



READING ROADRUNNERS NEWSLETTER SEP 2017

Apart from one 'classified' incident involving a misunderstanding at Folkestone Port's Duty Free counter, the histories of Roadrunners and boating run pretty much separate from each other. Until that is these lifejacket-clad heroes took to the Thames last month to do battle in the Reading Dragon Boat Festival. We await an official report, but it appears the same amount of our lion-hearted landlubbers as set sail made it back onshore and a generally good account was given by all.

Speaking of reports, somebody must have been putting something in your lot's water, as we have an absolute wealth of them this month. Thanks to David Dibben, Kathy Tytler and Caroline Jackson for taking the time to put them together.

The official celebrations for our 30th anniversary are finally here, so please show your support for the fun and games on the 30th September - details are just over the page!

INSIDE THIS MONTH:

- **HUNSRÜCK MARATHON**
- **ROUND READING ULTRA**
- **MAIDENHEAD HALF**
- **HEADINGTON 5**
- **RIDGEWAY RELAY**



Reading Roadrunners - 30th birthday party!

Saturday 30th September, 1-5 pm



- RR is 30 years old this year - and we're having a party to celebrate!
- BBQ in idyllic village green setting - Queen's Oak (pub) Church Lane, Wokingham RG40 4LS. Hog roast & vegetarian options (incl gluten free)
- Anniversary book launch "1987 - 2017, Celebrating 30 years of Reading Roadrunners". Price - £3
- Fun and games also in aid of club charity - Cycle Smart
- And biggest club 'selfie' in 30 years ☺
- Miss it and you will miss out!
- Tickets £12.50 pp, available at track each Wednesday until 20th Sep - from Hannah McPhee or Fiona Ross

Summer bbq, anniversary book launch, charity fun & much, much more...! ☺☺☺



Track Friday- Mile & 5k

22nd Sep, Palmer Park



The Support



- Volunteers needed- contact fergal.donnelly@xetronics.com
- Spectators welcome- bring friends & family!



The Event



- Timed mile & 5km event
- RR Coach - Tony Canning
- Aimed at runners of ALL abilities
- Track fee- £1.50, Min age- 13yrs
- 18:00 Registration (until 18:30)
- 18:30 Race brief & group photo
- 18:40 Mile
- 19:00 5km
- 19:45 Clear track

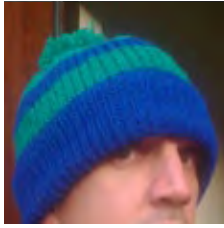


The Social



- Teas, coffees & cake (1900 - 2100 hrs)
- Photos available on flick'r
- Donations to club charity- Cycle Smart- welcome





Welcome from the Editor

CHRIS CUTTING

It appears that on top of last month's birth announcement we have another to celebrate - and this time it's twins! Benjamin and Miriam, born to RRs Susannah and Simon Palmer - congratulations to you all.

It's difficult to keep up with all the milestone birthdays at the club, but we have two very significant 70ths to mention this month. Richard Morgan and Jim Kiddie are both making the step up to the cut-throat world of the V70 age grade - two stalwarts of the club and both

for one reason or another with a significant reason to celebrate. Happy birthday chaps!

Two very important dates coming up within a week of one another; Mortimer 10K takes place on the 24th Sep and the club's 30th anniversary celebrations are on the following Saturday (30th). Please try hard to give our events all the support you can.

Enjoy your running this month!



Chairman Chat

CARL WOFFINGTON

The nights are drawing in and the kids are back to school. Both signs that autumn is approaching. We held the last two 2017 evening pub runs last month. We have run out of daylight for the evening runs. The last two were the Turners Arms, Mortimer and the Packhorse, Mapledurham. The whole summer series was popular and very well attended. A big thank you to all that organised the runs for us throughout the summer. They do take time and effort to organise. Also, thanks to Tina who coordinated the series and kept it going.

There were two social events last month. We had the Olly Murs concert at Newbury Races and Dragon Boat racing the following day. There have been more RR socials in the last year than we've had for some time. They have been well attended but we would like a few more to join in.

There were two more RR Club Championship races last month. Headington 5 and Maidenhead $\frac{1}{2}$. We are nearing the end of the race series now and there is certainly enthusiasm to gain points for the final push. Much banter and fun regarding strategy and tactics. Thanks to Bob for keeping the results table up to date.

Coming up in the next month we have:-

- Sun 17th Sep – Swallowfield 10k, RR Champs
- Sun 24th Sep – Mortimer 10k, our own RR race, please volunteer to help if you can
- Sun 24th Sep – SEAA Road Relays
- Sat 30th Sep – RR 30th Summer Party and Book Launch
- Sun 1st Oct - 020 10k, RR Champs
- Sun 15th Oct – Tadley 10, RR Champs

I've not seen the RR 30th Birthday book yet but I've heard it's an excellent production. I know it's taken a lot of time and effort to produce, so thanks in advance to all that have contributed. I'm looking forward to getting my hands on a copy.

Please try to support our Mortimer 10k – either by helping or running. Also, please try to support our 30th Birthday Summer Party. Tickets are on sale.



Ladies' Captain - Report

SAM WHALLEY

It may be the school holidays, but that hasn't stopped our RR ladies from pounding the pavements/roads/trails/beaches, and entering races all over the world, it seems. Back in the UK, though, a familiar post-race comment I've heard is along the lines of, 'I did OK, considering I've just been on holiday,' which does make me wonder, am I the only person who travels

marathon distance just isn't far enough. The debut 'running' of the Round Reading Ultra Marathon took place on Saturday (yes, Saturday) 5th August – you may have seen the stickers which marked the route on gateposts around the outskirts of Reading. I was pleased that it passed the Land's End pub a few



in running shoes to have one essential item fewer to squeeze into my suitcase? And running kit is essential, in my view. I always plan to run at least once when away from home, even if the heat means setting a very early alarm, adopting a very slow pace, and running a much shorter distance. I just like to keep ticking over, and it makes the transition back to the normal training routine much less painful, especially with a marathon on the horizon.

Of course, there are those among us for whom a

miles before the end of each of its two laps, making it a perfect spectating spot. Belinda Tull, Catherine Leather and Kathy Tytler were all up for the 50k in this inaugural event, and must have experienced every type of weather that day. Well done, ladies; I wonder if any of you will take on the 100k next time?

Christina Calderon continued with her ultra-marathon training at the Salisbury 54321 50k. I'm inclined to think that Phil Reay is holding Christina back, but I wouldn't like to say. The beauty of this event is that

there is a distance for everyone. Julia Molyneux took on the marathon, and a few more of us the 33k, which is roughly 20 miles, with Sarah Richmond-Devoy running at least 15 minutes faster than last year (she did tell me exactly, but I can't remember); it must have been Chloe Lloyd's company that made the difference. That, or the lack of a post-Snowdonia injury. Liz Atkinson and Linda Wright ran together in the half marathon, ducking in just under three hours, while Ros Lee and Ellen Togher enjoyed, or endured, the 10k. A recovering Sev Konieczny opted for the 5k walk, and Lorraine Bailey the marathon walk; I can see why. The scenery was beautiful, despite the course being tough, at any distance. It has to be one of those races where time just doesn't matter, just being able to finish does. We were lucky enough to have a dry day, but it was very warm at times, and with the finishing mile taking you through the grounds of Salisbury cathedral, having to dodge groups of tourists was very hard work. I would definitely enter again, but which distance?

Caroline Jackson's marathon journey has continued with the Thames Meander, a 3rd in age group position in Gloucester, and a 2nd female overall place in Hunsrück, Germany, winning tidy €100!

The half marathon has been the most popular distance, with Sarah Dooley the 3rd V40 at Burnham Beeches (a whole load of you ran the 10k), and Jane Davies and Tina Woffington 2nd V50 and V60, respectively, at Maidenhead. Many of our ladies entered the latter, with it being the final half marathon in the club championship, and an opportunity to increase the number of points previously won. Category winners on the day were Gemma Buley, Caroline Jackson, Tracey Hicks, Jane Davies and Tina Woffington. However, some of these have not entered

events in the other distances, and will therefore not be eligible for a trophy at the end of the year. Other half marathons this month were the Run Dorney (also featured a 10k), chosen by Claire Seymour and Auria Dee, with the former in marathon training mode, and the latter on a mission to improve her half marathon time this year, entering one a month. Good work, ladies!

Ten milers don't come along often enough, in my opinion, and Kerri French was the only one of us



willing to travel to Harlow. There absolutely must have been a parkrun connection.

Another event with a variety of distances is Race the Train in Wales. I'm not entirely sure how this race works, or whether people are expected to actually beat the train, but I really like the sound of it and have it on my list for the future. Tina Woffington and Toni McQueen were 1st and 2nd V60 ladies in the Rotary

Challenge 14 mile race, which Linda Wright and Kathy Tytler also ran. Amanda Sheridan, Maureen Sweeney and Janice Thomas opted for the Quarry Challenge 10k, and Estelle Chase was 2nd V60 in the Dolgoch Challenge 5.5 miles. Excellent running from you all!

I'm not keen on a 10k myself – I feel like it's pretty much my 5k pace for twice as far (hmm, maybe I'm doing it wrong?) – but it remains popular with our ladies. Sarah Dooley was 1st V40 in Battersea with 43.59, and a fair few of our ladies ran the Englefield 10k, with Lesley Whiley taking the V50 course record with a fantastic time of 46.14, not that her modesty would allow her to mention it. I am so impressed, Lesley!

The Dinton 10k series reached its conclusion in mid August, with Erica Key 1st V40 in race 4, Trisha Arnold 2nd V60, and Trisha also 1st V60 overall in the series. In the 5k, Linda Wright was 1st V60 in race 4, with Catherine Leather 2nd overall in the series, and Adele Graham 2nd V50 overall, not that there was a prize for that.

The final 5 mile race in the club championship was the Headington 5, which I had heard was flat, with PB potential. It would be useful in this situation to actually know what your PB is, rather than what you think it is, as I was devastated to find (thanks to David Dibben and his Run Britain detective work), that I had matched mine from last year's Kintbury race. Nicole Rickett and Helen Dixon went one better and actually achieved new PBs, so well done to them. Top scorers in the club champs categories were Sally Carpenter, Helen Pool, Maureen Sweeney, Tina Woffington, Julie Wing, and myself.

It looks like I was the only one among us who fancied a one mile track race the day after a 5 miler. I would definitely recommend a track mile for the future, and... what's that? There's going to be a track mile on Friday 22nd September at 6.30? Followed by a track 5k? £1.50 for both? Wow – count me in!



I know that a number of our ladies have taken part in mixed team relays this month, namely the Hart 4, and the Stragglers' River Relay, so well done to you all.

I will finish with the prize for the furthest flung race of the month, and this goes to Gill Manton, for her 5k in Cancun, Mexico, although I'm not sure she went just for that. Good work, Gill!

Thanks to Peter Cook, Sev Konieczny and Neil Fenwick for the photos

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Men's Captain - Report

PHIL REAY

September 2017

It feels like the start of the Autumn season has begun. It's my favourite time of year and I'm targeting a new Marathon PB. Whatever your goals are for the remainder of the year I hope you've enjoyed the summer months – for many a family holiday perhaps interspersed with a training run. I've enjoyed the track sessions over the summer – kudos to Simon Davis and the coaches for providing variety. We've several groups to choose from, with a great balance between established coaches and new people working through their coaching qualifications. Each coaching group offers something slightly different and I'd strongly encourage everyone to try out another group occasionally.

There has been plenty of action over the last month. Wayne Farrugia continued his good form off the back of Race to the Stones to complete the 50K Round Reading Ultra in a little over five hours. Just behind was Tony Walker who was also competing in this inaugural event, during a typical British summer day of four seasons in one day. There's a 100K, 2 laps option available too if anyone would like to rise to the challenge next year.

August is not a traditional month to be running a PB unless your name is Gary Tuttle who ran two in fours days at two distances. Well done Gary for your 38:44 at the Dinton 10K series followed by an impressive 1:21:38 at the Eton Dorney Half Marathon.

It appears Rob Corney likes racing off road in Wales. Rob went one better than he did at Snowdonia Trail Marathon by finishing third at the Race the Train event. It's a race that has proved popular with Reading Roadrunners for a number of years and 'Is on my list' but only when I'm confident I can beat the train.

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It was great to see Stephen Wing back in action during the Salisbury 54321 race day. Made up of five different distances from 10K to 50K there's something for everyone at this popular off road event. I turned up for the 50K hoping to finish as first Reading Roadrunner at the distance. My hopes were short lived when I saw Ben Whalley was lining up for the same event. I didn't see Ben again – he finished in a little over four hours and was probably showered and changed by the time I crossed the finish line. Rob Grice, Andy Atkinson and Stuart Kinton all completed the hilly 21K in very respectable sub 2:25 times whilst Ian Giggs and Stewart Wing ran the full marathon distance.

The final 5 mile and Half Marathon races of the Club Championships took place at Headington and Maidenhead respectively. None of the men were as talented as Ladies Captain, Sam Whalley who smartly paced herself round to equal her PB in the 5 miler. Thanks to David Dibben for a full race report on each event which are featured elsewhere in this edition of the club newsletter.

The London Pride 10K race took place on 12 August. Tom Harrison added to his collection of podium finishes with first place in the v70 category. Antony Eastaway, pictured below, also ran well as he builds up to the Berlin Marathon on 24 September.



As a club we are diverse, inclusive and buzzing with a strong team spirit. Personally, I take pride in my club and my club mates. We share a common interest, and a set of values and beliefs that comes with being part of the running

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community. We are open and inclusive to anyone regardless of ethnicity, nationality, faith or sexual orientation. All that is asked is that you bring your dreams, grit, humour, sense of camaraderie and willingness to train hard and have fun. I'm counting on all of you to continue to show support for one another. Let's keep our doors open and make sure that everyone who walks into Reading Roadrunners is welcomed, respected, and encouraged. Go Green Vests!

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

Intrepid traveller, Dave Wood once again broke new ground for a Reading Roadrunner. With a damaged achilles, Dave channeled his inner Indiana Jones to complete the Petra Marathon in Jordan in temperatures of over 40 degrees.

Meanwhile regular travellers; Paul Monaghan, Pete Morris and Martin Bush were in Hunsruck, Germany for the marathon and some sightseeing along the Rhine. I'm told it's a flat, fast course with enormous PB potential and a great way to spend an August bank holiday.



l-r: Dave sporting his Jordan marathon cap & medal, Pete, Paul & Martin recovering by the Rhine

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And finally.....

Chris Manton went all the way to Cancun, Mexico for a 5K and it wasn't even a parkrun! Looks like Chris and wife Gill had a fab family holiday though. Nice.



Thanks for reading, next month we'll be reporting on the latest updates from the Club Championships and looking ahead to the cross-country season.

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



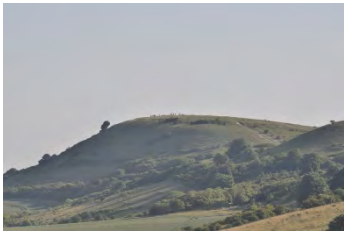
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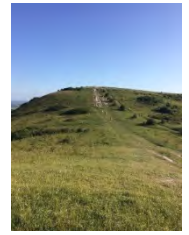


Visit our website: readingroadrunners.org



The Ridgeway Relay – Sunday 18th June 2017

Ridgeway Relay, Ridgeway Relay – it's a bit of a tongue-twister, actually. I don't know how many times I posted about this event between Easter and when it took place. If you weren't involved, you probably got fed up with hearing about it. It's quite a big deal, though, so what's it all about?



The event website says, *'The Ridgeway is one of England's national trails, covering 86.5 miles from Ivinghoe Beacon in Buckinghamshire to Overton Hill near Marlborough'*. The actual relay race leaves the trail and veers to the finish at Marlborough leisure centre. The trail is split into 10 legs, from 5.4 to 11 miles.

There are marshals stationed at the end of each leg, where you slap hands with the next person in your team; there is no baton. There are also some checkpoint marshals, for areas where shortcuts are possible. Otherwise, it is up to you to find your own way. Most people recce their leg in advance, to save time on the day. They can then give an indication of how long they will take to run it, and each team member gets an estimated start time.

You also have to consider how you will get back to your car at the end of your leg. On the shorter legs, a run or jog back is not too demanding, as Lesley Whiley and Carrie Hoskins discovered. On the longer legs, you would probably need to organise some kind of chicken, corn and fox pick up/drop off scenario, or stash your bike in a hedge, like Dave McCoy and Bill Watson did (but don't forget to run with your bike lock key....). You are allowed to run with a friend or fellow team mate, as long as only one of you wears the race number. You are also allowed to run more than one leg, for one or more teams. In fact, should the next member of your team not be waiting at the end of your leg, you are advised to just keep on running. Fortunately, this was not an issue this year.

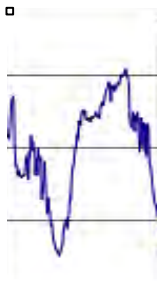
This year's event took place on a scorching hot day. This led to some team members suffering heat exhaustion, and many others taking longer than expected to complete their legs. There are usually two or three mass starts throughout the race, but there were more of these this year, because of the delays caused by the heat. This meant that some of us didn't get to 'hand over the baton' officially, and times were adjusted after the event. Most people ran with a drink, as there are no official water stations along the course.

Here is a summary of the results. The start times will give an idea of the heat experienced on that leg. Photos courtesy of Barry Cornelius, Marlborough Running Club, Linda Wright and June Bilsby.

Leg 1 – Ivinghoe Beacon to Wendover – 11 miles – climb 452m, descent 543m – start time 7.30

"The first half is physically quite tough, lots of hill-work, although the last 5 or 6 miles are predominantly flat or downhill."

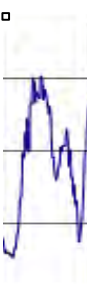
A:	Jamie Cole – 2:00:00 (not actual time – taken ill and DNF)
B:	Neil Carpenter – 1:45:21
Ladies:	Sam Whalley – 1:47:23
Over 60s:	Jim Kiddie – 1:40:22



Leg 2 – Wendover to Whiteleaf – 6 miles – climb 352m, descent 248m – start time 9.10-9.25

"Navigationally this leg could be tricky. Although relatively short, this is a very tough stage with some interesting hills, especially the final ascent."

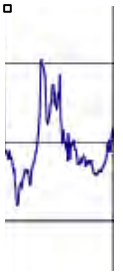
A:	Lesley Whiley – 55:07 (gained 3 places)
B:	Brett Date – 1:08:24 (gained 2 places)
Ladies:	Mary Carol de Zutter – 1:19:30
Over 60s:	Ken Beck – 1:11:41



Leg 3 – Whiteleaf to Lewknor – 9.4 miles – climb 273m, descent 357m – start time 10.05-10.45

"There is a steep downhill section at the start, and a significant hill to climb and descent in the middle. Otherwise this stage is fairly flat. It can be navigationally tricky."

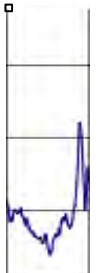
A: David McCoy (younger) – 1:06:09 (gained 9 places – 4th fastest time for leg 3)
B: Dave Brown – 1:35:15
Ladies: Caroline Hargreaves – 2:07:35
Over 60s: John Bailey – 2:02:56



Leg 4 – Lewknor to Swyncombe – 5.4 miles – climb 169m, descent 141m – start time 11.10-12.10

"The first 4 miles of this leg are relatively flat. The last mile is quite tough, involving a steep hill climb, a short descent, and a last climb to the finish."

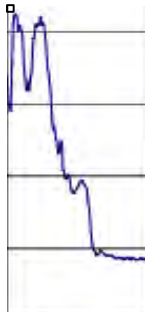
A: Carrie Hoskins – 37:51 (gained 6 places – 3rd fastest time for leg 4)
B: Julie Rainbow – 47:46
Ladies: Sophie Hoskins – 46:40 (gained 1 place)
Over 60s: Lorraine Bailey (supported by Maureen Sweeney) – 1:08:53



Leg 5 – Swyncombe to South Stoke – 10.1 miles – climb 171m, descent 307m – start time 11.50-1.20

"The first two miles are physically tough with some tricky navigation. Stinging nettles are also a pain, and stiles make it quite tiring. The path crosses the fast A4074. The final 4-mile length is flat."

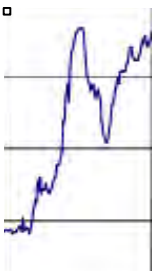
A: Chris Lucas – 1:06:24 (gained 6 places – 2nd fastest time for leg 5)
B: Belinda Tull – 1:27:20 (gained 5 places)
Ladies: Gemma Buley – 1:41:23
Over 60s: Liz Atkinson (supported by Sev Konieczny) – 2:27:01



Leg 6 – South Stoke to West Ilsley – 10.4 miles – climb 323m, descent 184m – start time 12.55-2.30

"For about 2 miles the route is flat, until just after crossing the Thames, but then this becomes a tough stage with a long climb onto the Downs followed by plenty of undulations."

A: Rupert Shute – 1:08:17 (gained 5 places – 3rd fastest time for leg 6)
B: Jane Davies – 1:28:30 (gained 5 places)
Ladies: Susan Knight – 1:56:58
Over 60s: Andy Atkinson – 1:51:15 (gained 1 place)

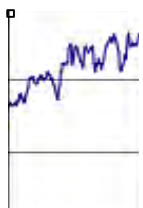


----- HALF WAY -----

Leg 7 – West Ilsley to Wantage – 9.1 miles – climb 198m, descent 149m – start time 2.00-2.05

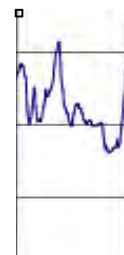
"This stage is undulating, and tougher than it looks."

A: Ben Whalley – 1:02:13 (gained 4 places – 4th fastest time for leg 7)
B: Kevin Bilsby – 1:48:00
Ladies: Claire Seymour – 1:48:00
Over 60s: Trisha Arnold – 2:22:35



Leg 8 – Wantage to Charlbury Hill – 7.8 miles – climb 183m, descent 177m – start time 3.05-4.05

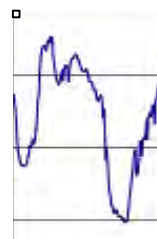
"This stage is like the previous one, being undulating but navigationally easy. There are two main hills to climb, including one about a mile long just before the finish."



A:	Lance Nortcliff – 49:13 (gained 2 places – fastest time for leg 8)
B:	Bill Watson – 1:05:50 (gained 3 places)
Ladies:	June Bilsby – 1:20:20
Over 60s:	Janice Thomas – 1:44:23

Leg 9 – Charlbury Hill to Barbury Castle – 10.7 miles – climb 338m, descent 309m – start time 3.55-5.10

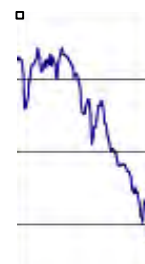
"This is a long and very tough stage with some serious hill climbing."



A:	Gary Tuttle – 1:20:18 (5 th fastest time for leg 9)
B:	Louise Atkinson – 2:03:05
Ladies:	Toni McQueen – 1:56:49
Over 60s:	Cecilia Csemiczky – 2:39:59

Leg 10 – Barbury Castle to Marlborough – 9.4 miles – climb 163m, descent 291m – start time 5.15 to 5.45

"The route is well marked and obvious for the first 4 ½ miles."



A:	Richard Smith – 1:17:48
B:	Sian James – 1:16:49 (gained 4 places)
Ladies:	Angela Burley – 1:32:03 (gained 1 place)
Over 60s:	Linda Wright – 2:16:53

Final Placings

At the finish at Marlborough Leisure Centre, the A team placed 6th, the B team 29th, the ladies' team 38th, and the over 60s' team 42nd, which meant that members of the latter each received a wooden spoon. Members of the A team should be commended for their overall achievement on the day, having finished leg 1 in 40th place.

Reading Roadrunners was awarded a no-longer-required shield, for being the club to have received it the most times in the past.

Well done to all 40 runners who took part in the race, and I hope others might have been inspired to have a go next year. Fingers crossed for cooler conditions.



No Substitute For Rhine Air

HUNSRUCK, GERMANY MARATHON WEEKEND 2017 By Caroline Jackson

It was an early morning wake up call for #TeamJackMon at around 3.30am on the Saturday morning, Paul, myself, Pete and Martin headed on our travels.

It was Pete and Martin who recommended us to the Hunsruck Marathon, they had ran it one or two times in recent years. This being a Bank Holiday weekend was the perfect opportunity to get away. Pete saying it might be his last due to the up and coming Brexit. Let's be honest we didn't get a good exchange rate but we did not let us stop us. After all, unlike the UK we could still get a beer for under a fiver in Germany.

We arrived in Frankfurt at just after 10am and from there we picked up our hire car, our first challenge was not only to get out of the airport car park in one piece but was to somehow get our luggage in the back of our little Fiat which seemed more like a Dinky toy than a car that would get us from A-B.

Surprising enough with a bit of manoeuvre and perseverance we fitted our luggage like a jigsaw puzzle and headed off down the A60 crossing the Rhine River and stopping at a place called Bingen. Martin having given up souvenir shopping on our last visit back in April in Madrid could not resist spending a few Euros on a couple of pin badges, oh well at least it wasn't magnets!



Paul & I at Bingen on the Rhine

Bingen lies on the Rhine is the gateway to the valley and is the middle of the four winemaking regions. We arrived a little tired and peckish so we found a lovely little outdoor restaurant to have a beer and a pretzel, the perfect place to stop with the waters of the Rhine glistening and the sun shining.

A little wander and a 30 minute drive onto Simmern. On arrival we met a friendly couple who were also staying at our apartments and the owners soon arrived to greet us and show us to our apartment. We were completely amazed on arrival by the design, interior and also the overall space.

Having had a previous mishap on a recent marathon visit to Tenby in Wales with hotel accommodation, Martin was particularly happy and I think Pete was relieved. The apartments were superb and extremely light, everything was completely brand new and certainly gave us a wow factor. Nice one Pete for finding us these apartments, 5 star reviews all the way!

We just had enough time to unpack a few items and headed to the expo to collect our numbers. Another excellent goody bag from a European marathon with a quality race t-shirt included, a pasta party and lots of friendly happy faces excited about the event.

We were all tucked up in bed fairly early that night, some slept more than others, Pete and Martin having had a few beers to put them on their way. Paul and I soon discovered that the church bells were enough to keep us awake, going off on the hour every hour.

Race morning beckoned, a warm and hazy start we left the apartments at 7.30am.

We had a shuttle bus transport us from from Simmern to a town called Emmaulhausen which was around a 25min drive away and it was here where the marathon started. We had 30 mins after arrival to leave our bags at the baggage drop, use the toilet and take a few last minute photos. I had a quick chat with Paul and Pete and there was time sadly for one of Pete's selfies before I lined myself up at the start line.



I needed to be fully focused and knew I had to get a fairly good start. It was a relatively downhill start out of Emmaulhausen and around the suburbs before hitting the hills at 5km back to the start area and then out onto the Schinderhannes cycle path, an old railway route re-built as a cycle path. The route was fairly flat although some of it felt like it was going uphill, at points I felt like I was getting out of breath easily but I realised it may have been the altitude as I managed to run at a fairly decent pace.

Much of the route was really pretty running through tree lined areas, across roads and by small villages and buildings that had previously been used as stations.

The locals enjoyed the sunshine, children enjoyed giving high fives and helping out at the drinks stations. At around 15-16 miles I felt I was maintaining a good steady pace, not too slow and not too fast, I had remembered that at mile 2 or so I was third lady but one lady had passed me at that point and I was sure that no one else had past me, at 15-16 miles in I saw the lady that had passed me at 3 miles or so directly in front of me no more than 200 metres ahead. Either she had seriously slowed down or I was on a roll I thought, mentally I stepped up my game telling myself to keep going nice and steady and focused, Yes I passed her and there was no looking back.

I think it was at the last relay exchange point at just before mile 20 when I also passed another lady to move to 2nd position, I still wasn't 100% certain as the more the race went on the more relay runners I also saw and I became a little dreary. It was confirmed when I saw the guy peddling behind me on the mountain bike with the words "Zweite Dame" and no sign of Paul behind me that it was all real and I only

had to get through the last 6-7 miles maintaining the pace and fighting all signs of any fatigue. For those miles I did just that, with the guy on the bike keeping a distance and allowing me to run through the finish line.

As I crossed the finish line in just over 3hr35mins they announced my name, I shook hands with the guy on the bike and was greeted and hugged by the marshals. I felt relieved to finish as it as getting hotter and the more I ran on the more I required more fuel. I got my medal and enjoyed the beverages on offer and waited for Paul to finish. Paul finished around 15 minutes later and was happy to hear how I had done. We mingled with other runners finding a little recovery and collected our bags.



I pick up second lady prize

We headed back to the finish line expecting to wait for Pete and Martin, but they somehow crept up behind us with beaming faces and a bottle of beer each. They had both had a good run and finished in just under 4 and a half hours. We caught up with them chatting about the race and waited for the prize giving presentation.

As usual they kept the ladies waiting. There were prizes awarded for the team events, kids races, and so on and you guessed it the ladies marathon was the last one. It was worth it though as we soaked up the atmosphere and I collected not one but two prizes, 100 euros for been second lady and a few other goodies including a bottle of vino for being 1st in my age category. Poor Martin was rolling his eyes with the goodies I collected.

I had a chat with the lady that came first and also some of the other prize winners although my German was not quite up to scratch.

By this point we were all gasping, so we headed for some re-fuelling and sat outside in the sun with a nice refreshing beer, dam it tasted good! Armed with my goodies after an hour or so we headed back to our apartments, quick shower and freshen up and it was time to really kick off the celebrations.

A couple of bottles of bubbly popped and some banter and off we went to try and find a bar that was actually open. Bearing in mind it was a Sunday and we were in a quiet little town in Germany this was quite a task. I think we managed to find the only bar that was open "Hafer's Wunderbar", smoky and dark we just about managed to locate a table. Martin went in search of the German ale trail.

Martin and Pete have an app on their phones enabling them to register every ale trail pub they visit in the UK. Paul being Paul realised that Martin may be convinced that this could also valid in Germany. He knocked up a fake ale trail certificate translated to German and programmed the QR code on the certificate to give Bushy a message saying he had been had. Between him and Pete they worked out how to plant it without arising any suspicions from Martin. He totally took the bait which had us all in hysterics but left the Germans at the bar looking a little bemused wondering what the crazy English runners were up to.

Later on our bellies were rolling and it suddenly dawned on us that we actually hadn't eaten anything all day except a few crisps, we walked around a little and there was no restaurant or even takeaway to

be found. We literally made do with German spam sandwiches, cheese and bubbly. A little more banter and it was time for some much needed zzzz's.

The next morning we checked out of our apartments and drove to a place called Bacharach, the perfect place for exploring not quite so sure about the legs on the climb up to Burg Stahlech on foot but in the end it was truly worth it. The castle high above the River Rhine had views to die for. The castle was used during WW11 as a military hospital, today it is a youth hostel. There was a school trip and the kids really were having fun (no not Pete and Martin), well I think they did too well certainly Martin when he clocked the magnets and the German weissbier.



At Stahleck Castle, Bacharach, Rhine Valley

We then drove along the Rhine through the city of Mainz where it was busy. We didn't want to get stuck in rush hour traffic as we had an imminent flight to catch from Frankfurt. Luckily Paul spotted the perfect place to unwind for an hour or across the river "Bastion Von Schonborn", an outdoor pop up beach bar and restaurant around the grounds of a chateau. We had not the cheapest Mojito but one of the tastiest mojitos I've had for a while. Ahh bliss!

It was a few rays of sun and unfortunately our weekend had to end, we had to say "Auf Wiedersehen" to Deutschland but we all thoroughly enjoyed it so much that I think bets will be on that we will be back next year!

Round Reading Ultra Marathon - Saturday August 5th

An Ultra event doing a circuit around my town, and I can walk from my house to the start

KATHY TYTLER

This is a new event with a 50k and a 100k option (the 100k being two laps of the 50k route). Having lost quite a bit of speed in recent years (not that I had much in the first place), I have been running against cut off times in long trail races, and that is stress that I can do without, so the 50k race was ideal. The cut off time of 22.00 (16 hours) applied to the 100k runners, and although the 50k race started 2 hours later, at 8am we still had 14 hours to use.

In the week before I got a message from my friend Ginika that she had entered and would be running with me, and relying on me for directions. Now Ginika is a much faster runner than me (as my mum points out she is quite a bit younger than me and has much longer legs), so she was welcome, but it would be at my pace.



and they're off – the start of the 50K at Thames Valley Park

We set off along the Thames Path for a nice riverside 9k before going through Purley-on-Thames and heading for the only hilly bit towards Tilehurst, skirting Sulham Wood (a popular running and dog walking area – and site of a rave that Saturday night, according to local news) before descending to Calcot and the Kennet Valley. The first checkpoint was at 14k where my friends Dave and Nicky were marshalling.

A few people had gone wrong by this stage. I was making sure we followed the instructions and Ginika had a keen eye for the route marking stickers. Julie and Linda joined us realising that we had local knowledge and I could point out local landmarks.

Our route took us through Southcote Linear Park following The Holy Brook (once used as the water supply for Reading Abbey) and then along a bit of the Kennet and Avon Canal, another popular route for runners, walkers and cyclists, which takes you right into the town centre, but our route turned off right along a path between the Sewage Treatment Works and the Civic Amenity Site (council tip), with its delicate whiff of bin lorries - and another place of Saturday night excitement when there was a fire! Then through Green Park; a recently landscaped Business Park with lots of lakes and green space among modern buildings. We crossed the road where the Reading Half Marathon starts, to CP2.



“Do you think it will take us 10 hours, Kathy?”

“No, you’ll drag me round in eight, Ginika.”

The relatively flat route and time allowed for the 50k made it attractive to many people doing their first ultra. We were supplied with maps, a narrative route description and a GPS download was available for those who like this new-fangled stuff (give me a map and compass anyday!) and there were many route marking stickers around the course. The race director warned, ‘do not rely on these as they could be removed. Despite all of this, there were a lot of people worried about getting lost.

We passed Ginika's workplace, towards the wind turbine and a path alongside the M4. I was relieved to see that the path had been cleared of vegetation (by the race organisers?), as I remember fighting through the brambles on a summer run last year. Anita joined us here. She was a similar pace to Ginika (faster than me), but they did keep waiting for me to catch up because I was chief wayfinder. Then we crossed the M4 using the intricate modern sculpture of bridges (slight incline here) providing a safe route to the south for pedestrians and cyclists.

We ran to Shinfield, where there is a lot of new housing and roads being built. At one point we had to call a group of runners back who had missed a turning. When we were on tracks through farmland we had our first heavy shower of rain. After CP3 at Bearwood recreation ground, we then went along another pedestrian and cycle route taking us to the main Wokingham Road and under the M4, later over the A329M (another slight incline), before coming to Dinton Pastures. This is a recreational area of lakes, created by gravel extraction. There are several paths, but the RRUM signs guided us round to meet a path alongside the river Loddon. Thunder was now rumbling around.

The rain started again, this time with hailstones, just before we got to CP4. While we were taking refreshment the leader of the 100k race whizzed by, pausing just long enough to shout out 'number 5', so he could be recorded.

It wasn't far to the A4 when our route took us through Sonning (a pretty village on the Thames) to the river and then to the finish, where we started at Thames Valley Park. As this last part was straightforward Ginika and Anita went on ahead finishing at 7.38.40. I came in at 7.55.12 and Julie and Linda at just over 8 hours.

We were rewarded with a nice big chunky medal; silver for 50k and gold for 100k. We got a race buff at registration. I received another award through the post for winning my age-group category; WV60 – proving that life begins at 60, (even though I'm still upset at not getting my bus pass). There were friendly marshals at the well-stocked checkpoints. A very well organised and enjoyable event.

I walked home with a brief visit to a couple of neighbours who have moved out of my street into a narrowboat moored on the Thames, and then stopping at The Jolly Anglers, close by on Kennetside for a refreshing and re-hydrating pint of bitter shandy and a bag of crisps, and watched the world go by for a while.

Reading Roadrunner 50K Results:

• Wayne Farrugia	5.01.12
• Belinda Tull	5.02.30
• Graham Tull	5.02.30
• Tony Walker	5.14.27
• Catherine Leather	6.11.53
• Chris Mortimer	6.53.14
• Kathy Tytler	7.55.12



Maidenhead Half Marathon

Report by David Dibben

Photos by Chris Drew

THERE was a last chance to get points for the 13.1 miles distance as the Roadrunners Club Championship road show rocked up at the Maidenhead Half Marathon.

Andrew Smith took the honours as first Roadrunner home in a time of 1hr 20mins 35secs to complete a highly successful weekend.



Ignoring all logical advice to rest up before a race of that distance, Andrew not only turned out at Woodley parkrun barely 24 hours before Maidenhead, but finished first in that run in a new personal best of 17:15.

That was a pb by six seconds and the third time he has improved his parkrun time in the past month.

Everyone else who took it easy on the Saturday must be wondering how he managed that.

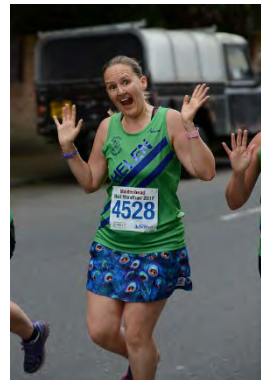
First lady home was Caroline Jackson in 1:35:35 despite the distance being about 13.1 miles too short for her!



But, in a club which always seeks to encourage the triers and improvers, the plaudits for the best performance should probably go to Helen Dixon for the second consecutive week.

A last-minute decision to enter was rewarded with a pb by no less than NINE minutes and 45 seconds.

Another to claim a pb was Anthony Eastaway, proving that coach Katie Gumbrell's 'tough love' approach is bringing rewards.



Early provisional results on the Purple Patch website appear to be just that... very provisional, with the positions being completely altered several hours after originally being released. Whatever, the Roadrunners list shows:

39 Andrew Smith 1:20:56, 130 Ian Giggs 1:28:56, 141 Anthony Long 1:29:06, 144 Stuart Bradburn 1:29:25, 176 Alan Freer 1:31:30, 190 David McCoy (the taller one) 1:32:59, 207 Chris Buley 1:33:38, 228 David Legg 1:34:39, 241 Dave Caswell 1:35:19, 241 Caroline Jackson 1:35:35, 260 Sarah Dooley 1:36:25, 271 Jane Davies 1:36:57; 318 Kevin Jones 1:38:40, 322 Gemma Stobie 1:38:35, 339 David Leake 1:39:37, 366 David Dibben 1:40:17, 374 Paul Monaghan 1:41:03, 375 Marion Loiseau 1:40:36, 381 Chris James 1:41:41, 457 Tracey Hicks 1:44:37, 486 Jonathan Belson 1:45:22, 532 Chris Manton 1:47:50, 534 Alix Eyles 1:48:19

(non-scoring), 554 Clive Bate 1:49:04, 617 Catherine Leather 1:52:58, 724 Simon Davis 1:56:32, 726 Alice Carpenter 1:56:34, 743 Gurprital Singh 1:57:57, 795 Mo Fassinhinia 1:59:17, 841 Tina Woffington 2:01:45, 842 Charlie Macklin 2:01:48, 993 Frank Cooper 2:09:20, 1013 Ian McGuinness 2:11:02, 1133 Linda Wright 2:19:41, 1175 Sarah Richmond-Devoy 2:24:30, 1177 Suzanne Bate 2:24:51st, 1178 Anthony Eastaway 2:24:58, 1185 Julie Bagley 2:25:46, 1218 Candy Cox 2:29:03, 1219 Caroline Hargreaves 2:29:00, 1220 Helen Dixon 2:29:02, 1242 Sarah Drew 2:33:27, 1310 Julie Wing 3:07.39.

Apologies for those I may have missed. There are one or two absentees I am sure I saw on the course; indeed, they appeared in Chris Drew's excellent Flickr album.

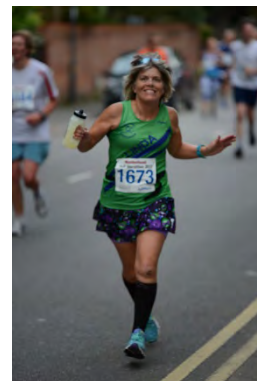


These results have resolved one or two issues, notably fit-again Jane Davies sewing up the Women's Vet 55 title. And I suspect that once all the figures have been computed Jane may not be far away from the all-racers' age grading crown.



There should be a close finish to the Women's Vet 60 title when Tina Woffington and Linda Wright do battle in the forthcoming 10k events.

In the Men's competition Ian Giggs has given himself a good chance of the Senior championship but matters are already settled in favour of Brian Kirsopp (V50), Alan Freer (V60), Frank Cooper (V70) and Tom Harrison (V80).



I hope I have finally got the better of Andy Atkinson in our tussle for the V65 crown, Andy deciding not to take me on at Maidenhead and reasoning that he has a better chance of success when he lines up against Mo Farah and the Kenyans at the Great North Run on Sunday. Good luck with that, Andy.

I fancy Sir Mo may be showered and changed by the time Andy reaches the eight-mile marker, but what do I know?



The focus on the Club Championship now switches back to 10k events, with the next fixture at Swallowfield on September 17th.

I mention this because the race has not had much publicity within the club. Instead announcements at the last four Wednesday track sessions have included 'plugs' for an obscure hill-climbing event in deepest, darkest Hampshire, which last year attracted a grand total of four Roadrunners. Odd.

Club Championship Round 8: Headington 5 – 27/08/17

By David Dibben

Photos thanks to Barry Cornelius (oxonraces.com), Nicole Rickett and the Bate family.

THE Roadrunners' club championship road show arrived in Headington on Sunday for what I consider to be one of the best-organised events on the circuit.

The five-miler, which was the eighth round of our championship, is the Oxford club's flagship event, and I would recommend it to anyone.

It is a reasonably-priced race which is very well marshalled, with excellent signage, and finishes with a better-than-average goody bag and free T-shirt as well as results immediately available in the clubhouse within a few minutes of runners crossing the line. What's not to like about that?



Oh, and the course is as near as makes no difference flat.

Flat enough for our former men's captain Mark Worringham to slaughter the course record last year.

We went mob-handed in an effort to defend his title but sadly an under 23 runner from Luton, Ryan Burling, took Mark's record in an indecently quick time of 25:12. The rest of us found his pace, and the weather, rather too hot.

Nevertheless there were the usual good performances throughout the age categories as the battles for our titles hotted up.

First Roadrunner to finish was Justin Simons in 32:24, earning the bragging rights for Tony Canning's Wednesday evening training group as he had 'team-mates' Alan Freer, Helen Pool and Colin Cottell not far behind him, with Nicole Rickett giving Canning's girls the one-two within the club.



Our second man home was Vet 40 championship leader Eugene McSorley, while Alan Freer virtually sewed up our Vet 60 championship as well as taking the race's age group prize on the day.



Our other prize-winners were Liz Atkinson, who collected a surprise second place in the women's V65 group, and Helen Pool, who completed a clean sweep of age group prizes in this year's three five-mile races.

But while Helen is used to being our leading lady on these occasions she wasn't even the leading Helen this time round.



That honour went to Helen Dixon, who took a massive four minutes and 37 seconds off her pb while finishing in 52:34.

That's a big boost for her Wednesday group coach, Katie Gumbrell, who should have had a prize for the best and noisiest supporter on the course.

Official Roadrunners results: 50th Justin Simons 32:24; 53rd Eugene McSorley 32:47; 58th Alan Freer 33:11 (1st MV60); 59th Chris Cutting 32:57; 66th Helen Pool 33:24 (2nd WV40); 79th Colin Cottell 33:56; 87th Dave Caswell 34:28; 91st Dean Allaway 34:26; 93rd Stuart Jones 34:37; 120th Dan Rickett 35:32; 123rd Keith Ellis 36:08; 125th David Dibben 36:12; 134th Nicole Rickett 36:26; 187th Andy Atkinson 39:07; 196th Sam Whalley 39:31; 213th Sally Carpenter 40:42; 240th Jim Kiddie 41:44; 275th Tina Woffington 43:41; 292nd Stephen Wing 44:43; 294th Frank Cooper 45:21; 306th Tom Harrison 46:36; 317th Linda Wright 47:20; 358th Maureen Sweeney 50:38; 368th Suzanne Bate 51:49; 369th Liz Atkinson 52:05; 374th Helen Dixon 52:34; 404th Sarah Walters 57:06; 418th Julie Wing 63:09; 420th Jill Dibben 65:57; 421st Stephen Wing 69:06.

These results come with a couple of caveats. The eagle-eyed among you will have spotted that Alan Freer finished ahead of Chris Cutting although he completed the course in a slower time. Likewise, Dean Allaway finished three places behind Dave Caswell although he was two seconds quicker over the distance.

My problem with that is... why go to all the trouble and expense of having chip-timing if you are going to ignore the data which it produces?

My second problem is with pbs. Word on the street after the event was that Helen Dixon's sensational improvement was our only pb of the day but, lo and behold, according to the Run Britain official results there were also pbs for Stuart Jones, Dan and Nicole Rickett, Sam Whalley, Sally Carpenter, Stephen Wing, Frank Cooper and myself... but not Helen Dixon!

Now I do know for a fact that the previous time I competed in this race I finished in a time as near as makes no difference 93 seconds better than Sunday's time, so apologies to those mentioned if they already boast vastly superior pbs to these figures.

And special apologies to Helen Dixon on behalf of Run Britain for their sin of omission!

Hopefully all will be cleared up when the club statistician sorts this lot out and updates the championship positions.

Roadrunners Results

JENNY GALE

This busy summer has seen Paul Monaghan reach 98 marathons – amazing achievement – I look forward to recording his 99th and 100th in next month's newsletter. In other news, Helen Dixon has been smashing PB's left, right and centre, really well done Helen!

If your race is not here, please do let me know – I get my info from things that I see (and then hopefully remember) on Facebook and also my email results@readingroadrunners.org.uk, but I am only human, so to be certain of your race result appearing in these hallowed pages (!) then email is the best please! Also, let's be celebrating your PB's people, and I ONLY know you have run a PB if you tell me, so come on runners, be loud and be proud!

Happy Autumn running!

18th June

Hampshire Hoppit Marathon

Name	Chip
Dean Allaway	4:33:36
Justin Simmons	4:33:40
Paul Monaghan	5:28:17
Caroline Jackson	5:28:18
Pete The Train Morris	5:54:01
Martin Bush	6:04:14

1st July

Isoman Marathon

Name	Chip
Caroline Jackson	4:02:23
Paul Monaghan	4:10:02

7th July

Dinton Pastures Sundae Challenge Marathon

Name	Chip
David Caswell	3:54:24

9th July

Tenby Marathon

Name	Chip
Caroline Jackson	3:58:05
Paul Monaghan	4:30:07
Pete Morris	4:50:20
Martin Bush	4:53:36

5th August

Llanthony Fell Race (5.6k)

Name	Chip
Rob Grice	47:18

Battersea 10k

Name	Chip
Sarah Dooley	43:59 1st V40

Round Reading Ultra 50k

Name	Chip
Wayne Farrugia	5:01:12
Belinda Tull	5:02:30
Graham Tull	5:02:30
Tony Walker	5:14:27
Catherine Leather	6:11:53
Chris Mortimer	6:53:14
Kathy Tytler	7:55:12

6th August

Gloucester Half Marathon

Name	Chip
Pete The Train Morris	2:07:04

Gloucester Marathon

Name	Chip
Caroline Jackson	3:36:16 3rd in age group
Paul Monaghan	3:57:35
Martin Richard Bush	5:01:00

10th August

Dinton 5k Series Race 4

Name	Chip
Brendan Morris	0:17:40,55
Edward Dodwell	0:20:14,60
David Legg	0:20:30,06
Pete The Train Morris	0:23:42,26
Nicholas Adley	0:22:36,83
Dave Brown	0:24:12,47
Simon Davis	0:24:29,96
Catherine Leather	0:24:40,10
Adele Graham	0:27:54,28
Angelique Haswell	0:28:03,44
Kevin Strong	0:29:21,38
Fiona Blennerhassett	0:30:29,76

ROADRUNNERS RESULTS

Sarah Richmond-Devoy	0:30:41,17
Gill Manton	0:37:17,26 PB
Jenny Oakley	0:37:39,88
Hannah McPhee	0:39:37,06

Dinton 10k Series Race 4

Name	Chip
Rob Corney	0:33:34,03
Gary Tuttle	0:38:44,03 PB
Richard Hallam-Baker	0:40:37,63
Richard Charley	0:41:49,24
Erica Key	0:43:59,58
David Caswell	0:45:47,25
Alix Eyles	0:50:07,56
Dan Gurney	0:57:05,27
Trisha Arnold	1:06:31,11
Helen Dixon	1:10:22,90
Sarah Walters	1:10:23,78

12th August

London Pride 10k

Name	Chip
Tom Harrison	0:59:03 1st V70
Anthony Eastaway	1:02:54

13th August

Burnham Beeches 10k

Name	Chip
Tony Long	1:40:51
Sarah Hicks	1:00:02
Maureen Sweeney	1:02:47
Emma Grenside	1:08:08
Suzanne Bate	1:08:12
Juliet Fenwick	1:09:53
Jenny Oakley	1:14:45

Thames Meander Marathon

Name	Chip
Justin Simons	3:37:18
Paul Monaghan	4:00:51
Caroline Jackson	4:00:51

Burnham Beeches Half Marathon

Name	Chip
Brian Kirsopp	1:28:54
Clive Alderson	1:29:04
David Caswell	1:37:36
Sarah Dooley	1:39:04 3rd V40
David Leake	1:45:39 3rd V60-69
Tracey Hicks	1:47:34
Clive Bate	2:06:35

Ian McGuinness	2:20:00
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Run Dorney 10k

Name	Chip
Alice Jackson	1:11:47

Run Dorney Half Marathon

Name	Chip
Gary Tuttle	1:21:38 PB
Claire Seymour	1:54:46
Auria Dee	2:00:34

Salisbury 54321

50k	
Name	Chip
Ben Whalley	4:06:05
Phil Reay	6:53:05
Christina Calderon	6:53:05

42k

Name	Chip
Ian Giggs	4:08:24
Stewart Wing	5:05:40
Julie Wing	9:04:41

33k

Name	Chip
Sam Whalley	3:46:15
Chloe Lloyd	4:24:34 PB
Sarah Richmond-Devoy	4:24:35 PB

21k

Name	Chip
Rob Grice	2:02:48
Andy Atkinson	2:11:24
Stuart Kinton	2:24:25
Liz Atkinson	2:59:35
Linda Wright	2:59:36
Stephen Wing	4:01:27

10k

Name	Chip
Ros Lee	1:46:36
Ellen Togher	2:38:54

5k

Name	Chip
Sev Konieczny	1:13:05

ROADRUNNERS RESULTS

19th August

Race the Train

Rotary Challenge 14miles

Name	Chip
Rob Corney	1.27.28 3rd Male
Tina Woffington	2.33.32 1st V60
Toni Mcqueen	2.48.13 2nd V60
Bob Thomas	2.50.51
Linda Wright	3.18.26
Kathy Tytler	3.24.59

Quarry Challenge - 10k

Name	Chip
Mel Silvey	49.53
Paul Young	1.04.03
Amanda Sheridan	1.06.02
Maureen Sweeney	1:11:03
Janice Thomas	1.22.07

Dolgoch Challenge 5 1/2 mls

Name	Chip
Estelle Chase	1.07.35 2ndV60

20th August

Isle of Wight Half Marathon

Name	Chip
Chris Lucas	1:21:12
Neil Carpenter	2:05:58

26th August

Llantwit Major 10k

Name	Chip
Gary Tuttle	39:40

Charlie and Friends Half Marathon Event, Cancun, Mexico 5k

Name	Chip
Chris Manton	42:55
Gill Manton	43:07

27th August

Headington 5

Name	Chip
Justin Simons	00:32:24
Eugene McSorley	00:32:47
Chris Cutting	00:32:57
Alan Freer	00:33:11
Helen Pool	00:33:24
Colin Cottell	00:33:56
Dean Allaway	00:34:26
David Caswell	00:34:28

Stuart Jones	00:34:37
Daniel Rickett	00:35:32 PB
Keith Ellis	00:36:08
David Dibben	00:36:12
Nicole Rickett	00:36:26 PB
Andrew Atkinson	00:39:07
Samantha Whalley	00:39:31
Sally Carpenter	00:40:42
James Kiddie	00:41:44
Tina Woffington	00:43:41
Stewart Wing	00:44:43
Frank Cooper	00:45:21
Tom Harrison	00:46:36
Linda Wright	00:47:20
Maureen Sweeney	00:50:38
Suzanne Bate	00:51:49
Liz Atkinson	00:52:05
Helen Dixon	00:52:34 PB
Sarah Walters	00:57:06
Julie Wing	01:03:09
Jill Dibben	01:05:57
Stephen Wing	01:09:06

Englefield 10k

Name	Chip
Brian Kirsopp	0:40:49
Edward Dodwell	0:41:33
Lesley Whiley	0:46:14
Peter Reilly	0:54:50
Holly Towers	0:58:46
Katie Gash	0:59:36
Bob Thomas	1:02:49
Anthony Eastaway	1:09:19
Lorraine Bailey	1:12:50
Janice Thomas	1:16:35

Hunsrück Marathon, German

Name	Chip
Caroline Jackson	3:35:52 2nd Lady/1st V35
Paul Monaghan	3:49:10
Martin Richard Bush	4:28:37
Pete Morris	4:31:38

28th August

Reading AC Mile

Name	Chip
Mark Apsey	4:41,15
David McCoy	4:46,29
Chris Lucas	4:54,60
Ian Giggs	5:21,02
Pete Jewell	5:24,10

ROADRUNNERS RESULTS

Brian Kirsopp	5:31,61
Bill Watson	5:55,77
Peter Cook	6:00,48
Nigel Houlst	6:10,01
Sam Whalley	6:57,57
Anthony Eastaway	7:41,13
Kevin Strong	7:41,43

3rd September

Thames River Relay

Name	Chip
Whistling Rufus	4:16:23
Maureen Sweeney	0:59:22
Lorraine Bailey	0:49:41
John Bailey	1:03:21
Mark Andrew	0:34:44
Tom Harrison	0:49:15

Swindon Half Marathon

Name	Chip
David Ferguson	1:23:06

Harlow 10

Name	Chip
Dean Allaway	1:12:30
Kerri French	1:53:22

Thanet Coastal Marathon

Name	Chip
Pete The Train Morris	5:17:35
Martin Bush	5:18:15

Maidenhead Half Marathon

Name	Chip
Andrew Smith	01:20:35
Ian Giggs	01:28:56
Anthony Long	01:29:06 PB
Stuart Bradburn	01:29:25
Alan Freer	01:31:30 2nd V60
David McCoy	01:32:59
Chris Buley	01:33:38
David Legg	01:34:39
David Caswell	01:35:19
Caroline Jackson	01:35:35
Sarah Dooley	01:36:25
Jane Davies	01:36:39 2nd V50
Gemma Stobie	01:38:35
Kevin Jones	01:38:40
David Leake	01:39:37
Marion Loiseau	01:40:36

Paul Monaghan	01:41:03
Christopher James	01:41:41
Tracey Hicks	01:44:07
Jonathan Belson	01:45:22
Chris Manton	01:47:50
Alix Eyles	01:48:19
Clive Bate	01:49:04
Catherine Leather	01:52:22
Simon Davis	01:56:32
Alice Carpenter	01:56:34
Gurpritpal Singh	01:57:17
Mo Fassihinia	01:59:17
Tina Woffington	02:01:45 2nd V60
Charlie Macklin	02:01:48
Frank Cooper	02:09:20
Ian McGuinness	02:11:02
Linda Wright	02:19:41
Sarah Richmond-Devoy	02:24:49
Suzanne Bate	02:24:51
Anthony Eastaway	02:24:58 PB
Julie Bagley	02:25:46
Caroline Hargreaves	02:29:00
Helen Dixon	02:29:02 PB
Candy Cox	02:29:03
Sarah Drew	02:33:27
Julie Wing	03:07:39

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

Reading Roadrunners Committee Meeting

TUESDAY 5th SEPTEMBER 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, Catherine

MINUTES OF THE PREVIOUS MEETING

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

MATTERS ARISING FROM THE MINUTES OF THE PREVIOUS MEETING

Electronic payment facility Fully traceable transaction reporting from the card payment facility is still not in place to the Treasurer's satisfaction. Simon Davis to address urgently.

CHAIRMAN'S REPORT

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

- 03Aug. Pub run: Turners Arms, Mortimer
- 17Aug. Pub run: Packhorse, Mapledurham
- 19Aug. Olly Murs concert
- 20Aug. Dragon boat event
- 27Aug. Headington 5 (Champs)
- 03Sep. Maidenhead HM (Champs)

This brings the pub runs to an end for this year. Carl observed that they have all been very well attended and thanked everyone who has been involved in staging the events, especially Tina Woffington, who orchestrated the series.

Notable forthcoming events include:

- 17Sep. Swallowfield 10K (Champs)
- 24Sep. Mortimer 10K

- 30Sep. 30th anniversary summer party
- 01Oct. 020 10K (Champs)
- 15Oct. Tadley 10 (Champs)

TREASURER'S REPORT

Accounts Sandy reported that the accounts are balanced, with the exception of monies taken through the new card payment facility, for which reporting is still not in an accountable state.

Great City Race marshalling Sandy recorded that she has yet to receive any money from VLM in recompense for the club's costs in sending marshals to this year's event.

GENERAL SECRETARY'S REPORT

England Athletics Bob reported that England Athletics' newly-joined liaison officer for our area, Sarah Gardiner, will visit the club and take part in a coaching group on 27Sep17.

Outdoor & Cycle Concepts discount Bob reported that the discount arrangements we have enjoyed with Cotswold Outdoor for the past few years has been renewed and expanded to include other brands in the group, including Snow & Rock, CycleSurgery and runnersneed. Details have been circulated by email.

SEAA The SEAA AGM on 10Sep17 looks set to be a fractious affair, Kent County Athletics Association having lodged a detailed and negative critique of SEAA's intention to split into two separate legal entities. KCAA questions the integrity of SEAA's intentions.

MEMBERSHIP SECRETARY'S REPORT

Anne reported that ten new members joined during July and August, bringing the present complement to 516.

SOCIAL SECRETARY'S REPORT

Hannah reported on recent and forthcoming social events:

- Both the Olly Murs and Dragon boat events went well, though the latter was less well attended than had been hoped. Despite that, it was agreed that we would make an early booking for next year's Dragon boat event.
- The Christmas party will be held on 2Dec17 at Sutton Bowls Club
- Hannah is finalising details for a local brewery tour on 19Oct17.

- Hannah is looking into organising a theatre trip in Jan18.
- The annual Dinner Dance will be held on 24Feb18, venue to be confirmed.

COACHING REPORT

Simon Davis reported that the newly qualified coaches have been taking groups and have been well received.

Simon reported that he has had some interest from other members who might take on Level 1 training.

ANY OTHER BUSINESS

Bramley 20/10 race budget Carl tabled for approval the budget statement provided by Adele Graham, the Race Director for the 2018 Bramley 20/10. The budget was unanimously approved.

Online membership facility Bob reported that he has made some progress with establishing an online membership facility, with the intention of having it live in time to run 2018 membership renewals. This is proving to be rather more work than originally envisaged.

The service provider for the facility is WebCollect, which is proving to be very responsive to queries and requests for advice on how to proceed.

Bob has loaded records for the Committee members into the new facility and has asked the Committee to sign in and see what they make of it, without any instructions, which should inform what sort of documentation will need to be provided.

As well as membership admin and renewals, once fully implemented we will be able to sell event bookings using the same facility, e.g. social events, London Marathon coach bookings.

It was agreed that initially we will enable payment through the facility using cheque (via Anne), credit and debit cards and will revisit BACS, Direct Debit and PayPal once we have some experience of using the facility.

London Marathon ballots Simon Davis asked for the Club and marshallings to be given a date as members are trying to decide if they should enter other marathons if they fail to secure a place at London.

Carl responded that the ballots cannot take place until members have their main ballot rejection letters.

Bob noted that he expects to be able to apply for the Club's four guaranteed places in the next month or so.

Club 30th anniversary anthology Sandy reported that the book she and her team have been compiling over many months will be launched on 30Sep17 at the summer party. The price will be £3.

Car boot sales & the Charity Carl reported that, despite email, newsletter and track announcements to the effect that the long-serving team who have run the car boot sales are standing down, nobody has come forward to take on the organisation and running of the sales. The Club will therefore relinquish its sales pitch from the end of this season.

As the car boot sales have provided the major income stream for the charity over the years, it is likely that we will not operate a nominated Club Charity beyond this year.

Action: Carl to propose what steps we need to take to confirm the Club's position in regard to charity donations in future years.

XC participation Sam Whalley, Ladies Captain, has proposed that members who run in all TVXC races or all Hampshire League races in a season should receive some recognition of having done so.

Action: Carl to discuss with Sam what she has in mind.

Club TVXC event Regarding the Club's TVXC event, Carl laid out some issues that affect the feasibility of us staging an event this winter.

First, though, Carl was pleased to announce that Sev Konieczny has agreed to become the Race Director for the event.

The issues are:

1. Management of Crowthorne Woods has transferred from the Forestry Commission to Crown Estates, which is presently stating that it will not allow races to take place on the property.
2. There is a clash between our race date and a rescheduled Berks XC event.
3. In the event that Crown Estates does not relent, we will need to find a new venue with sufficient parking.

Action: Carl to resolve arrangements for this year's TVXC event, or confirm its cancellation.

DOOR ROTA

06Sep17	Anne, Christina
13Sep17	Anne, Shirley
20Sep17	Anne, Sandy
27Sep17	Anne, Shirley
04Oct17	Anne, TBD
11Oct17	Shirley, TBD
18Oct17	Anne, Jane
25Oct17	Anne, Shirley

DONM: 030ct17

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 6th October