the 'Premature Acceleration' and they completed 155 miles in 24:02:12. Then a female team of 5 called 'Thong Distance Runners' and they came 3rd out of 37 teams in their category and completed 150 miles in 24:26:01.

We also had a mixed team of 8 entered by Paul Kerr called 'Night of the Running Dead'. They finished in 26th place out of 198 teams in their category and completed 175 miles in 24:18:47.

There were also 3 pair's teams from the club. Firstly the mixed team called 'To me to you' and made up of Dean Allaway and Kerri French and they did 65 miles between them. The other 2 teams were in the all female category. Team 'Bex & Gem' made up of Rebecca stark and Gemma Buley came 2nd out of 12 teams and did 135 miles between them. Then team 'Mums on the run take 2' made up of Sam Whalley and Jo Kent came 4th and did 120 miles between them.

Lastly but not least are the crazy solo's who aim to complete as many laps on their own. The first roadrunner was Brian Grieves who completed 115 miles over 23 laps in 24:42:30 and came 2nd out of 118 males. Well done to Brian. Next up was Pete 'the train' Morris and he completed 70 miles and came 49th. Then Andy Dingle completed 40 miles and came 102nd. Regular ultra runner Kathy Tytler was our only female solo runner and she completed 70 miles and came 27th out of 88 females.



Well done to everyone who took part. For most people it's the taking part that counts and having a good time. It's a 24 hour social event with a bit of running. For the people who I spoke with afterwards, they really enjoyed themselves and are likely to return next year.

In 2012, we entered 1 team of 8. This year there were 8 club teams of 4 or more plus various other members in other teams along with people in pairs and solo's. This event is getting bigger every year with more members taking part.

If you are interested in taking part next year (9th-10th June 2018) in a club team, look out for my post on facebook in September.

Roadrunners Results

JENNY GALE

Well another month appears to have been and gone, not quite sure how that happened! It won't have escaped your notice by now that I am not Nigel Hoult and therefore I am going to have to ask for your help, lovely roadrunners. Please can you email me any obscure races that you do, any that are abroad or more importantly, any that haven't been put on Facebook! I am trying to pick up everything that I see, but there are so many races I do need prompting! And don't forget to email me if you got a PB – there seem to be far less this month than last!

So there we have it, I apologise for any people/races that I have missed. Also, look out next month for an Endure 24 special!

Missed from last issue (my humble apologies)

7th May

Shakespeare Marathon

Name	Chip
Caroline Jackson	4:15:34
Paul Monaghan	4:15:34
Martin Richard Bush	

Shakespeare Half Marathon

Name	Chip
Pete The Train Morris	2:18:49

14th May

PJ's in the Park Marathon

Name	Chip
Caroline Jackson	04:45:15
Paul Monaghan	04:45:15
Martin Richard Bush	05:04:41

New for this month!

11th May

Dinton 5k Series: 1

Name	Chip
Brendan Morris	0:18:09,93
Ian Giggs	0:19:59,71
Edward Dodwell	0:20:16,37
Nicholas Adley	0:21:57,76
Pete The Train Morris	0:23:52,03
Catherine Leather	0:24:22,66
Charley Caswell	0:27:11,55
Sarah Richmond-Devoy	0:28:12,52

Adele Graham	0:29:16,62
Suzanne Bate	0:32:34,73
Jennifer Mulhearn	0:35:41,86
Jenny Oakley	0:35:42,78
Gill Manton	0:39:10,81 PB

Dinton 10k Series: 1

Name	Chip
Rob Corney	0:34:48,63
Jamie Smith	0:37:42,63
Richard Hallam-Baker	0:39:14,36
Richard Charley	0:41:28,74
Dean Allaway	0:42:13,45
David Caswell	0:45:14,12
Matthew Durman	0:50:46,89
Samantha Bayle	0:54:17,57
Wayne Putnam	0:55:06,39
Ian McGuinness	0:59:19,51
Dan Gurney	1:00:29,64
Fiona Holloway	1:01:32,51
Trisha Arnold	1:05:10,87
Pam Goddard	1:07:37,27
Emma Gennard	1:09:24,79
Helen Dixon	1:11:32,14
Sarah Walters	1:11:35,23

21st May

Royal Berks 10k

Name	Chip
Rob Corney	00:32:28
Ben Whalley	00:34:57
David McCoy	00:35:10
Mark Apsey	00:35:45
Keith Russell	00:35:58
Brian Kirsopp	00:38:05
Richard Hallam-Baker	00:39:17
Dean Allaway	00:39:39
Paul Kerr	00:39:44
Brooke Johnson	00:39:51
Pete Jewell	00:41:57
Mark Smith	00:42:04
Bill Watson	00:42:27
Jamie Smith	00:42:32
Nicholas Adley	00:43:03

ROADRUNNERS RESULTS

Sam Hammond	00:43:03
James Silman	00:43:13
Melvin Silvey	00:43:43
Kevin Jones	00:44:11
Chris James	00:44:24
Joe Blair	00:44:52
Paul Billing	00:45:05
Ivan Harding	00:45:22
Scott Gillespie	00:45:33
David Dibben	00:45:39
Robert Cannings	00:45:55
Gary Brampton	00:46:13 PB
Rob Cooper	00:46:23
Paul Milnes	00:46:30
David Walkley	00:47:15 PB
Martin Douglas	00:48:33
Tom Wright	00:48:45
Ginika Okoye	00:48:48
Joe Akem-Che	00:49:22
Tracey Hicks	00:49:23
Catherine Leather	00:50:11
Nelesh Kotecha	00:50:16
Susan Knight	00:50:52
James Kiddie	00:51:28
Paloma Crayford	00:51:55
Catherine Bruce	00:52:13
Donna Saunders	00:52:24
June Bilsby	00:53:15
Tina Woffington	00:53:44
Sarah Pachonick	00:53:46
Neil Carpenter	00:54:12
Zoe De La Pascua	00:54:17
Ronald Gene Shearman	00:55:09
Brett Date	00:56:01
Dan Gurney	00:56:24
James Meston	00:56:26
Eva Shearman	00:56:43
Emma Needham	00:56:54
Sarah Richmond De'Voy	00:57:04
Georgina Smithers	00:57:30
Andy Patrick	00:57:31
Linda Wright	00:58:37
Ian McGuinness	00:58:37
Ronald Shearman	00:58:48
Samantha Slater	00:59:07
Annette Russell	00:59:12
Dave Brown	00:59:37
Anthony Eastaway	01:02:13

Catherine Shearman	01:02:20
Carl Woffington	01:03:56
Maureen Sweeney	01:04:01
Kingsley Starling	01:10:42
Nick Robey	01:10:45
Candis Holmes	01:12:23
Emma Grenside	01:14:15
Jill Dibben	01:21:36

Binfield 10k

Name	Chip
Julian Hough	0:42:17
Peter Cook	0:44:08
Will Guest	0:48:21
David Legg	0:49:52
Colin Byers	0:50:55
Joanne Sollesse	0:51:28
Charlie Macklin	0:56:28
Judith Ritchie	1:01:13
Russell Prentice	1:04:24
Gill Manton	1:23:32

Richmond Park Marathon

Name	Chip
Caroline Jackson	03:58:23
Paul Monaghan	04:02:23
Martin Richard Bush	04:37:29
Pete The Train Morris	

Portchester 10k

Name	Chip
Helen Dixon	1:10:27

Windermere Marathon

Name	Chip
Andrew Smith	03:12:43

26th May

Mayfair Power and Tower Race

Name	Chip
Mark Apsey	19:52 1st

27th May

Trail des Garciaux 15k

Name	Chip
Colin Cottell	01:27:44

Kent Circuit Marathon

Name	Chip
Erica Key	03:41:47 1st in Age Group
David Caswell	03:43:56
Charlie Macklin	04:48:56
Amanda Box	04:48:56
Andy Dingle	05:07:52

28th May**Dorchester Marathon**

Name	Chip
Gemma Buley	03:41:31

Liverpool Rock N Roll Marathon

Name	Chip
Dean Allaway	3:01:11
Tony Walker	3:13:48
Caroline Jackson	3:38:51
Paul Monaghan	3:53:53
Pete The Train Morris	5:41:52

Liverpool Rock N Roll Half Marathon

Name	Chip
Brian Kirsopp	1:23:53

Edinburgh Marathon

Name	Chip
Gary Tuttle	03:05:14
Justin Watkins	05:41:58

Edinburgh Half Marathon

Name	Chip
Matthew Green	01.16.35
Catherine Bruce	01.54.08
Lucy Bolton	02.13.00
Linda Wright	02.22.59

Westminster Mile

Name	Chip
Duncan Mollison	04:34 PB
Ashley Middlewick	PB
Justin Simons	05:41 PB
Ricky Straw	06:03
David Walkley	06:09
Sam Whalley	06:51 PB
Maureen Sweeney	08:32

Sev Konieczny	08:46 PB
Helen Dixon	09:35 PB
Hannah McPhee	09:45 PB

29th May**London 10k**

Name	Chip
Rob Corney	00:32:17
Matthew Richards	00:33:15
Lance Nortcliff	00:33:40 PB
Ben Whalley	00:34:32 PB
David McCoy	00:35:12
Chris Lucas	00:35:37
Carrie Hoskins	00:38:21
Ashley Middlewick	00:39:32
Jane Davies	00:41:47 1st in Age Group
David Lennon	00:45:52
Alix Eyles	00:46:18
Helen Pool	00:48:27
Claire Seymour	00:48:55
Tom Smith	00:49:10
Toni McQueen	00:50:30
Neil Carpenter	00:53:06
Simon Hunt	00:59:32
Darren Pearson	00:59:32
Tom Harrison	01:00:46
Andrew Middlewick	01:04:08

4th June**Kintbury 5**

Name	Chip
Richard Usher	31:19
Chris Cutting	32:31
Nigel Hoults	34:20
Kevin Jones	35:50
Tracey Jenkins	41:04
Katie Gumbrell	41:32
Paul Smith	49:10

3rd June**Dartmoor Discovery Ultra**

Name	Chip
Dean Allaway	4:56:37

4th June**Chiltern Chase 5k**

Name	Chip
Helen Pool	24:12

ROADRUNNERS RESULTS

Jill Dibben 42:55
Ellen Togher 01:15:16

Chiltern Chase 10k

Name	Chip
Ben Whalley	36:23
Brian Kirsopp	39:54
Fergal Donnelly	40:30
Edward Dodwell	41:28
Eugene McSorley	41:44
Dan Brock	42:15
Darrell Robins	42:29
Alan Freer	42:51 1st in Age Group
Kenny Heaton	42:53
Colin Cottell	43:03
Jane Davies	43:40
David Fiddes	44:58
Daniel Rickett	45:55
Keith Ellis	46:13
Gary Brampton	46:34
Christopher James	47:03
Joe Blair	47:08
Nicole Rickett	47:25
David Dibben	47:36
Mo Fassihinia	48:45
Pete The Train Morris	49:00
Andy Atkinson	49:53
Sam Whalley	50:55
Sally Carpenter	52:20
Donna Saunders	53:08
James Kiddie	53:16
Nicholas Adley	54:05
Chloe Lloyd	58:59
Fiona Ross	59:08
Linda Wright	1:00:48
Bob Thomas	1:01:07
Sarah Hicks	1:02:14
Frank Cooper	1:03:33
Andrea Marnoch	1:04:09
Liz Atkinson	1:05:14
Janice Thomas	1:08:23
Sev Konieczny	1:09:49
Helen Dixon	1:10:56
Carl Woffington	1:11:39
Kathy Tytler	1:15:48
Kingsley Starling	1:19:45
Sheryl Higgs	1:39:30

Chiltern Chase 15k

Name	Chip
Peter Cook	1:09:12

Comrades Ultra

Name	Chip
Sarah McDade	09:22
Chris Kelly	10:19
Simon Davis	11:32
Phil Reay	11:38:33
Christina Calderon	11:38:33

Yateley 10k

Name	Chip
Mark Worringham	00:33:15
David McCoy	00:34:51
Brendan Morris	00:35:28 PB
Brooke Johnson	00:40:14
Ian Giggs	00:41:21
Sam Hammond	00:42:11
Martin Douglas	00:49:19
Grace Lyon	00:52:44

8th June

Dinton 5k Series: 2

Name	Chip
Brendan Morris	0:17:32,31
Ian Giggs	0:21:18,23
Nicholas Adley	0:21:44,66
Gemma Buley	0:21:46,59
Pete The Train Morris	0:23:02,83
Catherine Leather	0:24:06,64
Adele Graham	0:27:59,75
Sarah Richmond-Devoy	0:27:59,22
Suzanne Bate	0:31:36,67
Gill Manton	0:38:36,71 PB

Dinton 10k Series: 2

Name	Chip
Rob Corney	0:35:14,21
Richard Hallam-Baker	0:38:54,34
Michael Hibberd	0:40:13,76
Richard Charley	0:41:08,53
Chris Buley	0:42:50,73
Erica Key	0:42:55,29
David Caswell	0:43:20,07
Sarah Dooley	0:45:57,49
Dave Wood	0:50:02,32
Paloma Crayford	0:53:03,90

ROADRUNNERS RESULTS

Holly Towers	0:54:00,92
Matthew Durman	0:54:58,93
Katie Gash	0:59:54,58
Trisha Arnold	1:06:44,95
Helen Dixon	1:09:00,77
Dan Gurney	1:09:46,21

11th June

Checkendon 5K

Maureen Sweeney	37:33
-----------------	-------



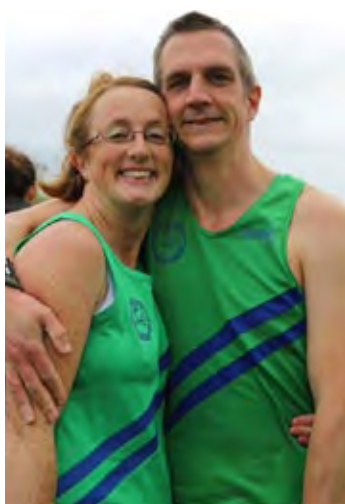
Season's Bests

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	Rob Corney	32:17
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



This is Katie and Chris.

Katie and Chris' pub friends think they spend too much time running.

They'll be at the First Intermittent Reading Real Ale Treasure Hunt Ultra 10K, on Saturday 8th July.

Meet them at the Nag's Head, Russell Street at 12 noon.

If you would like food after the event, pay them £5 a head by 28th June.

Full details at:

www.readingroadrunners.org/2017/06/real-ale-treasure-hunt

Reading Roadrunners Committee Meeting

TUESDAY 6th JUNE 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, HannahMcPhee, Sandra Sheppard

MINUTES OF THE PREVIOUS MEETING

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

MATTERS ARISING FROM THE MINUTES OF THE PREVIOUS MEETING

Desk Transactions Simon and Chris Drew have tested a range of Point of Sale payment and refund scenarios and are ready to proceed with a live trial. It will be possible to purchase club kit using a bank card at the track session on 7Jun17.

CHAIRMAN'S REPORT

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

- 18May. Pub run, Theale
- 19May. Timed 5K at track
- 21May. Royal Berks 10K, at which the Club marshalled
- 29May. London 10K, at which the Club marshalled
- 01Jun. Pub run: Sonning Common
- 04Jun. Chiltern Chase (Champs race)
- 05Jun. Vets' League, Bracknell, jointly hosted by the Club & RAC

Notable forthcoming events include:

- 15Jun. Pub run, Three Horseshoes, Henley
- 17Jun. Boat trip

- 18Jun. Ridgeway Relay
- 29Jun. Pub run, Crown, Swallowfield
- 01Jul. Runnymede Relays
- 06Jul. Pub run, Rainbow, Assendon
- 09Jul. New Forest 10 (Champs race)
- 11Jul. Dinton Relays
- 15Jul. South Stoke social run
- 18Jul. Bounders Relay
- 20Jul. Pub run, Landsend, Twyford
- 23Jul. Down Tow Up Flow (Champs race)

TREASURER'S REPORT

Sandy was unwell.

GENERAL SECRETARY'S REPORT

Game Changes pilot Bob summarised an email received from England Athletics inviting the Club to take part in an initiative to encourage youngsters to volunteer. The Committee agreed that the Club would not take part in this scheme.

MEMBERSHIP SECRETARY'S REPORT

Anne reported having received nine late renewals during May and 16 new membership applications, bringing the current Club membership total to 485.

SOCIAL SECRETARY'S REPORT

Summer event Hannah is working on the style of a new summer event and is seeking suitable venues in the area.

COACHING REPORT

Simon has requested the coaches to provide advice of their summer absences and will draw up a schedule of availability to ensure that all coaching groups are covered. He asks coaches not to make ad hoc cover arrangements amongst themselves.

ANY OTHER BUSINESS

Baggage room Anne pointed out that Brian Pincham has recently been unable to attend track sessions and so has been unable to look after the baggage room. Anne pointed out that this results in the key being handed out on an ad hoc basis, which is not ideal. Carl

will seek volunteers to take over this duty whilst Brian is unable to get to the track.

Storage room racking The Committee approved Simon Davis's request to purchase extra racking for the Palmer Park storage room.

Mental Health Ambassador Simon Davis advised that Alexa Briggs would like be involved in the EA mental health initiative. Simon will organise a meeting with Alexa, Laura Brooks, who has already approached the Committee regarding this, and Andy as the Welfare Officer.

Track fee payments Simon Davis would like to offer members the opportunity to avoid cash payments for each track session they attend. Simon will consider what alternatives to cash payment might be viable, given the high-volume throughput needed in the period leading up to 18:30.

Coaching kit Simon Davis wishes to procure new kit for the coaches, with the objectives of making coaches

easily identifiable on the track and to protect them in bad/cold weather. The Committee asked Simon to prepare a costed proposal.

DOOR ROTA

07Jun17	Anne, Shirley
14Jun17	Anne, Alice
21Jun17	Anne, Shirley
28Jun17	Anne, Fiona
05Jul17	Christina, Liz
12Jul17	Christina, Hannah
19Jul17	Anne, Shirley
26Jul17	Anne, Fiona

Anne pointed out that she would always like to hear from members willing to volunteer for desk duty on an occasional basis.

DONM: 25Jul17



This is Katie and Chris.

Katie and Chris' running friends think they spend too much time in the pub.

They'll be at the First Intermittent Reading Real Ale Treasure Hunt Ultra 10K, on Saturday 8th July.

Meet them at the Nag's Head, Russell Street at 12 noon.

If you would like food after the event, pay them £5 a head by 28th June.

Full details at:

www.readingroadrunners.org/2017/06/real-ale-treasure-hunt

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
Deadline for next issue is Friday 4th Augusts