



The newsletter remembers 1987 as the year a friend's dad got a CD player (things moved slowly in Yateley). The one thing that we had heard about CDs was that you could scratch them, smear them with jam etc. and they would still reproduce perfect sound. You can probably guess the rest of the story.

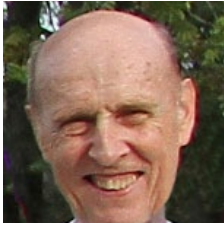
Anyway, luckily over in Reading a band of pioneering running enthusiasts were spending their time more productively forming what we now know and love as Reading Roadrunners. This month saw the official celebrations as the club marked the anniversary in traditional style (roasting a pig, making cakes and getting tiddly on Brakspears...)

Your race reports have been coming in thick and fast, from desert marathons to 10Ks around shopping centres. Many thanks to all this month's contributors - we look forward to lots more as we head into Cross Country season!

#### **INSIDE THIS MONTH:**

- **MEDOC MARATHON**
- **THAMES VALLEY XC**
- **CHARITY NEWS**
- **FRIDAY TRACK & 5K**
- **O2O 10K**





## Chairman Chat

CARL WOFFINGTON

I mentioned last month that autumn was approaching. I now have leaves on my lawn, so I guess it's here. The XC season is with us. By the time you read this we will have run our first TVXC race of the series.

Our own Mortimer 10k race was held just recently. It was a lovely sunny day which always means more entries on the day. We had already received more pre entries than usual. So the combination gave us a very well supported 10k and junior race. The whole thing went well. Thanks to Race Director Bob, Chief Marshal Tina and I did a bit on the course. Thanks to our RR runners that supported the races. A very special thank you to all the volunteers that came out in numbers and made the race possible.

On the same day as Mortimer were the SEAA Relays at Crystal Palace. RR entered mens and womens teams. The results were a bit muddled initially but now sorted. I understand our teams ran well and enjoyed the day.

Our latest timed track runs were held on 22nd September. A little different to previous runs in that there was both a 1mile run and 5000m run. Also some music from the grandstand. Some of you managed to run both distances. A good turnout of runners and a very good turnout of helpers, thanks to all for supporting. Thanks to Tony and crew for organising.

We have just held our 30th Birthday Summer Party. It was a hog roast held at the Queens Oak, Finchampstead. The landlord closed the pub to the public and treated us very well. The food was served to our tables and was excellent. The atmosphere was warm and friendly – exactly as usual with RR's. Peter Higgs made a couple of excellent celebration cakes – thanks Pete. A big thank you to Hannah, Fiona and Fergal for the organisation. Also, thanks to Ellen and colleague for organising the charity things.

The above mentioned party incorporated our 30th Birthday book launch. I hadn't seen the book before Saturday and bought a copy. It really is very good and a bargain at £3. It is very clear that an enormous amount of work was put into producing the book. The initial idea came from Sandy and she assembled the contributors etc, so a big thankyou to them. I understand that all the articles were given to Chris Cutting and he spent considerable time and skill in knocking the whole thing into shape – so thanks for that.

There were two more RR Club Championship races last month. Swallowfield 10k and O2O 10k. There is just one race left to go in the series now and 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 8th Oct – TVXC, Metros
- Sun 15th Oct – Tadley 10 mile, RR Champs
- Thu 19th Oct – Brewery Tour
- Sat 11th Nov – Hampshire League XC, Petersfield
- Sun 12th Nov – TVXC, Datchet

We will also hold the London Marathon draws. So don't throw away those rejection notifications if you want to enter.

Have you thought about running one of the XC races but not got around to it? Maybe not run one since school days and a bit nervous? They are good fun. Come and talk to me or one of your mates who are regular XC runners for more information.





## Ladies' Captain - Report

SAM WHALLEY

Well, it is definitely feeling autumnal out there, and the road racing season is underway. The 'You're In!', or more likely, 'Sorry!' magazines have also started to drop onto doormats across the land, and it's time to start getting out those hi-vis jackets and checking your head torches. This weekend will also see the start of the cross-country race series, about which I am very excited. Nothing can beat that liberating feeling of splashing through mud and puddles, the exhaustion of the uphills, and the exhilaration of the downs. A far cry from my school cross-country, which, I recall, consisted of walking (I was not a teenage runner) across fields on the outskirts of Barnstaple, and then down the dual carriageway back to school. No fond memories there, and I promise I was not one of those who just popped home until the end of the lesson, although it would have been easy to do so.

This report will kick off with Helen Pool's VW40 victory at the Wetherby 10k on 3rd September, with a PB of 41:40. That must be quite a trophy collection Helen has now.

A week later, Ros Lee was tackling the Mauritius 10km Trail Race, which sounds tough, both in terms of climate and terrain. Meanwhile, others of us were up in Newcastle for the Great North Run. This was my second time entering the ballot, and the second time getting a place; I have never been more successful at anything. I absolutely love this race, busy though it is – there is so much support, from start to finish, and the spectators hand out ice-pops. What's not to like? It's not really a PB kind of course, unless you get a PB, but I was happy to beat my time from last year. Judith Ritchie ran a splendid 2:13:02, while Margot Bishop, Liz Atkinson and Catherine Douglas treated it like a big day out and came in together with 2:42:43. Pretty good since Martin let slip at the baggage bus that Catherine had been determined she wasn't going to put on her running kit that very morning! As if!

Linda Wright had opted for a fun half marathon at Bacchus, and, further afield, we had Christina Calderon clocking up another full marathon, the Jungfrau (mountain) in Switzerland, and Caroline Jackson

enjoying the Medoc vineyard marathon in France. Caroline Hargreaves continued her marathon journey in the Chilterns, while Gill Manton achieved a PB at the Thames Path 50k.

Saturday 16th September had Emma Grenside as the only green vest in the Oslo half marathon, and Gemma Buley running yet another ultra marathon, the Chiltern Wonderland 50 miler.

Sunday 17th September saw the second of the 10ks in the club championship, and our ladies were out in force. There were PBs for Hannah McPhee, Helen Dixon, Diane Hodder, Jill Dibben and Katie Gumbrell, and VW40 (which they called 'elite') and VW50 ('premier') prizes for Helen Pool and Adele Graham,



respectively. Those still in the club champs, and picking up the most points in their categories, were Helen Dixon, Helen Pool, Charlie Macklin, Linda Wright, and Janice Thomas.

Favouring the longer or more challenging distances on that day were Sarah Richmond-Devoy and Vroni Royle, in the Richmond half marathon (rumour has it that Sarah just wanted a medal with her name on it), Caroline Jackson in the marathon in the same location, running with partner, Paul, on his 100th marathon, and Lorraine Bailey and Estelle Chase in the Butser Hill Challenge.



Friday 22nd September saw an addition to the track 5k, the track mile. In the latter, first RR lady home was Sally Carpenter, in 7:02; 7 minutes has to be a target now! In the 5k, Sarah Dooley was first RR lady to finish, in an aesthetically pleasing 21:21. Jess Johnson and Sarah Hicks were brave enough to run both distances, and Fiona Ross was pleased that, this time, she had managed to count the correct number of laps. The next track 5k, or should we call it 5000m?, will be on 17th November.

The following weekend was another busy one, beginning, on Saturday 23rd September, with Sarah Bate running a PB time of 54:30 at the Windsor Women's 10k.



On the Sunday, many of our ladies involved in the club's own Mortimer 10k. The notoriously 'lumpy' course (I seem to remember a neverending hill in the 9th km) saw Lesley Whiley, another whose trophy cabinet must be groaning, collect the VW50 prize, and Holly Turner achieve a PB – well done, ladies!

Laura Batten and Alice Jackson opted for the Windsor half marathon on this hot and sunny day, Helen Grieves braved the Surrey Hills half marathon, and Kathy Tytler and Alexa Duckworth-Briggs completing the Surrey Tops 50 miler. According to their website, this event is open to both runners and walkers, and, 'with a route based on the old 'Surrey Summits', a particular feature of the event is that it offers a considerable degree of night navigation'. Gulp. As someone whose night vision is so poor that I recently walked into a wall at the cinema (I kid you not – my daughters will tell the tale, if they can stop laughing), this sounds incredible. Much kudos to you both. \*note to self: eat more carrots.

Yet more of you felt the benefit of months of training in a marathon that weekend, ..... or just turned up, like Amanda Rosser at Nottingham – well done, Amanda, that must take some mental strength! Katherine Sargeant continued her quest for the marathon majors' medal, by pounding the pavements in rainy Berlin, along with Louise Atkinson, Catherine Carr and Fleur Denton; an injured Catherine Leather travelled anyway, as support. Tracey Hicks, Trisha Arnold and Julia Bagley were running point-to-point in 'breathtakingly beautiful' (it calls itself) Loch Ness. Ros Lee found a trail 5k in the Forest of Dean, which sounds appealing, and challenging enough.

A separate report is included on the SEAA Road Relays, in which we entered a senior and a vet team.

Sunday 1st October saw the last of the 10k races in the club championship, and competition was hotting up. I was under the impression that being flat, it would be fast. Wrong! Rain had made it slippery underfoot, both in the nature reserve, and along the tow path, and I, for one, found it exhausting. Lesley Whiley, first female RR home, again was awarded the VW50 prize, and PBs were claimed by new member, Beth Rudd, fresh from Roger's induction, and Vroni Royle. Hannah McPhee would have achieved a PB, had she not been

sent the wrong way. As far as the club champs were concerned, top points went to Sally Carpenter, Joanne Sollesse, Mary Janssen, Gill Gillard, Tina Woffington and Janice Thomas.

Laura Batten was our only lady in the Cardiff half marathon, with 2:08:36, while Jane Davies was 4th female, and first in her age category, at the off-road Clarendon marathon, managing to sneak in just under 4 hours. "It's tough, but you'll love it," claims their website. Well, Jane is smiling.

Well done on all of your achievements this past month, and good luck to anyone racing in the month to come. Here are details of upcoming XC features (you should have received an email with full details):

### TVXC

- Sunday 12th November – Datchet
- Sunday 26th November – Sandhurst  
Cost £3, payable on the day.

### Hampshire XC League

- Saturday 14th October – Bournemouth
- Saturday 11th November – Petersfield

Let me know if you are planning on attending either of these fixtures.

### Berkshire, Buckinghamshire & Oxfordshire XC Champs

- Sunday 19th November – Reading

Let me know if you would like to enter.

### Masters XC Champs

Saturday 9th December – Oxford

Teams of 3 wanted for the over 40s, over 50s and over 60s categories.

Let me know if you would like to enter.

### Berkshire XC Champs

Sunday 17th December – Reading

Let me know if you would like to enter.

## Visit from our England Athletics (EA) Club Support Manager

### CARL WOFFINGTON

Christine Benning was our EA Club and Coach Support Officer for many years. Her area was Berkshire, Surrey, Hampshire, Isle of Wight and Channel Islands. Christine left EA at the end of March for retirement.

Sarah Gardiner has subsequently taken on the role of EA Club Support Manager for our area. The area she covers has changed to Berkshire, Oxfordshire, Sussex, Hampshire and the Isle of Wight.

Sarah wrote to RR Gen Sec on 25th August :- "I would really like to arrange a visit to your club, it would be great to find out more about your coaching structure and what makes Reading RR such a successful and large club. I will be in the area on Weds 27th September if this is a suitable evening to come along and chat, maybe join in the session, it would be great to get some feedback from lirr's / cirf's too."



RR replied and the visit took place as suggested on Wednesday 27th September. Sarah met with Chairman (Carl) Gen Sec (Bob) and Coaching Coordinator (Simon). We had chats both before and after the session. It was a tad damp for the run but never mind. Sarah has a background of belonging to a road running club near Portsmouth where she also coaches. She has already visited some clubs in her area and is hoping to visit more.



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## Men's Captain - Report

PHIL REAY

### October 2017

It would be easy to sit back, relax and enjoy the summer months and let running take somewhat of a backseat, but not for many of our Men's team. The hard training over the summer has reaped rewards with some stellar performances during the start of the Autumn season.

Off the back of two PBs at 10K and Half Marathons in August, Gary Tuttle headed to Nottingham Marathon in search of another PB. Let me take you back to May, it's the Edinburgh Marathon and Gary has done the training and set the target of running sub 3hrs for the first time. Things don't always go to plan and Gary ran 3:05 that day, His response was to train harder and smarter and make another attempt later in the year. I'm thrilled to report that Gary went on to run 2:59:14 in Nottingham. To bounce back from disappointment earlier in the year shows great character and determination. Well done Gary.



*pic: Gary celebrates his sub 3 marathon and Ben and Dave lead the Green Vests home to a 1-2 finish at Swallowfield 10k*

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Another member of the team who keeps on breaking down barriers this year is Brendan Morris. PBs earlier in the year were followed in September with a half marathon PB at Cardiff in a time of 1:17:14. Brendan next runs in the Abingdon Marathon on 22 October. Wishing Brendan well for another PB. No pressure ☺

Our club 20 mile record holder Matthew Richards was in action at Clarendon half marathon. The summer holidays have served him well as he stormed to victory in a time of 1:19:28. Over 9minutes ahead of the 2<sup>nd</sup> place man. Nice one Matt.

At Berlin Marathon, with Kipchoge having the edge over the rest of the field it was down to our men to run against themselves. Three were rewarded with new PBs. Awesome running in cold, wet conditions from Brooke Johnson (3:09), Tony Streams (3:27) and Simon Denton (3:33). Well done chaps.



Pic l-r: Brooke, Tony and Simon celebrate their PBs in Berlin.

The final two 10K races of the Club Championships took place at Swallowfield and O2O (TVP) respectively. Ben Paviour and David McCoy made it a 1-2 at Swallowfield and Rob Corney seemingly effortlessly ran to victory in the O2O. With one race to go at Tadley 10 on 15 October there are still positions in the standings to be decided. The v40 section is reaching an exciting climax with Eugene McSorley leading the way and only Ben Whalley able to catch him with a large points hall in the final event. Thanks once again to our roving reporter David Dibben for a full race report on each event. These are featured elsewhere in this edition of the club newsletter. I'd like to personally thank David for taking the time to put these together and also pass on my congratulations as it appears he's taken the v65 crown. We'll have a full round-up of the Club Championships in the next edition.

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*pic: Eugene leads the way in the v40 category and David has all but sown up the v65 category.*

At Mortimer 10K, it was about giving back to the running community as we provided a huge team of volunteers. Out on the course second claim member Keith Russell cruised to a win on his comeback from injury with our very own Chris Lucas and Mark Apsey both finishing on the podium.

The Green Vests have turned out in big numbers during September, which is great to see. I've also noticed there seems to be an increase in the wearing of other club branded kit. This is by no means a sales pitch but I love the identity it gives us at races – arriving and being able to spot other Reading Roadrunners provides me with a sense of camaraderie and perhaps even helps with a mental edge going to the start line. Thanks to our kit managers Chris and Sarah Drew.

One story away from the races that seems to have dominated social media is the London Marathon ballot. For me personally, I've entered this 16 times over the last 19 years and now boast 16 'sorry' magazines so I know how it feels. There are further opportunities to get lucky as the Club Marshalls ballot takes place on 11 October followed shortly afterwards by the Club ballot. For those fortunate to have already secured a place either in a ballot or via a good for age time, congratulations. And for those who don't the Spring season offers many wonderful marathons and races. Our team of wonderful coaches are always available to put together a tailored training plan to help you achieve your goals.

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!



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### **Runners on the Road**

This month runners on the road is dedicated to our SEAA road relay teams. I'm also please to say that Mark Worringham returns to the this section of the newsletter. For those who have missed his charm and wit, here is his report on the relays:

Due either to popular demand or simply by default (choose whichever you believe), I briefly reprised my former captain's role to lead our men's teams at the SEAA Road Relays at Crystal Palace on 24th September. Sam has already reported on the ladies' teams' excellent showing at this race in her report, so I will stick to letting you know how the teams sporting the XY chromosomes got on.

After an entertaining journey up in which our coach made half of South London's motorists reverse up a narrow road, we arrived at the legendary Crystal Palace athletics stadium. This is the track that used to hold the prestigious Emsley Carr mile, which I remember enjoying on TV when I was young, and also where Steve Backley once broke the javelin world record, so we would be following in hallowed footsteps. Unfortunately, no-one seems to have invested a penny in the stadium since Backley was soiling nappies, and it showed. The vista from the centre of the track towards the scoreboard and the National Sports Stadium beyond put one in mind of footage of 90s Balkan civil wars, and one half expected to see Kate Adie scurrying into cover in the background.

Nevertheless, the course showed some promise, at least in comparison to last year's windswept bleakness at Bedford, even if the 6K legs turned out to have more than 1K missing from them, a minor oversight I'm sure you'll agree.

Roadrunners managed to put both a senior team and a V40 team out, and both were the strongest we had fielded during my time at the club. I was really pleased to have so many good runners interested in taking part in this. I entertained vague hopes of medals at V40 level, and of qualification for the national relays (top 25) for the seniors. Feeling briefly that leading the teams ought to involve me doing something other than standing around and drinking a coffee, I tried to give an inspiring pep talk. It turns out this is more difficult than you might think, particularly when you are cursed with sounding sarcastic even when you're being sincere, but I think the teams appreciated the effort.

First up for the seniors was Matthew Richards, with Seb Briggs taking on leg 1 for the V40s. Matthew stormed round in an excellent 15:39, whilst Seb wasn't too far behind with 16:12, placing us second V40 team. David McCoy took on leg 2 for the seniors, and I took over from Seb in the V40s. I gamely chased David down, but was unable to pip him on the line, with David running 16:42 to my 16:11. I had made some headway on the lead V40 team (Herne Hill), but we were still running second.

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David handed on to Rob Corney, who ran an epic 15:36 to bring the seniors to the halfway point in 24th, within a qualification spot. I handed onto Ben Whalley, who with a demanding new job hasn't been able to train as he'd have liked, but nevertheless managed a creditable 17:47. Unfortunately, the V40 competition was fierce, and we found ourselves in 4th at the end of Leg 3 behind Kent, Herne Hill and Thames Hare and Hounds.

Last leg for the V40s was Lance Nortcliff, and it was always going to be a tough ask to expect him to make places back given that he is in the early stages of comeback from injury. He ran a heroic leg, in some pain, and his 17:34 ensured that we kept our 4th V40 place. He was up against our own second-claimer Ben Paviour, in the red and black of Herne Hill, who secured bronze for his team. Fourth place across the whole southern region is none too shabby, and shows what we might achieve if we could put a fully fit team out. Also, it's worth noting that we were first non-London team, so that must count for something.

The seniors were still very much going at this point, as theirs was a 6-stage race. Rob handed off to Brendan Morris, whose times have been dropping like a stone this year, and he was able to keep us broadly in the hunt for qualification with 17:16. However, at this point the high standard of the competition was starting to tell. Andy Mutton was on leg 5, and his 17:45 was capped by a frankly exhilarating sprint finish to set up Jamie Smith for the glory leg. Jamie's 17:53 on the very tough final leg when teams tend to be well-spaced out meant that the senior team ended up 40th. However, after almost 2 hours of running, to be only 3 minutes off qualification for the nationals is still a fine effort, and certainly gives us something to shoot for next time.

All in all, t'was a fine day out. In fact, it was such a great day out that we decided to extend it by sitting in 7 miles of stationary traffic through South London. As usual, SEAA managed to take days to get the results out – presumably, as opposed to just uploading a file to the internet, they had to be inked into parchment by a 150-year old wise man in a cave somewhere before being delivered to the clubs by mule – and when they did, they were all wrong, but that's par for the course unfortunately. We will be back, and hopefully even stronger next year. Thanks again to everyone who ran, you made for an excellent performance.

Incidentally, if the above has whetted your appetite, I am very keen to put a team in for the southern 12 stage road relays towards the end of March. I feel sure that a strong Roadrunners team can qualify from that, so if anyone is interested, please contact me.

**And finally.....**

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...Dave McCoy reveals his new coach and training partner is the secret behind his recent period of good form.



Thanks for reading, next month we'll be reporting on the final standings from the Club Championships and provide an update following the start of the TVXC Season.

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





# Charity corner...

Farewell to the Prospect Park Car boot sales.....



A couple of photos from the final car boot sale. The regulars have done a fantastic job to run these for around 20 years and raise over £600,000 for various worthy causes. Cycle Smart is certainly very lucky to have been involved in the last ones and very much appreciate the support the regulars have given them. A big thank you from me and all at Cycle Smart. I hope all the regulars enjoy their Saturday morning lie in's!!

## Mortimer 10k



A great day was had at Mortimer 10k with myself and Angie on the Cycle Smart stall with a selection of cycling gear, safety leaflets and cakes!! Cycle Smart sell discounted helmets and other cycling safety gear so if you need anything please contact me.

## 30<sup>th</sup> anniversary party

There was a great turn out to celebrate the club's 30<sup>th</sup> year on the 30<sup>th</sup>!! A total of £162.89 was raised in total with all the fun and games so thank you for that.

Guessing the name of (Terry) the turtle raised £23.90

Buzz the Wire raised £6.00

Tombola raised £43.00

Ad-hoc auction for the photography voucher and the child's bicycle helmet raised £17.00

Charity pot raised £18.84

Quiz raised £54.15.

Don't forget the justgiving page is available for any ad-hoc donations:

<https://www.justgiving.com/fundraising/readingroadrunners2017>

Please keep your raffle prizes coming in, Jane & Mel could do with some more Gin!!!

Current total raised is £12,482 (also on the RR website)

That's all for now and thank you,

Ellen

[charity@readingroadrunners.org](mailto:charity@readingroadrunners.org)

# Track Friday - Mile and 5K

FERGAL DONNELLY

Last month we hosted our eighth track event at Palmer Park stadium, our inaugural Mile AND 5k distances the feature on this occasion. In less than two years the event has evolved from a simple 5k race with just under 30 runners each recording their own times to a more structured event with race numbers & clock, staggered and gun start, true distances, recorded times, and most recently two separate distances. Along the way, the number of runners has more than doubled and while we'll continue to evolve the event we're really grateful for the great social 'feel' which distinguishes this event, thanks to all those who take part, support & most importantly our magnificent team of volunteers (including children) without whom the event would not be possible.

A total of 33 runners lined up at the start of the Mile and there was lots of competition throughout, particularly between six and seven minutes with no less than 19 runners crossing the line during this time. Congratulations to David McCoy, a clear winner in a time of 4:54 mins and special mention to Tom Harrison, finishing in 8:45 mins, aged 83.

A larger field of 43 runners competed in the 5k with Alex Warner winning in a time of 17:29 mins, just 2 seconds ahead of Ian Waitland who also finished second in the Mile event. Again, there was an even spread of runners with a number of close finishes and pacers helping friends achieve PB's. Plus another excellent performance from Tom Harrison, finishing 40th in a time of 28:12 mins. Previous events have seen runners finish in the mid-thirties (minutes) so this proved to be a relatively fast race. Just the one competitor on this occasion who miscalculated the number of laps, 12.5, illustrating that counting and running are two actions that are not always easily combined!

Overall, it was another successful evening with 50 runners, 27 of whom ran both races. 17 were non Roadrunners including runners from Sweatshop, Joggers, University, Tri20, Reading AC, Maidenhead and guests. Sadly we were one week too early for the University students- the majority were on 'Freshers'

week – evidenced by a whopping turn-out of almost 50 Uni runners the following Friday at RR's usual training evening. 'DJ Denis' coaxed runners down the home straight thanks to an impressive PA system and a musical selection intended to inspire (cue Chariots of Fire, Rocky etc) which seemed to have the desired effect!

Afterwards, all retreated to the clubhouse, or home, depending on the nature of refreshment, or recuperation, required. Runners generosity was in ample supply with cakes aplenty and £48 donated to club charity- Cycle Smart- in return for a fun and fruitful evening just had.

We're already looking ahead to our next event and a provisional date- our final one of 2017- of Friday 17th November has been pencilled in. We wish to remind Track Friday is intended for runners of all abilities and we'll be looking to evolve the event even further with talk of a fun (informal) relay event the next time, subject to timings & weather. Friday 17th November is neatly wedged in between the first TVXC race at Datchet on Sunday 12th and Sandhurst on Sunday 26th so hopefully that will encourage even more Roadrunners to participate. We look forward to seeing you and even if we can't guarantee the weather we can definitely guarantee a WARM WELCOME!



# Track Friday - RESULTS

Mile & 5k, 22<sup>nd</sup> September 2017

## Next Event

Friday 17<sup>th</sup> November - TBC, Palmer Park @ 1830hrs



## \*\* Mile \*\*

- 1: McCoy, D 4:54 RR
- 2: Waitland, I 5:06 RR
- 3: Giggis, I 5:21 RR
- 4: Bradburn, S 5:24 RR
- 5: Jewell, P 5:26 RR
- 6: Morgan, A 5:38 RR
- 7: Kew, J 5:42 MAC
- 8: Warner, A 5:45 RR
- 9: Kerr, P 5:48 RR
- 10: Fiddes, D 6:06 RR
- 11: Williamson, A 6:15 SRC
- 12: Thomas, C 6:16 RR
- 13: Caswell, D 6:22 RR
- 14: Watson, B 6:23 RR
- 15: Cottell, C 6:23 RR



- 16: Adley, N 6:36 RR
- 17: Dloben, D 6:48 RR
- 18: Alexander, K 6:54 RJ
- 19: Bertrand, C 7:01 RR
- 20: Carpenter, S 7:02 RR
- 21: Walenkiewicz, A 7:02 SRC
- 22: Faulkner, R 7:02 RAC
- 23: Jinadasa, S 7:12 RR
- 24: Johnson, J 7:14 RR
- 25: Bertrand, R 7:33 RR
- 26: Morris, P 7:44 RR
- 27: Riviere, S 7:46 RJ
- 28: Eastwood, K 7:57 RR
- 29: Pritchard, R 8:06 RR
- 30: Hicks, S 8:16 RR
- 31: Hopkins, G 8:16 RJ
- 32: Lenaghan, A 8:24 RJ
- 33: Harrison, T 8:45 RR

## \*\* 5k \*\*

- 1: Warner, A 17:29 RR
- 2: Waitland, I 17:31 RR
- 3: Talib, J 17:49 Uni
- 4: Faulkner, R 17:49 RAC
- 5: Kew, J 18:41 MAC
- 6: Bradburn, S 18:52 RR
- 7: Morgan, A 19:07 RR
- 8: Watson, B 19:10 N/A
- 9: Brock, D 19:17 RR
- 10: Jones, S 19:31 RR
- 11: Kerr, P 19:32 RR
- 12: Buley, C 19:33 RR
- 13: Watson, B 19:39 RR
- 14: Smith, R 20:01 RR
- 15: Bertrand, C 20:02 RR
- 16: Cottell, C 20:03 RR
- 17: Cook, P 20:21 RR
- 18: Thomas, C 20:38 RR
- 19: Fiddes, D 21:00 RR



- 20: Caswell, D 21:01 RR
- 21: Dooley, S 21:21 RR
- 22: Thompson, R 21:24 N/A
- 23: Williamson, A 21:26 SRC
- 24: Morris, P 22:16 RR
- 25: Webb, T 23:06 T20
- 26: Adley, N 23:44 RR
- 27: Barret, A 24:19 Uni
- 28: Bertrand, R 24:24 RR
- 29: Harvay, G 24:31 SRC
- 30: Walenkiewicz, A 24:52 SRC
- 31: Johnson, J 24:56 RR
- 32: Riviere, S 24:59 RJ
- 33: Johnston, M 25:11 N/A
- 34: Ross, P 26:15 RR
- 35: Hardie, S 26:15 N/A
- 36: Jewell, P 26:16 RR
- 37: Pritchard, R 27:02 RR
- 38: Hopkins, G 27:32 RJ
- 39: Lenaghan, A 28:09 RJ
- 40: Harrison, T 28:12 RR
- 41: Revjith 28:30 RR
- 42: Hicks, S 28:38 RR
- N/A: Jinadasa, S - 1 lap RR

## 30th Anniversary article & book

www.readingchronicle.co.uk

### Roadrunners celebrate 30th birthday



**READING Roadrunners celebrated their 30th anniversary in style last Saturday.**

More than 80 members gathered at The Queen's Oak in Finchampstead to mark the club's birthday, which also saw the launch of a commemorative book.

The Palmer Park-based club was formed in January 1987 on the back of training sessions for the Reading Half Marathon by former British international athlete Stan Eldon and colleague John London.

Over three decades it has become one of the largest running clubs in the South East, boasting in excess of 500 members.

Among the club's many achievements are the popular

#### ATHLETICS

10km and junior races held at Shinfield and Mortimer every year, as well as the combined 10 and 20 mile race at Bramley, which is UK Athletics gold standard event featuring upwards of 1,400 runners from all over the South of England.

The club also features prominently at the London Marathon, supplying well over 60 marshals covering the Rotherhithe and prestigious Tower Bridge locations with the club chairman, Carl Woffington, responsible for stewarding across wider sections of the route.

Roadrunners have also raised in excess of £600k for a wide range of charities over the years, most notably via a series of annual car boot sales.

Highlights of last weekend's birthday party included a hog roast, followed by a quiz and raffle with all proceeds going to the club's nominated charity for 2017 - The Cycle-Smart Foundation based in Milford Road.

The commemorative book chronicles the club's history in a light-hearted yet informative manner.

Club treasurer Sandy Sheppard, whose idea it was originally, said she simply "felt inspired to give something back after all the club has given to so many people."

Woffington added: "This is a great club and its members have a lot to be proud of".

The book, which costs just £3, was co-edited by Fergal Donnelly and David Dibben.



❖ Anniversary publication celebrating club's 30th birthday

❖ Written by Roadrunners about Roadrunners



❖ Founded on the back of a Reading Half Marathon training group...

❖ ...quickly growing to become one of the largest roadrunning clubs in the SE of England



❖ Running at home and abroad



❖ Having a muddy, good time...



❖ Raising almost £0.6m for charitable causes



❖ Organising club races, supporting local communities



❖ ...and with a dollop of romance for good measure!

30 year anniversary publication : Price £3.00. On sale at the front desk - Wednesdays, from 04<sup>th</sup> Oct 2017

*Every Roadrunner home should have one!*



# Thames Valley Cross Country Volunteers

The Thames Valley Cross Country season started on 8th October. Reading Roadrunners are in this league (it is a competition!) with 14 other clubs, some of which host fixtures during the season. For 2017/18, the season runs from October to February. Cross country is a great addition to your training, mostly because running around in mud is great fun (there are also technical, physical benefits, but who cares about them?).

Each fixture relies on a small team of volunteers from our club to manage our squad. These people have to turn up early, whatever the weather, taking names and money (it's £3... three quid for a race!), staying to the bitter end to collect finish tokens. These volunteers are heroes and without them, we wouldn't get to do what is, for me, the best running-thing about being a Roadrunner.

So, grab your trail shoes (and a spare pair for after) and join this noble band for a most excellent time. Thank you to them all!

## Roadrunners' Thames Valley Cross Country volunteers

8th October	<b>Metros</b>	Jenny Gale Peter Higgs
12th November	<b>Datchet</b>	Peter Higgs Sam Whalley Keith Russell
26th November	<b>Sandhurst</b>	Donna Saunders Keith Russell Phil Reay
3rd December	<b>Handy Cross</b>	Juliet Fenwick Pip White Katie Gumbrell
14th January	<b>RR</b>	Katie Gumbrell Chris Cutting Donna Saunders
21st January	<b>Tadley</b>	Helen Dixon Donna Saunders Pip White
4th February	<b>Bracknell</b>	Donna Saunders Juliet Fenwick Phil Reay





# Chateaux of Wine for Marathon 99

MARATHON DU MEDOC WEEKEND 2017 By Paul Monaghan



After a number of years running the Bacchus wine marathon it was finally time to head for the real thing. 26.2 miles through vineyards in Bordeaux with 23 wine tasting stops. I mean what is not to like? Dean Allaway, Martin Bush, Peter Bowles along with Caroline Jackson & myself took the plunge and booked the race. You basically have about 2 hours from race opening online to book it. Seems quite a few people enjoy a spot of vino whilst running.

First order of the day was fancy dress. The theme was 70s Rock stars on 33rpm so after a week of search of Amazon I came up with a hippy costume, Caroline borrowed an Abba costume (her Amazon order never made it in time but that's another story) Bushy also picked a hippy costume and Dean opted for a blow up

Gorilla costume (I know. We thought the same).

Hotels were hard to come by so Caroline & I booked our own in Bordeaux just around the corner from



**Ransoms, Bushy, Myself, Pete B, Caroline & Dean All Ready to Run**

the others. We also arrived a day earlier to get acclimatised to the wine. We booked both an Ibis budget for first eve and normal Ibis next door for the rest of trip as couldn't get all the days we wanted in one hotel. The Ibis budget was about as big as a



#### Dean's Doomed Gorilla Costume (Before it Burst)

shoebox so we were glad to get out after first eve. We walked 50 metres around the corner to check into next hotel only to find when we got there that there was a door connecting both receptions that were about 10 steps apart. What a stupid nana I felt. French guy in other reception waved and gave a big grin.

Next morning the others arrived. I as always like to keep everyone together when we do trips, so texted at 1:50pm to find others as expo Pauillac was about to leave. Bushy sounded unconcerned having a beer with the rest a couple of blocks away. They had wrongly thought it was a 2:30 departure and with that came running down the road just to catch the coach in time. That was a close shave and we hadn't even reached the expo yet.

Admittedly the drive to expo was slightly too long at 90 mins but it certainly compensated when we arrived, as the wine tasting had already started. There were samples everywhere. Bushy was in his element as free souvenirs were in abundance. When he clocked the bottle top magnets he thought he'd died and gone to heaven. However that would have to wait till tomorrow.

Our coach departed from Bordeaux on race day at

6:30am as race would kick off at 10am we all arrived without incident decked out in our fancy dress. Dean had to blow his up so started to get changed after we arrived.

As usual we had our photoshoot. The town of Pauillac was lit up with everyone in their gear. Yellow Submarines, Vikings, Freddy Mercurys, Elvis', George Michaels, you name it they were all there. Was like stepping back to a trippy version of the 70s. The atmosphere was electric and we hadn't even started running or visited a château yet. As it was my 99th marathon Bushy had the brilliant idea of buying me



#### Tap Dancing Was Also Part of The Fun

a flake (99er) which I really loved. Caroline had her mike ready but have you heard her sing? Good job she'd be too busy running and sampling the goods.

There was a slight problem. Dean's Gorilla costume bust its zip so wouldn't blow up, and he must have been an hour trying to fix it. We all give it a go to no avail, so he did the wisest thing possible and ditched it just before the start.

There was a crane holding up a band platform above the start line. They were blaring out rock tunes as a horn blasted and we started. I can only be described as a carnival atmosphere and bared not much resemblance to a serious race.

Bushy was behind us still eying up the souvenir shops and taking photos whilst Dean had ran off ahead with Pete Bowles so Caroline & I just ran on our own. Must have been half a mile in when we came to a complete stop as we hit a bottleneck (pardon the pun). Caroline asked me to look left as seems there may have been



an accident as runners were all veering in that direction. It was only then I'd noticed it was the first wine stop. People were already posing for photos so was impossible to move, so we did what we do best and joined them for a glass.

Normally we'd finish any marathon well under 4 hours but immediately we began to worry we'd not make the 6:30 hours cut-off as we hit the second wine at about 2k, and again we felt it would be rude not to indulge. Also began to worry if Bushy would make it as if he didn't receive a medal, Brexit would be the least of our worries.

I'm trying my best here to describe the next stop so I'll give it a shot. On running we approached something



### Caroline Beats Bushy to The Corks

that looked like it had been plucked straight from a Disney movie. It could have easily been Cinderella's Castle. It's called Château Pichon-Longueville it was absolutely stunning with its small lake at the front. If you ever visit South of France and visit just one



### The Sweeper Van Complete With Brooms

Château, than make it this. We just hung and chatted to the crowds drinking the excellent wine they had on offer, Let me add that most was served in proper glasses, the French have class. What a brilliant photo opportunity, no selfie heads getting in the way of this shot.

The tone was set as the château and wine stops came thick and fast, I counted 22 in all. Each château is a picturesque stately home in itself, this race is absolutely stunning unmatched by any of the other 98 marathons I'd ran up to this point. The rain poured at certain points and Caroline's Abba costume she had borrowed was covered in mud as it had flared trousers, though I don't think she was alert enough to notice.

What was this? David Bowie puking up? Freddie Mercury urinating over a vineyard? Elvis with his mouth under a barrel tap? A Clockwork Orange group lined up with canes? A Yellow submarine passing us? Michael Jackson asking me for a selfie?

After visiting so many châteaux we became oblivious to time until about mile 23 at the Oyster stop. The tangy, lemony saltiness washed down with the wine brought me to my senses. I needed this marathon to count as I'd arranged my 100th marathon and celebrations in Richmond the following week, so I just couldn't slip up. We decided to go for it the last few miles just briefly stopping at last vino stops (come on, we're TeamJackMon).



The last mile was in sight and we went hell for leather, except the last mile was two miles. This really is the world's longest marathon as we'd miscalculated the extra miles running into the châteaux. Slightly worse for wear we eventually hit the finish line in 5 minutes inside cut off at 6:25. Sunburnt and tipsy we received our boxed bottle of Château Haut-Bergey and a medal. I was now just one marathon away from my magic 100th the following week. Dean had finished 20 mins earlier but Bushy was nowhere to be seen.

I've never seen a race finish with so many smiles, many were even in tears but that may have been the wine & cheese. The rain started pouring so we were then ushered into a tent with (you've guessed it) Even more wine, beer, cheese, foie grass and some French delicacies I've never even clocked before. Was not long before we bumped into Dean & Pete Bowles who were already tucking into the goodies. The Gorilla suit saga was long forgotten.

Bushy came in disappointed as he'd just missed the cut off. He still received a medal (thank got as would have been a riot) but didn't receive the boxed bottle of Château Haut-Bergey. He'd seen the sweeper van in front but gathered they'd be relaxed about it. After numerous photos it was time to head to the town where entertainment firework display had been laid on.

We'd arranged a walking wine tour around the vineyards with pickup at 8:30am the next morning. (I know it sounds crazy now but we had good intentions when we booked). The firework display was 8pm in the evening with our bus returning 11:30pm. It suddenly hit us we may have problems the next day. Caroline & I decided to just hang about but the others decided to grab a train, by this time the rain was pouring down.

We were sitting having about to eat and a rain drenched Dean & crew returned as apparently no trains were leaving Sunday evening. The stage was eventually lit up and an array of bands & dancers eventually entertained us for the eve so we decided a dance in the rain was in order. The excellent fireworks lit up the sky and rounded off a day of entertainment like no other.

We all slept on the return coach as had been a long day. Tomorrow would be a different story.

Bushy to his credit was up the next morning ready for the vineyard walk but the rest of us were out for the

count and decided to have a rest. He didn't want to go on his own so gave it a miss also. The funny thing is we we're talking to some American couples later on who had done the same thing and stayed in bed. They mentioned many at their hotel had also done the same. A lesson for next year perhaps?

Caroline & I decided a day of Bordeaux sites was in order so wandered around the town visiting the excellent Water Mirror at Place De La Bourse, Triangle d'Or, Basilique Saint-Michel and Arch of Aquitaine as well as numerous other places plus some really cool French cafés, All the while trying our best to avoid British themed places as we may as well stay at home for that.

A break was needed so we decided to open our bottle of Chateau Haut-Berget and sit by the river.. One problem, we did not have a corkscrew as they're not allowed though customs. Being in Bordeaux I explained to Caroline they'll be as popular as phones to carry. We must have asked 20 people and not one person carried one. Finally a little old lady in a second hand shop came to our rescue though she was having none of it when I mentioned she should enter a marathon.

At an outdoor café we got chatting to a guy who hand glided around the world for a hobby. It sounded like great fun. His hobby just seemed so similar to ours as he was also constantly looking for places around Europe to 'glide'. After a chat he'd decided he's enter Medoc next year.

I guess Caroline & I (and the rest of us for that matter) can come across as a cult except there's no supreme being but just a medal and a few magnets to aim for. We're constantly spreading the marathon word as a few of us do this kind of thing abroad quite often, and it's not just marathons.

If you're interested in joining us for one of our European jaunts then keep an eye on Facebook or give us a shout. It would be rude not to.

## SWALLOWFIELD 10K

Report by David Dibben, photos by Sev Konieczny

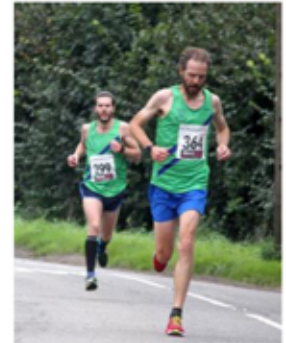
TEN was the vogue number at Swallowfield on Sunday, where no fewer than 10 Reading Roadrunners turned the village 10k race, the 10<sup>th</sup> round of the club championship, into a personal best fest.

That's as near as makes no difference a quarter of the number of our members who faced the starter.

A couple of hours later no fewer than five of our runners featured at the prize-giving.

Pride of place went to Ben Paviour, who beat the field for the second successive weekend. Ben was also victorious at the Pangbourne 10k on the previous Sunday and although there was no pb for him he chalked up a season's best with a time of 34mins 4secs.

David McCoy (the younger) was runner-up in 34:38 over a course which defined the word 'undulating'. This was also a championship race for the Datchet Dashers and Bracknell Forest clubs, but Ben and Dave showed them all the way home.



Nigel Hault took home the Vet 60 award and there were also age group prizes for our leading lady, Helen Pool, as well as Adele Graham.

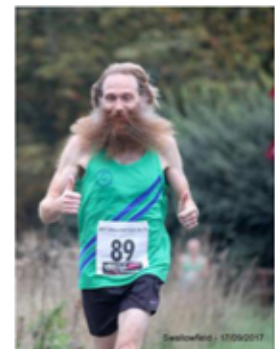
Heading our list of personal bests was newish member Stuart Bradburn (39:11), proving the value of doing a recce of the course by finishing 15<sup>th</sup>.



Also delighted to set a new mark was Eugene McSorley (41:29), the distinguished professor being surprised to learn of his achievement.



Next man to keep the Run Britain pb department busy was David Clay in 43:35, followed by Joe Blair in 44:37. This was a major triumph for Joe as he had joined the Vet 60 age group two days before the race, a milestone marked by celebrations which were not entirely teetotal.



The rest of the pb story was another triumph for Katie Gumbrell's training group. Katie may not coach the fastest section in the club but she sure has the most improvers. On the day Hannah McPhee, Helen Dixon, Kevin Strong, Diane Hodder, Jill Dibben and the coach herself all claimed new marks.



The race ended with one of the little vignettes which makes the Roadrunners such a great club, the coach suggesting to a couple of her earlier finishers that they might like to go back out on to the course and accompany home the final member of their group over the last 400 metres. Top job, Katie!







There was some initial confusion regarding the results, but they were as follows:

1 Ben Paviour 34:04; 2 Dave McCoy 34:38; 15 Stuart Bradburn 39:11; 24 Chris Cutting 40:58; 28 Ian Giggs 41:22; 31 Eugene McSorley 41:29; 34 Helen Pool 41:50; 35 Pete Jewell 41:51; 39 Peter Cook 42:19; 40 David Caswell 42:27; 48 David Clay 43:35; 50 Peter Manning 43:37; 52 Nigel Houlton 43:44; 59 Joe Blair 44:37; 61 David Dibben 44:41; 62 Chris James 44:42; 69 Keith Ellis 45:21; 76 Kevin Jones 46:09; 78 Chris Manton 46:19; 86 Gary Brampton 46:58; 115 Catherine Bruce 49:18; 126 Simon Brimacombe 50:06; 135 Diane Hodder 51:03; 137 Katie Gumbrell 51:14; 143 Gurpritpal Singh 51:42; 146 Neil Carpenter 51:54; 168 Charlie Macklin 54:50; 175 Phil Reay 55:45; 192 Adele Graham 56:47; 195 Bob Thomas 56:48; 198 Linda Wright 57:11; 208 Sarah Hicks 58:03; 210 Heather Bowley 58:08; 212 Kevin Strong 58:17; 256 Fiona Blennerhassett 63:00; 266 Janice Thomas 64:25; 267 Sarah Walters 64:52; 268 Helen Dixon 64:56; 285 Cecilia Csemiczky 67:44; 309 Hannah McPhee 74:00; 314 Jill Dibben 77:40.

Hopefully the timing issues were a one-off; I would recommend this charming little well-run village race to anyone.

Congratulations are also due to Lee Hinton, Peter Higgs, Andrea Marnoch, and all those who competed in the Swallowfield Duathlon, but this report is only concerned with the club championship event.

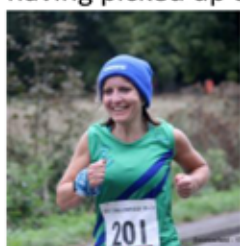
According to my mathematics these results have given Ian Giggs the lead in the senior men's championship race.

Dr McSorley is still out in front in the Vet 40 section but it will be interesting to see if Ben Whalley turns up at the final 10k or 10 mile races for an academics' shoot-out for the crown.

In the ladies Vet 35 group Helen Pool appears to have captured the title, thanks at Swallowfield in no small measure to the excellent judgment of Pete Jewell Pacing Services Ltd, who I understand charge a very reasonable fee!

Also taking the lead in her section after this race was Charlie Macklin (Women's Vet 45), although, like everyone else, she should wait until general secretary Bob Thomas releases the official figures before celebrating.

Focus on the club championship now switches to round 11, the Reading 020 10k on October 1<sup>st</sup>. I mention this not just because I like this race, having picked up a prize there in each of the last three years, but because there are championship points to be won.



This date clashes with a lot of popular half marathons, such as Basingstoke, Cardiff, Clarendon and Salisbury, but if you want your championship points there's only one place to be.





## Mortimer 10k

**Report by David Dibben**

**Photos by John Bailey, Chris Drew and Sev Konieczny**

Roadrunners took all three places on the podium in the club's Mortimer 10k race... but the man on the top step was wearing the wrong vest!

Our second-claim member Keith Russell was the clear overall winner, and he was wearing the red and blue livery of Reading Athletic Club.

While there were some grumbles about AC poaching our best runners, Keith's move was a natural progression and no one begrudged his triumph in 34mins 37secs.

He has had many outstanding runs in green, and still holds the club record for the marathon.



First man in green on the day, and second finisher just over a minute behind Keith, was Chris Lucas (35:40), who pulled away from team-mate Mark Apsey in the last kilometre to beat him by eight seconds.

"I was delighted with that win bearing in mind where I am with my training," said Keith. "I've missed a lot of training through moving house."

"My personal best is 33 minutes, so if you allow about another 30 seconds because of the hills here, I am well pleased with my time."

Keith's next target is the Valencia Marathon in November and, but for a delayed passport, he would have been in Berlin rather than Mortimer at the weekend.

The other Roadrunner to feature among the prize-winners was Lesley Whiley, who captured the women's V50 award in 45:35.

Coach Lesley was fifth lady overall, Amber Gascoigne leading the fairer sex home in 38:52, being beaten only by the top five men.



Mortimer 10K 2017



Mortimer 10K 2017



Just behind her in eighth place was the ever-popular Fergal Donnelly, who sandwiched this 10k in between two five-mile runs on the day as he stepped up his training aimed at a pb in next month's Manchester Half Marathon.

Roadrunners' full chip-timed results were:

1 Keith Russell 34:37; 2 Chris Lucas 35:40; 3 Mark Apsey 35:48; 8 Fergal Donnelly 39:36; 13 Tony Walker 40:27; 37 Ivan Harding 44:14; 38 Peter Manning 44:19; 42 Dave Caswell 45:07; 44 Lesley Whiley 45:35; 45 Colin Cottell 45:49; 52 Peter Cook 46:00; 74 Joe Akem-Che 48:42; 89 Andy Atkinson 49:49; 91 Alix Eyles 49:55; 127 Dave Walkley 52:51; 133 Hannah Oatley 53:08; 154 Tim Miller 55:01; 175 Ken Beck 57:30; 196 Linda Wright 59:05; 198 Fiona Ross 59:15; 213 Heather Bowley 1:00:19; 214 Tom Harrison 1:00:29; 258 Janice Thomas 1:05:06; 264 Liz Atkinson 1:05:51; 278 Holly Turner 1:07:13.

Holly was the final finisher in green but she was the only one to claim a pb over a lumpy course on a very warm day. That was yet another brownie point for coach Katie Gumbrell's Wednesday night gang.

And just to prevent the quick guys taking all the glory within the club, Tom Harrison finished second in the V70 section even though he qualifies for the V80. That was for a tough 10k which followed runs in both the mile and 5k events on the track on Friday night and a parkrun on Saturday morning... a pretty substantial body of work for the weekend.

Race director Bob Thomas considered the event another success. "When I count up the late entries and add in the walkers and those taking part in the 3k event I think we had about 100 more than last year, so that must be good.



"The worst thing that happened all day was that we ran out of toilet paper."

Because there are no road closures for the Mortimer race its staging requires a huge number of marshals, and once again our members rose to the challenge to ensure a great day.





## The SEAA Road Relays

On Sunday 24<sup>th</sup> September, two teams of female Roadrunners boarded a swelteringly hot 'luxury coach' to London, with the venue for this year's SEAA Road Relays being Crystal Palace, SE19. For many years this race was held at the Rushmoor Arena, Aldershot, over a weekend, the ladies racing on the Saturday, and the men on the Sunday. Last year, this was changed to a single day's racing at the Bedford Autodrome, which, despite sounding like an ideal flat course, actually meant running either into the wind, or in full sunshine.

We had heard that each leg of the relay would start and finish on the track, a trend that had been set at other regional championships, and team tents were set up on the infield, which provided an ideal spot for supporting incoming runners in particular. The downside was the business of the entrance/exit, with runners who were racing, and those who were warming up/cooling down, leaving and joining the track, throughout the afternoon, along with spectators. Chaos.



Having lived in the Crystal Palace area for 7 years prior to moving to Reading, I was aware that the course would be hilly, even if this wasn't clear from the map provided.

### **SEAA** 6/4/3 Stage Relay Championships Crystal Palace – 24<sup>th</sup> September 2017



**1:30pm Senior & Vet Women**

**4 stages of 4500m**

**Start, A, B, C, D, E, F, C, D, G, H, K, L, M, Finish**

**(The course was found to be shorter than advertised, and was more like 3500m)**

Despite some heavy traffic and extremely tricky negotiation of a very narrow road, we arrived in good time for our runners to check out the course properly, and see what they were in for. We had had enough interest in this event for two full teams and two reserves; having run for the previous two years, and being in the thick of marathon training, I was happy to excuse myself from the running bit, and travel as 'team manager'.





The senior and veteran women run together in this race, with seniors meaning 17 and over (seriously, some of them looked like they should have been doing their homework), and vets in this case being over 40.

First up for our seniors was Jane Copland-Pavlovich, who brought the metaphorical baton home in 14:46, just two seconds behind Helen Pool, who led out the vets in 14:44. Next out were Nicole Rickett (plagued with the dreaded stitch), and Liz Jones, who ran 16:35 and 16:22 respectively, before handing over to Sally Carpenter and Claire Seymour. The teams were still very evenly matched, with Sally and Claire finishing in 17:37 and 17:48, respectively. The anchor legs were taken by Toni McQueen, making up the numbers for the seniors, and Jane Davies. This is where the teams separated, with Toni running a very respectable 18:36 for the distance, and Jane having a storming run in 15:30.

Final placings:

Seniors – 65<sup>th</sup> out of 82 teams, total time 1:07.34

Vets – 9<sup>th</sup> out of 12 teams, total time 1:04.25

The good thing about this type of event is that, after the ladies had run, they were able to relax and watch the men's relay take place.

I would definitely recommend events such as these to all of our ladies, as we have the ability within our club to not only *not* come last, but to actually perform very well. The legs on the day ranged from just under 12 minutes, to over 20!



All in all, it was a good day out, although we could have done without the crawl to the motorway afterwards. I am interested to see if the venue will remain the same for next year's fixture. Indeed, Athletics Weekly has had a few things to say on the shortness of the course, the lateness of the results, and the absence of marshals, but we shall see.

# Reading 020 10k

**Report by David Dibben, photos by Chris Drew**

The final 10k event of this year's club championship resulted in a runaway win for Roadrunners' own wonder boy Rob Corney.

Corney destroyed the field in the Blueiron Reading 020 race (quite literally in some cases) to take victory in a time of 34mins 4secs.



Afterwards he admitted he had considered making a full-out tilt on the course record but was not motivated to through lack of any challenge and he finished 37 seconds outside the record.

He was also mindful of the fact that he was just about to start an extremely long day's work.

Now he will concentrate his training on some longer-distance trail events before making a serious attempt on a good time and placing at next year's London Marathon.

Two other Roadrunners were among the prizes... usual suspects Nigel Hoult (MV60) and Lesley Whiley (WV50). Lesley was also the first lady Roadrunner to finish but Nigel was far from happy with his time and current form.



Another of the big heroes on the day was coach Roger Pritchard, and he didn't even compete in the race! New member Beth Rudd tells the story...



"I had my first training session on Wednesday and I'd like to say a huge thank-you to coach Roger for teaching me what an aerobic threshold is," said Beth. "I think I found it today."

"I managed to knock four minutes and 10 seconds off my previous PB. I would never have imagined that possible until today."

The only other pb claimed immediately after the event was achieved by Veronika Royle on a course which resembled a mud slide in its first and last kilometres.



Here're the full results:

1 Rob Corney 34:04; 8 Ben Whalley 38:01; 14 Brian Kirsopp 40:08; 15 Stuart Bradburn 40:32; 19 Aron Chai 41:00; 21 Ed Dodwell 41:10; 22 Justin Simons 41:16; 23 Tony Long 41:49; 31 Bill Watson 42:45; 39 Dave Caswell 43:54; 40 Stuart Jones 43:58; 43 Nigel Hoult 44:36; 53 Chris James 45:50; 56 Keith Ellis 45:53; 57 Lee Hinton 45:55; 59 Lesley Whiley 46:04; 62 David Dibben 46:17; 63 Joe Blair 46:26; 67 Mary Janssen 46:54; 70 Gabriel Mudzi 47:20; 75

Dave Brown 47:51; 82 Gary Brampton 48:30; 88 Sam Poskitt 49:08; 106 Clive Bate 50:46; 116 Sam Whalley 51:47; 131 Beth Rudd 53:06; 134 Jo Sollesse 53:29; 136 Diane Hodder 53:32; 145 Gillian Gillard 53:53; 149 Stewart Wing 54:21; 151 Tina Woffington 54:24; 165 Nick Adley 55:56; 175 Veronika Royle 56:26; 176 Ian McGuinness 56:27; 197 Kim Stevens 57:33; 198 Adele Graham 57:35; 220 Bob Thomas 59:22; 224 Linda Wright 59:31; 234 Kevin Strong 59:57; 240 Tom Harrison 1:00:17; 262 Sarah Hicks 1:01:51; 270 Sarah Richmond-Devoy 1:02:06; 303 Janice Thomas 1:07:29; 305 Annette Russell 1:07:46; 320 Sarah Walters 1:10:30; 321 Sarah Drew 1:10:31; 331 Kathy Tytler 1:14:21; 333 Hannah McPhee 1:14:46; 334 Palee D'Souza 1:14:50; 354 Gill Manton 1:20:01; 357 Julie Wing 1:22:53; 358 Stephen Wing 1:25:36.



By my reckoning those results mean that Tina Woffington has secured the championship title in the ladies V60 and Justin Simons has grabbed the crown in the senior men's group. That's my provisional assessment... best wait until Bob Thomas confirms the standings.

Meanwhile another coach who should take a bow is Lee Hinton, who went back out on to the course twice after his race to escort our final two finishers over the last 400 metres. Top job, Lee!



But it wasn't all sweetness and light after the race. Many Roadrunners took to social media to lambast the organisers, Purple Patch Running, for a variety of shortcomings.

A poor 'goody bag' (consisting only of a small bottle of water and a banana), a disappointing medal (undated), a lack of food and coffee in the tented village, no information packs sent out before the event and, worst of all, an interminable wait for results from a race where chip timing was used.

Were we downhearted? Of course not! As Roadrunners we're bigger than that. We won't bellyache or hold a grudge. But unfortunately for Purple Patch, who are reportedly under new management recently, what is most likely to happen is that people will simply sign up for other events in future.

There are always plenty of other 10k races around and Roadrunners will simply compete in those which they consider the best value for money.

In the meantime the club championship focus switches to our final event, the Tadley 10 miles, on October 15th, with all to play for in at least three categories.



# Petra Desert Marathon

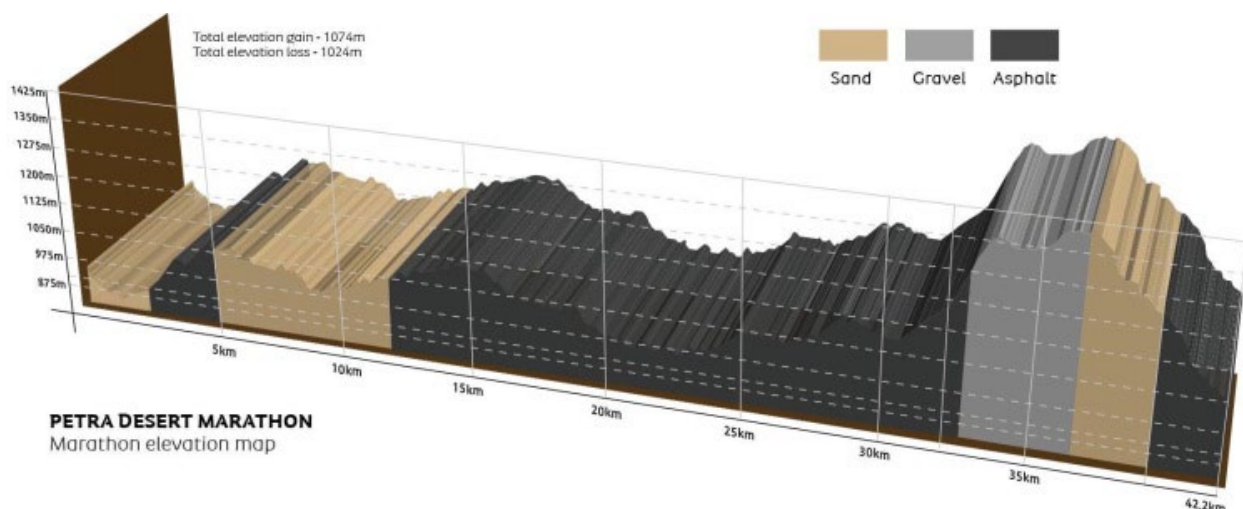
DAVE WOOD

I've said it before and I'll say it again. You can't fake running a marathon. I mean you can, in the sense that you can get someone to race for you, or you can cut the course, or as one guy did in America you can create a website for a race that doesn't exist, create runner profiles on Powerof10 (a website which tracks performances) for a bunch of made up athletes, and then post results to the website of the fake marathon including yourself in amongst the list of fake athletes. Seriously, he actually did that more than once. Anyway, what I mean is that in order to run a marathon you need to work for it. You can get away with rocking up at your local parkrun 5k and jog round, you can probably get round a 10k without really training properly if you've run a few before, and depending on your base fitness you might be able to do the bare minimum and get round a half without killing yourself. But marathons are different. They require respect. They require training and dedication. You can't pretend you've trained and then jog round without it hurting, probably really badly.

So, why mention this? I've had an ongoing Achilles problem for a while now. It happened as a result of running the Two Oceans Ultramarathon with another injury. And then I ran 30 miles for my team at Endure 24 in June (thank god I wasn't running solo this year).

Since then I've run the occasional 5k and I've been having treatment on my injury. I have not been training for a marathon. Until last week 5k was as far as I've run in 10 weeks. Then last Sunday I decided to try to run/walk 10 miles to convince myself that I could come to Jordan, switch from the full marathon to the half and get myself a medal and a semi-pleasant experience. I ended up doing a half marathon, feeling ok about it and not having any hideous reaction in my Achilles so the plan was set.

The Petra Desert Marathon is organised by the same people who do the Bagan Temple Marathon in Myanmar and the Polar Circle Marathon in Greenland (see previous posts for my experiences at those events). They seem to run pretty well organised events in interesting places with one thing in common – they're tough. Bagan was 30 something degrees with very high humidity, and Greenland was below -20 degrees with ice and snow to negotiate. The day I ran in Petra it was 39 degrees, the hottest I'd ever attempted a marathon in. Oh yeah, that. Well I spoke to the race director on the Friday before the race and asked about switching to the half. He suggested I stick with the full as they had decided that anyone who started the full could either switch at the point where the two courses diverged, or continue along the



**Petra Desert Marathon elevation**

marathon route and if they pulled out after 21.1km they would be awarded the medal for the half.

The course starts in and runs through the site of Petra, then out into the desert where the half and full separate for a few kms. I followed the full route as planned and really enjoyed running along the tracks and past camels, and herds of sheep and goats even though it was already quite hilly and the temperature was rising. The routes merged after a few km and then after 10.5km (roughly quarter marathon distance) decision time came – either go straight on and run a slightly long half to the finish, or turn left and follow the marathon route as far as I could. I decided to turn left and my fate was sealed.

What followed was a 17km (10 miles or so) out and back section which managed to pull off the amazing trick of seeming like it was mainly up hill on the way out and mainly up hill on the way back too. I know that can't be true but as it got hotter and hotter I swear the roads must have warped to somehow make it happen. The crowning insult of the out and back was the positioning of the turn around point. At the top of a rare downhill section I could see the road winding down and around to a table and about 2 square metres of shade. Based on where I was on the route I knew it was the turn around point and I knew that as soon as I got there I would have to get back up the steep hill again. I actually laughed. Out loud. I ran down the hill, smiled at the guy manning the station and said "This is ridiculous". He didn't respond, just gave me the wrist band that proved I'd been all the way there and offered me water. After a quick drink I set off again, very slowly.

That out and back section nearly broke me. The relentless hills, the complete lack of shade from the searing sun, and my general lack of fitness took it's toll as I plodded along trying to nurse my Achilles to the next aid station. It was horrible. I tried my usual trick of counting to ten repeatedly to take my mind off things. I tried to remember where the up hills had been on the way out so I could look forward to the downs on the way back and was still surprised by how many climbs there were. I sipped water periodically, poured some over my head and eventually made it back to the point where the two routes rejoined.

The marshall manning the aid station there gave me a drink, asked how I felt and told me that the next

5k were all uphill. I was tired, way too hot, and had pretty much sweated off all the sun cream I'd put on that morning. I could have pulled out at that point, taken my half marathon medal and called it a day. Unfortunately I had two South Africans behind me, Lesley and Fergus, and we'd been chatting early on about how the hills compared to Comrades and Two Oceans (in particular an early contender for a Constantia Nek twin), and the effect the heat was having on all of us. I couldn't stop now. I had to summon up the Comrades spirit and just keep going.

So I set off on the steady climb which then became a steep climb and then continued as a very steep climb for what seemed like an age. I slowed to a walk. The walk became slower still, every step was an enormous effort to just keep moving. I'd been chatting to Mike Gratton (winner of the London marathon in 1983 in a time of 2:09, and still capable of running a sub 1:30 half marathon in his early sixties) prior to the race. He was here to do the half and work on some promotional material to use for his own company, 2:09 Events. I caught up with him again after the race, and spent the Sunday walking around Petra with him chatting, and he admitted then that he had walked that hill. Talking to various other runners it turned out that the vast majority of people did. It was just too steep and too hot to do anything else.

As the ground levelled out I started to feel a bit better. Not great, but at least I had convinced myself that I was going to finish. So it was just a case of putting one foot in front of the other and repeating that until the end happened. There were still a couple of minor climbs to come but reaching the summit of the big one had a great psychological effect and although I was exhausted, burned, and generally uncomfortable I actually enjoyed the route again as it circled the hills giving panoramic views of the surrounding area. With around 5km to go the track turned downwards and then as it entered the town there were some sharp down hills to contend with. My quads started to complain in addition to the other issues I had but I knew the end was close.

With about 150m to go and the finish line in sight, I sped up again. The video of me crossing the line shows me travelling at a pretty decent pace, thankfully there's no footage from the 12k before that. And then it was done. I posed for the camera, drank more water and coke, and sat down. I felt worse than I have ever

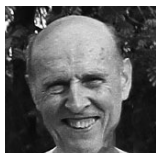
felt after a standard marathon, but then this was no standard marathon.

Last year at the Polar Circle Marathon in Greenland I described it as the toughest standard marathon I had ever completed. The Petra Desert Marathon was even tougher. I know I was unfit. I know I was unprepared and injured. I know I should have done the half instead of trying to bluff my way through the full. But regardless of all that I do think the up and down nature of the course (there's 1100m of ascent – by comparison the Snowdonia marathon in the UK has about 840m, just not in 40C), the savagery of the sun and lack of respite from it at any stage, and that one massive climb just when your legs don't need it add up to an enormous challenge that pushes it to the top of my tough marathon list.

Would I recommend it? Well, yes. Petra is amazing, the landscape is beautiful (if you like desert), and it is a genuine challenge. Just don't try it unless you're prepared. And remember to pack the sun screen.



## Your Committee



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COACHING CO-ORDINATOR



**ANDY DINGLE**  
CLUB EX-OFFICIO  
CLUB WELFARE OFFICER



# Roadrunners Results

## JENNY GALE

Another busy month for us Roadrunners - special mention has to go to Paul Monaghan who ran his 100th marathon in Richmond last month! How absolutely incredible is that! Well done Paul! It looked like the celebrations afterwards were lots of fun and, of course, there was cake!

A few nice local races this month, Swallowfield, Mortimer, 020, Vietnam Mountains ..... the list goes on.

As the night are now drawing in, stay safe on your training runs and happy racing.

### 3rd September

#### Wetherby 10k

Name	Chip
Helen Pool	41:40 PB & 1st V40

### 9th September

#### Mauritius 20km Trail Race

Name	Chip
Rob Grice	2:39:38

#### Mauritius 10km Trail Race

Name	Chip
Ros Lee	2:17:42

#### Great North Run

Name	Chip
Ben Whalley	01:22:31
James Delves	01:51:01
Sam Whalley	01:51:49
Tom Silk	01:55:06
Martin Douglas	01:57:29
Judith Ritchie	02:13:02
Margot Bishop	02:42:43
Liz Atkinson	02:42:43
Catherine Douglas	02:42:43

#### Jungfrau Marathon

Name	Chip
Phil Reay	6:35:08
Christina Calderon	6:35:08

#### Bacchus Half Marathon

Name	Chip
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Richard Smith	1:46:24
Linda Wright	2:58:46
Douglas Kelley	3:12:48

#### Medoc Marathon

Name	Chip
Dean Allaway	6:07:29
Paul Monaghan	6:35:09
Caroline Jackson	6:35:12
Martin Richard Bush	6:57:12

#### Wirral Half Marathon

Name	Chip
Anthony Eastaway	2:07:28

#### Chiltern Marathon

Name	Chip
Caroline Hargreaves	7:10:00
Pete The Train Morris	7:10:00

#### 50k Thames Path

Name	Chip
Gill Manton	10:02:14 PB

### 16th September

#### Swallowfield 10k

Name	Chip
Ben Paviour	00:34:04
Dave McCoy	00:34:38
Stuart Bradburn	00:39:11
Chris Cutting	00:40:58
Ian Giggs	00:41:22
Eugene McSorley	00:41:29
Helen Pool	00:41:50
Pete Jewell	00:41:51
Peter Cook	00:42:19
David Caswell	00:42:27
David Clay	00:43:35 PB
Peter Manning	00:43:37
Nigel Hoult	00:43:44
Joe Blair	00:44:37
David Dibben	00:44:41
Chris James	00:44:42
Keith Ellis	00:45:21
Kevin Jones	00:46:09

## ROADRUNNERS RESULTS

Chris Manton	00:46:19
Gary Brampton	00:46:58
Catherine Bruce	00:49:18
Simon Brimacombe	00:50:06
Diane Hodder	00:51:03
Katie Gumbrell	00:51:14 PB
Gurpritpal Singh	00:51:42
Neil Carpenter	00:51:54
Charlie Macklin	00:54:50
Phil Reay	00:55:45
Adele Graham	00:56:47
Bob Thomas	00:56:48
Linda Wright	00:57:11
Sarah Hicks	00:58:03
Heather Bowley	00:58:08
Kevin Strong	00:58:17 PB
Fiona Blennerhassett	01:03:00
Janice Thomas	01:04:25
Sarah Walters	01:04:52
Helen Dixon	01:04:56
Cecilia Csemiczky	01:07:44
Hannah McPhee	01:14:00
Jill Dibben	01:17:40

### Oslo Half Marathon

Name	Chip
Emma Grenside	2:28:52

### Chiltern Wonderland 50

Name	Chip
Gemma Buley	11:15:04

### 17th September

#### Richmond Half Marathon

Name	Chip
Sarah Richmond-Devoy	2:13:54
Vroni Royle	2:13:55
Anthony Eastaway	2:27:03

#### Richmond Marathon

Name	Chip
Paul Monaghan	3:55:53
Caroline Jackson	3:55:53
Vince Williams	4:07:43
Christina Calderon	4:16:06
Pete The Train Morris	4:23:02
Martin Richard Bush	4:26:24

#### Butser Hill Challenge (5 miles ish)

Name	Chip
Colin Cottell	0:45:07

John Bailey	0:58:29
Tom Harrison	1:06:24
Lorraine Bailey	1:08:23
Estelle Chase	1:12:00

### 23rd September

#### Windsor Women's 10k

Name	Chip
Sarah Bate	0:54:30 PB
Victoria Blades	0:55:11
Judith Ritchie	0:56:47
Jo Rippingale	1:01:50

### 24th September

#### Mortimer 10k

Name	Chip
Chris Lucas	00:35:42
Mark Apsey	00:35:50
Fergal Donnelly	00:39:39
Tony Walker	00:40:31
Ivan Harding	00:44:21
Peter Manning	00:44:24
David Caswell	00:45:11
Lesley Whiley	00:45:38
Colin Cottell	00:45:54
Peter Cook	00:46:27
Joe Akem-Che	00:48:48
Andy Atkinson	00:49:55
Alix Eyles	00:49:59
David Walkley	00:52:58
Hannah Oatley	00:53:21
Tim Miller	00:55:08
Ken Beck	00:57:37
Linda Wright	00:59:14
Fiona Ross	00:59:22
Heather Bowley	01:00:24
Tom Harrison	01:00:44
Janice Thomas	01:05:21
Liz Atkinson	01:06:04
Holly Turner	01:07:42

#### Windsor Half Marathon

Name	Chip
Danlu Tong	2:02:40
Robert Hele	2:09:23
Laura Batten	2:08:48
Neil Carpenter	2:17:22
Ray McGroarty	2:25:03
Gemma Buley	2:35:11 (Pacer)

Alice Jackson 2:54:20

#### **Vietnam Mountain Marathon**

Name Chip  
Dave Wood 10:00:51

#### **Surrey Tops 50miles**

Name Chip  
Alan Freer 11:47  
Kathy Tytler 19:53  
Alexa Duckworth-Briggs 19:53

#### **Surrey Hills Half Marathon**

Name Chip  
Brian Grieve 2:30:13  
Dylan Grieve 2:30:13  
Rose Grieve 3:40:00  
Helen Grieve 4:50:35

#### **Nottingham Marathon**

Name Chip  
Gary Tuttle 2:59:14 PB  
Geoff Parr 3:49:38  
Martin Richard Bush 4:29:33 (4:30 Pacer)  
Amanda Rosser 5:08:44

#### **Ealing Half Marathon**

Name Chip  
Sam Hammond 1:37:01  
Pawel Buda 1:44:26

#### **24th September**

##### **Berlin Marathon**

Name Chip  
Brooke Johnson 03:09:06 PB  
David McCoy 03:17:58  
Katherine Sargeant 03:22:53  
Tony Streams 03:27:10 PB  
Simon Denton 03:33:47 PB  
Catherine Carr 03:51:49  
Fleur Denton 04:16:41  
Phil Reay 04:18:47  
Louise Atkinson 05:00:05  
Anthony Eastaway 05:33:11

##### **Loch Ness Marathon**

Name Chip  
David Ferguson 3:32:17  
Tracey Hicks 3:50:23  
Trisha Arnold 5:51:09  
Julie Bagley 6:08:22

#### **Forest of Dean Trail Half Marathon**

Name Chip  
Rob Grice 1:52:52

#### **Forest of Dean Trail 5k**

Name Chip  
Ros Lee 42:31

#### **SEAA Road Relays**

Name Chip  
Senior Men  
Matthew Richard 15:39  
David McCoy 16:42  
Rob Corney 15:36  
Brendan Morris 17:16  
Andy Mutton 17:45  
Jamie Smith 17:53

#### **V40M**

Seb Briggs 16:04 PB  
Mark Worringham 16:11  
Ben Whalley 17:47  
Lance Nortcliff 17:50

#### **Senior Women**

Jane Copland Pavlovich 14:46  
Nicole Rickett 16:35  
Sally Carpenter 17:37  
Toni McQueen 18:36

#### **Vet Women**

Helen Pool 14:44  
Elizabeth Jones 16:22  
Claire Seymour 17:48  
Jane Davies 15:30

#### **1st October**

##### **020 10k**

Name Chip  
Rob Corney 00:34:01  
Ben Whalley 00:37:54  
Brian Kirsopp 00:40:00  
Stuart Bradburn 00:40:27  
Aaron Chai 00:40:55  
Edward Dodwell 00:41:07  
Justin Simons 00:41:09  
Anthony Long 00:41:41  
Bill Watson 00:42:41  
David Caswell 00:43:47  
Stuart Jones 00:43:51



## ROADRUNNERS RESULTS

Nigel Hoults	00:44:29
Christopher James	00:45:20
Keith Ellis	00:45:47
Lee Hinton	00:45:43
Lesley Whiley	00:45:57
David Dibben	00:46:08
Joe Blair	00:46:18
Mary Janssen	00:46:43
Gabriel Mudzi	00:47:05
Dave Brown	00:47:40
Gary Brampton	00:48:22
Sam Poskitt	00:48:51
Sally Carpenter	00:49:35
Clive Bate	00:50:29
Samantha Whalley	00:51:30
Beth Rudd	00:52:49 PB
Joanne Sollesse	00:53:11
Diane Hodder	00:53:00
Gillian Gillard	00:53:33
Stewart Wing	00:53:47
Tina Woffington	00:54:06
Robin Bertrand	00:54:46
Nicholas Adley	00:55:53
Vroni Ta-Da	00:55:52 PB
Ian McGuinness	00:55:52
Kim Stevens	00:57:14
Adele Graham	00:57:14
Angelique Haswell	00:58:00
John Bailey	00:58:35
Bob Thomas	00:59:00
Linda Wright	00:59:00
Kevin Strong	00:59:23
Mark Smith	00:59:49
Tom Harrison	00:59:59
Sarah Hicks	01:01:24
Sarah Richmond-Devoy	01:01:32
Ben Johnston	01:06:18
Janice Thomas	01:06:49
Annette Russell	01:07:10
Lorraine Bailey	01:09:18
Sarah Walters	01:09:54
Sarah Drew	01:09:57
Kathy Tytler	01:13:45
Hannah Mcphee	01:14:10
Palee D'Souza	01:14:13
Sarah Harris	01:17:23
Gill Manton	01:19:23
Julie Wing	01:22:13
Stephen Wing	01:24:56

### Brussels Marathon

Name	Chip
Martin Richard Bush	4:35:15
Pete The Train Morris	4:43:40

### Cardiff Half Marathon

Name	Chip
Brendan Morris	1:17:14 PB
Laura Batten	2:08:36

### Clarendon XC Half Marathon

Name	Chip
Matthew Richards	1:19:31 (1st)

### Basingstoke Half Marathon

Name	Chip
Fergal Donnelly	1:30:12
David Legg	1:34:08 PB
Simon Brimacombe	1:58:58
David Lennon	1:59:44

### Great Scottish Half Marathon

Name	Chip
David McCoy	1:15:24

### 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 3rd OCTOBER 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, Sandy

## MINUTES OF THE PREVIOUS MEETING

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

## MATTERS ARISING FROM THE MINUTES OF THE PREVIOUS MEETING

**Electronic payment facility** Arrangements for paying fixed transaction fees have been agreed, and detailed transaction logs are being provided to the Treasurer.

**Future Club charity arrangements** The final Club car boot sale on behalf of the charity has taken place. As revenue from these sales has accounted for well over half the amount the Club donates annually to the nominated charity, we need to decide how we wish to move forward.

Carl is taking the lead on resolving this. Options under consideration include:

- Continue as today but with an expectation of raising £10K rather than the traditional £25K pa.
- Rather than nominate a specific charity, build up a charity pot to be distributed amongst several charities.

In either case, we will continue to need a charity co-ordinator as the Committee is not responsible for organising charity activities or for managing the charity account.

It was noted that as we will no longer require a nominated charity to support car boot sales, it opens up the range of charities that can be supported, albeit at a considerably reduced level of support.

**England Athletics club liaison officer** Sarah Gardiner, recently appointed as EA south of England club liaison, attended the track session on 27Sep17 and met with some of the Committee afterwards. Sarah seemed quite taken aback by how many members were cheerfully training and coaching out in the pouring rain!

**Club TVXC event** It remains unclear whether we will be able to stage our TVXC event this season. It is still unconfirmed whether Crown Estates will allow us to use Crowthorne Woods again, though it appears increasingly unlikely. Carl is exploring an alternate venue at Ashenbury Woods in Woodley, the viability of which is predicated upon making adequate car parking arrangements.

If we are able to stage the event, it will be held on 14Jan18.

## CHAIRMAN'S REPORT

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

- 17Sep. Swallowfield 10K (Champs)
- 22Sep. 1mi & 5K track races
- 24Sep. SEAA Relays
- 24Sep. Mortimer 10K
- 27Sep. EA club liaison officer attended track session
- 30Sep. 30th anniversary hog roast and book launch
- 01Oct. 020 10K (Champs)

Bob thanked the considerable army of marshals and supporters that made the Mortimer 10K a success.

Carl thanked Sandy and her team for the work over the past year on creating an anthology of club stories, which has been well received.

## Notable forthcoming events include:

- 08Oct. TVXC: Metros
- 15Oct. Tadley 10mi (Champs)
- 19Oct. Brewery tour
- 11Nov. Hants XC: Petersfield
- 12Nov. TVXC: Datchet

Carl noted that the final Club car boot sale has taken place and spoke for some time on the enormous contribution the small and stalwart sales team has made to the Club's charity activities over many years.

### TREASURER'S REPORT

No report available

### GENERAL SECRETARY'S REPORT

Nothing to report

### MEMBERSHIP SECRETARY'S REPORT

Anne reported that eleven new members joined during September, bringing the present complement to 527: the largest number of members we have had in recent years.

### SOCIAL SECRETARY'S REPORT

Hannah reported on recent and forthcoming social events:

- The 30th anniversary hog roast and book launch was well attended and was well received. Hannah thanked Fergal Donnelly and Fiona Ross for their enthusiastic support in making a success of this event.
- The Christmas party will be held on 2Dec17 at Suttons Bowls Club: a fancy-dress party with an 80s theme. The Committee agreed that Hannah should engage a photo booth for the event.
- Hannah has recruited a team to develop arrangements for the 2018 Dinner Dance and expects to publish details shortly.

### COACHING REPORT

Simon reported that Vroni Royle has put herself forward to attend a coaching course. Recently qualified/transferred coaches have been getting involved with the coaching groups and are being encouraged to work their way around the groups.

### ANY OTHER BUSINESS

**Online membership facility** Bob requested and received approval to establish credit & debit card facilities to enable payment through the WebCollect portal.

Request for early transfer of charity funds Carl reported that he had been contacted by Cycle-Smart asking for an immediate transfer of funds to enable the charity to undertake work in schools prior to the short days taking hold. Noting that this would be first time the Club has ever operated this way, the implications were discussed and eventually agreed by a unanimous vote. A requested £4K will be transferred to the charity with immediate effect.

**2018 membership renewals** Bob asked for confirmation that the Committee is content that renewals will take place using similar arrangements to this year's renewals, with the Palmer Park entry barcode printed on the membership card. This was agreed.

**£1 coins** Anne stated that the 40Oct17 track session will be the final session at which old £1 coins will be accepted.

**London Marathon entry draws** Carl reported that the marshals' draw will take place after the 110Oct17 track session. The Club draw will take place at a subsequent session.

Bob noted that he expects to apply for the four guaranteed places allocated to the Club at end-October/early-November.

**Access to the Club's Facebook page** Phil Reay, Men's Captain, has proposed that prospective members should be offered access to the Club's Facebook page when they first attend a track session to give them a more rounded view of Club activities and interactions.

After a long discussion, and by a split decision, it was agreed to trial this for three months to assess the administrative burden and the benefits to members of continuing beyond the trial period.

### DOOR ROTA

04Oct17	Anne, Jane
11Oct17	Shirley, Christina
18Oct17	Anne, Jane
25Oct17	Anne, Shirley
01Nov17	Anne, Sandy
08Nov17	Anne, Liz

DONM: 07Nov17



If you would like to submit an article for the newsletter, please send it to the editor Chris Cutting,  
who can be reached at: [newsletter@readingroadrunners.org](mailto:newsletter@readingroadrunners.org)  
Deadline for next issue is Friday 10th November