



READING ROADRUNNERS NEWSLETTER JULY 2017

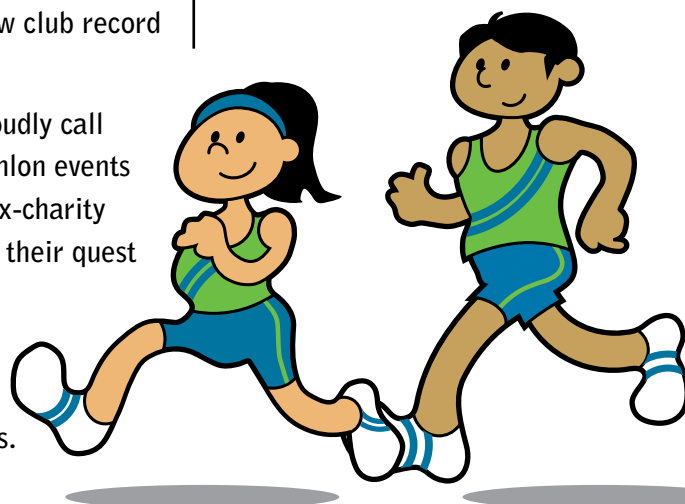
The editorial team at the newsletter are themselves at that age where they appreciate a half of mild, 'Gardener's World' and making a groaning noise every time they sit down/stand up, so it was all the more satisfying to see a fellow 'Vet' club member representing Great Britain in the European Masters Championships in Denmark earlier this month. Duncan Mollinson not only qualified for the final of the 1500m, but finished an incredible 11th in the final, setting a new club record of 4:11: 73.

Elsewhere, we have two members who can now proudly call themselves 'Outlaws' (other iron man distance triathlon events are available). Step forward Liz Ganpatsingh and ex-charity co-ordinator Susie Rees who were accompanied on their quest by Lee Hinton.

Elsewhere, lots of you have been scrambling up Welsh mountains and there's some impressive results at the culminations of various summer series.

INSIDE THIS MONTH:

- **CAR BOOT SALES - AN APPEAL**
- **CHARITY REPORT**
- **RESULTS, RESULTS, RESULTS!**



IMPORTANT NOTICE

CLUB CHARITY CAR BOOT SALES

Hi, my name is Geoff Chaffer. Many older members will know me but the younger, newer members won't. I joined the club in 1987, a few weeks after its launch 30 years ago. Two replacement knees later I don't run much any more, but for about the last 20 years I have run the club car boot sales.

Charity fundraising for the club began in 1989 when two members raised £500 for an incubator at the Royal Berks Maternity Unit. The car boot sales were started by Dave Preece (the club chairman at the time) in, I think, 1991 and have been the biggest money earner for many years. The total charity amount raised over the years has now exceeded £600,000, divided amongst some 30 charities.

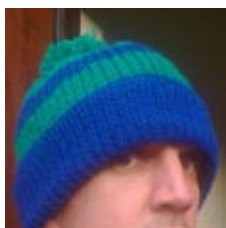
The problem now is that the loyal band of helpers has dwindled to the point that we cannot run the event without help from the charity concerned.

Unless somebody from the membership is prepared to come forward to take over, or at least offer some support, the car boots will finish at season's end in September. I know that there are other groups only too willing to take over our slot, so once it's gone, it's gone forever!

I appreciate that you join the club as runners and not fundraisers, but believe me, it's possible to do both and enjoy.

GEOFF CHAFFER

CONTACT TEL: 0118 966 3466

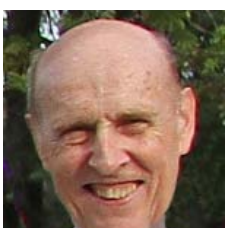


Welcome From The Editor

CHRIS CUTTING

Not much room this month, so first and foremost a BIG congratulations to Alice and Paul on the birth of future Olympic champion Theodore. Secondly, I would draw your attention to the announcement on the facing

page regarding the car boot situation. You can see from Ellen's charity page how important these mornings are to our fundraising efforts, so please give it your consideration.



Chairman Chat

CARL WOFFINGTON

There has been a lot of RR activity since the last newsletter. Firstly, we introduced electronic payment for RR "items". Initially for club kit but then rolled out further for social event payment etc. It seems very popular with our members but there are a few teething troubles with the payment reports we need for our RR accounts.

We have had four pub runs. 3 Horseshoes, Henley – Crown, Swallowfield – Rainbow Inn, Assendon – Lands End, Twyford. All of our pub runs have been very well attended. Thanks to the organisers of these for taking time and effort in putting them on, you know who you are. By the time you read this there will be another at the Turners Arms, Mortimer. Please note the venue change.

We have had several of our summer relays. The Ridgeway Relay took place on a very hot day that resulted in a couple of casualties. Our teams did well. We sent several teams to the Runnymede Relays and again did well. Thanks to team captains and Cecilia for organising the RR teams. We put on our own Dinton Relays – thanks to Sandy. It was held in steady rain after weeks of dry evenings, bad luck and still well attended. Our team captains put in the time and effort to organise RR teams for the Bounders Relay but it was unfortunately cancelled. These summer relays are always enjoyed by the RR's that take part.

There have been several social events. We had the Thames riverboat trip. All reports I've heard say that

it was a brilliant night out, thanks to Hannah. We had the Real Ale Treasure Hunt, thanks to Katie and Chris. We had the South Stoke Social Runs, thanks to Belinda and Graham.

The last summer 2017 Vets League athletics meet took place at Abingdon, thanks to team captains for organising RR teams during the season.

RR sent 14 marshals to London to help with the Great City Race.

There have been two further RR Club Champs races. The New Forest 10 and the Up Flow Down Tow ½ marathon. Thanks to Bob for keeping the results table up to date.

Coming up in the next month we have:-

- Thu 3rd Aug – Pub Run, Turners Arms, Mortimer
- Thu 17th Aug – Pub Run, Packhorse, Mapledurham
- Sat 19th Aug – Trip to Newbury Races and Oily Murs
- Sun 20th Aug – Dragon Boat racing
- Sun 27th Aug – Headington 5, RR Champs
- Sun 3rd Sep – Maidenhead ½, RR Champs
- Sun 17th Sep – Swallowfield 10k, RR Champs
- Sun 24th Sep – Mortimer 10k, our own RR race, please volunteer to help if you can



Ladies' Captain - Report

SAM WHALLEY

Wow, it has been a busy couple of months, with ladies from Reading Roadrunners racing here, there and everywhere, with some impressive results. It's really hard to keep track of it all, so the more you share of your achievements online, the easier it is for me!

The report from Endure 24 on the weekend of 10th/11th June was featured in the last newsletter, but outstanding performances worthy of another mention were by the Thong Distance Runners and Bex & Gem. The former, comprising Vroni Royle, Erica Key, Kristin Brandl, Nicola Gillard and a friend, finished 3rd female team (3-5 members) and covered 30 laps (150 miles) of the trail course. The latter, Gemma Buley and a friend, ran 27 laps (135 miles), and finished 2nd female pair.

Trail running seems to be very popular among RRs, and many of our ladies have participated in the Woodland 5 and Dinton 5k and 10k series, as well as other off-road races. Times are often slower on this kind of terrain, but it is important to not be disheartened by this, and to just think about the benefits you will reap when you get back to the smoothness of the roads.

Wednesday 14th June saw the second of the Woodland 5, and it was Sally Carpenter who led the RR ladies home with 46.55, followed by Susan Knight in 47.00, and Catherine Leather, in 48.06. At the third, and final, race, on 19th July, this order was altered, but all three ladies showed an improvement, with Sally running 45.23, Catherine 46.06, and Susan 46.58. If you haven't run this course before, it is a friendly race series organised by Finch Coasters, and consists of two laps and an absolute killer of a hill (twice!).

The Ridgeway Relay, which took place on Sunday 18th June has a separate report, such was its epicness. This was a very hot day, and those who had entered the Hampshire Hoppit in Kingsclere knew they were in for a tough time. Caroline Jackson opted, very wisely, to take it easy, and enjoy the scenery, finishing in 5.28, while Charlie Macklin made a similar decision in the half marathon, and finished in 2.56.

I have yet to try the Forest Five, which is hosted by

Bracknell Forest Runners, as the timing is always tricky for me – this year it was Wednesday 21st June – but this is another trail race popular with RRs. The times would suggest it is easier than the Woodland series, but by no means easy (who wants easy anyway?). Sally Carpenter was again the first RR lady home, in 41.47, with Lucy Bolton in 49.40, and Cecilia Csemiczky following in 56.47.

The weekend of 24th/25th June was a busy one, and saw Juliet Fenwick celebrate her first wedding anniversary by running the 53 mile Race to the King, along the South Downs Way, from Arundel to Winchester. Don't worry, she did take her husband, and they crossed the finish line together, after 18 hours and 35 minutes.

Meanwhile, a number of RRs were trying to Beat the Boat in a riverside 10k in Eton & Windsor. Sally Carpenter is having a great summer race season, and was once again the first RR lady home, in 49.51. She was followed by Amanda Sheridan in 55.45, Charlie Macklin in 59.18, and Sarah Richmond-Devoy, just dipping under the hour in 59.23. Hannah McPhee, Rachel Allaway and Ellen Togher ran together, as did Gill Manton, Helen Grieves and Sheryl Higgs. It is so nice to see club mates supporting each other, in a 'no RR gets left behind' style.

Amanda Rosser was the only one of our ladies in the Swansea Half Marathon, finishing in 2.07.

One of Katie Gumbrell's favourite races, the multi-terrain Gibbet Challenge – billed as 'a bit of fun combined with a bit of a challenge including an energetic, though not overwhelming, climb up to Walbury Hill and Combe Gibbet to enjoy the spectacular views', is very popular with RRs. Erica Key was 3rd female, in 50.09, with Ellie Roy 4th in 50.32. Here's Katie about to enjoy the view.





On Saturday 1st July, seven Roadrunners teams took on the Runnymede Relays, in Windsor Great Park. This is a fantastic team event, with legs of 2.75 and 5.25 miles over an actually quite tough course. In addition, there really is a baton, which must be carried (in your hand – please note) for the duration of your leg. The date always seems to clash with a work day for me, so I have only ever arrived late and run the short leg, so I have no idea what happens out there on the long one, but people always come back looking very tired! There were ladies of all abilities in various teams, but the all-ladies team of Toni McQueen, Helen Pool, Nikki Brain, Nicole Rickett, Claire Seymour and Sally Carpenter, was 22nd overall, out of a total of 54 teams. Here's Toni leading the team out before she had to leave.



On the same day, Judith Ritchie was the sole RR lady in the Samaritans 10k Run, finishing in 1.01.46.

The Southern Veterans Track and Field League has really grown on me this season. I rejected all attempts to get me involved last year (sorry, Belinda), but felt I would set an example, as ladies' captain, and give it a

go this year. Monday 3rd July saw the final fixture in Abingdon, with some excellent performances. There were PBs achieved by Nicole Rickett, Adele Graham (3rd V50) and me in the 200m, Nicole, Jane Davies (2nd V50) and Linda Wright (3rd V60) in the 800m, Helen Pool (2nd V40), Claire Seymour (3rd V40) and Jane Davies (1st V50) in the 5000m, and Gill Gillard in the 2000m race walk (1st V50). On the field, there were more PBs from Adele Graham and Sheryl Higgs in the shot, and Linda Wright in the discus. We could really do with more ladies aged 35 or over participating in this league if we are going to compete next season; with a full team, we might actually do quite well.

Sunday 9th July was another busy weekend. Caroline Jackson enjoyed, or endured, the marathon at the Tenby Long Course weekend, and was 3rd V35, with a time of 3.58.05.

On the same day, Lesley Whiley took on the Tadley 10k, along with Sarah Hicks, Maureen Sweeney and Kathy Tytler, with Lesley taking the prize for 1st V55.

I opted for the inaugural Care for Kids Barnstaple 10k, in my home town in Devon, which supported a local charity.

Perhaps the most important race of the day, though, was the second of the three club championship 10 mile races, the New Forest 10, with the only remaining 10 miler now being the Tadley 10 in October. The ladies who each bagged 50 points in their respective age categories were Donna Saunders (senior), Nicole Rickett (35-44), Charlie Macklin (45-54), Sandy Sheppard (55-59) and Linda Wright (60-64).

Wednesday 12th July saw the second race in the Yateley 10k series, with Sam Taylor finishing in 45.25, and Grace Lyon in 52.48. I don't know what is so appealing about this series, but it always seems to sell out almost immediately, so it's worth setting a reminder for next year, if you want to give it a go.

The third in the Dinton series was also during this week, on Thursday 13th July. Sally Carpenter was our first lady home in the 5k, in 23.50, followed by Catherine Leather, in 24.30 (1st V50), and Adele Graham, in 28.17 (3rd V50). Linda Wright scooped the prize for 1st V60, with 28.56.

In the 10k, Erica Key was 2nd overall (1st V40), in

LADIES' CAPTAIN'S REPORT

42.32, with Sarah Dooley 3rd overall (2nd V40), in 45.35. Paloma Crayford was our 3rd lady home, in 52.10, and was 2nd V50, while Trisha Arnold was 2nd V60, in 1.05.10.

The following weekend, on Sunday 16th July, in Marlow Bottom, was the Burford Bolt – apparently, 'one of the most picturesque 10ks in the UK', with proceeds from the event going towards the Burford School's IT equipment. Lesley Whiley, Maureen Sweeney, Ellen Togher and Kathy Tytler entered this, and Lesley's trophy shelf must be straining this year, as she was 2nd overall, in a time of 48.53.

At the same time, over the whole weekend, Sian James and Christina Calderon were undertaking yet another ultra marathon, the 100k Race to the

Stones, 'a journey from the Chilterns to the mystical North Wessex Downs' to Avebury.

Christina is pictured here with her partner, Phil (who might look familiar). I'm not sure if people actually care much about times in ultras (I know I wouldn't!), apart from cut-off times, but Sian finished in 15:37:05

and Christina finished in 17.40.28, which sound pretty good to me.

Sunday 23rd July was the date for the Down Tow Up Flow Half Marathon, a point to point race, which switches direction each year. This year, it was Marlow to Windsor, which necessitated an early morning bus from the finish to the start, and a baggage bus bringing bags from the start to the finish. Having not run this race before, I was surprised at how difficult a flat race could be, and found it a real effort to keep running at times. As the second of the club champs half marathons, a number of us were hoping to raise our game in our age categories, and the 35-44 age group, in particular, was well contested. Victorious in this, and our first lady home, was Helen Pool, in 1.43.08. The 50 points for the seniors was picked up by Sally 'how many mentions in this report?' Carpenter,

in 1.56.34, and for the 45-54s, by Susan Knight, for her time of 1.55.42. Late entrant Liz Atkinson was the club's first V60, in 2.34.44, and Julie Wing was first V65, with 3.21.13. Respect to Helen Dixon, who



(somehow!) managed a 3-minute PB in what was only her second ever half marathon! The final half marathon in the club championship will be Maidenhead in September.

This report will end, because I am off on holiday now, with the Snowdonia trail events, popular with many Reading Roadrunners,

and much celebrated on social media. If you had seen ordinarily relaxed clubmates taking to running with rucksacks and hydration packs recently, it was probably due to the kit requirements of Snowdon. I hear booking is already well underway for next year. The bravest RR of them all was Charlie Macklin, who completed the marathon in 7.59.23. The half marathon was more popular, and was tackled by Sarah Richmond-Devoy, Vroni Royle, Kathy Tytler, Suzanne Bate, Linda Wright, Sarah Drew and Hannah McPhee, along with relative speedsters, Amanda Rosser, who finished in 3.40.08, and Chloe Lloyd, in 3.48.49. Annette Russell was more than happy to take on the 10k, finishing in 1.34.20.

Well done to everyone who has raced these past couple of months, and apologies if I have completely missed your efforts/PBs. It is really interesting to hear how you get on, so please do share!

August 2017



Men's Captain - Report

PHIL REAY

AUGUST 2017. Endurance, Longevity, Consistency, Togetherness, Adventurous, – just some of the words to describe the men from Reading Roadrunners this month with some inspirational standout performances.

Endurance - You may have seen the Endure 24 report from Ian Giggs, which featured in the last newsletter, if you haven't it's a good read but one performance in particular deserves another mention. 23 laps, 115 mile, second Solo runner at Endure 24 – Brian Grieves. A magnificent feat of endurance from Brian and well prepared for. I first met Brian at the Vets T&F earlier in the year when he gallantly stepped forward to take on the 3000m steeplechase when nobody else would, I still remember his words "I'll give it a good go" with a steely determination in his eyes. Give it a good go he did and so it was no surprise to me what he achieved at Endure. I caught up with Brian afterwards and he told me of his night time training runs doing loops around his home area popping into his local supermarket to refuel the body and devise a nutrition strategy that would ultimately be a key reason he did so well. For those of you who don't know Brian also has two marathon wins to his name and is full of interesting stories about long distance training and running.

Two other notable endure 24 performances came from Ashley Middlewick and Brendan Morris who both ran an impressive 55 miles each as part of their 5 man team total of 205 miles. Along with Keith Russell, Matthew Green and Ryan O'Brien, team *Reading Tigers* finished 2nd in their category.

Congratulations to Stuart Kinton who completed the South Downs Way 100 mile race in a time of 22:07:04 to take home a coveted 100 miles in a day belt buckle.

August 2017



pic: Brian's bling from Endure 24 and modeling his 100 t-shirt at Dinton

Longevity - 900 marathons. Nine Hundred! Martin Bush completed his 900th marathon last month, a milestone, which almost defines the word longevity. His first marathon was Abingdon in 1990 meaning he has run an average of 33 marathons a year for the last 27 years. In total that is 23,580 miles – almost the same as the circumference of the earth at the equator. When asked the seemingly difficult question of 'which is your favourite marathon?' there was no hesitation in the reply – 'New York'. Martin proudly wears his marathon t-shirts for work and keeps his medals around his home, which I'm sure he could turn into the Reading Museum for Marathon Running. Martin is already well on his way to 1,000 marathons....look out for the party invitation when he gets there.



left: Martin Bush in recent times, right: Martin in the early 90s with Fred Flintstone and Pete Morris.

Consistency - The rate at which Mark Worringham accumulates podiums is something I find incredible. It's the consistency in the high-level of performance I find particular impressive. Two wins and a second place at the three race Yateley 10K series saw Mark pick up the award for overall winner with David McCoy finishing second overall. Ian Giggs completed his 63rd consecutive Yateley 10K, surely some kind of record. 21 years of being injury free for this popular summer series is some achievement.

August 2017



l-r: Mark, David, Ian

Togetherness - The club came together for three major team events over the last month or so. See Sam Whalley's comprehensive report for the Ridgway Relay, which took place on 18 June.

Seven Roadrunners teams took on the Runnymede Relays, in Windsor Great Park at the beginning of July. Members in teams of six ran alternate legs of 2.75 and 5.25 miles over what I found to be a tough course on a warm day. On behalf of the team I received a warning from the race director as to how the baton should be carried. Please note for next year, that as in a track relay event the baton must be carried in the hand and not down your pants for the full length of your leg. The togetherness and support the Green Vests gave each other was the highlight of the day for me – we had a good time. The club also walked away with trophies as our men's team of Mark Apsey, Pete Jewell, Lance Nortcliff, Mel Silvey Ben Whalley and David McCoy took 2nd place in a field of 54 teams. This result is one better than last year and we'll be looking to go one better again in 2018. There were some unexpected late dropouts so many thanks to Gary Tuttle, Ian Waitland, Henry Stapley and James Silman for stepping up and joining the team at short notice.



pic: Runnymede Relay team.

August 2017

Our Men's team had a strong finish to the Vets Track and Field season with a 3rd place finish at the meeting in Abingdon. This is a superb performance for a running club in a competition with seven specialist athletics clubs. Every single team member made a meaningful contribution. Once again the togetherness in the team was there to be seen and felt – well done Reading Roadrunners. David Fiddes may well be a secret decathlete as he scored a huge 20 points for the team. Nigel Hoult and Clive Bate once again showed their versatility over both track and field events. Duncan Mollison dominated the 800m from start to finish. Peter Higgs and Dave Brown pushed themselves way out of their comfort zone in the field. In a busy and eventful evening, back on the track, Ian Giggs, Ben Paviour, Lance Nortcliff and Andy Atkinson all ran hard to accumulate more points. And me, well I took one for the team and stepped up to do my first ever 2000m walk – it's not as easy as looks on telly and I used muscles I never knew I had – still it was points for the team. With a bit more practice at some of the field events we've the potential to do even better in the Vets Track & Field season.



l-r; David & Nigel discuss tactics; mens 4 x 200m relay team of Lance, Andy, Clive, Ian; Dave & Peter bond over a Javelin.

Adventurous - There's an element of the club who seem to love a trail marathon. Ian McGuinness ran the Hampshire Hoppit Trail Half Marathon and then two weeks later the Birmingham Black Country Half Marathon. Well done.

Rob Grice meanwhile has been very active completing trail half marathons in Henley and Windsor as well as the Offa's Duke 15 trail run and the Waun Fach Fell Race in Powys which is 7miles and has 2,000ft of ascent. Nice one Rob.

Snowden Trail weekend took place with a large contingent from Reading Roadrunners for the third consecutive year. Both the half and full marathons include a run/walk/scramble/crawl up to the top of Mount Snowden and back. In the marathon Rob Corney finished 4th ducking under the 4hr mark in 3:59:59. Pete Morris also completed the marathon for the second year in a row. In the half marathon Antony Long was the first Roadrunner home in 2:36:20 which on this tough course is awesome. Antony was followed by Clive Bate in 3:20:21, also impressive. Peter Higgs finished the 10K and then signed up for the 60K Ultra in 2018 (no I can't find the logic in that either but he tells me it's because he's been 4 years in a row and will have done every distance). With over 20 Reading Roadrunners signed up to the 2018 Snowdonia Trail Running Events this is proving to be a fun, team bonding social event for the club. If anyone is

August 2017

interested in joining next year please ask Chris Drew for hints and tips or visit our Reading Roadrunner Facebook page.



pic: Reading Roadrunners at Snowden

Wayne Farrugia, Donald Scott-Collett and myself, took on and conquered the 100km Race to the Stones. The route passes up and along the high ground South West from Lewkor in Oxfordshire to the Thames crossing at Goring. From this point the route rises up onto the North Wessex Downs before finishing at Avebury stone circles. It's a well organized event with wonderful camaraderie amongst participants with a two day event option also available. Wayne finished in an impressive 60th place from 961 runners, while Donald made the top half and I spent far too much time at the well stocked feed stations and enjoyed the jog.

Elsewhere - In the Forest Five there was a new PB for Brendan Morris in a time of 29:15. It's been a few years since I've done this popular midweek event but I do remember it being off road with a few inclines. To run a PB on that course is great running but no surprise, as every time I see Brendan he appears to get stronger and faster.

Mark Apsey won the Woodland 5 in July in a time of 31:43 and there was a win in the v60 category for Nigel Hoult at the Down Tow Up Flow half marathon which was also a Club Championship event. The men who secured the maximum 50 points in their respective age categories were Justin Simmons (senior), Eugene McSorley (vet 40), Brian Kirsopp (vet 50), Nigel Hoult (vet 55), Jim Kiddie (vet 65). The final half marathon in the Club Championship is at Maidenhead in September.

The New Forest 10 was the second 10miler in the Club Championship. The men who secured the maximum 50 points in their respective age categories were Ian Giggs (senior), Eugene McSorley (vet 40), Kevin Jones (vet 50), Andy Atkinson

August 2017

(vet 65). The final 10 mile race in the Club Championship is at Tadley in October.

These are only some of the achievements of what has been a busy couple of months. Please see the results section of the newsletter for more. Well done to everyone who ran in a Green Vest. If you have a story to share please let me know, I'm always interested to learn how you got on!

Runners on the Road

Aarhus, Denmark. Duncan Mollison swaps his Green Vest for a Team GB vest as he races in the 1,500m at the European Masters Championships. In his own words here is a summary of his experience:

"Really pleased with how the weekend went. Was in the second semi on the Saturday and knew as long as I finished in the top 8 and ran fairly well I would qualify. Finished 6th but didn't feel great considering it wasn't a quick time but job was done. All the other GB boys had big PBs in the semi, which left me feeling a little disappointed.

The final we were in the main stadium, Ceres Park, which is home to one of top football Danish sides. The semis had been held at the secondary location, which made getting to the final even better. Race started at 1700 on the Sunday in perfect weather after a huge storm earlier in the day.

Just tried to hang on to the leaders for as long possible but by the third lap they were pulling clear, the Spanish were really strong and had an ex Olympian with a 3.32 PB amongst them.

Still really pleased with 4:11 and 11th place, first Brit home. It was a great weekend, everyone was really friendly and there was a real team atmosphere."

Congratulations to Duncan on a stunning performance in which he also broke his own PB and Reading Roadrunners club record. It's a fitting end to what has been a stunning season for him. Here's a selection of his 2017 achievements:

- European Masters Championships. 1500m – 11th place, first Brit
- British Masters 1500m M35 – Bronze medalist
- New Club Record 400m, 54:37
- New Club Record 800m, 2:00:96
- New Club Record 1500m, 4:11:73
- Westminster Mile, 5th place.
- Regional Vets Meet 1 M35 1500m Winner
- Regional Vets Meet 2 M35 800m Winner
- Regional Vets Meet 3 M35 1500m Winner
- Regional Vets Meet 4 M35 800m Winner.

August 2017



Pic: Duncan in action for RR and Team GB

And finally.....

.....welcome to the world, the club and the men's squad to Theodore Paul Kerr. Theo made his first appearance at track aged one week. His Mum and Dad, Alice and Paul are regulars at the Wednesday night track session. Congratulation, wishing well on your adventure of parenthood.



Thanks for reading, next month we'll be catching up on August's events and looking ahead to a busy Autumn season.

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



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Charity Corner

ELLEN TOGHER



cycle-smart
FOUNDATION
BE SMART STAY SAFE



Some updates for you from the charity side of things.....

Prospect Park Car boot sales

I must say I am really enjoying helping at the RR Prospect Park car boot sales, almost taking my volunteer role a little too seriously! So far we have had great weather and lots of support along the way. So if you would like to help one Saturday morning, get in quick, there aren't many left!

(Also, to echo Geoff's comments in this newsletter if you are interested in supporting the car boot sales next year please get in touch with myself or Geoff.)

There will be a farewell lunch at the restaurant in the park after the last car boot sale on the 30th September around 1pm, so if you have helped out please come along to the lunch if you can.

Justgiving Page

The Reading Roadrunners charity of the year "justgiving" page is up and running.

So if you want to run a race for Cycle Smart, donate for any reason, however small or would like to ask

someone else to donate for something you have given to them etc. here's the page!!:

www.justgiving.com/fundraising/readingroadrunners2017

Also, if you are coming along to the Dragon boating and are able to give a little to charity, then please use the justgiving page, it would really be appreciated.

Games games games

Lots of fun games being played, guess the captain, the weight of the cake, number of sweets and of course, the weight of the lovely and adorable Theo Kerr. Perhaps we should have guess the legs or guess the knees haha. Thank you again for your support in playing, every little helps.

There are plans in the pipeline for some fun charity events so watch this space....and please keep the raffle prizes or car boot sale stuff coming in.

Looking forward to Mortimer 10k where Cycle smart will have a stall so please stop by and say hello.

That's all for now and thank you,

Ellen

charity@readroadrunners.org

Roadrunners Results

JENNY GALE

Once again I am astounded at the number of races there are available each and every weekend – both near and far! And how many familiar names always pop up! Unlike me - my name appears very rarely in these pages (except at the top!), although I did take part in the very very very wet Dinton Relays for the first time this month, which was great fun!

Endure results are also in this issue, for which I offer my gratitude to Ian Giggs for collating for me!

Happy running everyone!

14th May

Henley Trail Half Marathon

Name	Chip
Rob Grice	1:49:18

21st May

Windsor Trail Half Marathon

Name	Chip
Rob Grice	1:45:51

28th May

Calgary Half Marathon

Name	Chip
Ian Giggs	1:33:45

10-11th June

Endure 24

Name	Chip
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6-8 Mixed

26th

Night of the Running Dead	175	24:18:47
Alexis Prince	20	2:40:00
Chris Buley	25	3:06:13
David Durrett	20	2:34:40
Gavin Collins	30	3:31:35
Paul Kerr	25	3:42:35
Pip White	20	3:00:13
Russell Prentice	10	1:47:59
Tom Silk	25	3:55:32

3-5 Male

2nd

Reading Tigers	205	24:09:25
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Ashley Middlewick	55	7:23:07
Brendan Morris	55	6:35:21
Keith Russell	25	2:39:21
Matthew Green	35	3:46:21
Ryan O'Brien	35	3:45:15

9th

Reading Lions	165	23:42:46
Bill Watson	35	4:51:44
David Fiddes	40	5:56:24
Ian Devilliers	20	2:42:28
Ian Giggs	40	5:24:26
Pete Jewell	30	4:47:44

23rd

Premature Acceleration	155	24:02:12
Brooke Johnstone	35	4:30:48
David Clay	35	5:41:46
Peter Felgate	30	4:38:24
Simon Davis	25	4:26:39
Tim Hoggarth	30	4:44:35

3-5 Female

3rd

Thong Distance Runners	150	24:26:01
Erica Key	40	5:37:39
Kristin Brandl	45	7:15:47
Nicola Gillard	20	3:57:25
Sally Calitz-Patel	20	2:58:08
Vroni Royle	25	4:37:02

3-5 Mixed

84th

Reading Leopards	130	23:33:07
Danielle Milbank	30	5:51:43
Joanne Sollesse	30	4:58:51
John Bullock	25	4:08:06
Rachael Derry	20	3:42:12
Scott Gillespie	25	4:52:15

105th

Reading Cougars	120	24:03:39
Caroline Jackson	30	4:22:50
Fiona Ross	20	4:51:21

Hannah McPhee	20	5:31:36
Paul Monaghan	30	4:47:44
Peter Higgs	20	4:30:08

106th

Reading Panthers	120	24:06:34
Donald Scott Collett	35	5:53:03
Gill Manton	25	6:38:49
Linda Wright	30	6:54:44
Sian James	30	4:39:58

Pairs Female**2nd**

Bex & Gem	135	23:42:15
Gemma Buley	75	13:35:46
Rebecca Stark	60	10:06:29

4th

Mums On The Run Take 2	120	24:49:29
Joanne Kent	60	12:02:40
Samantha Whalley	60	12:46:49

Pairs Mixed**23rd**

To me to you	65	23:23:23
Dean Allaway	40	16:07:52
Kerri French	25	7:15:31

Sole Male**2nd**

Brian Grieves	115	24:42:30 PB
49th		
Pete The Train Morris	70	22:37:01
102nd		
Andy Dingle	40	24:52:12

Solo Female 24:01:38**27th**

Kathy Tytler	70	24:01:38
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17th June**Conquest of Avalon 30 miler**

Name	Chip
Gary Brampton	7:11:05

18th June**Hampshire Hoppit Trail Half Marathon**

Name	Chip
Charlie Macklin	2:56:42
Ian McGuinness	2:56:43

18th June**Hungerford Harey 8**

Name	Chip
Matthew Green	00:48:54
Ashley Middlewick	00:54:31
Chris Cutting	00:58:46
David Legg	01:02:25
Nick Audley	01:05:43
Katie Gumbrell	01:17:19
Laura Brooks	01:58:18

18th June**Offa's Duke 15**

Name	Chip
Rob Grice	2:39:23

20th June**Forest 5**

Name	Chip
Brendan Morris	29:15 PB
Ashley Middlewick	30:38
Dean Allaway	33:51
Stuart Jones	35:58
Sam Hammond	36:16
Nigel Hoults	36:46
Pete The Train Morris	40:28
Sally Carpenter	41:47
James Kiddie	44:19
Lucy Bolton	49:40
Bob Thomas	52:12
Justin Watkins	53:02
Cecilia Csemiczky	56:47
Liz Fletcher	57:19
Kerri French	59:34

21st June**Oxford Open 400m**

Name	Chip
Duncan Mollison	54:37 PB & 3rd

24th June**Ridgeway Revenge Half Marathon**

Name	Chip
Rob Grice	1:55:55

25th June**Beat the Boat 10k**

Name	Chip
Stuart Jones	0:42:22:56
Chris Manton	0:47:08:66
Sally Carpenter	0:49:51:39

ROADRUNNERS RESULTS

Pete The Train Morris	0:51:18:46
Amanda Sheridan	0:55:45:88
Charlie Macklin	0:59:18:56
Sarah Richmond-Devoy	0:59:23:40
Maureen Sweeney	0:59:40:00
Brian Grieves	1:00:01:11
Linda Wright	1:01:21:84
Helen Dixon	1:09:01:43
Hannah McPhee	1:12:45:28
Rachel Allaway	1:13:03:11
Ellen Togher	1:13:03:50
Kingsley Starling	1:13:03:87
Gill Manton	1:28:05:46
Helen Grieves	1:28:15:18
Sheryl Higgs	1:28:16:06

1st July

Birmingham Black Country Half Marathon

Name	Chip
Ian McGuinness	2:21:35
Sarah Drew	2:35:51

Runnymede Relays

Name	Chip
Team A	2:23:33
Mark Apsey	0:31:23
Pete Jewell	0:16:49
Lance Nortcliff	0:30:33
Melvin Silvey	0:18:31
Ben Whalley	0:30:59
Dave McCoy	0:15:18

Team D	3:07:49
Toni McQueen	0:45:18
Helen Pool	0:18:30
Nikki Gray	0:37:46
Nicole Rickett	0:20:01
Claire Seymour	0:44:43
Sally Carpenter	0:21:31

Team E	3:35:04
Carmen Fuentes	0:48:48
Daniel Rickett	0:19:13
Suzanne Bate	0:58:45
Brian Kirsopp	0:17:15
Andrew Atkinson	0:27:28
Sev Koneczny	0:43:45

Team G	3:05:09
Garry Tuttle	0:33:53
Phil Reay	0:23:37

Ian Waitland	0:32:58
Kingsley Starling	0:31:37
Scott Gillespie	0:41:37
Sam Whalley	0:21:27
Team I	3:48:50
Ellen Togher	1:03:46
Nigel Hoults	0:18:29
Donna Saunders	0:52:08
Helen Grieves	0:35:59
Bill Watson	0:33:55
Maureen Sweeney	0:25:33

Team N	3:26:14
Henry Stapley	0:37:24
Hannah McPhee	0:29:56
Brian Grieves	0:42:27
Liz Atkinson	0:27:49
James Silman	0:42:14
Linda Wright	0:26:24

Team R	3:33:59
Neil Carpenter	0:44:53
Caroline Hargreaves	0:25:19
Vroni Royle	0:50:52
Jim Kiddie	0:22:12
Clive Bate	0:45:32
Sandy Sheppard	0:25:11

2nd July

New Forest 10

Name	Chip
Ian Giggs	1:07:07
Justin Simons	1:10:36
Eugene McSorley	1:10:58
Kevin Jones	1:15:25
Daniel Rickett	1:16:00
Keith Ellis	1:18:00
Nicole Rickett	1:19:04
Gary Brampton	1:22:42
Chris Manton	1:25:28
Andy Atkinson	1:26:12
James Kiddie	1:27:17
John Bullock	1:34:28
Donna Saunders	1:37:48
Charlie Macklin	1:38:44
Sandy Sheppard	1:46:08
Linda Wright	1:46:35
Georgina Smithers	1:49:53
Liz Atkinson	1:53:40
Sev Koneczny	2:07:51

ROADRUNNERS RESULTS

Helen Dixon 2:08:05
Rachael Derry 2:08:18

8th July

Fan Y Big 10 mile fell race

Name Chip
Rob Grice 2:07:02

9th July

Tadley 10k

Name Chip
Lesley Whiley 0:45:29
Rob Grice 0:47:58
Nicholas Adley 0:50:07
Sarah Hicks 1:00:55
Maureen Sweeney 1:66:51
Kathy Tytler 1:10:50

Care for Kids Barnstaple 10k

Name Chip
Sam Whalley 50:25

11th July

Dinton Relays

Name	Estimate	Chip
Two Hares and a Tortoise		
Andy Atkinson	15:07	15:00
Liz Atkinson	20:45	21:07
Ian Giggs	12:00	11:35

The Thingy's		
Toni McQueen	15:10	15:26
Nigel Hoults	13:41	13:24
Rob Grice	13:30	13:05

Who, What & Why		
Ken Beck	16:40	16:17
Jim Kiddie	15:40	15:06
Richard Morgan	17:15	16:55

On Your Marks!		
Ros Crawford	15:12	14:28
Jo Kent	16:25	16:17
Claire Marks	14:00	13:31

Time Well Spent		
Mel Silvey	13:30	12:53
John Bowley	16:45	16:57
Heather Bowley	19:17	18:40

The 3 G's		
Adele Graham	17:52	16:49
Dave Gillard	16:01	15:18
Gill Gillard	16:10	16:07

The Quackers		
Tom Wright	13:50	13:25
Linda Wright	17:25	18:35
Lynda Haskins	18:10	18:26

Barry's Brawlers		
Gavin Rennie	13:00	12:12
Barry Baker	14:00	13:52
Mary Jansen	14:23	13:20

Thorn Between Two Roses		
June Bilsby	16:20	15:54
Kevin Bilsby	17:10	15:40
Alice Carpenter	16:30	16:45

WTF! (Where's The Finish)		
Pete The Train Morris	17:05	16:16
Maureen Sweeney	17:37	16:45
Kathy Tytler	21:15	21:48

Team Helen		
Jenny 'Helen' Gale	19:50	19:20
Helen Grieves	24:24	23:42
Helen Dixon	20:49	19:43

Boom – We Can Win This		
Diane Hodder	18:30	17:05
Kevin Strong	19:05	18:56
Sarah Walters	21:05	20:20

Kim's Team		
Angelic Haswell	18:48	17:10
Kim Stevens	19:43	19:42
Peter Riley	17:01	16:20

Two Blondes and a Brunette		
Rachel Allaway	21:21	20:13
Hannah McPhee	20:00	21:27
Suzanne Bate	18:53	18:37

Team Grieves		
Brian Grieves	17:00	15:48
Dylan Grieves	14:00	14:34
Rose Grieves	16:07	17:15

ROADRUNNERS RESULTS

Double Trouble		
Stuart Jones	14:10	13:13
Sally Carpenter	15:50	14:17
Stuart Jones	14:10	13:45

3 Drowned Rats		
Lorraine Bailey	22:39	21:03
John Bailey	19:08	17:53
Linda Booth	20:09	19:13

Baryons		
Matthew McCarthy	12:00	12:37
James McCarthy	16:30	14:02
Georgina Smithers	17:30	16:30

Sunday Morning Runners		
Paul Kerr	13:00	11:57
Brooke Johnson	13:00	11:57
Simon Davis	16:20	14:06

Slightly Wet		
Carl Woffington	19:00	21:08
Martin Tyler	18:00	15:31
Ashley Middlewick	12:14	12:21

Daves Double Drambuie Breakfast		
Dave Brown	16:41	14:31
Scott Gillespie	15:41	13:44
Donna Saunders	16:28	15:18

GBR Runners		
Gina Hopkins	21:08	16:20
Richard Marks	17:00	16:45
Brian Kirsopp	11:14	11:29

Puddle Stompers		
Tony Long	15:05	12:07
Sarah Richmond-Devoy	19:10	17:34
Vroni Royle	18:50	16:51

12th July

Yateley 10k Race 1

Name	Chip
Mark Worringham	00:33:15
David McCoy	00:34:51
Brendan Morris	00:35:28
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

13th July

Dinton 5k Series Race 3

Name	Chip
Brendan Morris	0:17:30,23
Ian Giggs	0:18:44,22
Edward Dodwell	0:19:53,31
David Legg	0:20:10,92
Pete The Train Morris	0:22:40,41
Sally Carpenter	0:23:50,40
Catherine Leather	0:24:30,52
Adele Graham	0:28:17,38
Nicholas Adley	0:28:21,12
Linda Wright	0:28:56,03
Sarah Richmond-Devoy	0:29:34,73
Kevin Strong	0:31:16,42
Jenny Oakley	0:36:22,74
Gill Manton	0:37:29,59

Dinton 10k Series Race 3

Name	Chip
Rob Corney	0:34:56,96
Richard Hallam-Baker	0:39:34,13
Richard Charley	0:40:58,90
Erica Key	0:42:32,71
David Caswell	0:44:56,19
Sarah Dooley	0:45:35,31
Blue Caswell	0:47:04,39
S Dave	0:49:42,21
Paloma Crayford	0:52:10,63
Katie Gumbrell	0:53:38,56
Holly Towers	0:56:16,84
Dan Gurney	0:59:24,79
Fiona Holloway	1:01:17,64
Trisha Arnold	1:05:10,84
Sarah Walters	1:14:41,99
Helen Dixon	1:14:42,26
Matthew Durman	1:15:53,42
Hannah McPhee	1:17:39,81

15th July

Race To The Stones 100k

Name	Chip
Wayne Farrugia	11:10:11
Sian James	15:37:05
Donald Scott-Collett	15:37:06
Phil Reay	17:40:27
Christina Calderon	17:40:28

16th July**Wycome 10k**

Name	Chip
Sarah Hicks	1:04:39

Wycome Half Marathon

Name	Chip
Auria Dee	1:55:10

19th July**Woodland 5**

Name	Chip
Mark Apsey	0:31:43 1st
David McCoy	0:32:07
Ashley Middlewick	0:35:27
Fergal Donnelly	0:37:04
Alex Booker	0:37:43
Chris Cutting	0:37:53
Anna Richmond	0:41:51
Pete The Train Morris	0:44:48
Sally Carpenter	0:45:23
Andy Atkinson	0:46:04
Catherine Leather	0:46:06
James Kiddie	0:46:22
David Brown	0:46:45
Susan Knight	0:46:58
Rhiannon Bailey	0:49:25
Diane Hodder	0:50:00
Nigel Barker	0:50:01
Katie Gumbrell	0:50:02
Clive Bate	0:51:44
Charlie Macklin	0:51:55
Donna Saunders	0:55:00
Justin Watkins	0:55:17
Lucy Bolton	0:55:23
Angharad Shaw	0:55:53
John Bailey	0:56:24
Tim Miller	0:57:01
Linda Wright	0:57:06
Kevin Strong	0:58:34
Tom Harrison	0:59:37
Anthony Eastaway	0:59:47
Liz Fletcher	1:00:33
Suzanne Bate	1:02:37
Helen Dixon	1:04:15
Ellen Togher	1:04:33
Lorraine Bailey	1:04:42
Holly Turner	1:05:43
Rachel Allaway	1:07:57
Sarah Walters	1:07:57

Hannah McPhee	1:10:39
Gill Manton	1:13:59

22nd July**Waun Fach Fell Race**

Name	Chip
Rob Grice	1:17:14

22nd July**Snowdonia Marathon**

Name	Chip
Rob Corney	03:59:59 4th
Katie Williams	05:50:35
Charlie Macklin	07:59:23
Pete The Train Morris	07:59:23

Snowdonia Half Marathon

Name	Chip
Anthony Long	02:36:20
Clive Bate	03:20:21
Amanda Rosser	03:40:08
Chloe Lloyd	03:48:49
Sarah Richmond-De'voy	04:20:4
Vroni Royle	04:20:44
Kathy Tytler	04:48:43
Suzanne Bate	04:57:04
Linda Wright	05:04:49
Sarah Drew	05:04:50
Hannah McPhee	05:31:19

Snowdonia 10k

Name	Chip
Peter Higgs	01:19:35
Annette Russell	01:34:20

Down Tow Up Flow

Name	Chip
Brian Kirsopp	01:30:22
Justin Simons	01:31:33
Eugene Mcsorley	01:34:58
Nigel Hoult	01:39:47
Stuart Jones	01:40:37
Keith Ellis	01:42:48
Helen Pool	01:43:09
Daniel Rickett	01:44:52
Nicole Rickett	01:48:26
Simon Denton	01:50:10
Gary Brampton	01:52:02
Brian Fennelly	01:52:24

ROADRUNNERS RESULTS

James Kiddie	01:55:33
Susan Knight	01:55:43
Stewart Wing	01:56:23
Sally Carpenter	01:56:35
Fleur Denton	01:57:07
Samantha Whalley	01:59:31
Donna Saunders	02:05:39
Ian McGuinness	02:29:50
Anthony Eastaway	02:34:44
Liz Atkinson	02:34:45
Helen Dixon	02:38:47
Christine Hart	02:57:22
Lita Huckle	02:57:18
Julie Wing	03:21:14

29th July

European Vets Champs, Denmark

1500m

Name	Chip
Duncan Mollison	4:11.73

Season's Bests

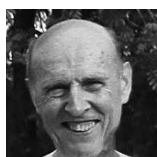
Ladies

5 miles	Helen Pool	33:20
10k	Carrie Hoskins	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

Your Committee



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CLUB EX-OFFICIO



SIMON DAVIS

COACHING CO-ORDINATOR



ANDY DINGLE

CLUB EX-OFFICIO

CLUB WELFARE OFFICER

Reading Roadrunners Committee Meeting

TUESDAY 25th JULY 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

Andy Dingle, Hannah McPhee

MINUTES OF THE PREVIOUS MEETING

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

MATTERS ARISING FROM THE MINUTES OF THE PREVIOUS MEETING

Desk Transactions The card payment facility is now implemented for kit purchases and social events and has been well received by members.

CHAIRMAN'S REPORT

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

- 15Jun. Pub run, Henley
- 17Jun. Boat trip
- 18Jun. Ridgeway Relay
- 29Jun. Pub run, Swallowfield
- 01Jul. Runnymede Relays
- 03Jul. Vets' League, Abingdon
- 06Jul. Pub run, Assendon
- 08Jul. Real ale treasure hunt
- 09Jul. New Forest 10 (champs race)
- 11Jul. Dinton Relays
- 15Jul. South Stoke social runs
- 18Jul. Bounders Relay (cancelled)
- 20Jul. Pub run, Charvil
- 23Jul. Down Tow Up Flow HM (champs race)
- 24Jul. Great City Race (marshalled)

Carl thanked Belinda & Graham Tull for organising social runs from South Stoke, and expressed his disappointment at the low level of participation by members.

Notable forthcoming events include:

- 03Aug. Pub run, Turners Arms Mortimer
- 17Aug. Pub run, Packhorse, Mapledurham.
- 19Aug. Olle Murs concert, Newbury Races
- 20Aug. Dragon Boat racing
- 27Aug. Headington 5 (champs race)
- 03Sep. Maidenhead HM (champs race)
- 17Sep. Swallowfield 10K (champs race)
- 24Sep. Mortimer 10K
- 24Sep. SEAA Relays

Carl drew attention to the change of venue for the 3Aug pub run, which is caused by closure of the Bramshill Hunt, Arborfield.

TREASURER'S REPORT

Shinfield 10K accounts Sandy reported that the accounts for the Shinfield 10K are complete apart from the receipt of some sponsorship money and a disputed payment for rental vans. Sandy complimented the Shinfield team on the level of sponsorship achieved this year.

Dinton Relay Sandy has a first draft of the accounts ready and is awaiting final details to complete. She is concerned that there were over twice as many runners as tickets sold for the BBQ and assumes that many people had the BBQ without paying.

Electronic payment facility Sandy reported that she is not content with the reporting and accountability of payments taken with the new card payment facility.

Action: Simon Davis to ensure that reporting of financial transactions taken through the card payment system meets Sandy's need for accountability.

GENERAL SECRETARY'S REPORT

England Athletics .Bob reported that there has been a change of personnel at EA, with the appointment of a

new Club Support Manager, Sarah Gardiner.

MEMBERSHIP SECRETARY'S REPORT

Anne reported that nine new members joined during June.

SOCIAL SECRETARY'S REPORT

None provided

COACHING REPORT

None provided

ANY OTHER BUSINESS

Track nights It has been observed that several members appear to be avoiding paying track fees on Wednesday evenings. It has also been reported that non-members are regularly attending coaching sessions.

Following a discussion of options for addressing this unpleasant issue, it was agreed that the Committee

would implement spot checks by the desk and at other stadium access points. Members are reminded that they need to bring their membership cards to every track session and be prepared to present them.

DOOR ROTA

26Jul17	Anne, Jane
02Aug17	Anne, Shirley
09Aug17	Anne, Jane
16Aug17	Anne, Shirley
23Aug17	Anne, TBD
30Aug17	Anne, Shirley
06Sep17	Anne, Christina

DONM: 04Sep17, 03Oct17

Achievements of note

Liz Ganpatsingh, Lee Hinton and Susie Rees all completed the Outlaw iron man distance triathlon, raising over £1000 for the Sport In Mind charity:

Elizabeth Ganpatsingh
13hr 35min 13 sec

Susie Rees:
13hr 16 min 06 sec

Lee Hinton:
13hr 51 min 33 sec



Ian Giggs managed to celebrate his 36th birthday, 400th parkrun and 100th Reading parkrun all on the same day.

Even more incredibly, Ian managed to finish in 14th place, exactly the same position as his first parkrun in 2009!



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 7th September