



## READING ROADRUNNERS NEWSLETTER JAN 2018

A happy new year to all our runners. We have some rather delayed items to start the year with, including a race report from Adele and the gang from Beaujolais.

This issue is also packed with requests for help in what is a very busy time of year for the club. In no particular order, volunteers are needed for our TVXC event this month, as well as Bramley and Wokingham Half Marathon, for which marshals are always needed.

Also inside are updates on some of our extra-curricular club activities, including our fantastic charity calendar and how you can lay your hands on one. There's also news on our annual dinner dance and second Curryoke evening for the singers and dancers among you.

The GenSec has also been hard at work bringing our membership system into the 21st century, details of how this will benefit you are also included in this issue.

### INSIDE THIS MONTH:

- **CLUB CHAMPIONSHIPS**
- **MEMBERSHIP NEWS**
- **CHARITY CALENDAR**
- **DINNER DANCE**
- **CURRYOKE**





Entries are now open for the Bramley 20/10 road race, our clubs flagship event, on Sunday 11th February 2018.

If you aren't running we need your help to make the race a success, please contact Race Director Adele Graham or any other member of the race organising committee to volunteer. Thank you in advance!

## Wokingham Half Marathon

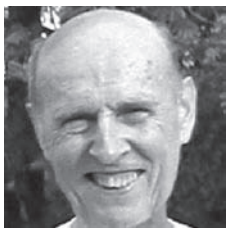
Marshals needed for Sunday 18th February.

All marshals will receive free complimentary entries for 2019.

In addition, the club will receive a donation to our club charity.

If interested, please contact  
Roger Pritchard 0118 969 8844  
[rogerpritchard1@btinternet.com](mailto:rogerpritchard1@btinternet.com)





## Chairman Chat

CARL WOFFINGTON

Most of the RR team activity has revolved around the cross country races during the last month. There have been two Hampshire League races with Petersfield on 11th Nov and Popham on 2nd Dec. There have been three TVXC league races with Datchet on 12th Nov, Sandhurst on 26th Nov and Handy Cross on 3rd Dec. In addition to these league races there have been three Championship races. BBO Champs at Prospect Park on 19th Nov, SEAA Masters Champs at Horspath on 9th Dec and Berks Champs at Prospect Park on 17th Dec.

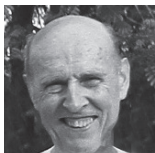
We had another social function. The RR Christmas Party on 2nd Dec. There was an optional fancy dress on an 80's theme. It was well attended and good fun. By the time you read this we will have had mince pies and mulled wine after the track session on 20th Dec.

We had another Friday night timed track session on 17th Nov. Slightly different again. This time it included a mile, 5000m and a relay. By the time you read this we will have had the Boxing Day event organised by Kathy on the 26th Dec. It was from Goring as usual but included a walk as well as a run. We will also have had sessions at Palmer Park on 27th Dec. A session organised by Katie and an outrun led by Simon.

Coming up in the next month we have:-

- Wed 3rd Jan – Club Run session 1
- Sat 13th Jan – Hampshire League Prospect Park
- Sun 14th Jan – TVXC Ashenbury Park our own RR home fixture

## Your Committee



**CARL WOFFINGTON**

CHAIRMAN

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



**BOB THOMAS**

GENERAL SECRETARY

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



**SANDRA SHEPPARD**

CLUB TREASURER

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



**ANNE GOODALL**

MEMBERSHIP SECRETARY

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



**HANNAH MCPHEE**

SOCIAL SECRETARY

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



**PAUL MONAGHAN**

WEBMASTER/SOCIAL NETWORKS

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



**SIMON DENTON**

CLUB EX-OFFICIO



**CATHERINE LEATHER**

CLUB EX-OFFICIO



**SIMON DAVIS**

COACHING CO-ORDINATOR



## Ladies' Captain - Report

SAM WHALLEY

It's been cold, wet and windy but you haven't stopped running! Some of you have even managed to find some 'normal' races, that is, ones that do not make you look like you've been splashed by a muck spreader, or cause flashbacks for days afterwards. More on cross country later.

The most recent Friday track event in November saw Alice Kerr return to racing, post-baby, and recording a sub-10 minute mile (9.56). In the 5k, Helen Pool achieved a PB of 20.14, Fiona Ross ran the correct number of laps this time, and PBd with 25.53, and both Helen Dixon and Sarah Walters dipped under 30 minutes with PBs of 29.44 and 29.46, respectively. (Photo by Cathrin Westerwelle.)



Clearly being called Helen is an advantage in this club. Helen Dixon also PBd in the Adnams 10k in Southwold, reaping the benefit of a year's coaching with a time of 1:03.24, while Helen Pool ran a 10k PB of 41.03 at the Serpentine New Year's Day event, also taking the prize for first FV40.

At the Hertfordshire half marathon in Knebworth, Sarah Richmond-Devoy achieved a PB of 2:06.29, while in Malaga, Paloma Crayford ran a marathon PB of 4:12.01.

The My Sporting Times winter trail series has been popular this year, and it is definitely worth entering at least one of the races next year if you haven't tried them before. I am excited to see they are planning a summer series, so keep your eyes peeled for that. The Mapledurham 10k and 10 mile races were first; in the 10 mile, Jane Davies was 3<sup>rd</sup> female in 1:15.27, and first FV50, while Sian James was first FV60, in 1:27.35. Holly Turner achieved a PB of 2:05.27. In the Muddy Welly 10k, Carrie Hoskins was 2<sup>nd</sup> female, and first FV40, in 39.20, while Sian James was, again, first FV60, in 49.03. Carrie repeated this position in the Gutbuster 10k on New Year's Eve, with 47.55. In the 10 mile, Jane Davies stormed to 3<sup>rd</sup> place, and first FV50 in a fantastic time of 1:22.18, with Sian James again taking the FV60 prize. If you haven't seen pictures of the course, you will not quite be able to appreciate how impressive these performances were. Gill Manton enjoyed every minute of the 10k, I'm sure. (Photos by Peter Cook.)



cross country fan, I find it unbelievable that people are reluctant to take part – really! There is no better way to stay fit and strong throughout the winter, so give it a go. There are still a few races left!

The Hampshire league has a reputation among our members as being 'the serious one', and only for the elites. I've said it before and I will say it again... indeed, there are elites. I was interested to see that some of the women we have raced against this season were selected to represent GB in the European championships. How cool is that? However, many of us are not, and never will be elite, but that doesn't mean to say we can't compete, and give it our best, following that XC rule – try to catch the person in front of you. Therefore I am delighted that this year we have seen some New Kids on the Hampshire League Block: Nicole Rickett, Sarah Dooley, Helen Pool and Jane Davies have all taken part so far, and made valuable contributions to the team. There is room for plenty more, and you are encouraged to join us in our next fixture, at Prospect Park in Reading, on Saturday 13<sup>th</sup> January, at 1.35. The distance is 6k. There is no charge, but club vests and spikes/trail shoes will be needed.

The fixture in Petersfield was a new venue, and, for the ladies, included a run up the infamous Butser Hill, followed by two smaller loops of lower ups and downs. (The men had the pleasure of *that* hill three times!). It was tough, even if you didn't fall flat on your face (who did that?!). Sarah Dooley was first RR home, followed by Helen Pool, myself and Claire Seymour. With three to score, we finished 7<sup>th</sup> vet team. (Photos Copyright: hammy8241.)



In Popham, we were faced with a slightly altered course, but still the usual range of long and short hills, and very cold air. Wow, were we glad of our event shelter that day?! First RR back was Helen Pool, followed by Jane Davies and Sarah Dooley, to complete the scorers. Adding to the team were myself, Claire Seymour and Cecilia Czemiczky. We finished 4<sup>th</sup> vet team.

The Thames Valley XC league is supposedly the one to do. We get a huge turnout for these fixtures, but why? Surely it can't all be about the cake? Even so, we still need women of all abilities to put themselves forward for these, and with the next meeting being our own hosted one, taking place for the first time in Ashenbury Park, Woodley, on Sunday 14<sup>th</sup> January, the pressure is on to both put on a good event, and perform well. It starts at 11.00, and the cost to members is £3. Club vests and trail shoes essential.



The Datchet fixture is always well attended, partly, I would guess, because it is flat. What's all that about? First RR home was chip off the (less of the) old block, Sophie Hoskins, followed by Mary Janssen, Pip White and Alix Eyles, to complete the scorers, giving us 7<sup>th</sup> female team. There were too many other runners to mention, but they all contributed to the overall placing by pushing other teams' scoring runners down the field.

Sandhurst was a bit of a trek in TVXC terms, and was a course that had a bit of everything – tarmac, gravel, leaves, hills, and, inevitably, mud, in abundance. It was great! First home, and second lady overall, was Carrie Hoskins, followed by Sophie Hoskins, Lesley Whiley and Pip White, to give us second place. See what difference it makes when some of the fastest ladies in the club turn up? I admit, when I saw who had made the journey, I wanted to do a little Wayne's World style 'We're not worthy' bow. I was also pleased to see new member Alice Godding performing so well, even if she did beat me, and Jo Sollesse is getting harder to catch these days too. Well done, ladies.

We knew Handy Cross was not going to be easy when the car park (muddy field) was already proving tricky. It was already noted for its hills, hills, and a few more hills. It was amazing – I loved it! Pip White was first home, with Alix Eyles, new member Beth Rudd, and Claire Woodhouse the other scorers, giving us 9<sup>th</sup> team. As a club we are currently ranked 4<sup>th</sup> in the league, with three more races to go, in Reading, Tadley and Bracknell.

As far as XC championships are concerned, we have been busy! Eight women were needed for the Berkshire, Buckinghamshire and Oxfordshire championships, with three to score. Jane Davies, Lesley Whiley and Nicole Rickett duly took the prize for 3<sup>rd</sup> vet team, supported by Sarah Alsford, me, Claire Seymour, Charlie Macklin and Maria Norville. (Photo by Andy Atkinson.)



In the Berkshire XC championships, it was four to score, and Sarah Dooley, Helen Pool, Lesley Whiley and I finished as 2<sup>nd</sup> vet team, with Claire Seymour, Maria Norville and Maureen Sweeney in support. Sarah Dooley's finishing position gave her qualification to represent Berkshire in the inter-counties XC championships in March, and the chance to wear a slightly different green vest. Absent from these championships was Jane Davies, who was ineligible, as a resident of Oxfordshire; we wish her well in the forthcoming Oxfordshire champs.

We veterans are also referred to as Masters athletes, and this year we had three teams entered in the SEAA Masters XC championships in Oxford. Confusingly, sometimes vet women are 35, and sometimes 40. For this event, it was the latter, and Helen Pool led the over 40s home, followed by me, and Claire Seymour. The team was 9<sup>th</sup>. The over 50s were reduced to a team of one on the day, for various reasons, and it was up to June Bilsby to make her championship debut, finishing 18<sup>th</sup> in her age category. In the over 60s, Sian James was first home, with Cecilia Csemiczky and Carol Jewell, also making her debut, completing the team. They finished 5<sup>th</sup>. (Photos by Andy Atkinson.)

## LADIES' CAPTAIN'S REPORT



Elsewhere, Claire Seymour competed in the England Masters Inter-Area XC Challenge in Bournemouth. Interestingly, athletes in this race were ranked by age grade, with Claire coming 19<sup>th</sup>, and her Southern Counties Vets team was 3<sup>rd</sup>.

Well done if you have raced over the past couple of months, and don't forget to tell us all about your achievements on our Facebook page.



**Sonning Golf Club, Duffield Road, Sonning on Thames, Berkshire, RG4 6GJ**

**Date Saturday 3<sup>rd</sup> March**

**Time of Arrival: 6:30pm, Dinner served at 7pm**

**Price: £34- tickets on sale from Wednesday 10<sup>th</sup> January at the track**

**Please hand your envelope to Anne at the front desk at track. In the envelope, please include: Your name, payment, menu choice, who you wish to sit with**

### Menu choices

#### **Starters:**

Tomato and Basil Soup  
Melon and Parma Ham with Special Fruit Chutney  
Smoked Salmon and Crème Cheese

#### **Main Course:**

Fillet of Seabass, Yellow Pepper Sauce  
English Roast Sirloin of Beef, Yorkshire Pudding and Horseradish Sauce  
Spinach and Chickpea Curry with Rice and Poppadoms

All main courses are served with the chef's selection of vegetables and potatoes unless otherwise stated

Contact either Anne Goodall at track or Hannah McPhee: [socialsec@readingroadrunners.org](mailto:socialsec@readingroadrunners.org) if you have any queries

#### **Desserts:**

Sticky Toffee Pudding with Toffee Sauce  
Rich Chocolate Pot with Shortbread Biscuit  
Mixed Berry Eton Mess





## 2017 Men's Team Highlights

PHIL REAY

I've always found the period between Christmas and New Year to be one of reflection and a time to celebrate the achievements of the year. In this, our 30<sup>th</sup> Anniversary year, 2017 has produced some stellar performances from the Men's Team. Here are just some of the highlights.

- Matthew Richards breaks Chris Mason's 20mile record with a time of 1:53:59 at Bramley. The record had stood for two decades. Matt continued his form throughout the year with wins at Tadley 10 and a dominant run at Clarendon Half Marathon, which he won by over 9 minutes. He rounded off the year in New York City finishing 3<sup>rd</sup> Matthew, 4<sup>th</sup> Brit and 72<sup>nd</sup> overall.
- Duncan Mollison smashed the 400m, 800m and 1500m club records with times of 54:37, 2:00:96 and 4:11:73 respectively. After becoming Berkshire 800m Champion, he won bronze in the British Masters Championships before selection for Team GB squad for the European Masters Championships in Denmark where he finished 11<sup>th</sup> and first Brit.
- Mark Worringham celebrated his call-up to the England Team for the British XC Championships by winning a silver medal. Mark had already won a Bronze on the track at the British Masters. Mark also dominated his home race, winning the Woodley 10K.
- No fewer than 22 men ran PBs at the Wokingham Half Marathon, including our first seven finishers. Runs from Mark Worringham, Matt Richards, Rob Corney and Jamie Smith secured 2<sup>nd</sup> place in the team competition.
- In the Hampshire XC League our Vets team won Division 2. Lance Nortcliff led the way with overall victory in the individual vets league. Lance also enjoyed success on the track this year with Bronze in the British Masters Championships in Birmingham.
- Rob Corney cruised to victory at the O2O 10K, following incredible performances earlier in the year where he was 2<sup>nd</sup> at Goring 10k, 3<sup>rd</sup> at Race the Train and 4<sup>th</sup> in the notoriously difficult Snowdonia Trail Marathon.
- Alan Freer added several accolades to his collection including victory in the v60 category at Hillingdon Half Marathon
- Nigel Hoult won more v60 gongs including at the Down Tow Up Flow Half Marathon and Swallowfield 10K.
- Paul Jenkins won the v70 cat at Lisbon marathon
- Tom Harrison took victory in the v80 category at the Heartbreaker Half Marathon and the Maidenhead 10. He is also the fastest 80+ marathon runner in Britain for 2017 with a time of 4:46:57 at London.
- Brian Grieves finished 2<sup>nd</sup> out of a field of 118 in the solo competition at Endure 24 running a total of 115 miles over 23 laps. In the 3-5 team category



- a Reading team came 2<sup>nd</sup> with Keith Russell, Ryan O'Brien, Brendan Morris, Ashley Middlewick and Matthew Green running 205 miles between them.
- Donald Scott-Collett completed 'The Toughest Footrace on Earth', The Marathon Des Sables. A self-supported race over 237km of the Sahara Desert in temperatures above 50 degrees C.
- Sub 3hr Marathons from 12 men: Matthew Richards, Rob Corney, Seb Briggs, Rupert Shute, Brendan Morris, Andrew Smith, Gary Tuttle, Lance Nortcliff, Ben Whalley, Jamie Cole, Ashley Middlewick & Keith Russell.
- Good For Age Marathon times (based on London) for: David McCoy, Dan Brock, Brian Grieves, Tony Walker, Gavin Rennie, Peter Aked, Brian Kirsopp and Alan Freer.
- Huge marathon PBs at Marathon Majors for, Paul Kerr (London), Brooke Johnson, Simon Denton and Tony Streams (all Berlin).
- Brian Kirsopp entered the Guinness Book of Records as the fastest to run a Marathon dressed as a postman.
- 24<sup>th</sup> from 278 teams at the Vitality 10,000m British Championships with a team of Rob Corney, Chris Lucas, David McCoy, Lance Nortcliff, Matthew Richards, Ben Whalley
- Stuart Kinton earned a 100mile belt buckle finishing the South Downs Way 100 in a time of 22hrs 7mins.
- Mark Worringham and David McCoy made it an overall RR 1-2 in the 3 race Yateley 10k series.
- Ian Giggs celebrated his 400<sup>th</sup> parkrun and finishes the year having ran 421 at 222 different venues across 7 countries. He's also completed 63 consecutive Yateley 10Ks over 21 years
- Our men's team had two 3<sup>rd</sup> place finishes in the Vets Track & Field League. A great achievement against seven specialist Athletics Clubs. Team: David Fiddes, Nigel Hoult, Peter Higgs, Clive Bate, Brian Grieves, Duncan Mollison, Dave Brown, Ian Giggs, Ben Paviour, Lance Nortcliff, Andrew Atkinson, Mark Worringham, Phil Reay, Ben Whalley, Pete Jewell
- Wayne Farrugia finished in the top 6% at the 100km Race to the Stones event.
- Mark Apsey won the Woodland 5
- Ben Paviour and David McCoy make it a RR 1-2 at Swallowfield 10K
- Ben Paviour won Pangbourne 10k
- David McCoy finished inside the top 50 from a field of 8,500 at the Great Scottish Run achieving a PB of 1:15:24 in the process.
- At Mortimer 10K, Keith Russell, Chris Lucas and Mark Apsey took the podium positions
- Big PBs at several distances for Brendan Morris, Tony Streams, Neil Carpenter, Gary Tuttle, Dan Brock, Fergal Donnelly, Kevin Strong and Dave McCoy.
- In the Ridgeway Relays we were awarded the shield to keep for most previous wins.
- 2<sup>nd</sup> place from 54 teams in the Runnymede Relays; Mark Apsey, Pete Jewell, Lance Nortcliff, Mel Silvey, Ben Whalley, David McCoy

- In the SEAA Road Running Relays we were the first non-London team and 4<sup>th</sup> overall from 30 teams.
- In the Berkshire Road Running Championships, Gavin Rennie won the trophy in the v50 category, Daniel Rickett took Bronze in the Seniors and Phil Reay Bronze in the v40 category.
- Paul Monaghan and Dean Allaway joined the prestigious 100 marathon club
- Martin Bush joined the 900 marathon club and finished the year on 931 marathons.
- Pete Morris completed his 500<sup>th</sup> Marathon and continued to lead his popular Monday evening recovery run group, The Chug.
- Head Coach Simon Davis completed the worlds oldest Ultra-marathon, Comrades, in South Africa and later added marathon major medals from Berlin and Chicago to his collection.
- Won Berks, Bucks, Oxon XC Vets Championship. Team of Seb Briggs, Rob Corney, Lance Nortcliff, Chris Lucas, Jamie Smith, Brian Kirsopp, Ian Giggs, Colin Cottell, Ivan Harding, David Caswell, Andy Atkinson, Andrew Smith, Peter Higgs, Nick Adley
- The adventures of Ashley Middlewick ended on a 2017 high with 4<sup>th</sup> place in the Puglia Half Marathon. In a field of over 400 runners he took over 3 mins off his PB to finish in 1:19:18.
- Dave Wood entertained us and was the only Brit (probably) to run marathons in Spain, Jordan, South Africa, Vietnam & Nepal during 2017.
- After running Comrades down run last year (89km), my own personal highlight of the year was returning to South Africa this year and completing the up run (87km) to earn the much coveted Back-to-back medal.

Sincere apologies if I've missed any major achievement (there's bound to be some). Congratulations to everyone on your achievements and on behalf of the club thank you for choosing to run in a Green Vest.

We've had 79 new men join the club in 2017 and go into 2018 with great momentum and yet more strength in depth. Go Green Vests!



## Charity news

ELLEN TOGHER

### Happy new year and welcome to 2018!

The current total raised for Cycle Smart in 2017 is a fantastic £16,841!!

### Christmas Party, Ladies calendar & thank yous...

I hope you all enjoyed the Christmas party, such great fancy dress costumes (spotty Mel!!) and a whopping £287 raised for Cycle Smart including:

- The sweets guessing game raised £26.70
- Children's bike and helmet auction raised £35
- The raffle raised a whopping £225

Massive thanks goes out to Alice and Jane for leading the raffle and donating prizes, thanks to Emma, Charley and Helen for helping with the games and to Peter Higgs, Kerry Eastwood and Hannah who provided some of the extra special big prizes and thanks to anyone I may have missed and everyone that donated.

If you haven't already then please please please buy your copy of the Ladies Charity Calendar. Such a fantastic way of raising money for Cycle Smart and don't forget it's a 13 month one! It can be bought at the Wednesday track night or Kerri French can take your order directly and post it out to you for postage costs.

Well done again to all the amazing ladies that took part and all those behind the scenes to make it happen including Keith Russell, Chris Drew, Kerry Eastwood and Ricky Cowley.

### Almost time to sign off...

Getting close to the end of the year now (sad face), so please give wherever you can to help boost the monies raised.

You could make an ad-hoc donation on the just giving page

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

or just put a few extra quid in the money pot on the front desk or the bar, those pots have raised almost £150 to date which is amazing!!

This will help Cycle Smart to:

- provide their community service which highlights the need of safer cycling practices that incorporate the distinctive needs of children and young people.
- work with parents, teachers, police, road safety officers, Government departments, healthcare professionals and children themselves by promoting and providing educational programmes in schools on the need for helmet use and safer cycling practice throughout the United Kingdom and Northern Ireland.

Please keep your raffle prizes coming in and thanks to all those that have generously given so far, the raffles need you!!

### SHOP for Cycle Gear

The Cycle-Smart shop is now open! For a great range of top spec helmets and safety gear at low prices go to this link:

<https://cycle-smart-shop.org/> or please feel free to get in touch with me

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I would also like to express my sincere condolences to Sylvia and all of Pete's family and friends on the very sad news of his sudden passing.  
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Kind regards,

Ellen

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



# Changes to membership administration & renewals

BOB THOMAS

The 2017 AGM endorsed the Committee's proposal to introduce an online membership administration service, which is due to go live in time to process the annual renewals in the New Year. As well as providing members with better access to services, we expect the new service to reduce the administration burden on Committee volunteers.

The service chosen is provided by WebCollect, which is quite widely used by clubs such as ours. Once fully implemented and bedded in, you'll be able to achieve a lot more online without the need to visit Palmer Park. If you don't have internet access, you'll still be able to access Club facilities as you do today.

We intend to launch the service before the New Year, specifically to facilitate the annual membership renewal. A key feature of the WebCollect service is to provide online event booking and payment, which we will introduce once we're confident the core functions are all working smoothly and that we have gained some experience of processing payments through the service.

A decade or so late, perhaps, but we'll have all our membership records online, with members able to manage their own profile, so bad email addresses owing to illegible membership forms should be eliminated.

Although WebCollect offers card payment and PayPal options, we will not implement these initially. The online payment options that will be available are BACS and Direct Debit. The latter option is provided by a third-party company, GoCardless; after registering with the GoCardless system, you can make one-off payments through the Direct Debit service. We won't draw down money directly from your account as a utility company would: you will explicitly make payments as individual transactions.

The BACS facility is simple to use: when you opt to pay for something by BACS, WebCollect will advise you of the reference to quote in your BACS transaction. This doesn't change, so once set-up with your bank account, it doesn't need to be altered each time you purchase something from the Club.

If you've registered an email address with the Club, you'll receive information on how to access the service in the next couple of weeks. Please log-on using your email address as your username, define a password and check your profile to ensure that it's up-to-date. You can edit most of the fields you'd want to edit. Please do maintain the accuracy of this data as your circumstances change.

If you've provided an email address, you should be receiving frequent emails from "RR Comms", particularly Chairman's emails, the most recent of which is No 83, sent on 20Nov17. If you aren't receiving these emails, please advise the Secretary (address below). If you've unsubscribed from Club email, your option will be ignored for this notification.

If you haven't registered an email address with the Club, we will not post the information to you as you are unaffected by these changes. You'll need to renew as you've done in the past by cash or cheque paid directly to the Membership Secretary.

It might sound a bit daunting, but the Committee hopes that members will quickly see the benefit of transforming our venerable admin processes to something better fitted to the 21st century. Please relay any concerns or queries to the GenSec email address.

**Bob Thomas**  
Secretary

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



## 2018 Charity Calendar

DONNA SAUNDERS

Hello Roadrunners! As we leave 2017 behind and enter January; many of you and your friends/family will be taking down our fantastic men's calendars and hanging your prized Ladies version in kitchens and offices across this fine county; filling in and admiring the sights (what a treat you've all got in store...!) and aspirations of the coming year (all 13 months in this case!)

Oh and what delights are ready to unfold before your very eyes!

With this in mind it seems only fitting to give you all an update on the current progress of our Roadrunner ladies 2018 calendar sales!

\*Drum roll please, Ed..\*

Quite frankly, response and sales have been amazing so far with profits rising daily and demand becoming very consistent! Hot off the printing press and straight into the hands of you lovely lot we have exceeded printing costs and are well into the profits!

Many of you have been sending in comments of support and admiration to the ladies who dared to brave all and this has only spurred on more sales and encouraged us to move forward towards the positive and inclusive body mindset that was prominent in the thoughts of the ladies taking part. In fact, in a very positive way it helped to spur on the making of the masterpiece! Not only do we drop everything for a good cause in Cycle Smart but we want to tell you that your body is capable of anything and it should be

celebrated! (Every single inch of it!)

As you know; Cycle Smart UK will reap the benefits of all the hard work put into the planning, making and sales of the calendars but we need just a little bit more help! With little over 40 units remaining we need those who have not had the chance to get their little hands on one to do so very quickly!

For a £10 minimum donation you can get hold of this years must have and plan each race, XC, long run or gym session with ease. Sales will continue throughout January at the track, in the foyer and the track bar as well as at our home fixture XC at Ashenbury Park and at Curryoke! You can also get one from myself via online payment PayPal at [Diddlydonna@hotmail.co.uk](mailto:Diddlydonna@hotmail.co.uk) for just £3 extra to cover postage and packing straight to your door. Perfect for that instance where you just can't make the track!

We need all the copies gone and we are so close to hitting maximum profits; so please help if you can and buy one for the next door neighbour, the Aunty you never see or even the cat - every Calendar sold helps Cycle Smart to Raise awareness and save young people's lives by promoting all aspects of safer cycling and, in particular, the use of cycle helmets. A worthy cause I'm sure you'll agree.

Let me just finish by saying a massive Thank you to everyone involved, to those who have supported and brought copies and to urge you to Please continue to support us and help us to get a sell out!

# Championship results

BOB THOMAS

Congratulations to all who took part in this year's Championship. Trophies are awarded to the those who finished in the top three places in each age category and in the joint age grade category. The final results comprise:

|  |  |   |   |
|--|--|---|---|
| <b>Senior Men</b><br>1. Justin Simons<br>2. Ian Giggs<br>3. Daniel Rickett | <b>MV60</b><br>1. Alan Freer<br><br><b>MV65</b><br>1. David Dibben<br>2. Andy Atkinson<br>3. James Kiddie<br><br><b>MV80</b><br>1. Tom Harrison<br><br><b>Senior Ladies</b><br>1. Sally Carpenter<br>2. Donna Saunders<br>3. Helen Dixon | <b>FV35</b><br>1. Helen Pool<br>2. Nicole Rickett<br>3. Joanne Sollesse<br><br><b>FV45</b><br>1. Samantha Whalley<br>2. Mary Janssen<br>3. Charlie Macklin<br><br><b>FV55</b><br>1. Jane Davies<br>2. Gillian Gillard | <b>FV60</b><br>1. Tina Woffington<br>2. Linda Wright<br>3. Liz Atkinson<br><br><b>FV65</b><br>1. Janice Thomas<br>2. Julie Wing<br><br><b>Age Grade</b><br>1. Jane Davies<br>2. Brian Kirsopp<br>3. Ben Whalley |
|--|--|---|---|

Details of the 2018 Championship races will be published in the New Year (recommendations for races to include to [champs@readingroadrunners.org](mailto:champs@readingroadrunners.org)).

# Happy Birthday Glynn

TIM POVEY

Happy Birthday, Jones the Bar!  
We all think that you're a star,  
And, if it were not for you  
We do not know what we would do  
To quench our thirst on Wednesday nights  
And chat and put the world to rights.

Congrats on your ten and three score.  
May you have many birthdays more,  
And keep on serving up the beer  
Plus all those jokes we like to hear.  
Glynne, we'll just reiterate  
A Happy Birthday to you. Mate.



# The Beaujolais Wine Run

ADELE GRAHAM



**DATE:** 17TH-20TH NOVEMBER 2017

**LOCATION:** VILLEFRANCHE SUR SAONE, BEAUJOLAIS

**DISTANCE:** MARATHON/ HALF MARATHON/ 13K

**CONDITIONS:** CHILLY!

If you have ever fancied all the fun and frolics of the Medoc Marathon, but on a shorter distance, the Beaujolais event could be the one for you.

The event coincides with the release of the Beaujolais wine vintage for the year, so it is very much a local celebration.

It is advertised as 'Le Marathon sans Moderation!'

(the marathon without moderation) with approx. 17,000 runners from 70 countries. There is a marathon, half marathon, 13K and a children's colour run, so something for everyone.

The team comprised the usual Saturday Morning crew – Jane & Mel Silvey, Gill and Dave Gillard, Kim Stevens, Adele Graham, Paul Godbold, Cath Reynolds, Linda Wright, Susanna Yeoman and Gilly Cook. On this occasion we were joined by Gilly's partner Grant, Cath's Boot Camp friends Eirwen, Ali and Avril plus our friend Alison from Chester Triathlon Club.

After arriving at the hotel we set off on a short walk to the Expo. Number collection was somewhat chaotic (they managed to run out of smaller t-shirts leaving us all with x-large!) but the pasta party was great fun – hundreds of inebriated French people in fancy dress, loud music, singing and dancing. Was this the best race preparation???



Alison ran a very good time for the marathon – 3.47.15. Times for the half marathon were Mel (1.48.18), Adele, Gill, Kim & Gilly (2.46.06), Linda (3.04.09), and for the 13K were Avril (1.07.54), Ali (1.28.09) Susanna (1.32.59), Cath & Eirwen (1.56.25).

Dinner was at a local Moroccan restaurant. The next day some of the group opted for a sightseeing trip to Lyon, whilst the rest of us opted for

yet more wine tasting at a local village food festival, which featured all sorts of local produce including sausage and pork braised in wine grapes! Dinner was at a French restaurant.

All too soon it was time to come home after another really fabulous weekend.

I would really recommend this race – not one for a PB but really great fun

Alison was our only marathon runner so she set out early the next day for the coach to the start (9am). She sent us a text saying 'No idea what is going on here – they are all bonkers but its great fun!'

The rest of us had a leisurely breakfast – the half marathon start was 12.00 and the 13k 14.00. The hotel was ideally situated – only a stones throw from the start & finish- perfect!

Half marathoners (myself, Kim, Gill, Gilly, Mel and Linda) and 13k runners (Cath, Susanna, Eirwen, Ali and Avril) prepared for the race whilst the support team (Paul, Grant, Jane & Dave) considered the best bars for race supporting.

The half marathon and 13k both start and finish in the town of Villeranche-sur-Saone. All the races wind through the French countryside through small villages and hamlets, vineyards and castles – all very pretty. Food and drink stations were every mile or so. As well as water & energy drinks the stops featured large plates of fruit, chocolate, cheese, cold meats, pate and of course wine! Most also featured bands and music – at one point we ran through a barn set up like a night club with accompanying club music! We soon got into the swing of running a mile then stopping to eat, chat & dance. Most race participants were in fancy dress, most were French and all completely insane!!! The last food station had a BBQ with huge steaks grilled & cut up for runners – washed down with more red wine naturally.

Gill, Kim, Gilly and myself crossed the finish line together – the slowest half marathon I have ever run but great fun & an amazing atmosphere. After changing, we came back to cheer in the 13K runners & re hydrate...with more wine!





# Roadrunners Results

DAVID DIBBEN

NO one ever said it was going to be easy.

On day one you get one of our best ladies competing for another club against us and beating all of our girls.

Next day a former Roadrunner lines up as our guest and finishes ahead of all our top guys, but does not score any points for us.

Then the first email drops from an event in another country some weeks before, which our man ran under a nom de plume and without booking in as a Roadrunner.

Meanwhile another chum turns in a very respectable time in a big race in the north of England without mentioning it to a soul.

Welcome to the crazy world of the Reading Roadrunners newsletter results service!

Whatever, even though I have taken over this thankless task from Jenny Gale, the email address for claims of personal bests and season's bests as well as reports of performances in venues off the beaten track remains [results@readingroadrunners.org](mailto:results@readingroadrunners.org).

A lot of members interpret this polite request as an invitation to post their data on the club's Facebook page, or to contact me through Facebook Messenger, or by text, or write to my personal email account. [Results@readingroadrunners.org](mailto:Results@readingroadrunners.org). How hard can it be!

Hopefully, here's a fairly comprehensive list of recent performances, starting with some slightly historical ones we missed earlier....

## 5th November

### Rivermead 10k

| Pos | Name                 | Chip    |
|-----|----------------------|---------|
| 3   | Chris Lucas          | 35.44   |
| 8   | Brian Kirsopp        | 38.19   |
| 33  | Gabriel Mudzi        | 46.39   |
| 124 | Nick Adley           | 59.18   |
| 150 | Laura Brooks         | 1:02.05 |
| 165 | Fiona Blennerhassett | 1:05.00 |

### Run With The Wind 10k (Strathaven)

| Pos | Name        | Chip  |
|-----|-------------|-------|
| 26  | Gary Tuttle | 37.23 |

## Leeds Abbey Dash 10k

| Pos  | Name       | Chip  |
|------|------------|-------|
| 1006 | Helen Pool | 42.25 |

## 11th November

### Hampshire League (Petersfield)

#### Senior men

| Pos | Name            | Gun                 |
|-----|-----------------|---------------------|
| 39  | Mark Worringham | 38.30 (3rd vet) --- |
| 50  | Ben Paviour     | 39.16 (4th vet)     |
| 52  | Andrew Smith    | 39.24 (5th vet)     |
| 71  | Lance Nortcliff | 40.35               |
| 142 | Alex Harris     | 44.44               |
| 194 | Ian Giggs       | 48.52               |
| 196 | Pete Jewell     | 48.55               |
| 204 | Tony Walker     | 49.22               |
| 215 | Jamie Smith     | 50.18               |
| 236 | David Caswell   | 53.05               |
| 254 | Colin Cottell   | 55.06               |
| 262 | David Walkley   | 58.19               |
| 269 | Pete Morris     | 1:00.01             |
| 283 | Peter Higgs     | 1:06.09             |

#### Senior women

| Pos                     | Name           | Gun    |
|-------------------------|----------------|--------|
| 78                      | Sarah Dooley   | 30.31  |
| 84                      | Helen Pool     | 31.04  |
| 105                     | Sam Whalley    | 33.29  |
| 129                     | Claire Seymour | 36.35  |
| (68                     | Belinda Tull   | 29.51, |
| running for Reading AC) |                |        |

## Phoenix Remembrance Day Marathon

### Walton-on-Thames

| Pos | Name        | Chip    |
|-----|-------------|---------|
| 94  | Martin Bush | 4:56:33 |

## 12th November

### Thames Valley Cross-Country League

#### Race 2, Datchet

| Pos | Name               | Gun   |
|-----|--------------------|-------|
| 1   | Matt Green (guest) | 33.18 |
| 5   | Stephen Ridley     | 34.32 |
| 8   | Mark Apsey         | 34.55 |
| 11  | Alex Warner        | 35.10 |
| 14  | Jamie Smith        | 35.39 |
| 25  | Will Haynes        | 36.26 |
| 31  | Brian Kirsopp      | 37.06 |
| 36  | David Ferguson     | 37.24 |



## ROADRUNNERS RESULTS

|     |                        |         |
|-----|------------------------|---------|
| 46  | Tom Anthistle          | 38.02   |
| 64  | Paddy Hayes            | 39.02   |
| 77  | Aaron Chai             | 39.48   |
| 81  | Kenny Heaton           | 40.01   |
| 88  | Bill Watson            | 40.21   |
| 89  | Alan Freer             | 40.23   |
| 100 | Chris Cutting          | 40.45   |
| 101 | Ian Giggs              | 40.50   |
| 102 | Richard Charley        | 40.55   |
| 116 | Justin Simons          | 41.30   |
| 120 | David Fiddes           | 41.40   |
| 127 | Julian Hough           | 42.06   |
| 139 | Mark Andrew            | 42.41   |
| 143 | Peter Cook             | 42.46   |
| 161 | Sophie Hoskins         | 43.33   |
| 162 | Colin Cottell          | 43.36   |
| 163 | Keith Ellis            | 43.41   |
| 164 | Sunil Fernandes        | 43.42   |
| 166 | Mary Janssen           | 43.46   |
| 173 | David Caswell          | 44.09   |
| 178 | Pip White              | 44.20   |
| 198 | Alix Eyles             | 45.02   |
| 241 | David Walkley          | 46.56   |
| 242 | Ricky Straw            | 46.58   |
| 243 | Dan Stockwell          | 46.59   |
| 245 | Julie Rainbow          | 47.14   |
| 249 | Pete Morris            | 47.30   |
| 255 | Michael Howard         | 47.58   |
| 256 | Brian Fennelly         | 48.00   |
| 262 | Tracey Hicks           | 48.22   |
| 270 | Stewart Wing           | 48.36   |
| 274 | Beth Rudd              | 48.41   |
| 278 | Peter Reilly           | 48.51   |
| 280 | Andy Atkinson          | 48.57   |
| 297 | Jim Kiddie             | 49.35   |
| 315 | Nick Adley             | 50.29   |
| 321 | Jo Sollesse            | 50.51   |
| 329 | Claire Seymour         | 51.31   |
| 350 | Simon Riviere (guest)  | 52.50   |
| 359 | Peter Higgs            | 53.47   |
| 365 | Katie Gumbrell         | 54.03   |
| 391 | Bob Thomas             | 56.36   |
| 395 | Tom Harrison           | 57.08   |
| 401 | Grace Lyon             | 57.32   |
| 402 | Rebecca Simons (guest) | 57.34   |
| 406 | Yvonne Edwards         | 58.01   |
| 423 | Justin Watkins         | 1:00.18 |
| 433 | John Bowley            | 1:01.19 |
| 434 | Heather Bowley         | 1:01.21 |
| 435 | Kerry Eastwood         | 1:01.23 |
| 438 | Linda Wright           | 1:01.30 |

|   |                 |         |
|---|-----------------|---------|
| 439                                       | Liz Atkinson    | 1:01.38 |
| 440                                       | Louise Atkinson | 1:01.39 |
| 461                                       | Janice Thomas   | 1:06.11 |
| 463                                       | Juliet Fenwick  | 1:08.23 |
| 466                                       | Holly Turner    | 1:09.31 |
| 474                                       | Stephen Wing    | 1:21.16 |
| 475                                       | Julie Wing      | 1:22.44 |
| Mens scores: 3 Ridley, 6 Apsey, 9 Warner, |                 |         |
| 12 Smith, 29 Kirsopp, 75 Heaton.          |                 |         |
| Total 134 for 3rd place.                  |                 |         |
| Womens scores: 22 Hoskins, 23 Janssen,    |                 |         |
| 30 White, 37 Eyles.                       |                 |         |
| Total 112 for 7th place.                  |                 |         |
| Overall: Roadrunners 5th place.           |                 |         |

### Tenerife Marathon

| Pos | Name              | Chip    |
|-----|-------------------|---------|
| 12  | Ashley Middlewick | 3.10.34 |

### Bath Hilly Half Marathon

| Pos | Name          | Chip    |
|-----|---------------|---------|
| 48  | Peter Manning | 2:00.40 |

### Grand Union Canal Autumn Half Marathon Uxbridge

| Pos | Name           | Chip    |
|-----|----------------|---------|
| 253 | Ian McGuinness | 1:57:41 |

### Phoenix Ty-Run-Osaurus Marathon Walton-on-Thames

| Pos | Name        | Chip    |
|-----|-------------|---------|
| 31  | Martin Bush | 5:02.26 |

### 17th November

#### RR Track One Mile

| Pos | Name                         | Gun  |
|-----|------------------------------|------|
| 1   | Rob Corney                   | 4.49 |
| 2   | Jamie Smith                  | 5.12 |
| 3   | Simon Lerigo (Maidenhead)    | 5.13 |
| 4   | Pete Jewell                  | 5.24 |
| 5   | Neil Hynes (Maidenhead)      | 5.25 |
| 6   | Ian Giggs                    | 5.29 |
| 7   | Brian Kirsopp                | 5.32 |
| 8   | Andrew Smith                 | 5.34 |
| 9   | Kevin Wheeler (Sweatshop)    | 5.38 |
| 10  | Jon Kew (Maidenhead)         | 5.40 |
| 11  | Alex Warner                  | 5.50 |
| 12  | Natalie Plummer (University) | 5.51 |
| 13  | Henry Benyon (University)    | 5.54 |
| 14  | Stuart Jones                 | 5.55 |
| 15  | Andrew Morgan                | 6.00 |

## ROADRUNNERS RESULTS

|    |                             |      |
|----|-----------------------------|------|
| 16 | Alan Williamson (Sweatshop) | 6.15 |
| 17 | Sahan Jinadasa              | 6.51 |
| 18 | Nick Parris                 | 6.56 |
| 19 | Peter Morris                | 7.03 |
| 20 | Peter Reilly                | 7.05 |
| 21 | Mo Fassihinia               | 7.17 |
| 22 | Yau Hei Chai (University)   | 7.18 |
| 23 | Anas Bakhit                 | 7.23 |
| 24 | David Fiddes                | 7.29 |
| 25 | Simon Riviere (Joggers)     | 7.36 |
| 26 | Alice Kerr                  | 9.56 |

### RR Track 5k

| Pos | Name                         | Gun      |
|-----|------------------------------|----------|
| 1   | Rob Corney                   | 16.14    |
| 2   | Ryan Faulkner (Reading)      | 16.38    |
| 3   | Andrew Stay (Finch Coasters) | 17.12    |
| 4   | Alex Warner                  | 17.15    |
| 5   | Daniel Wightman (University) | 17.54    |
| 6   | Jamie Smith                  | 18.11    |
| 7   | Brian Kirsopp                | 18.20 PB |
| 8   | Simon Lerigo (Maidenhead)    | 18.32    |
| 9   | Neil Hynes (Maidenhead)      | 18.38    |
| 10  | Jon Kew (Maidenhead)         | 18.42    |
| 11  | Andrew Morgan                | 18.43    |
| 12  | Paul Kerr                    | 18.56    |
| 13  | Dan Brock                    | 19.06 PB |
| 14  | Natalie Plummer (University) | 19.33    |
| 15  | Matthew Gilbert (University) | 19.49    |
| 16  | Henry Benyon (University)    | 19.52    |
| 17  | Erica Key                    | 19.57    |
| 18  | Bill Watson                  | 19.59    |
| 19  | Justin Simons                | 20.11    |
| 20  | Helen Pool                   | 20.14 PB |
| 21  | Nicolas Sigrist (University) | 20.25    |
| 22  | Stuart Jones                 | 20.36 PB |
| 23  | David Fiddes                 | 20.58    |
| 24  | Ben Wiggins (Sweatshop)      | 21.08    |
| 25  | Alan Williamson (Sweatshop)  | 21.12    |
| 26  | Yau Hei Chai (University)    | 21.39    |
| 27  | Andrew Caldwell (Guest)      | 21.43    |
| 28  | Hannah Croad (University)    | 21.45    |
| 29  | Thomas Hutton (University)   | 22.38    |
| 30  | Peter Morris                 | 22.44    |
| 31  | Simon Davis                  | 22.47    |
| 32  | Sam Whalley                  | 23.08 PB |
| 33  | A Walenkiewicz (Sweatshop)   | 23.13    |
| 34  | Sahan Jinadasa               | 23.14    |
| 35  | Adam Morgan (University)     | 23.30    |
| 36  | Peter Reilly                 | 23.45    |
| 37  | Mo Fassihinia                | 24.17    |

|    |                         |          |
|----|-------------------------|----------|
| 38 | Simon Riviere (Joggers) | 24.21    |
| 39 | Laura McBride (Joggers) | 24.21    |
| 40 | Anas Bakhit             | 24.29    |
| 41 | Fiona Ross              | 25.53 PB |
| 42 | Rajith Kumar            | 25.57    |
| 43 | Roger Pritchard         | 27.14    |
| 44 | Helen Dixon             | 29.44 PB |
| 45 | Sarah Walters           | 29.46 PB |

### 18th November

#### British and Irish Masters XC (8k)

| Pos | Name            | Gun               |
|-----|-----------------|-------------------|
| 36  | Mark Worringham | 28.21 (11th, V40) |

#### Windsor Autumn Classic Half Marathon

| Pos | Name      | Chip    |
|-----|-----------|---------|
| 101 | Paul Gell | 1:38.36 |

#### Beaujolais Half Marathon (France)

| Pos  | Name         | Chip    |
|------|--------------|---------|
| 1420 | Mel Silvey   | 1:48.18 |
| 4838 | Kim Stevens  | 2:46.06 |
| 4840 | Adele Graham | 2:46.06 |
| 4843 | Gill Gillard | 2:46.08 |
| 5185 | Linda Wright | 3:04.09 |

### 19th November

#### BBO XC Championships (Prospect Park)

##### Senior men

| Pos | Name            | Gun   |
|-----|-----------------|-------|
| 20  | Seb Briggs      | 35.19 |
| 24  | Rob Corney      | 35.24 |
| 27  | Lance Nortcliff | 35.44 |
| 29  | Chris Lucas     | 35.36 |
| 50  | Jamie Smith     | 37.51 |
| 62  | Brian Kirsopp   | 39.30 |
| 74  | Ian Giggs       | 41.17 |
| 89  | Colin Cottell   | 44.26 |
| 90  | Ivan Harding    | 45.26 |
| 94  | Dave Caswell    | 45.46 |
| 105 | Andy Atkinson   | 31.23 |
| 107 | Nick Adley      | 54.02 |
| 108 | Peter Higgs     | 54.49 |

Vets positions: 4 Briggs, 7 Nortcliff, 18 Smith.

Roadrunners take vets' first team prize.

##### Senior women

| Pos | Name          | Gun   |
|-----|---------------|-------|
| 27  | Jane Davies   | 23.46 |
| 38  | Lesley Whiley | 25.01 |

## ROADRUNNERS RESULTS

|     |                 |        |
|-----|-----------------|--------|
| 40  | Nicole Rickett  | 25.27  |
| 48  | Sarah Alsford   | 26.49  |
| 50  | Sam Whalley     | 27.04  |
| 53  | Claire Seymour  | 28.32  |
| 59  | Charlie Macklin | 31.18  |
| 65  | Maria Norville  | 33.50  |
| (22 | Belinda Tull    | 23.29, |

running for Reading AC

Vets positions: 7 Davies, 15 Whiley,  
16 Rickett.

Roadrunners take vets' third prize.

### Gosport Half Marathon

| Pos | Name        | Chip    |
|-----|-------------|---------|
| 538 | Kevin Jones | 1:40.42 |
| 899 | Jim Kiddie  | 1:52:44 |

### Hertfordshire Half Marathon

(Knebworth)

| Pos  | Name                 | Chip       |
|------|----------------------|------------|
| 1263 | Sarah Richmond-Devoy | 2:06.29 PB |

### Conwy Half Marathon

| Pos | Name          | Chip    |
|-----|---------------|---------|
| 469 | Amanda Rosser | 2:11.00 |

### Valencia Marathon

| Pos | Name          | Chip    |
|-----|---------------|---------|
| 67  | Keith Russell | 2:28.57 |

(2nd claim, running for Reading AC)

### 25th November

#### England Masters Inter-Area Match

#### Bournemouth (7.5k)

| Pos | Name             | Chip             |
|-----|------------------|------------------|
| 4   | Lance Nortcliff  | 25.58 (1st MV45) |
| 17  | Sarah Urwin-Mann | 30.20 (3rd F)    |
|     | (2nd claim)      |                  |
| 29  | Belinda Tull     | 32.04            |
|     | (2nd claim)      |                  |
| 45  | Claire Seymour   | 37.10            |

### 26th November

#### Thames Valley Cross-Country League

#### Race 3, Sandhurst

| Pos | Name                   | Gun   |
|-----|------------------------|-------|
| 2   | Matt Green (2nd claim) | 35.03 |
| 6   | Dave McCoy             | 35.48 |
| 9   | Alex Warner            | 36.44 |
| 14  | Jamie Smith            | 37.41 |
| 16  | Stephen Ridley         | 37.50 |

|                                 |                         |                  |
|---------------------------------|-------------------------|------------------|
| 20                              | Brendan Morris          | 38.17            |
| 34                              | Fergal Donnelly         | 39.36            |
| 43                              | Ian Giggs               | 40.16            |
| 50                              | Andy Morgan             | 40.43            |
| 53                              | Caroline Hoskins        | 41.01 (2nd lady) |
| 54                              | Brian Kirsopp           | 41.02            |
| 59                              | Paddy Hayes             | 41.24            |
| 79                              | Bill Watson             | 43.03            |
| 91                              | Richard Charley         | 43.38            |
| 94                              | Aaron Chai              | 43.47            |
| 102                             | Justin Simons           | 44.05            |
| 112                             | Julian Hough            | 44.27            |
| 115                             | Colin Cottell           | 44.41            |
| 117                             | David Fiddes            | 44.45            |
| 136                             | Sophie Hoskins          | 45.44            |
| 144                             | Ivan Harding            | 46.21            |
| 145                             | Keith Ellis             | 46.22            |
| 147                             | Dan Stockwell           | 46.25            |
| 157                             | Lesley Whiley           | 46.56            |
| 163                             | Pip White               | 47.19            |
| 176                             | Alix Eyles              | 47.57            |
| 219                             | Will Guest              | 51.23            |
| 224                             | Michael Howard          | 51.31            |
| 233                             | Pete Morris             | 52.02            |
| 234                             | Julie Rainbow           | 52.03            |
| 240                             | Sophie Pindoria (guest) | 52.32            |
| 245                             | Alice Godding           | 53.06            |
| 246                             | Martin Douglas          | 53.16            |
| 253                             | Jo Sollesse             | 53.43            |
| 257                             | Sam Whalley             | 53.50            |
| 269                             | Andy Atkinson           | 54.55            |
| 279                             | Peter Higgs             | 55.56            |
| 289                             | Tina Wilson             | 56.41            |
| 297                             | Christina Calderon      | 57.29            |
| 314                             | Carol Bowker            | 59.38            |
| 331                             | Bob Thomas              | 1:02.51          |
| 334                             | Lucy Bolton             | 1:03.41          |
| 356                             | Tom Harrison            | 1:07.33          |
| 361                             | Liz Atkinson            | 1:09.12          |
| 362                             | Louise Atkinson         | 1:09.25          |
| 368                             | Cecilia Csemiczky       | 1:13.45          |
| 370                             | Linda Wright            | 1:13.58          |
| 371                             | Louise Brooks (guest)   | 1:14.08          |
| 372                             | Janice Thomas           | 1:14.52          |
| 373                             | Juliet Fenwick          | 1:15.12          |
| 374                             | Catherine Douglas       | 1:15.13          |
| 375                             | Bernie Render (guest)   | 1:16:46          |
| Men's scores: 2 Green, 6 McCoy, |                         |                  |
| 9 Warner, 14 Smith,             |                         |                  |
| 34 Donnelly, 52 Kirsopp.        |                         |                  |
| Total 117 for 2nd place.        |                         |                  |



Women's scores: 2 Carrie Hoskins,  
18 Sophie Hoskins, 23 Whiley, 26 White.  
Total 69 for 2nd place.  
Overall: Roadrunners 2nd place.

**Eynsham 10k**

| Pos | Name           | Chip     |
|-----|----------------|----------|
| 19  | Mark Apsey     | 35.02 PB |
| 124 | Clive Alderson | 40.40    |

**Adnams 10k (Southwold)**

| Pos | Name        | Chip       |
|-----|-------------|------------|
| 607 | Helen Dixon | 1:03.24 PB |

**Eynsham 10k**

| Pos | Name       | Chip     |
|-----|------------|----------|
| 19  | Mark Apsey | 35.02 PB |

**Jigsaw Run 10k (Dunsfold, Surrey)**

| Pos | Name          | Chip  |
|-----|---------------|-------|
| 73  | Peter Manning | 44:10 |

**San Sebastian Marathon**

| Pos  | Name             | Chip    |
|------|------------------|---------|
| 1182 | Caroline Jackson | 3:25.57 |
| 1769 | Paul Monaghan    | 3:44.57 |
| 2537 | Martin Bush      | 4:20.02 |

**2nd December****Hampshire League (Popham)****Senior men**

| Pos | Name            | Gun             |
|-----|-----------------|-----------------|
| 28  | Ben Paviour     | 32.37 (3rd vet) |
| 51  | Dave McCoy      | 33.52           |
| 53  | Lance Nortcliff | 33.57 (6th vet) |
| 64  | Andrew Smith    | 34.56 (8th vet) |
| 128 | Pete Jewell     | 38.29           |
| 183 | Ian Giggs       | 42.20           |
| 186 | Colin Cottell   | 42.52           |
| 201 | David Caswell   | 44.33           |
| 224 | Peter Morris    | 49.28           |

Team Div 1 standings after 3 fixtures:

7th Reading Roadrunners.

Vets standings: 1st Reading Roadrunners.

Individuals standings:

3rd Mark Worringham, 4th Ben Paviour,

5th Andrew Smith, 10th Lance Nortcliff.

**Senior women**

| Pos | Name        | Gun   |
|-----|-------------|-------|
| 41  | Helen Pool  | 24.38 |
| 48  | Jane Davies | 25.03 |

|     |                   |       |
|-----|-------------------|-------|
| 51  | Sarah Dooley      | 25.14 |
| 87  | Sam Whalley       | 28.27 |
| 97  | Claire Seymour    | 29.33 |
| 123 | Cecilia Czemiczky | 39.21 |

Team standings: 9th Reading Roadrunners.

Vets' team standings: 4th Roadrunners.

**3rd December****Mapledurham 10 miles**

| Pos | Name                 | Chip                         |
|-----|----------------------|------------------------------|
| 13  | Tony Walker          | 1:09.22                      |
| 15  | Ashley Middlewick    | 1:09.22                      |
| 32  | Anthony Long         | 1:14.22                      |
| 36  | Jane Davies          | 1:15.27 (1st FV50, 3rd lady) |
| 68  | Gemma Buley          | 1:19.47                      |
| 69  | Chris Buley          | 1:19.46                      |
| 77  | Peter Manning        | 1:20.57                      |
| 91  | David Walkley        | 1:23.04 PB                   |
| 126 | Robert Grice         | 1:26.24                      |
| 133 | Sian James           | 1:27.35 (1st FV60)           |
| 181 | Donald Scott-Collett | 1:35.31                      |
| 196 | Lauren Prior         | 1:38.31                      |
| 203 | Lee Hinton           | 1:40.39                      |
| 204 | Holly Towers         | 1:40.40                      |
| 205 | Katie Gash           | 1:40.41                      |
| 206 | Ian McGuinness       | 1:40.39                      |
| 238 | Veronika Royle       | 1:48.41                      |
| 239 | S Richmond-Devoy     | 1:48.41                      |
| 240 | Rita Dykes           | 1:49.02                      |
| 254 | Anthony Eastaway     | 1:53.02                      |
| 269 | Linda Wright         | 2:03.47                      |
| 272 | Holly Turner         | 2:05.27 PB                   |
| 274 | Sarah Walters        | 2:06.50                      |

**Mapledurham 10k**

| Pos | Name                | Chip    |
|-----|---------------------|---------|
| 2   | Chris Lucas         | 37.20   |
| 7   | Andy Morgan         | 40.38   |
| 12  | Ed Dodwell          | 43.04   |
| 24  | Sophie Hoskins      | 47.10   |
| 67  | Ray McGroarty       | 59.58   |
| 71  | Lisa Kilby          | 1:00.04 |
| 82  | Matthew Brown       | 1:00.45 |
| 85  | Julie Rainbow       | 1:01.14 |
| 117 | Simon Brimacombe    | 1:03.36 |
| 127 | Caroline Hargreaves | 1:04.01 |
| 187 | Julie Bagley        | 1:13.41 |
| 193 | Kerry Eastwood      | 1:16.41 |
| 210 | Ros Lee             | 1:31.30 |

**Thames Valley Cross-Country League****Race 4, Handy Cross**

| Pos   | Name                 | Gun             |
|---|----------------------|-----------------|
| 6   | Jack Gregory (guest) | 34.21           |
| 7   | Mark Apsey           | 34.33           |
| 30  | Jamie Smith          | 37.21           |
| 38  | Fergal Donnelly      | 38.15           |
| 41  | David Ferguson       | 38.45           |
| 55  | Ian Giggs            | 40.03           |
| 57  | Paddy Hayes          | 40.10           |
| 61  | Bill Watson          | 40.31           |
| 72  | Julian Hough         | 41.07           |
| 92  | Chris Cutting        | 42.45           |
| 98  | David Fiddes         | 43.01           |
| 114   | Justin Simons        | 44.21           |
| 119   | Pip White            | 44.47           |
| 120   | Keith Ellis          | 44.50           |
| 121   | Dan Stockwell        | 45.01           |
| 132   | Aaron Chai           | 45.32           |
| 137   | David Caswell        | 45.56           |
| 164   | Alix Eyles           | 47.26           |
| 183   | Beth Rudd            | 49.16           |
| 186   | Nigel Hoults         | 49.48           |
| 189   | Peter Reilly         | 50.05           |
| 199   | Claire Woodhouse     | 50.58           |
| 200   | Melanie Shaw         | 51.02           |
| 212   | Brian Fennelly       | 51.52           |
| 215   | Sam Whalley          | 52.04           |
| 221   | Jim Kiddie           | 52.30           |
| 227   | Jo Sollesse          | 53.02           |
| 228   | Barry Baker          | 53.05           |
| 234   | Andy Atkinson        | 53.13           |
| 246   | Martin Douglas       | 54.22           |
| 257   | Grace Lyon           | 56.00           |
| 270   | Peter Higgs          | 58.53           |
| 287   | Bob Thomas           | 1:02.36         |
| 296   | Rebecca Simons       | 1:03.02 (guest) |
| 297   | Alison Wrigley       | 1:03.10         |
| 298   | Julie Thompson       | 1:03.17 (guest) |
| 308   | Tom Harrison         | 1:06.03         |
| 310   | Liz Atkinson         | 1:06.28         |
| 311   | Louise Atkinson      | 1:06.28         |
| 312   | Maureen Sweeney      | 1:06.37         |
| 314   | Sev Konieczny        | 1:06.44         |
| 321   | Juliet Fenwick       | 1:09.17         |
| Men's scores: 6 Apsey, 28 Smith, 36 Donnelly, |                      |                 |
| 39 Ferguson, 52 Giggs, 58 Watson.             |                      |                 |
| Total 219 for 3rd place.                      |                      |                 |
| Women's scores: 21 White, 34 Eyles, 43 Rudd,  |                      |                 |
| 50 Woodhouse. Total 148 for 9th place.        |                      |                 |

**Nottingham Christmas Marathon**

| Pos | Name           | Chip    |
|-----|----------------|---------|
| 181 | Nicole Rickett | 4:54.54 |
| 182 | Dan Rickett    | 4:54.56 |

**9th December****SEAA Masters XC Championships****Men's V40**

| Pos                                 | Name            | Gun   |
|-------------------------------------|-----------------|-------|
| 6                                   | Mark Worringham | 31.07 |
| 8                                   | Ben Paviour     | 31.14 |
| (2nd claim, running for Herne Hill) |                 |       |
| 17                                  | Lance Nortcliff | 32.39 |
| 32                                  | Andrew Smith    | 34.01 |
| Team 40-49: Roadrunners 4th         |                 |       |

**Men's V50/V60**

| Pos                           | Name         | Gun   |
|-------------------------------|--------------|-------|
| 45                            | Pete Jewell  | 36.40 |
| 62                            | Gavin Rennie | 37.47 |
| 76                            | Bill Watson  | 38.46 |
| 95                            | Alan Freer   | 39.45 |
| 132                           | Joe Blair    | 43.54 |
| 145                           | David Dibben | 45.29 |
| Team 50-59: Roadrunners 15th. |              |       |
| Team 60-69: Roadrunners 4th.  |              |       |

**Women's V40/V50/V60**

| Pos                          | Name               | Gun   |
|------------------------------|--------------------|-------|
| 13                           | Sarah Urwin-Mann   | 23.10 |
| (running for Reading AC)     |                    |       |
| 30                           | Helen Pool         | 24.11 |
| 44                           | Anne Stewart-Power | 24.49 |
| (running for Newbury)        |                    |       |
| 50                           | Belinda Tull       | 25.04 |
| (running for Reading AC)     |                    |       |
| 96                           | Sian James         | 27.51 |
| 98                           | Sam Whalley        | 27.58 |
| 113                          | Claire Seymour     | 29.19 |
| 139                          | June Bilsby        | 34.02 |
| 147                          | Cecilia Csemiczky  | 37.41 |
| 152                          | Carol Jewell       | 44.04 |
| Team 40-49: Roadrunners 9th. |                    |       |
| Team 60-69: Roadrunners 5th. |                    |       |

**Lanzarote Marathon**

| Pos | Name             | Chip    |
|-----|------------------|---------|
| 97  | Brian Kirsopp    | 3:27.28 |
| 215 | Caroline Jackson | 3:55.57 |
| 230 | Paul Monaghan    | 3:57.55 |
| 435 | Martin Bush      | 4:41.45 |

477 Pete Morris 4:55.46  
 485 Caroline Hargreaves 4:57.50

**Lanzarote Half Marathon**

| Pos | Name           | Chip    |
|-----|----------------|---------|
| 608 | Linda Wright   | 2:24.14 |
| 617 | Peter Cook     | 2:25.30 |
| 618 | Peter Higgs    | 2:25.31 |
| 619 | Kerry Eastwood | 2:25.31 |

**Lanzarote 10k**

| Pos | Name              | Chip    |
|-----|-------------------|---------|
| 330 | Sandy Sheppard    | 1:04.58 |
| 375 | Maureen Sweeney   | 1:08.37 |
| 456 | Kingsley Starling | 1:23.27 |

**10th December****Tadley Xmas XC**

| Pos | Name            | Gun     |
|-----|-----------------|---------|
| 2   | Alex Warner     | 36.52   |
| 4   | Stephen Ridley  | 38.25   |
| 17  | Ashley Jeggo    | 43.06   |
| 48  | Lee Hinton      | 49.41   |
| 57  | Peter Reilly    | 52.20   |
| 66  | Liz Ganpatsingh | 54.00   |
| 100 | Lucy Bolton     | 1:07.21 |
| 106 | Justin Watkins  | 1:11.32 |

**Malaga Marathon**

| Pos  | Name            | Chip       |
|------|-----------------|------------|
| 1705 | Paloma Crayford | 4:12.01 PB |

**Hogs Back Road Race (Guildford, 11.7k)**

| Pos | Name        | Chip    |
|-----|-------------|---------|
| 750 | Gill Manton | 1:34.19 |

**Milton Keynes Half Marathon**

| Pos  | Name             | Chip                                 |
|------|------------------|--------------------------------------|
| 59   | Sarah Urwin-Mann | 1:24.48 (3rd lady)<br>(Second claim) |
| 1466 | Judith Ritchie   | 2:23.05                              |

**17th December****Pisa Marathon**

| Pos  | Name             | Chip    |
|------|------------------|---------|
| 556  | Caroline Jackson | 3:41.47 |
| 635  | Paul Monaghan    | 3:46.20 |
| 1103 | Martin Bush      | 4:35.04 |

**Puglia Half Marathon****(Italy)**

| Pos | Name              | Chip       |
|-----|-------------------|------------|
| 4   | Ashley Middlewick | 1:19.18 PB |

**Berkshire Cross-Country Championships****(Prospect Park)****Senior men**

| Pos | Name             | Gun                                       |
|-----|------------------|---|
| 3   | Rob Corney       | 42.52                                     |
| 6   | Mark Worringham  | 43.29 (1st Vet)                           |
| 11  | Matt Green       | 45.36<br>(Running for Newbury, 2nd claim) |
| 12  | Mark Apsey       | 46.24                                     |
| 15  | Chris Lucas      | 46.32                                     |
| 16  | Lance Nortcliff  | 46.37 (4th Vet)                           |
| 18  | Dave McCoy       | 47.00                                     |
| 33  | Andy Blenkinsopp | 50.39                                     |
| 38  | Fergal Donnelly  | 52.14                                     |
| 39  | Brian Kirsopp    | 52.47                                     |
| 47  | Bill Watson      | 54.55                                     |
| 53  | Dean Allaway     | 58.56                                     |
| 58  | Ivan Harding     | 1:00.11                                   |
| 61  | Nick Adley       | 1:16.57                                   |

**Senior women**

|    |                 |       |
|----|-----------------|-------|
| 12 | Sarah Dooley    | 30.16 |
| 16 | Helen Pool      | 31.33 |
| 24 | Lesley Whiley   | 33.38 |
| 27 | Sam Whalley     | 34.59 |
| 29 | Claire Seymour  | 37.55 |
| 31 | Maria Norville  | 45.26 |
| 32 | Maureen Sweeney | 45.27 |

**Muddy Welly 10k**

| Pos | Name             | Chip                       |
|-----|------------------|----------------------------|
| 2   | Stephen Ridley   | 35.47                      |
| 13  | Andy Morgan      | 38.20                      |
| 18  | Caroline Hoskins | 39.20 (1st FV40, 2nd lady) |
| 25  | Tony Walker      | 40.42                      |
| 27  | Ed Dodwell       | 40.47 (1st MV50)           |
| 35  | Ashley Jeggo     | 41.56                      |
| 36  | Chris Buley      | 41.58                      |
| 55  | Gemma Buley      | 44.10                      |
| 58  | Anthony Long     | 43.56                      |
| 110 | Sophie Hoskins   | 48.03                      |
| 116 | Robert Grice     | 48.29                      |
| 126 | Sian James       | 49.03 (1st FV60)           |
| 129 | Julie Rainbow    | 49.17                      |
| 151 | Judith Ritchie   | 51.01                      |
| 184 | Lauren Prior     | 53.51                      |
| 187 | Alice Godding    | 53.42                      |



## ROADRUNNERS RESULTS

|     |                   |         |
|-----|-------------------|---------|
| 231 | Ray McGroarty     | 56.05   |
| 234 | Holly Towers      | 56.02   |
| 235 | Lee Hinton        | 56.02   |
| 241 | Ben Marchant      | 56.30   |
| 242 | Katie Gash        | 56.16   |
| 243 | Ian McGuinness    | 56.16   |
| 289 | Don Scott-Collett | 57.07   |
| 290 | Sian Deller       | 1:00.17 |
| 330 | Dave Wood         | 1:04.33 |
| 358 | Sarah Walters     | 1:07.29 |
| 359 | Angharad Shaw     | 1:07.35 |
| 363 | Trishia Arnold    | 1:07.58 |
| 408 | Ros Lee           | 1:17.47 |

### Muddy Welly 5k

| Pos | Name                 | Chip  |
|-----|----------------------|-------|
| 41  | Veronika Royle       | 32.10 |
| 42  | Sarah Richmond-Devoy | 32.12 |

### 23rd December

#### Lee Valley Velo Park Half Marathon

| Pos | Name       | Chip              |
|-----|------------|-------------------|
| 42  | Alan Freer | 1:36.20 (2nd V60) |

### 28th December

#### Phoenix Year End Marathon

##### Walton-on-Thames

| Pos | Name        | Chip    |
|-----|-------------|---------|
| 68  | Martin Bush | 5:12.04 |

### 29th December

#### Frozen Phoenix Marathon

| Pos | Name        | Chip    |
|-----|-------------|---------|
| 27  | Martin Bush | 5:29.51 |

### 31st December

#### Gutbuster 10k

| Pos | Name             | Chip                       |
|-----|------------------|----------------------------|
| 11  | Caroline Hoskins | 47.55 (2nd lady, 1st FV40) |
| 12  | Ed Dodwell       | 48.45 (1st MV50)           |
| 14  | Alex Harris      | 49.39                      |
| 20  | Sam Hammond      | 51.20                      |
| 27  | Keith Ellis      | 53.18                      |
| 31  | Sophie Hoskins   | 53.52                      |
| 60  | Simon Brimacombe | 58.33                      |
| 84  | Judith Ritchie   | 1:01.53                    |
| 141 | Ray McGroarty    | 1:07.58                    |
| 220 | Simon Hunt       | 1:19.24                    |
| 230 | James Meston     | 1:20.08                    |
| 241 | Dave Wood        | 1:23.25                    |
| 248 | Veronica Andrew  | 1:25.20                    |

|     |               |         |
|-----|---------------|---------|
| 251 | Trisha Arnold | 1:25.54 |
| 269 | Gill Manton   | 1:32.18 |
| 275 | Ros Lee       | 1:39.57 |

#### Gutbuster 10 miles

| Pos | Name                  | Chip               |
|-----|-----------------------|--------------------|
| 5   | Stephen Ridley        | 1:08.43            |
| 12  | Andy Morgan           | 1:13.48            |
| 22  | Tony Walker           | 1:15.51            |
| 44  | David Ferguson        | 1:21.34            |
| 45  | Tony Long             | 1:21.42            |
| 49  | Jane Davies           | 1:22:18 (1st lady) |
| 57  | David Caswell         | 1:24.49            |
| 70  | Gemma Buley           | 1:27.25            |
| 71  | Chris Buley           | 1:27.25            |
| 94  | Peter Manning         | 1:29.52            |
| 117 | Nick Parris           | 1:34.33            |
| 122 | Sian James            | 1:35.03 (1st FV60) |
| 158 | Mark Andrew           | 1:39.57            |
| 159 | Robert Grice          | 1:40.16            |
| 167 | Joanne Sollesse       | 1:42.03            |
| 172 | Peter Higgs           | 1:42.11            |
| 190 | Donald Scott-Collett  | 1:45.23            |
| 196 | Lauren Prior          | 1:46.30            |
| 202 | Sam Whalley           | 1:47.30            |
| 204 | Elizabeth Ganpatsingh | 1:48.34            |
| 205 | Catherine Leather     | 1:48.40            |
| 214 | Robin Bertrand        | 1:51.08            |
| 242 | Cathrin Westerwelle   | 1:58.11            |
| 244 | Sarah Richmond-Devoy  | 1:58.15            |
| 245 | Ian McGuinness        | 1:58.15            |
| 246 | John Bailey           | 1:58.35            |
| 254 | Lee Hinton            | 2:00.31            |
| 255 | Katie Gash            | 2:00.31            |
| 256 | Holly Towers          | 2:00.32            |
| 261 | Peter Warren          | 2:01.13            |
| 270 | Bob Thomas            | 2:04.44            |
| 292 | Lucy Bolton           | 2:17.35            |
| 293 | Justin Watkins        | 2:17.36            |
| 301 | Lorraine Bailey       | 2:24.37            |
| 304 | Linda Wright          | 2:34.27            |
| 307 | Sarah Walters         | 2:44.09            |

#### Gloucester 10-mile road race

| Pos | Name            | Chip    |
|-----|-----------------|---------|
| 33  | Fergal Donnelly | 1:06.34 |

#### Liverbird Marathon (Day 1)

##### Liverpool

| Pos | Name        | Chip    |
|-----|-------------|---------|
| 82  | Pete Morris | 4:20.25 |
| 102 | Martin Bush | 4:39.49 |

## 1st January, 2018

### Serpentine New Year's Day 10k

| Pos | Name              | Chip                |
|-----|-------------------|---------------------|
| 12  | Lance Nortcliff   | 34.43 (2nd MV45)    |
| 55  | Pete Jewell       | 39.14 (1st MV55)    |
| 79  | Helen Pool        | 41.03 (1st FV40) PB |
| 173 | Ashley Middlewick | 47.24               |
| 199 | Claire Seymour    | 49.02               |
| 426 | Sev Konieczny     | 1:03.27             |

### Liverbird Marathon (Day 2)

| Pos | Name        | Chip    |
|-----|-------------|---------|
| 34  | Martin Bush | 4:33.34 |

## 2017 Roadrunners best performances

### 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     | 2:56:56 |

### Men

|               |                  |         |
|---------------|------------------|---------|
| 5 miles       | Ben Paviour      | 27:25   |
| 10k           | Rob Corney       | 32:17   |
| 10 miles      | Matthew Richards | 55:58   |
| Half Marathon | Mark Worringham  | 1:09:52 |
| 20 miles      | Matthew Richards | 1:53:59 |
| Marathon      | Keith Russell    | 2:28:57 |

## Curryoke (Curry + Karaoke) Night!

Let's start 2018 on a high note!

Soloists and groups of all abilities welcome!



### Curry (or alternative options):

Chicken Curry  
Beef Curry  
Vegetable Curry  
(All mild with hot sauce on side)  
Chicken Tikka Masala  
Hunter's Chicken  
Lasagne  
Scampi & Chips  
Sausage & Mash  
**Child's menus** on website (below):  
*Light bites (under 6 years old)*  
*Big bites (under 12 years old)*



### Karaoke

John Bowley is kindly organising this again and booked DJ: Dave Cougar



When: Friday 26 Jan 2018 from 7 – 11pm

Where: The Three Tuns, 191 Wokingham Road, Reading, RG6 1LT  
[www.threetunsreading.com](http://www.threetunsreading.com)

Tickets: £13 for adults and £7 for children, available from Fiona Ross

Please also book your food and song choices (where possible) in advance

# Reading Roadrunners Committee Meeting

MONDAY 18th DECEMBER 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

Sandy, Hannah, Simon Denton, Paul

## MINUTES OF THE PREVIOUS MEETING

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

## MATTERS ARISING FROM THE MINUTES OF THE PREVIOUS MEETING

Nothing to report.

## CHAIRMAN'S REPORT

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

- 11Nov. Hants XC, Petersfield
- 12Nov. TVXC: Datchet Dashers
- 17Nov. Timed track event at PP
- 19Nov. BBO XC Championships: Prospect Park
- 26Nov. TVXC: Sandhurst
- 02Dec. Hants XC: Popham
- 02Dec. Club Christmas party
- 03Dec. TVXC: Handy Cross
- 09Dec. SEAA Masters XC: Horspath, Oxford
- 17Dec. Berks XC: Prospect Park

Carl thanked Hannah for staging another successful Club party.

Notable forthcoming events include:

- 20Dec. Mince pies & mulled wine after the track session
- 26Dec. Run & walk: Goring
- 27Dec. Outrun from Palmer Park
- 03Jan. EA Club Run 1st session of 3

## TREASURER'S REPORT

No report available

## GENERAL SECRETARY'S REPORT

Nothing to report, but see AOB below.

## MEMBERSHIP SECRETARY'S REPORT

Anne reported that 19 new members joined during November and one in December, bringing the present complement to 562.

## SOCIAL SECRETARY'S REPORT

No report available

## COACHING REPORT

Simon held a coaches' meeting on 27Nov17 at which the coaches agreed the jackets to be provided by the Club.

The newly qualified coaches are shadowing the established coaches. It is intended that each coaching group will have two assigned coaches to cover for absences.

Simon has asked Chris Drew to refresh the coaches' pictures on the noticeboard.

## ANY OTHER BUSINESS

**Online membership facility** Bob reported that he has uploaded 561 member profiles into the WebCollect database and now awaits WebCollect importing members' "subscriptions" (WebCollect jargon for membership category: Senior, Social etc).

Bob proposed that once the database is activated, new joiners should be asked to join online rather than by hardcopy form, thus eliminating transcription errors.

Bob further proposed that in lieu of an application form, prospective new joiners should be given a business card with Anne's contact details and the address of the login page on the WebCollect website. The Committee agreed, and Carl undertook to have some cards printed.

**Induction pack** Bob asked if we offer an induction



pack to new joiners and, if so, what it covers. E.g., it has been noted in the past that new joiners are not routinely advised about the Club Championship and how to take part. Catherine agreed to review what material is presently available and make recommendations for enhancing the pack, if appropriate.

**London Marathon coaches** Bob asked for agreement to order coaches to take members to the London Marathon in April. It was agreed to use the same arrangements as 2017: three coaches with one driving directly to the Tower and all three returning from Jubilee Gardens.

**Brighton Marathon** Bob noted that the Club has received ten guaranteed late entry places for the Brighton Marathon and that eight of the places have been taken up. The remaining two places can still be allocated on a first-come-first-served basis (£69.50 entry fee).

**Membership fee increase for 2018/19** Carl asked for a vote to approve no fee increase for Club membership for the coming year, which was agreed. However, overall fees will increase by £1 in the Senior and Junior 1st Claim categories owing to a £1 increase in the England Athletics' affiliation fee. EA intends to increase its fees by £1 for each of the following four years.

**Desk rota** Anne is again struggling to fill the desk rota on a weekly basis and asks for anyone who would be prepared to help on the desk occasionally to speak to her.

**Newsletter editor** Carl noted that Chris Cutting will stand down as the newsletter editor from the end of 2017 and seeks someone to take on the role. It will not be possible to provide further newsletters unless and until the vacancy is filled. Anyone willing to be considered for the role is asked to contact Carl: chairman@readingroadrunners.org

**London "Big Half"** Yet another new race in London is seeking help in marshalling their event. The Big Half is a new Half Marathon to be held on 4Mar18; the organisers ask if we can provide around twenty marshals for the event.

We will only agree to this if a member steps forward to take the team leader role to recruit the marshalling team and liaise with the race organisers. If anyone would like to volunteer, they should contact Carl.

**Club Run** Carl explained arrangements he has organised with England Athletics under the banner of the "Club Run" initiative. RR has been accepted into the programme and will benefit from three coaching sessions held by Nick Anderson, EA's Regional Lead Endurance Coach and National Marathon Co-ordinator.

Three sessions are planned, each of which is available to all members:

- 3Jan. Track session themed on 5K, 10K, and XC performance
- 5Feb\* Theory: How to train in a busy world†
- 7Mar\* Track session themed on half marathon and marathon

\* provisional dates

† venue to be arranged

Google "England Athletics Club Run" for an overview of the initiative.

#### DOOR ROTA

|         |               |
|---------|---------------|
| 03Jan18 | Anne, Shirley |
| 10Jan18 | Anne, TBD     |
| 17Jan18 | Anne, Shirley |
| 24Jan18 | Sandy, TBD    |
| 31Jan18 | Anne, TBD     |

**DONM:** 9Jan18

If you would like to submit an article for the newsletter, please send it to: newsletter@readingroadrunners.org

