

November 2017



Men's Captain - Report

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It's arguably the busiest period in the running calendar. There's plenty to report on so I'm going to race through it faster than **Mark Worringham** in an England Vest.

Last month was peak marathon season and the men have represented themselves and the club in style. In almost perfect running conditions at Abingdon Marathon, **Brendan Morris** continued his superb 2017 form with yet another PB, running 2:41:00. It proved to be a day of PBs for Simon's group with **Dan Brock** running 3:09:22 and **Peter Manning** coming home in 3:28:21. At Chester Marathon earlier in the month, **Andrew Smith** ran a new PB in an impressive 2:46:39. Driven by my self desire and good coaching we're seeing more and more of our men whose times are dropping like a stone at the sharp end of the field. It's great to have that competition at the club and I'm sure the team will continue to drive each other on even faster times.

Staying with the marathon, there were several epic performances from 'Runners on the Road'. **Matt Richards** ran a blistering 2:36:23 in the notoriously undulating New York City Marathon. It was a performance which saw Matt finish as 72nd senior male, 4th Brit and make the podium as 3rd Matthew. Following recent wins at Clarendon half and Tadley 10, if Matt picks the right marathon then I can see Keith Russell's club marathon record being broken very soon. **Chris Kelly**, recovered from his Comrades achievement was back at a major event running 3:42:10 in New York. In Lisbon there was some bling and top spot on the podium for **Paul Jenkins** who won the v70 category in a time of 4:13:41, remarkable!

Although they're quick it's not all about speed in the list of this month's marathon achievements. Congratulations to **Paul Monaghan** and **Dean Allaway** who both joined the prestigious 100 Marathon Club recently. I've written a separate article on Paul elsewhere in this newsletter with a special feature to follow on Dean in next month's edition.

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Elsewhere **Clive Bate** ran his first ever marathon in Palma along with our Marathon legends **Pete Morris** and **Martin Bush**. Pete and Martin also visited Nice.

Elsewhere our men's team competed strongly in the South of England Athletic Association relays at Wormwood Scrubs. Each leg is almost 5K with the team of **Mark Aspey** (15:25), **David McCoy** (15:29), **Jamie Smith** (16:28) and **Matt Richards** (15:12) storming around the course to take 15th place overall out of 44 teams. Well done guys.

The final round of the Club Championships took place with that man again **Matt Richards** dominating the race to win in a time of 55:58 which is also a Club seasons best. **Ben Whalley** continued his streak of v40 podiums and with it the club championship men's v40 title. Congratulation to Ben who, over the season saw off competition from **Eugene McSorley** (2nd overall and **Chris Cutting** (3rd overall). A full race report from **David Dibben** is available elsewhere in the Newsletter. Thanks David. David also takes the title for in the Men's v65 category of the Club Championship ahead of **Andrew Atkinson** and **Jim Kiddle**. Meanwhile in a closely fought senior men's category **Justin Simons** wins with **Ian Giggs** in 2nd and **Daniel Rickett** in 3rd. In the v50 category **Brian Kirsopp**, **David Caswell** and **Bill Watson** finished in the top 3 positions. Finally but not least **Alan Freer** won the v60 category and **Tom Harrison** added to his impressive selection of gongs by winning the v80 trophy. Congratulations to all of you.

The TVXC season is underway with the men's team finishing 5th at the Metros season opener. These are great team events with a fabulous atmosphere. I encourage everyone to come along to a fixture and give it a go. Everyone is welcome. Please check out the fixture list: <http://readingroadrunners.org/cross-country/>

At the time of writing **Mark Worringham** swaps his Green Vest for the White Vest of England as he races in the British and Irish Masters Championships in Derry. We wish him well and look forward to learning of his experience in next months newsletter.

Please see the results section of the newsletter and our Facebook page 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!

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