



# YOUR CLUB NEEDS **YOU** FOR SHINFIELD 2014



## READING ROADRUNNERS NEWSLETTER APRIL 2014

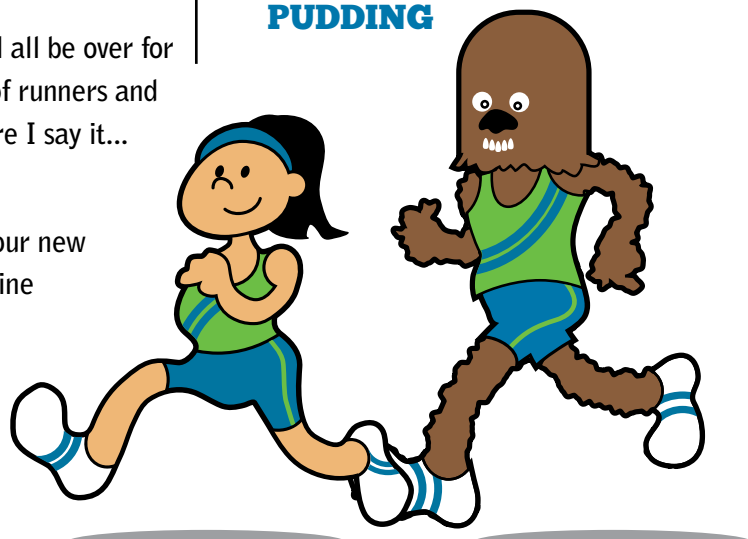
Whether Tom ever met Lord Kitchener is probably only known to the great men themselves. What is certain is that the May Bank Holiday is almost upon us and that can only mean one thing; Shinfield Races are here! Inside we tell you all about how you can make the 10K and the children's races a success.

By the time you read this, the London Marathon will all be over for another year. As always, the club is taking an army of runners and marshals - here's hoping for perfect weather and dare I say it... the first British winner for 11 years?

Also taking pride of place on page 2 of this issue is our new nominated club charity for 2014, the Alexander Devine Children's Hospice Service. Please get behind them and give them the same excellent charity support that the club is known for.

### INSIDE THIS MONTH:

- **READING HALF MARATHON**
- **TVXC RESULTS**
- **GRIZZLY REPORT**
- **BREAD & BUTTER PUDDING**



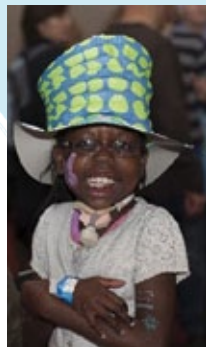


## **Reading Road Runners chosen charity for 2014 is Alexander Devine Children's Hospice Service**

Alexander Devine Children's Hospice Service is a local charity working to build Berkshire's first hospice for children and already provides Alexander's Nurses, a team specialising in children's palliative care and working with families across Berkshire in their homes and, uniquely, these nurses also follow the child when they go into hospital either for a planned procedure or, often, at a time of crisis.

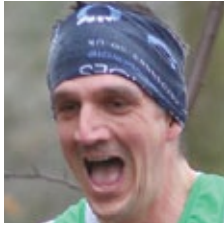
They are campaigning to raise £5m to build the actual children's hospice, they have the site – near Cox Green – they have planning permission and hope to have enough money to start building this autumn.

You can like their Facebook page to find out how supporters are raising money for them - search for AlexanderDevineHospice.



Alexander Devine Children's Hospice Service,  
113 Whitby Road, Slough, Berkshire, SL1 3DR  
Tel: 01753 567630 | 0845 055 8276 |  
[www.alexanderdevine.org](http://www.alexanderdevine.org) | Charity No. 1118947





## Welcome from the Editor

CHRIS CUTTING

This month's Editor's Welcome is brought to you by the letter R:

R is for

- Recovery
- Rest
- Rock Tape
- Reassurance

Chris



## Chairman Chat

CARL WOFFINGTON

In my Chairman Chat for March I said that the RR charity had raised an all time milestone of £250 000 or £ ¼ million. I was wrong, sorry. The total is £500 000 or £ ½ million.

We had the AGM during the last month. Several of the previous committee members stood down and I would like to thank them for all the hard work they have put in on behalf of RR. We had several new committee members voted in at the AGM and I would like to welcome them. I look forward to working on the committee during the next year.

Unfortunately the Pasta Party had to be cancelled due to lack of support. On the Wednesday before the function we had only sold around 30 tickets. Taking into account the possibility that we may sell another 5 or 6 at track that Wednesday, we were still woefully short. A disco in a big hall with 30+ people would have been grim and we reluctantly took the decision to cancel.

We have the London Marathon on Sunday – by the time you read this it will be over. We are again taking up over 60 marshals for two teams. One at

Rotherhithe and one at the Tower. Good luck to all the green vests that are taking part.

Also coming up is the first of our Club Championship races. The Maidenhead 10 on Good Friday. Again, good luck to the green vests.

We have another social event planned, the Spring Do. The Club Championship XC Trophies will be presented. Also the Club Championship Trophies that were not presented at the Dinner Dance. You have already received an email from me giving details. Full details are also on RR website under Social. This has been a successful event over the last couple of years. Please make every effort to come along, socialise and have fun.

Our Shinfield 10k takes place on Bank Holiday Monday, 5th May. Colin Cottell is still looking for helpers and Marshals. Please volunteer if you can help. RR will run the usual Charity tea & cakes stall. Please bring sandwiches and cakes along.

Carl



## Ladies' Captain - Report

TINA WILSON

I thought I would re cap on last month's Reading Half Marathon as I wanted to give a special mention to the following Ladies:

Elaine Laver was our first runner home in a time of 1.25.56 (Chip) followed by Carrie Hoskins who set a PB of 1.27.10 (Chip) and was 4th FV45.

Lesley Whiley was 3rd FV50 in a time of 1.35.50 (Chip), Sian James was 2nd FV60 1.46.19 (Chip) and Rita Dykes was 3rd FV65 in a time of 2.13.08 (Chip) – fantastic results.

### Cross Country – Reading Roadrunners Club Championship 2013-2014

The results are now out, congratulations to the following ladies and men who won their age group categories: Trophies will be presented on Saturday 26th April 2014 – 'Spring Do'.

#### LADIES

##### Senior

1st Alix Eyles  
2nd Alice Leake  
3rd Pauline Erceg

##### V40

1st Carrie Hoskins  
2nd Claire Marks  
3rd Mary Janssen

##### V50

1st Toni McQueen  
2nd Sandra Sheppard

##### V60

1st Heather Bowley

#### MEN

##### Senior

1st Mark Saunders  
2nd Andrew Smith  
3rd Robert Tan

##### V40

1st Lance Nortcliff  
2nd Alex Harris  
3rd Julian Hough

##### V50

1st Peter Jewell  
2nd Colin Cottell

##### V60

1st Jim Kiddie

##### V70

1st Tom Harrison

### Road & Multi-terrain Championship 2013-2014

The majority of the trophies for this championship were presented to runners at the Reading Roadrunners annual Dinner Dance. The remaining trophies will be presented the following runners at the 'Spring Do'.

#### Road & Multi-terrain Championship

1st Senior Man Andrew Smith  
3rd Senior Man Nelesh Kotecha  
2nd MV40 Mark Andrew  
3rd MV60 John Bowley  
1st Senior Ladies Alix Eyles  
3rd FV45 Andrea Marnoch  
1st FV65 Cecilia Csemiczky

#### Marathon Championship

1st Senior Man Mark Worringham  
2nd Senior Man Andrew Smith  
1st MV40 Anthony Page  
2nd MV40 Alan Molley  
3rd MV40 Nick Robey  
2nd MV60 David Leake  
3rd MV60 Ken Beck  
1st Senior Lady Victoria Noden

April appears to be 'Marathon' month with Reading Roadrunners running in Brighton, London, Paris and Milan. Having run a couple of London's I know how committed you have to be to your training. The best piece of advice I was ever given was that there are three stages and I feel it is applicable to any race but in particular to running a marathon.

**Stage 1 – Before the race.** Getting to the race in good shape. By this I mean you train for your marathon but not just running but thinking about your fuel – drinks, gels, food and there's also your running kit. Just as important is that you don't pick up an injury and you are not ill.

**Stage 2 – The Race!** Putting all the training you



have done into practice and hopefully achieve what you have been training months for.

**Stage 3 – After the race** it's important you finish in good shape. Looking after you after the race and the few days after is just as important as before.

You will see later in the newsletter a report from Claire Seymour who takes us through her preparation for the 'Grizzly'. Claire selected the 'Grizzly' as a race to prepare herself for the Virgin London Marathon. (The Grizzly is twentyish muddy, hilly, boggy, beachy miles of the multiest-terrain running.)

I asked Claire a series of questions and she gave a very good account of three stages of running a race.

If you like this format and you would like to offer feedback on your experiences please let me know.

To everyone running the Virgin London Marathon I wish you all the very best of luck –enjoy!

### Club Championship Races:

#### Easter Maidenhead 10 – Good Friday 18th April 2014.

The first of the club championship races (Wokingham Half marathon was cancelled)

As at today's date (Sunday 6th April 2014) you can still enter. Good luck to those who have entered.

I have published a race calendar and this can be found on the Reading Roadrunners website. The race calendar details the Reading Roadrunners club championship races, the Reading Roadrunners team events and a few local events that traditionally Reading Roadrunners like to run in. You will also see a series of multi terrain races that take place in Dinton Pastures, Winnersh organised by Barnes Fitness (Ellie and Ian Gosling).

I am currently pulling together teams for the Ridgeway Relay (Sunday 15th June 2014) please let me know if you can run (please visit the Reading Roadrunners website for further information)

I hope to see lots of Reading Roadrunners (men and ladies) wearing their Green Vests in the next few

months – it's great when we all get together and run as a club. (I love the social/picnics/pub after).

#### The London Bupa 10K 2014 - Sunday 25th May 2014

The UK 10K Road Championships 2014 will again be incorporated with the BUPA London 10,000 on Sunday 25th May 2014 and will again be part of the Runbritain Grand Prix series.

As per last year Reading Roadrunners have received 6 men's and 6 women's free of charge places. The cumulative time of our first three runners will score towards the team prizes.

The following runners have been selected by their Captains to represent Reading Roadrunners.

Ladies	Men
Carrie Hoskins	Lance Nortcliff
Lesley Whiley	Robert Tan
Claire Marks	Alex Harris
Alice Leake	Colin Cottell
Mary Janssen	David McCoy
Toni McQueen	Andy Mutton

With the clocks going forward Spring is here and it is a beautiful time of the year to out your running shoes on – happy running and enjoy!

Best wishes

Tina – Ladies Captain 2014





## Men's Captain - Report

PAUL MONAGHAN

I'm afraid you have me writing this report in the interim as at the moment we are without a men's captain. Please contact me or another committee member if you're interested in the role.

First of all I'd like to say a big thank you to Mark Saunders for doing an excellent job as captain since last year.

Just when you thought we had rid of the rain and gloomy weather we then had news that dust clouds were blowing over the South East causing serious smog. Can we ever win? I'm sure it did not stop most of you running but then us runners are a rare breed who find difficult weather conditions a challenge rather than a hindrance, many of us will go that extra mile just to achieve what we once thought as impossible, which brings me on to talking about a friend of mine.

Most of us mere mortals would consider a marathon an incredible feat and let's face it, it is. To be putting one foot in front of the other for over 26 miles is considered lunacy by many of the general population but a great challenge amongst us more athletic types. Well next month I shall be joining Martin Bush in Madrid for his 700th marathon, yes you heard it right 700!! He still hasn't lost his love for medals or race souvenirs and his house is a shrine to them. Such dedication has to be admired so I hope to do a report next month into the workings of a mind so committed. So watch this space.

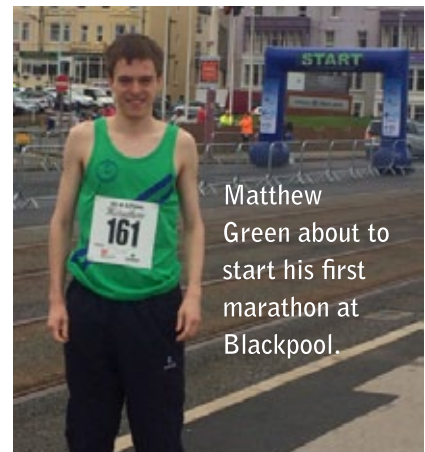
We all like to vary our training now and again but recently Belinda Tull invited us over to her place for a training run, near her place is the famous Ridgeway course and an enjoyable time was had by all including mud baths near the end of the route which I'm sure she didn't intend. Peter Higgs must have thought it was Xmas as he waded through followed by press-ups in the river. We then had the pleasure of looking through old newsletters which gave us an insight into the dodgy haircuts many of

our more senior members had during the 80s & 90s oh and did I mention impressive running times? Incidentally the 25th Ridgeway relay will be held on 15th June so please contact ladies captain Tina Wilson (tinawilson1@hotmail.co.uk) for more info.

Some PBs and great results to report on this month. In the Surrey Half marathon Tom Harrison flew the flag for us and managed 4th MV70. His running is obviously much better than his jokes plus he seems to be like a fine wine improving with age (Running that is, not his jokes) A hot racing day was experienced during the Fleet half but Nigel Hoult still managed to pull off 2nd MV60 whilst Aaron Chai managed a 1:28:35 PB. Nigel also managed 3rd MV60 in the White Horse Half Marathon. Brian Kirsopp has recently moved over from Joggers to Roadrunners and managed 1st MV50 in the Goring 10K. The Earley 10k gave us some good positions as follows.. Gavin Rennie 1st MV50, Fergal Donnelly 1st MV40, Mark Smith 2nd MV50, Tony Streams 3rd MV50 & John Bowley 2nd MV65.

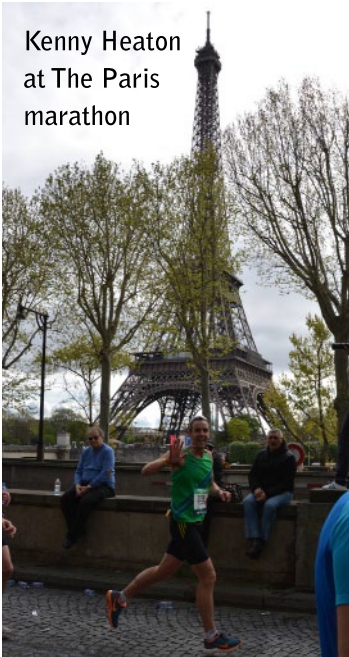
Marathon season has recently been in full swing and seen us Roadrunners have a presence both home and abroad in Brighton, Manchester, Blackpool, Berlin, Paris, Rome and Milan.

A mention has to go to Mathew Green who on his very first Marathon in Blackpool pulled off not only a sub 3 time of 2:52:29 but also 4th overall position. Just finishing a marathon is brilliant in itself so well done Matthew. I know he was keen to get the first Marathon under his belt, so who knows we may now



Matthew Green about to start his first marathon at Blackpool.

Kenny Heaton  
at The Paris  
marathon



be able to persuade him to run one abroad with us. Though I must warn him about our after parties.

One thing I enjoy about races is the support. I love clocking some of the banners with inspirational messages, I know we all have are favourites but recently in Milan a lady was holding a banner up saying 'Live each day like it's your last' That sentence

has always struck a chord with me. We never know when we will be struck with injury or illness and

unable to enjoy what life has to offer for one reason or another. That's why I think it's important to live and appreciate every moment whilst we have the chance. I for one feel privileged to not only do what I do, but also to belong to a club full of so many friendly positive people.

By the time you read this the London Marathon will have been completed by many of you. I'd just like to say well done! and hope you achieved what you were aiming for.

OK it may not be my last day but it could be my last captain's report so for now I'll end on a quote.

"I don't run to add days to my life, I run to add life to my days." - Ronald Rook

Good luck with your training & future races.  
Carp Diem!

Paul Monaghan

## Celebrity News



Hot on the heels of Tom's brush with royalty, news reaches us of this awesome advent of athletic achievement at the Brighton Marathon, when this lucky lady was fortunate enough to meet the UK's premier multi-centurion marathon-running duo.

Pete and Martin are currently available for after-dinner speaking and public engagements. They are thought to have a free weekend sometime in late 2017.



# Reading Roadrunners 'Spring Do' & Cross Country Presentation Evening



- SATURDAY 26TH APRIL 2014
- 7.30PM – 11.30PM
- WOODFORD PARK, WOODLEY
- TICKETS £12.50
- INCLUDES HOT FOOD, DISCO AND BAR
- **ALL WELCOME + FAMILY & FRIENDS**

Tickets will be on sale Wednesday evenings – Palmer Park foyer

Cash or cheques payable to 'Reading Roadrunners'

For further information please contact Tina Wilson [tinawilson1@hotmail.co.uk](mailto:tinawilson1@hotmail.co.uk)



00:02:00 PROFILE  
PAULINA ERCEG

**Occupation:** Scientist in Product Development – currently in the soft and sports drinks sector

**Where were you born:** Gdansk

**How long have you been running:**  
on and off since 2009

**How long have you been a Member of RR:** since June 2012

**Favourite City:** Berlin!

**Favourite Holiday destination:**  
South Africa and Italy

**Favourite Book:**  
Paul Auster is my favourite author, but lately I'm into Scandinavian crime fiction (Jo Nesbo, etc.).

**Favourite Film of all time:**  
Hmm.. The Edukators, The Ghost Writer, The Untouchables, Three Colours: Red.

**Favourite Running Distance:**

10k or 10m and anything between.

**Favourite Race:**

Up Tow Down Flow HM for scenery, Bristol 10k for its big race atmosphere and PB potential.

**Favourite Musician or Bands:** Bon Iver, U2 and bossa nova, for running it has to be a mixture of rock and bad pop!

**Favourite Place to Eat:** Café Yolk for brunch, Don Beni's Italian for a casual dinner

**Famous or Historic Figure I'd Most Like to Meet:**  
Nelson Mandela

**Greatest Accomplishment:** hmm.. it's all about the little things: maintaining years and years of close friendships whilst living far far away, being very close with my Parents, having a successful (and interesting) career... Running-wise: completing my first marathon – I only lost one toenail, and was able to walk down the stairs the next day!





## Grizzly 2014 - Withering Heights

Interviewer: Tina Wilson Runner: Claire Seymour

**1. How did you train for the Grizzly?**

My training involved as much XC races as I could fit in and long runs of between 10-20 miles including some hills, on road and off-road, and the usual Wednesday night speed work session. I have also managed to fit in some cross training (swimming/cycling)

**2. Where did you stay?**

We stayed in a B&B in a village approx 1.5 miles away from Seaton called Colyton.

**3. What was your race preparation e.g. what did you eat for breakfast?**

Race preparation was the usual making sure I had clothing for all weather eventualities in my kit bag, number on vest. Pre race breakfast: Tea, Orange juice, Porridge with Honey and banana and a couple of slices of toast with jam.

**4. How did you feel before the race?**

I did feel a little nervous and apprehensive before the race, my main concern was how deep the bogs were going to be as I had heard they can be waist deep in places, But also felt very excited about getting started.

**5. What did you wear during the race - clothing, footwear?**

I wore my shorts, RR vest with a light Helly Hansen T-shirt underneath, and my favourite trail socks from More mile, and a light buff as a headband as I knew the conditions were going to be sunny.

**6. Did you wear trail shoes, what type?**

Trail shoes are a must for 'The Grizzly' so I wore my Brooks Cascadia 7 which are quite light with good grip and very comfortable.

**7. Did you take on board gels, water, sports drink?**

I took on board water and 4 Gu Gels some containing Caffeine and electrolytes.

**8. What brand of gel, sports drink would you recommend?**

I don't normally have sports drink as I think this is too much when you're also taking gels. Gels I would recommend are Gu Gels or Torq Gels, mainly because they taste nice and as they are thicker gels when you take them it's just like eating food so they are good when you are feeling a bit hungry.

**9. How did you feel once you finished?**

I felt really good when I finished, I didn't feel too tired and my legs felt quite good also.. I felt very proud of what I had achieved as this is a very tough run.

**10. What did you eat when you finished?**

First thing I had when I finished was a Rego recovery drink, followed a little while after by a bag of chips (bad I know but sometimes you crave salty food after a run like that, and when you're by the seaside then it's a must! I didn't feel too bad though as the fish and chip shop was full of Grizzly runners!)

**11. Would you do this race again?**

**If yes, what made it so special?**

**If no, why not?**

I would definitely do this race again it was amazing! what made it so special was the camaraderie between all the runners, it was the best I have experienced.

**12. What was your most memorable moment of the race?**

My most memorable parts of the race were getting my shoe sucked off my foot by the mud haha! I did manage to rescue it though! and the breathtaking scenery when you reached the top of the stairway to heaven and when we were running along the cliff tops.

# SHINFIELD RACES

**BANK HOLIDAY MONDAY, 5TH MAY 2014**



## **SHINFIELD 10K RACE - START 9.30am**

Chip Timing + Team Trophy +  
Age Category Prizes + Junior Races

New Invitation Wheelchair category, please apply

UK Athletics race



Our thanks to Sweatshop,

Enterprise Security Distribution, Pete Morris,  
Reading University, Red Cross, Foster Wheeler and  
Balfour Beatty for their support.

**[www.readingroadrunners.org/shinfield](http://www.readingroadrunners.org/shinfield)**

**Twitter**

**Facebook**

## **Shinfield Races**

**Bank Holiday Monday 5th May 2014**

2014 sees some significant changes to the Shinfield 10k and associated junior races. Not only is the 10k now an official UKA event, but we have also added an additional junior race. We can now promise a veritable 'festival of running' from the 10K that starts at 09.30 until the final junior race at 12 noon. The 10k race also promises to be bigger with entries significantly up on the same time last year.

All this is great news not only for those who love running, but also for the profile of the club.

However, while this year's Shinfield promises to be bigger, we also want it to be as least a good an experience and preferably better for all concerned. Ultimately, it is the enthusiasm and unstinting hard work of club members that makes these races possible, so if you can help out in any way, either on the Saturday morning or Sunday afternoon before race, or on May 5, that would be much appreciated.

We are in need of Marshals for both the 10k race and the three junior races.

The 10k adults race starts at 9.30am, so marshals will need to be around from about 8.30am until 11am.

Car parking marshals will be needed from 7.45am. For the 10k race, please contact our chief marshal Adam Phillips [adamdphillips@gmail.com](mailto:adamdphillips@gmail.com) as soon as possible if you can help.

Junior Races are U10 at 11am; U13 at 11.30am; U16 at 12noon. So marshals will need to be around from about 10.45am until about 1pm.

If you are running in the 10k, you will be finished in time to help marshal the Junior Races.

If you marshal any or all of the junior races, please contact junior races director Tom Harrison  
tom.harrison13w@btinternet.com as soon as possible.

In addition, we will need people for a whole range of other tasks.

3 May 09.30 at Palmer Park - to load van - contact race director colin.cottell@btinternet.com

4 May 15.00 Shinfield Green - to erect baggage tents, to prepare Parish Hall and British Legion venues - contact race director colin.cottell@btinternet.com

5 May 07.30 onwards - general help in and around Shinfield Green - contact race director colin.cottell@btinternet.com

5 May 07.45 - to work in British Legion handing out numbers and chips - contact race director colin.cottell@btinternet.com

5 May - from 09.30 - we also need people to volunteer their kids to help give out medals/ water at the Finish - please contact Susie Rees  
reessusie@gmail.com

5 May 13.00 - help tidy up area around Shinfield Green, and load van - contact race director colin.cottell@btinternet.com

5 May 15.00 - unload van at Palmer Park - contact race director colin.cottell@btinternet.com

## PB potential? We got it!



Just entered the Shinfield 10k, I usually do the bupa 10000 so have never done this, does it have PB potential?



Certainly does! AND there's a cake stall at the end. Good luck!



Thanks, something to look forward to then the going gets tough, cake as well as PB!



Definitely PB potential and much less crowded than BUPA 10K. Lindsay and the kids will have a good day out too and there are children's races 2.1K for under 10s



17 runners from just one club, Bracknell Forest did PBs at Shinfield last year. Nigel Hoult may have the stats for RRs. Over to you Nigel!



We (RR) got 14 PBs last year - mind you, it was an almost perfect day for running!



Thanks for the heads up, sounds like I've made a good choice. Got a PB in the Reading half so could be a good year I hope!



Last month, I offered you all the opportunity to win a prize! Catherine Leather was the first to let me try her cookies and delicious they were, too! (she's right - Ed). Congratulations to Catherine, who won some sparkly fairy-cake accessories.

Catherine also earns extra (chocolate) brownie points, for being the first Guest Contributor. She describes this recipe as, "very calorific, but tastes lovely." That's good enough for me!

May you have a spring in your step, good cheer in your heart and a healthy mind to match,

Katie

### Chocolate Bread & Butter Pudding

**Serves 4**

#### Ingredients

225g/8oz brioche

15g/1/2oz/1tbsp butter

50g/1 3/4oz dark chocolate chips

1egg

2 egg yolks

50g/1 3/4 oz/4tbsp caster sugar

410g/15oz can light evaporated milk

1. Cut the brioche into thin slices. Lightly butter one side of each slice.
2. Place a layer of brioche, buttered-side down, in the bottom of a shallow ovenproof dish. Sprinkle a few chocolate chips over the top.

3. Continue layering the brioche and chocolate chips, finishing with a layer of bread on top.
4. Whisk together the egg, egg yolks and sugar until well combined. Heat the milk in a small saucepan until it just begins to simmer. Gradually add the egg mixture, whisking well.
5. Pour the custard over the pudding and leave to stand for 5 minutes. Press the brioche down into the milk.
6. Place in a roasting tin (pan) and fill with boiling water to come halfway up the side of the dish (this is known as a bain-marie).
7. Bake in a pre-heated oven, 180°C/350°F/Gas Mark 4, for 30 minutes or until the custard has set. Leave to cool for 5 minutes before serving.

## New members for 2014

A big welcome to all our new members for 2014. Look out for them and remember to say hello!

- Brian Kirsopp
- James Meston
- James Ferguson
- Sarah Drew
- Andy Bennett
- Holly Moseley
- Julie Wing
- Stephen Hemri
- Duncan Mollison
- Camilla Cunningham
- Vera Heston
- Maria Norville
- Annabel Richardson

Please remember to notify the Membership Secretary of any changes to address, e-mail or telephone number.

You must also advise England Athletics of any changes.

## It's Peter!

Some of you may not know that Peter Cook is responsible for about 90% of the fabulous race photos that find their way into the newsletter and onto the Facebook and website pages.

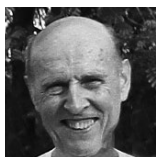
So when we have photographic evidence of Peter actually running a race, we think it'd be a shame not to include it.

Here he is!





## Your Committee



**CARL WOFFINGHAM**  
CHAIRMAN  
[chairman@readingroadrunners.org](mailto:chairman@readingroadrunners.org)



**ROGER PRITCHARD**  
GENERAL SECRETARY  
& CLUB COACH  
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**ANNE GOODALL**  
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**SIMON DENTON**  
CLUB EX-OFFICIO



**CATHERINE LEATHER**  
CLUB EX-OFFICIO



**ALAN McDONALD**  
SOCIAL SECRETARY



**BOB THOMAS**  
CLUB EX-OFFICIO

### WELFARE OFFICER: JENNY MILLER

Jenny is the club's welfare officer. She is not part of the committee and can be contacted directly on 0118 966 2375

## Berkshire Track Championships 2014

JOHN NIKE STADIUM BRACKNELL

SUNDAY 25th MAY

CLOSING DATE FOR ENTRY SAT 10th MAY

Events 100m, 200m, 400m, 800m, 1500m.

Entry forms from the General Secretary.

"I have been a Reading Roadrunner for 2 years. During that time I have supported the club either through marshalling or baking cakes for the Reading Half Marathon cake sale.

During my time as Social Secretary I will keep all the main Social events such as the Dinner Dance, Spring Do and Quiz Nights whilst liaising with team captains and the Committee. In addition to this I plan to work closely with Paul Monaghan to spread the word regards Social events through Facebook, Twitter and the Reading Roadrunners page."

## Sonning Common Vauxhall

**WILL DONATE £50 TOWARDS THE CLUB CHARITY FOR 2014, FOR EVERY NEW OR USED CAR PURCHASED BY A READING ROADRUNNER OR A MEMBER OF THEIR FAMILY.**

**All cars purchased will also include a full tank of fuel free of charge.**

- Please ask for Nick Robey (RR member) when booking your test drive.
- Nick can be contacted on 0118 972 1114
- In 2012 a donation of £200 was made to Brinos

**[www.scvauxhall.com](http://www.scvauxhall.com)**

## RR Sunday X Country League Table 2013/14

### PRIZE WINNERS

SEN	V40	SEN	V40
1. Alix Eyles	1. Carrie Hoskins	1. Mark Saunders	1. Lance Nortcliff
2. Alice Leake	2. Claire Marks	2. Andrew Smith	2. Alex Harris
3. Pauline Erceg	3. Mary Janssen	3. Robert Tan	3. Julian Hough
V50	V60	V50	V60
1. Toni McQueen	1. Heather Bowley	1. Peter Jewell	1. Jim Kiddie
2. Sandra Sheppard		2. Colin Cottell	V70
			1. Tom Harrison

**Opposite page:** This shows the table for RR's who ran 4 races or more.

The final results are based on best 4 scores from 7 races.

This was one of the wettest winters on record. One race cancelled and one shortened for flooded sections. However, we had a really good turnout for each race and more RR's than usual running all 7 races.



**Occupation:** I am a full-time Carer for a pair of fragile and temperamental Achilles tendons.

**Where were you born:** Amersham.

**How long have you been running:** I was an occasional jogger for many years, happily plodding a couple of miles once a week until a terrible mix-up in 2002 when Daisy's Dream mistook me for a proper runner and forced me to do the London Marathon. Thereafter I did the Reading Half a few times with less than thorough preparation, discovered parkrun in February 2011 and started training more seriously soon after that.

**How long have you been a Member of RR:** 2-3 years.

**Favourite City:** London.

**Favourite Holiday destination:** Anywhere with a marathon.

**Favourite Book:** Fiction – Birdsong by Sebastian

Faulks, non-fiction – Angry White Pyjamas by Robert Twigger.

**Favourite Film of all time:** Fight Club.

**Favourite Running Distance:** Half Marathon.

**Favourite Race:** Trail Marathon Wales; stupidly tough terrain and beautiful scenery, it's my annual 'must do' race, although after 20 miles it feels like a 'must die' race.

**Favourite Musician or Bands:** To see live; NOFX, The Dreadnoughts, All time; The Clash, Led Zeppelin.

**Favourite Place to Eat:** I find eating to be an irritating interruption to getting on with my life.

**Famous or Historic Figure I'd Most Like to Meet:** Lao Tzu.

**Greatest Accomplishment:** I once beat Pete Morris at parkrun.

RRR SUNDAY X COUNTRY LEAGUE TABLE 2013 / 14													
Prize	Name	10-Nov Datchet	24-Nov S'hurst	08-Dec Handy X	22-Dec RRR	12-Jan Tadley	19-Jan Bracknell	26-Jan Metros	02-Feb TVT	Final	Points Total	no. races ran(4+)	m/f
1	Alix Eyles	15	14		13	16	11		10		48	6	sen f
2	Alice Leake		15			14	15		4		48	4	sen f
3	Pauline Erceg	51	40	37	36	36					149	5	sen f
	Susie Rees	36	102	27			44				209	4	sen f
	Jenny Owen	69	70	47		62	69				247	5	sen f
	Claire Seymour	80	73	65	75	77	84		57		270	7	sen f
	Elizabeth Ganpatsingh	94	88	77	86	84			77		324	6	sen f
	Katie Gumbrell	89	101	85	88	88	89		76		515	7	sen f
1	Carrie Hoskins		4		3	3	3		1		10	5	v40 f
2	Claire Marks	16	17	13	21	17	14		15		58	7	v40 f
3	Mary Janssen	30	30	19	22		28				99	5	v40 f
	Julie Rainbow		35	34	31	33	39				133	5	v40 f
	Catherine Leather	60		76	64.5	56	66				322.5	5	v40 f
1	Toni McQueen		33	23	29.8	28	31		34		111.8	6	v50 f
2	Sandra Sheppard		77		72.66667		78		63		290.6667	4	v50 f
	Tina Wilson		97	83	81.5		85		61		310.5	5	v50 f
	Julie Thompson	83	78	62	94						317	4	v50 f
	Yvonne Edwards	115	96		101	87			69		353	5	v50 f
	Andrea Marnoch		80	69	89		82		65		384.1111	5	v50 f
	Maureen Sweeney	116	121	92	105	83	105		108		385	7	v50 f
	Alison Wrigley	100	100		106		107				413	4	v50 f
	Kathy Tytler	123	126	113	114.8333	105	128		94		426.8333	7	v50 f
	Linda Wright	128			133	102	132		101		463	5	v50 f
	Lorraine Bailey		125	107	127		129		106		465	5	v50 f
1	Heather Bowley	106	116		104.6	99	114		88		397.6	6	v60 f
	Janice Thomas	109	113		115	94	119		92		408	6	v60 f
	Liz Atkinson	135		103	124	106	117		93		419	6	v60 f
	Cecilia Csemiczky	119	137	106	130	110	124				459	6	v60 f
1	Mark Saunders		11		12		13		5		41	4	sen m
2	Andrew Smith	12	15	12			16				55	4	sen m
3	Robert Tan	13	16	24	22				7		58	5	sen m
	Andy Blenkinsop		37	42	37	26	36		24		123	6	sen m
	Ian Giggs	76	47	51	49	43	54		37		176	7	sen m
	David Ferguson	44			35	50			50		179	4	sen m
	Paddy Hayes	49	60			79	52				240	4	sen m
	Ian Horritt	73	81	76	65	69					283	5	sen m
	Chris James	147	150			155			112		564	4	sen m
1	Lance Nortcliff	16	13	7	9	13	9		4		29	7	v40 m
2	Alex Harris	32	24	17		20	30		16		77	6	v40 m
3	Julian Hough	43		32	33				40		148	4	v40 m
	Gavin Rennie	36	51		42	55			39		168	5	v40 m
	Bill Watson	90	113	104	79	66	51		45		241	7	v40 m
	David Fiddes	82	91	73	68	85	73		52		266	7	v40 m
	Chris Cutting	87	93	97	93.5	113	108		63		336.5	7	v40 m
	Jeremy Parker			187	179	204	179		144		689	5	v40 m
	Peter Higgs		221	173	200	207	194		153		720	6	v40 m
	Barry Baker	201	208		158	192	171				722	5	v40 m
1	Peter Jewell	54	59	53		52	48		33		186	6	v50 m
2	Colin Cottell	56	83	86	66	75	80		53		250	7	v50 m
	Mel Silvey	68	105		60	60	63				251	5	v50 m
	Andy Breakspear		138	111			104		88		441	4	v50 m
	Pete Morris			142		177	145		116		580	4	v50 m
	Chris Miller		170	152	160	158					640	4	v50 m
	Peter Reilly	205	209	180	167		180				732	5	v50 m
	Anthony Streams			184	192	193	212				781	4	v50 m
	John Bailey		244	214	225		232		192		863	5	v50 m
	Jeff Lucking	250	233	204	216		230				883	5	v50 m
1	Jim Kiddie		190	157	174.75	184	168				683.75	5	v60 m
	Carl Woffington	266	258	221	236.3333	242	235		196		888.3333	7	v60 m
	Bob Thomas	255	243			241	229		186		899	5	v60 m
1	Tom Harrison	246		211	215	235	224		182		832	6	v70 m
	Brian Shave	265	256	222	230						973	4	v70 m
COMMENTS FOR 2013 / 2014													
The above tables show all RRR who completed 4 or more races. Congratulations to Bill Watson, Carl Woffington, Chris Cutting, Claire Marks, Claire Seymour, Colin Cottell, David Fiddes, Ian Giggs, Kathy Tytler, Katie Gumbrell, Lance Nortcliffe & Maureen Sweeney who scored in all 7 races													
There are normally 8 area races plus the final. We normally score best 5 from the 9 with final points scoring double.													
2013 / 14. Only 7 area races were held, we did not win the league but came 2nd and qualified for the National Plate Final.													
However, the National Final & National Plate Final races are cancelled. Points are based on best 4 scores from the 7 local league races.													
A RRR memento is normally presented to every runner who has represented the club in 5 races provided RRR win the local league & reach the final.													
Hence, for 2012 / 13 prizes will go to the <b>class winners only</b> , as follows. Prizes to:- V 60 & V70 1st only. V50 1st 2. V40 & Senior 1st 3.													
Prizewinners are shown in bold type in the above table.													
RRR Spring Social Event - Saturday 26th April - Disco, hot supper, Woodford Park, Woodley													
The awards will be presented at this social. Prizewinners - please try to be there. All RRR's - please come along, have a good time and support the Social.													



March was a busy month for races - as well as Reading we had plenty of competitors out and about both home and abroad. Here's a small selection of Roadrunners out enjoying the Spring.





## Roadrunners Results

### NIGEL HOULT

There were no events with huge Roadrunner participation this month (Goring was the most popular with 20), but instead members travelled far and wide to get their running fix. On April 6th they were to be found at no less than nine different races, ranging from Paris, Milan and Berlin through to the more local Grove and Wokefield Park.

We didn't have any outright winners, but Matthew Green did extremely well to come fourth running his first marathon at Blackpool, as did Brian Kirsopp coming second in the Wokefield 5, despite being a vet 50. For the ladies, we had three different winners: Carrie Hoskins at the Brooklands Half, Alix Eyles at the Wokefield 5, and Claire Marks at the Earley 10k. The latter race was remarkable in that all the Roadrunners that took part finished in the first five in their respective age categories, and all but one in the first three! Apart from the three age category winners at Earley (Gavin Rennie, Fergal Donnelly and Rita Dykes), there was also Brian Kirsopp at the Goring 10k and Linda Wright at the Kingston 16. We had eight PBs (ignoring the non-standard distances where I suspect almost everyone got one): Aaron Chai at the Fleet Half, Fergal Donnelly, Alice Leake and Rachel Bell at the Goring 10k, Nikki Gray and Alan Freer at the Hillingdon Half, Gemma Stobie at the Brighton Marathon, and of course Matthew Green at Blackpool. Well done to all of them.

By the time you read this the London Marathon will have taken place, and in the following weeks we have the Maidenhead 10 (the first race of this year's Club Championship and Berkshire Championship following the cancellation of the Wokingham Half) and our own Shinfield 10k, as well as the popular Fair Oaks 5 and 10. Good luck to everyone running in these, and don't forget to let me know about all those PBs you get!

#### 23rd February

##### Disney Princess Half Marathon, Orlando

Name	Pos	Gun	Chip
Ann McKinnon	7629	3:12:04	2:49:35

#### 2nd March

##### Reading Half Marathon (missed from last time)

Emily Marshall	2243	1:41:22	1:38:49
Toni McQueen	2870	1:44:22	1:41:52 5th FV55
Jim Kiddie	4080	1:49:20	1:45:37
Clare Bryant	6325	1:57:45	1:53:52

#### 8th March

##### Groundhog Track Marathon

Gary Brampton	35	3:58:49	PB
Martin Bush	56	4:57:22	

##### Bolton Hill Marathon Day 1

Name	Pos	Gun	Chip
Christina Calderon	187	6:00:46	6:00:23

#### 9th March

##### Finchley 20

Mark Worringham	30	2:05:36	PB
Chris Kelly	145	2:25:03	

##### Surrey Half Marathon

Tom Harrison	2443	2:05:10	2:01:41 4th MV70
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##### Lydd Half Marathon

James Richards	125	1:43:52	1:43:12
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##### Cambridge Half Marathon

Stuart Matthews	343	1:35:04	1:34:47
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##### The Grizzly

Lance Nortcliff	80	2:58:29	
Gavin Rennie	131	3:05:50	
Graham Tull	367	3:33:52	
Peter Higgs	1355	4:58:01	
Irene Liming	1356	4:58:04	3rd FV60
Claire Seymour	1357	4:58:06	
Maureen Sweeney	1443	5:15:05	
Linda Wright	1469	5:20:30	
Kathy Tytler	1473	5:24:56	

#### 16th March

##### Cranleigh 21

Alan Freer	75	2:37:39	PB
Angharad Shaw	401	3:32:50	
Emma Grenside	450	3:53:47	

**Surrey Spitfire 20**

David Lennon	438	3:04:56	3:04:15
Kim Stevens	517	3:14:20	3:13:27
Adam Phillips	543	3:17:19	3:16:38

**Fleet Half Marathon**

David McCoy	79	1:23:24	1:23:19	
Nigel Houlst	141	1:27:18	1:27:01	2nd MV60
Aaron Chai	187	1:28:53	1:28:35	PB
Paul Monaghan	396	1:36:33	1:36:06	
Dave Wood	436	1:38:10	1:37:41	
Graeme Hastings	461	1:38:55	1:38:31	
David Bird	743	1:45:52	1:44:22	

**Sevenoaks 10k**

Ian Giggs	17	42:13	42:12
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**Goring 10k**

Darryl Plank	7	37:32	37:30	
Robert Tan	8	38:08	38:06	
Brian Kirsopp	27	40:21	40:17	1st MV50
Fergal Donnelly	44	41:38	41:35	PB
Paddy Hayes	51	42:04	41:58	
Alice Leake	80	44:39	44:27	PB
Graham Tull	103	45:45	45:33	
Peter Felgate	113	46:03	45:44	
Nick Robey	143	47:33	47:18	
David Legg	151	47:48	47:22	
Jim Godsell	174	48:32	48:15	
Pete Morris	217	49:30	49:19	
Belinda Tull	223	49:35	49:25	
Christopher Miller	231	49:59	49:39	
Saba Holt	262	51:14	50:35	
Tony Streams	318	53:10	52:38	
John Preston	418	56:01	55:34	
Linda Wright	506	58:54	58:12	
Rachel Bell	514	59:13	58:23	PB
John Chilton	517	59:46	59:16	

**23rd March****Rome Marathon**

Dean Allaway	797	3:14:11	3:13:47
Paul Monaghan	2238	3:32:50	3:29:47
Antony Streams	8517	4:18:43	4:14:01
Pete Morris	10134	4:31:25	4:27:58
Martin Bush	12032	4:57:01	4:57:01

**Kingston Breakfast Run 16**

Linda Wright	763	2:41:42	2:38:38	1st FV55
Justin Watkins	871	2:53:09	2:48:47	

**Hillingdon Half Marathon**

Nikki Gray	66	1:28:28	1:28:25	PB
Alan Freer	72	1:29:29	1:29:25	PB

**Water of Life Half Marathon**

Paul Roberson	9	1:27:38	1:27:37	
Peter Cook	145	1:46:08	1:45:38	
Emma Grenside	491	2:23:22	2:22:54	
Angela Liu	493	2:23:42	2:23:13	
Kathy Tytler	496	2:23:50	2:23:22	
Liz Atkinson	497	2:23:46	2:24:16	2nd FV60
Sarah Harris	538	2:31:43	2:31:14	

**Water of Life 10k**

John Chilton	180	1:02:27	1:02:19	4th MV60
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**Eastleigh 10k**

Keith Russell	38	33:12	33:11
Mark Worringham	40	33:17	33:15

**New Forest Half Marathon**

Keith Ellis	15	1:44:28
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**29th March****Buttons for Brathay Marathon Day 1**

Gary Brampton	29	4:32:36
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**Buttons for Brathay 10k**

Mandy Garden	29	1:31:26
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**Copenhagen Half Marathon**

David Ferguson	1338	1:26:25	1:25:54
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**30th March****Coombe Gibbet to Overton 16 mile XC**

David McCoy	7	1:50:29	
Mark Saunders	8	1:51:38	
Mike Gooding	33	2:05:17	
David Fiddes	37	2:06:03	
Belinda Tull	77	2:20:48	3rd FV40
Peter Morris	129	2:45:45	
Peter Higgs	137	2:50:18	

**Brooklands Half Marathon**

Carrie Hoskins	35	1:27:22	1:27:15	1st F
Kingsley Starling	805	2:54:02	2:52:25	

**Bournemouth Bay Half Marathon**

Nick Robey	410	1:50:07	1:48:17	
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**Earley 10k**

Gavin Rennie	7	40:03	1st MV50	
Fergal Donnelly	8	40:44	1st MV40	
Mark Smith	13	41:27	2nd MV50	
Claire Marks	17	43:31	1st F	
Daniel Burt	19	44:13	5th MV35	
Tony Streams	34	48:36	3rd MV50	
Jackie Smith	35	48:43	2nd FV50	
John Bowley	90	56:34	2nd MV65	
Rita Dykes	100	57:48	1st FV65	

**6th April****Paris Marathon**

Alan Wilson	2583	3:16:29		
Kenny Heaton	4488	3:26:59		
Rob Cant	6090	3:33:05		

**Brighton Marathon**

Matthew Twist	1202	3:39:21	3:36:38	
Peter Kitteridge	1767	3:49:05	3:48:10	
Wayne Farrugia	1840	3:50:19	3:48:52	
David Bird	1943	3:51:52	3:50:24	
Gemma Stobie	2223	3:55:59	3:52:50	PB
Sarah Pachonick	3461	4:13:52	4:08:10	
Pete Morris	3903	4:20:13	4:12:32	
Martin Bush	5882	4:51:50	4:38:49	
Emma Grenside	6367	5:00:07	4:46:50	
Justin Watkins	7446	5:27:45	5:15:11	

**Blackpool Marathon**

Matthew Green	4	2:52:29	PB	
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**Manchester Marathon**

Elaine Laver	431	3:11:53	3:11:25	
Alan Freer	631	3:18:20	3:18:06	
Andrew Smith	675	3:19:18	3:19:02	
Liang Guo	1078	3:29:25	3:28:14	
Mark Andrew	1502	3:40:12	3:38:36	
Alan Tower	2072	3:50:34	3:48:02	

Adam Phillips	3534	4:18:35	4:15:36	
Christina Calderon	4391	4:35:48	4:32:06	

**Milan Marathon**

Paul Monaghan	989	3:34:47	3:33:56	
Yvonne Edwards	2736	4:25:48	4:22:52	

**Milan Marathon Relay**

Reading RR	1494	4:04:08	4:04:04	
(Camilla Cunningham, Caroline Hargreaves, Tracy Jenkins, Paul Smith)				

**Berlin Half Marathon**

Andrew Poole	361	1:25:09	1:24:16	
Juliet Dimmick	21371	3:08:21	2:40:47	

**White Horse Half Marathon**

Nigel Hoult	81	1:30:01	1:29:57	3rd MV60
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**Wokefield 5**

Brian Kirsopp	2	32:19		
Tony Page	6	35:20		
Alix Eyles	11	36:45	1st F	
Nick Adley	12	37:32		
Tony Streams	25	41:03		

**Season's Bests**

Ladies			
5k	20:08	Jackie Perrin	
5 miles	36:45	Alix Eyles	
10k	43:31	Claire Marks	
10 miles	1:05:06	Caroline Hoskins	
Half Marathon	1:25:56	Elaine Laver	
20 miles	2:21:54	Susanne Enhard	
Marathon	3:11:25	Elaine Laver	

**Men**

5k	16:56	Mark Worringham	
5 miles	32:19	Brian Kirsopp	
10k	33:11	Keith Russell	
10 miles	55:08	Keith Russell	
Half Marathon	1:14:27	Luc Jolly	
20 miles	1:57:04	Rupert Shute	
Marathon	2:52:29	Matthew Green	

# Reading Roadrunners Committee Meeting

MONDAY 7TH APRIL 7.30PM

## ATTENDANCE:

Carl Woffington	(Chairman)
Sandra Sheppard	(Treasurer)
Roger Pritchard	(Gen Sec)
Anne Goodall	(Membership Sec)
Alice Johnson	(Social sec)
Alan McDonald	(ex-officio)
Bob Thomas	(ex-officio)
Catherine Leather	(ex-officio)
Simon Denton	(ex-officio)

Apologies for absence received from Paul Monaghan

## MINUTES OF THE MEETING OF MONDAY 3RD MARCH 2014

Anne Goodall proposed the minutes as a true and accurate record, seconded by Sandra Sheppard.

## MATTERS ARISING FROM THE MINUTES

**LIFE MEMBERS** Life Members role of honour updated on the notice board. Confirmed by Roger.

**NATWEST BANK** Roger asked the chairman and the treasurer to sign all the documents provided by Nat West bank, in order to provide debit cards to be used by the treasurer and secretary and to provide on-line banking.

A vote was taken on the number of debit cards (2) the limit of cash withdrawal (£500) and the number of committee members to have access to the on-line banking services (treasurer and secretary) Passed unanimously.

**CLUB KIT** Roger confirmed that he had asked Steve Siddell to check at the desk on the kit prices.

**MAIDENHEAD 10** Roger confirmed that he had delivered Shinfield entry forms to Maidenhead AC in order for them to be put into their race goody bags.

**ENGLAND ATHLETICS** Roger produced the affiliation form for England Athletics and asked Anne if the fee had been paid for this season. Anne confirmed

it had been paid. **ACTION** Roger to post form to EA.

**LONDON MARATHON BALLOT.** Roger confirmed that Paul had placed the notice on the club website advising members that unless they rejoin by the 31st March, they would not be eligible for the club London Marathon draw.

**CAR BOOT TABLES** Carl confirmed that he went to Macro with Geoff Chaffer to purchase the tables that were approved at the last committee meeting.

**COMMITTEE NOMINATIONS** Roger confirmed that the notice was put on the notice board and that all (last) committee members were sent copies of the nominations before the AGM.

**AGM VOTING NOTICE** Roger confirmed that Paul had placed the notice on the club website advising members that unless they rejoin by the 31st March, they would not be eligible to vote at the AGM.

**TWITTER ACCOUNT** Several committee members testified that Paul had set up the account and now live.

**BAR TABLES** Carl said that there was a trial in the RAC clubhouse having less table to create more room.

**CLUB HOUSE** Carl said that he has received more information from Simon Davis. Anne asked what the position was with the approach to the cycling club with the view to sharing. Roger said that the last thing he had heard from Simon was that he was waiting for a reply from them. Carl said he was going to collate all of the information he had gathered and would then precede to get things moving. **ACTION** Roger to contact the cycling club.

**EA 2nd CLAIM** Roger reported that the issue with EA regarding 2nd claim members had been resolved.

**MEN'S TEAM CAPTAIN** Carl reported that he had tried to get some members interested in taking up the team captain's role. **ACTION** Carl to pursue a new men's team captain.

**SOCIAL EVENTS AGM OPEN FORUM** Carl confirmed that he bought up the subject of members



organising events outside of the social event calendar. Carl said that if a member wanted to organise something, they could approach the committee with a budget and if approved, the club would cover any loss made by the event instead of being covered by the organising member. Carl proposed a formal vote of approval. Passed unanimous.

#### CHAIRMAN'S REPORT

**PASTA PARTY** Carl reported that the Pasta Party was cancelled due to lack of support. Carl said that Angharad Shaw contacted those who had booked and asked if they would like to meet up in Reading instead and it turned out to be quite successful.

**SPRING DO** Carl said that the Spring Do was now being pushed as the next social.

**LONDON MARATHON** Carl said that the London Marathon would be in two weeks. Alice asked how many members were running and Carl said that he did not know.

**SHINFIELD 10K** Carl said that the next race on the RR calendar was the Shinfield 10K on May day bank holiday, which is when we normally have a committee meeting, so we will have to pick an alternative date for the meeting.

#### TREASURERS REPORT

Sandra issued all committee members with the latest accounts and said that we had spent quite a lot of money in March. Sandra said that most of it (about 90%) was spent on Bramley. Sandra asked if the costs for the thank you gifts given at the Dinner Dance to members for their work during the year should be incorporated into the Dinner Dance accounts. Carl and Anne both said that as the gifts were for work throughout the year for the club and nothing to do with the Dinner Dance, they should be kept separate.

Sandra said that she had been asked by Toni McQueen regarding booking Sonning Golf Club for the next Dinner Dance. Sandra said that she would have to find out from Alice first, in case Alice had thoughts about another venue. Alice said that she would bring this subject up in her report later. Carl asked Sandra about the bond we have at Nat West and was it easy to release the fund. Sandra said that because it pays very little interest, it should be able to be released fairly

easily. Carl said he only wanted to know as when the clubhouse gets off the ground, we will have to know how long it would take to commit the funds to the clubhouse (outside grant permitting).

#### SECRETARY'S REPORT

**READING HALF MARATHON** Roger said that as he had still not received the £400 pledged by Sweatshop for our marshals, he had contacted them and asked when the money would be forthcoming. Roger said that they replied asking for an invoice and that upon receipt of the invoice, a cheque would be sent after 30 days. Roger handed Sandra a copy of the invoice he had produced and had sent to Sweatshop.

**STEWARTS COACHES.** Roger said that some idiot (himself) had asked for a cheque for £1,400 from Sandra instead of the correct amount for £1,014 and gave Sandra back the cheque for £1,400. Sandra handed a cheque for the correct amount and Roger said he would take that to Stewarts the following day. ACTION Roger > Stewarts.

**ASSOCIATION OF RUNNING CLUBS** Roger raised the subject of the ARC, who had made their annual approach to the club. After a little discussion regarding the benefits, Carl called for a vote and it was unanimously voted in favour of not joining.

**NEWSLETTER PRINTING** Roger reported that he had been approached by a member, who had concerns about the additional costs for the colour pages. Roger said that he had asked Higgs Printers for the difference in costs for the printing of the last issue and presented them to the committee. After discussion, including calculation of projected annual costs, it was agreed that we should spend some more money for the member's benefit and continue in the current format with colour covers and greyscale inner pages. Carl conducted a vote, which was unanimous to continue with the current format.

**FRIDAY TRACK FEES** Roger handed Anne £55.50 cash made up of £28.50 from Reading Uni AC for three weeks subs, £25.50 for Reading Roadrunners attendance on Friday 4th April and £1.50 from Roger himself as he had not paid his Wednesday 2nd track fee (had no change).

**BARR AGM** Roger reported that he had received notice of the British Association of Road Races 2014

AGM that was being held in Birmingham on **Saturday 26th April**. **ACTION** Roger to notify Adele Graham.

**ENGLAND ATHLETIC RECEIPTS** Roger reported that he had received receipts for affiliations totalling £3,515

**COMMITTEE ELECTION** Roger reported that he had looked at the result of the AGM ballot and found another spoilt paper and also found that the abstentions were not all recorded. Roger said that he had spoken to Richard Hammerson and asked him to check Roger's findings. Roger said that this did not affect the overall result, but he wanted to correctly record the result in the AGM Minutes. **ACTION** Await Richard's findings.

#### **MEMBERSHIP SECRETARY'S REPORT**

Anne reported that in March there were 12 new senior members @ £28 and 1 @ £16 for second claim. There were 153 renewals with 147 @ £26 = £3,822 5 2nd claim @ £16 = £80 and 1 social member @ £15 total £4,289 banked.

Anne asked Roger if he would be available to hand out on the coach envelopes to the marshals who wanted to claim their fare back from the London Marathon. Roger said he was.

#### **SOCIAL REPORT**

Alice reported that she had canvassed members via Facebook to see what type of social events they would like, rather than just implement her own ideas. Also, she and Paul had met and discussed various ideas and the result is that there are two quiz nights planned, the first on the 7th June. There is also a ten pin bowling night planned and one member suggested a boat trip. Roger said that we have had two in the past that were both successful. Alice said that Paul had suggested a London walk, possibly a Dickens or Jack the Ripper walk. Also possibly a theatre trip and Panto.

Alice said that she was looking at alternative venues for the dinner dance and so far had enquired with three.

Alice said that on the 19th April, she has booked the back room at the Lime Bar in Reading and there are no tickets, just turn up and by your own food and drink. Alice asked if it was a requirement for her to be at the social events as some days she was restricted with

other commitments. The committee agreed that it was not necessary, as long as someone was deputised to oversee the event.

#### **COACHING CO-ORDINATORS REPORT**

None submitted by Simon.

#### **TEAM CAPTAINS REPORT**

Ladies report received from Tina Wilson.

#### **ANY OTHER BUSINESS**

**DESK QUESTIONNAIRE** This subject was raised from the discussion at the AGM open forum. Carl said that he had produced a questionnaire and was going to show it to Michelle Wilson, who suggested having it. Carl handed a copy of the questionnaire around the table and said he would write to Michelle. **ACTION** Carl to write to Michelle.

**CLUB CHARITY** Roger reported that he had been in touch with 'Just Giving' to see if RR could have a page for our club charity. Roger said that we could have a page, but it would have to be closed and re-opened when a new charity was adopted, because the page would be linked directly to a single charity. Roger also said that the club would not be credited for the donations made on the site, as they go directly to the charity and could not be presented as part of the cheque presentation at the dinner dance. **ACTION** Roger to contact the charity.

**SUMMER LADIES VETS TRACK & FIELD** Roger said that he had been asked by Belinda Tull to ask the committee if she could purchase a batch of competitor numbers, as last year our team wore hand written numbers.

Belinda said that the team needed four sets at 100 each (minimum order) at a cost of £25.50 Inc postage and packaging. Sandra asked if that was for one season and Roger said that it would last them for a few years.

Carl asked the committee for approval as Belinda needs the numbers for the first meeting in May.

Approved unanimously by the committee. **ACTION** Roger to advise Belinda to get the numbers.

**LONDON MARATHON INFO SHEETS** Roger produced the info sheet that he was asked to alter at the last committee meeting. He said that he

had inserted Bob Thomas's phone number in two places and also inserted the cost of a travel card for spectators who wanted to travel around the course. Carl said that he had also produced an information sheet explaining the rules regarding entering the ballot for next year, as there has always been confusion.

### 2013 UKA HALF MARATHON CHAMPIONSHIP

**MEDALS** Roger reported that he has chased England Athletics for the men's & women's silver team medals that RR won at the 2013 Reading half Marathon. These medals were originally sent to RR, but they had 10k instead of half Marathon inscribed on them and were subsequently sent back.

**ACTION** Roger to keep chasing for a delivery date.

**COACHING GROUPS** Alice raised the subject of new members going into Simon's group automatically and suggested that it would be a good idea if new members were spread into the smaller groups. Roger said that new members undertaking the induction are advised that they should try all the groups before settling into one. Roger also said that it appears that when new members come for a second time and go into Simon's group for their first group try out, they don't seem to try another group in the following weeks. Roger said that perhaps Simon is not encouraging new members to continue to try the other groups. Roger also added that the guidelines from UKA is that a coach should not have more than 15 runners in a squad and Simon's group far outweighs this recommendation. Then followed a long discussion about the groups in general resulting in an agreement that no action would be taken and that we should have a chat with Simon regarding the problem. **ACTION** Carl or/and Roger to speak to Simon.

**MEMBERSHIP CARDS** Alice raised the subject of showing membership cards at the desk and said that the rule on bringing and showing membership cards was not being applied to all members and that some members were being excused showing the cards. Alice said that she accepted that if she does not bring her card, she will pay an extra 50p, but it seemed that this rule is not being applied equally. A long discussion ensued with some ideas put forward to deal with the problem of forgotten cards resulting in a vote to continue with the existing systems being applied but

consistently. The proposal was that cards must be shown every Wednesday. Anyone without a card would be asked to pay the extra 50p. Anyone who did not have the extra 50p would be asked to bring the 50p on his or her next visit.

This proposal was passed by majority vote. **ACTION** Roger to advise all desk attendants to apply the rule.

**LM INFO SHEETS** Anne advised Roger that there was 109 seats booked on the LM coaches for Sunday and asked Roger to print this number of info sheets. Roger said that he would print 114 in case there were last minute bookings.

**HURDLES** Roger reported that there was a coach who consistently used hurdles as part of his mobility exercises.

Roger said that we are not covered if there was an accident as none of our coaches have hurdles qualifications.

Carl said he knows one member who had a cut leg using the hurdles. Roger said that was a perfect example.

**ACTION** Roger to ask the coaching co-ordinator to advise all coaches not to use hurdles.

**TRACK EVACUATION** Roger advised the committee that the cycling track was booked from 8.00pm by the cycling club and that means we have to be off the track by 8.00pm **ACTION** Roger to make an announcement on Wednesday.

### DOOR ROTA

Wed 9th April  
Christina Cotter, Anne Goodall, Glynne Jones.

Wed 16th April  
Shirley Smith, Anne Goodall, Glynne Jones.

Wed 23rd April  
Anne Goodall, Alan McDonald, Glynne Jones.

Wed 30th April  
Shirley Smith, Glynne Jones, Anne Goodall.

Meeting closed 10.12pm

Next Meeting Tuesday 6th May.

## Reading Half Marathon

This year's race saw an unprecedented turnout from the club (approx. 40% of membership!) with a substantial amount marshalling, manning the tea tent or out on the streets supporting.

Well done to all of you, the day was a triumph for human (and Wookiee) kind!

