

It Ain't Half Hot Mum



READING ROADRUNNERS NEWSLETTER DEC 2014

My thanks go to Dave Wood this month, for not only travelling 5000+ miles to provide such a great race report, but also allowing me to raid my Seventies sitcom headline pun archive. So inside we also have the latest instalment from our globe-travelling marathoners ('Whatever Happened to the Likely Lads') and some great reports from the Ladies' Captain (Carry On Girls). Gen Sec has also weighed in with his regular column (Some Mothers Do 'Ave 'Em).

You'll notice a small change in personnel about the place, so please welcome Mark Worringham who will be taking over from Keith Russell as Men's Captain. And you will hopefully notice the first few festive snowflakes in the air as we prepare not only for our December Cross Country but also our RR Chrimbo Party - please give both your full support and have a great time.

INSIDE THIS MONTH:

- **ATHENS & ISTANBUL MARATHONS**
- **CHAMPIONSHIP RESULTS**
- **GUEST RECIPE!**
- **INJURIES!**





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.

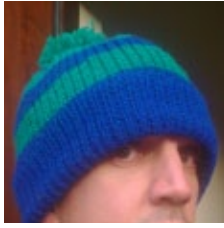
They are campaigning to raise £5m to build the actual children's hospice, they have the site – near Cox Green – they have planning permission and hope to have enough money to start building this autumn.

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 | Charity No. 1118947





Welcome from the Editor

CHRIS CUTTING

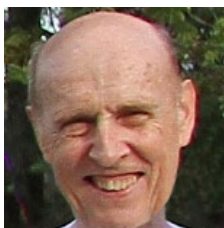
Cross Country Lessons Learnt This Month:

No 1. Don't try and take on more experienced runners than yourself when tackling the hills and mud. Especially after having had a good race at flat, sunny Datchet.

No 2. Don't wear a cap and buff with your vest - you end up looking like Dick Emery.

Enjoy your running this month and have a great Christmas.

Chris



Chairman Chat

CARL WOFFINGTON

I regret to announce that Keith Russell has been forced to give up the role of RR Men's Team Captain for personal reasons. I would personally thank Keith for the hard work he has put in over the last few months. He has always been an easy guy to work with and I wish him well in the future.

I am pleased to announce that we have a volunteer to take over the role from Keith. I welcome Mark Worringham to the role of RR Men's Team Captain. Please support Mark as he goes about the job of getting our teams sorted. Never an easy job and a lot of hard work.

Talking of teams, aren't we doing well? TVXC results table shows Run 3, Won 3. You can tell I'm excited. We regularly won this league a few years back but have come second for a number of years more recently. It's definitely in our grasp to win it again this year. So let's keep it up.

Our results in the Hampshire League are also very good after two races. So let's keep that going too.

Berkshire County Cross Country Championship. Saturday 3rd January 2015. There has been a problem with securing a venue and full details are still not on the website. I understand that we have some details with the Captains. We are hoping to get boys and girls teams in this.

ENGLISH NATIONAL XC CHAMPIONSHIP, Saturday 21st February, Parliament Hill. We sent

teams up before and could do again if we have interest. Watch out for details.

The RR Club Championship reached a conclusion with the Gosport Half and results are now available. Thanks to Bob for organising it. But, he's not finished yet. The Marathon Champs runs to the end of December and some of you could get another half dozen in by then.

We have our RR Christmas Party coming up on Saturday 13th December. Disco, food and cash bar. I'm looking forward to it. It's been a few years since we've had one. Thanks to Alice.

We are hosting our home TVXC race at Crowthorne on Sunday 21st December. The organisation for this was started back in September and is well underway now. We are looking for helpers. We have about 100 that run XC with a membership of 500. That must mean that there's 400 of us that don't like XC. So come on some of you 400, come out and help for a few hours. You don't have to run, just wear your wellies and a big coat. That will release some of the 100 XC runners from helping duties and allow them to go out and get covered in mud and muck, they love it. You can even watch it in amazement, it's unreal. We also have to feed 500 starving runners and we all know runners have terrible appetites. So please bring some sandwiches and cakes to feed them. We don't want anybody taken away by ambulance suffering from malnutrition.



Ladies' Captain - Report

TINA WILSON

I really don't know what I am more excited about at the moment? The fact that Christmas is only 3 weeks away or that we are TOP of TVXC league. Actually, being top in the TVXC league wins hands down!

Hampshire League: Match 2, Goodwood, Chichester

Saturday 8th November 2014: Sarah Urwin-Mann, Belinda Tull, Claire Seymour and Cecilia Csemiczky ran in the second fixture of this competitive league. This year has seen a great improvement on last year's position with our girls overall position being 8/21 teams. (Vets position 7/16).

This league is tough and there are some really fast runners. Our girls run with 20 year olds and the seniors (Sarah is the only senior) and they battle it out with the best of them – well done ladies.

TVXC – Datchet

Sunday 9th November 2014 – A fantastic start to the season with our overall position being 1st.

The morning offered perfect running conditions for the first of the TVXC races. A record turnout of 93 runners turned out to run.

91 Reading Roadrunners, 32 ladies, 56 men and 5 guests. (The XC Taster session offered the same conditions and social so I was very relieved that our 'first timers' were not lulled into a false sense of security for their first TVXC race)

Ian Gosling (21), Alex Harris (28), Richard User (30th), and Peter Jewell (34th).

TVXC – Sandhurst

Sunday 23rd November 2014 – Wow! Despite the very wet weather conditions once again 93 runners turned up to run and we secured 1st position again! (Although this is showing as provisional on the TVXC website)



I initially had no idea of how many runners had turned up, many were taking shelter (hiding) in their cars and in the Reading Roadrunners tent. I do remember having to gently persuade runners to get out of the tent to go to the start – which they did one by one and it was only when we were on the start line I realised



Congratulations to Carrie Hoskins (2nd), Alix Eyles (3rd) and Alice Leake (8th) who were our 3 scorers.

I have to also offer my congratulations to our 6 men who scored: Tony Carter (1st), Andrew Smith (2nd),

what a fantastic hardy bunch of dedicated runners had turned up to run for our club.

As the race started I am sure I heard 'whoops of delight' (not from just Katie Gumbrell) as we all

ran through the biggest puddles you have ever seen. As you worked your way through the course the puddles got even bigger and it got muddier. When I approached what appeared to be a small ditch full of water with two runners either side of me I discovered it was deeper than I thought (sorry for elbowing you Andrea Marnoch) . I'm sure one of our runners (Roger Pritchard) decided to attempt an impromptu Aquathlon).

Only a runner will understand when I say how running a cross country race in those conditions could make you feel so happy with having just raced in the most bizarre conditions – I love it and I am so glad that I know other fellow runners who feel the same!

Scoring for the ladies, great reat running from Carrie Hoskins (1st), Ellie Gosling (2nd) and Alix Eyles (5th)

The men did us proud again Tony Carter (1st), Mark Worringham (2nd), Robert Tann (9th), Ian Gosling (14th), Andrew Smith (18th) and Mark Saunders (24th).

TVXC – Handy Cross

Sunday 30th November 2014 – Many of our runners who have run this fixture in the past will remember the gloriously sludgy mud by the stables and the hills. The runners who haven't run may have approached this race with some apprehension and caution.

On the day of the fixture, by all accounts the sludge by the stables was still up to your ankles. I am reliably informed the experience of the hills will be forever etched on the minds of the runners who ran for the first time.

Another fantastic result (I am just so chuffed), we are currently showing as 1st (provisional results).

As Christmas approaches you can understand with family life and festivities starting to come into runner's lives it may cause a drop in numbers. However we had another great turn out again of the Green Vests – 74 runners.

Great performances and scoring for the ladies team: Carrie Hoskins (3rd), Ellie Gosling (4th) and Alix Eyles (9th)

Fantastic results again from the men with Rob Tann (4th), Andrew Smith (10th), Simon Elsbury (12th), Lance Nortcliff (14th), Richard Usher (20th) and Alex Harris (25th).

What does this say about our runners in this league– we are ONE team, everyone makes a difference to the end result, well done everyone and thank you.

The overall team positions of the TVXC teams 2014 – 2015

League Results '2014-2015'

Results marked with [] aren't counted as the worst scoring for the club in the season (applies after min. 2 races).

Race \ Team	RRR	SJ	BFR	DD	WVR	TVT	FC	BJ	SS	MS	WAR	TR	HX	MET	MAC
Datchet 2014/2015	[1]	2	4	3	[6]	5	[8]	7	[9]	[11]	10	[13]	12	[15]	[14]
Sandhurst 2014/2015	1	2	[5]	3	4	6	7	[12]	9	8	10	11	13	15	14
Handy Cross 2014/2015	1	[4]	2	[6]	3	[7]	5	8	9	10	[11]	12	[15]	13	14
Total	2	4	6	6	7	11	12	15	18	18	20	23	25	28	28
Rank	1	2	3	3	5	6	7	8	9	9	11	12	13	14	14

What's next?

TVXC Metros

Sunday 14th December 2014

Metros host fixture will take place at Hillingdon House Farm, take Swakleys Junction off the A40, turning



right along the B483 Park Road.

The car park at the Sports Centre charges and is always very busy, but there is local parking available off Honeycroft Hill and Hercies Road. Warren Road on the other side of the A40 connected by a footbridge. There are also car parks in Uxbridge the nearest is The Chimes.

(Hillingdon Athletics Stadium will be the Metros base. Please remove muddy footwear before going inside.)

TVXC Reading Roadrunners (Home Fixture)

Sunday 21st December 2014

Marshals - with this being our home fixture and we need helpers to set up and take down the course on the day. We also need marshals on the course.

Food- With up to 500 runners turning up for the TVXC fixtures, I am appealing for food –LOTS of it

Catering Tent – is there anyone who would be willing to help in the catering tent please?

Ideally it would be great if all the runners who have run in the last 3 TVXC fixtures could run – so my appeal is going out to those runners who don't like XC running but would be willing to support our runners who do. If anyone is injured, come along, you will benefit from being around the loveliest runners ever and they will help lift your spirits. Friends and families are more than welcome to marshal. Please let me know ASAP if you can help.

Berkshire Athletics – Cross Country Championships (Hungerford Common, Berkshire)

(Parking at John O'Gaunt School, Priory Road, Hungerford. RG17 0AN)

Saturday, 3rd January, 2015 - CLUB or vests MUST be worn.

Race	Time	Age Groups	Approx
1	11:00	Men Senior/Vets (40)	10,800
2	11:45	Women Senior/Vets (35)	7,200

B - Birth

R - Nine months continuous residence in Berkshire immediately prior to the Championships.

S - Nine months service in H.M. Forces in the County immediately prior to the

Please contact you club captains if you are interested in entering. (Closing date 29th December 2014)

Wishing you all all a very happy Christmas and a very healthy, happy and injury free 2015.

Best Wishes, Tina



Christmas Party

Tickets are now available for the Christmas party from Alice Johnson:

Woodford Leisure Centre, Woodley

Saturday 13th December 7-11pm

Tickets: £10 - food will be a buffet, which everybody will be welcome to contribute to. Please contact Alice about what you wish to bring with you.



Men's Captain - Report

KEITH RUSSELL & MARK WORRINGHAM

Hi all. It is with great sadness that I have to open my monthly write-up by announcing that I am stepping down as captain due to personal reasons.

I have thoroughly enjoyed my (unfortunately) short time as captain, and, hopefully, in the future should circumstances allow I may get the chance to have another go at it.

On the positive side, however, Mark Worringham is taking over as captain and I am sure he will do a fantastic job.

Mark will include an intro down below, so I will keep my write-up brief.

In terms of the time of the year, it is very much cross country season.

We have got off to a stunning start in the Thames Valley XC league with Tony Carter winning the first two events and RR topping the league.

Meanwhile in the Hants League we are continuing to hold our own, currently sitting in 8th overall after the first two fixtures.

Finally I will round off my last write-up by highlighting our new captain's brilliant result of 32:33 at the Leeds Abbey Dash 10k (where Robert Tan also ran a pb of 34:44).

And, on that note, I shall hand over to Mark to introduce himself.

I'm delighted to be able to take over from Keith as men's captain, and I look forward to leading our rag-tag assortment of runners into a hopefully successful 2015. Firstly I must thank Keith for his tenure as captain, he did a sterling job in motivating and organising us, as well as leading by example with some fine racing. It's a shame to see him step down, but he will still be around, no doubt running very quickly as usual.

We are well into cross country season now, which is great news for those of you who like to spend weekend afternoons washing clothes, shoes and yourselves. We are going great guns in both of the leagues we compete in. As well as this, there are some major events I'd like us to get teams in for. The Berkshire XC Championships are on Saturday 3rd January at Hungerford Common; the Southern Championships are on Saturday 24th January at Stanmer Park in Brighton; and the iconic and slightly unhinged English National Championships will take place at Parliament Hill, London on 21st February. It would be great to see us get teams into all of these, so please contact me ASAP on teamcaptains@readingroadrunners.org if you're interested.

I look forward to getting to know those of you I don't already know. I'm usually at the track on Wednesday, so feel free to come and say hello. Unless I'm bent double, wheezing, in which case give me a couple of minutes.

New Members

NEW MEMBERS FOR OCTOBER 2014

Laura Barker, Claire Bryant, Angela Burley, Stewart Pendle, Daniel Whittaker, Kathy Vickers, Joe Akem-Che, Alan Makepeace, Chantal Percival, Sharon Pickford, Chris Wilson, Kristin Brandt, Roger Ganpatsingh, Katrina Harling, Callum Harling, Donna Saunders Mary Carol DeZutter, David Dibben, Simon Elsbury, Claire Mulvenna, Hannah Wright, Graham Weekes, Darren Batchelor,

Tony Carter, Andy Dingle, Simon Gold and Severine Konieczny.

NEW MEMBERS FOR NOVEMBER 2014

Hannah Hicks, Christine Callaghan, Emma Chessman, Lin Morton, Bill Watson, Chris Mortimer, Jason Cooper, Sheila O'Dowd and Tamin Sirkis.

Please make all our new members welcome!



Katie's

CAKE RECIPES

So, there I was, hot, sweaty and pretty tired after the Thames Valley Cross Country at Handy Cross, with a cup of tea when BOOM! a mouthful of deliciousness presented itself. The deliciousness in question was a crumbly, cakey biscuit, covered in citrusy goodness. It was so good, I went in for another.

In the aftermath, I put a message on the TVXC Facebook page to thank Handy Cross for their wonderful hills and squelchy mud, and a cheeky request the recipe for the cookies.

Well, a few hours later, Handy Cross runner "Cheesecake" Phil Burridge had sent me the recipe and so here it is! Thanks to Helen Moseley for brokering the deal...

Cheesecake Phil's lime/lemon drizzle cookies™

For the cookies

350g plain flour

½ tsp baking powder

½ tsp bicarbonate of soda

140g unsalted butter, cut into small pieces

175g caster sugar

110g lime curd (or lemon)

2 large eggs, beaten

For the drizzle

150g icing sugar

3 limes

This will make approximately 50-60 cookies.

Preparation

Line 2-3 baking sheets with baking paper

Cookies

Sift the flour, baking powder and bicarbonate of soda into a large bowl.

Add the butter and rub in with your fingertips until the mixture resembles fine breadcrumbs.

Stir in the caster sugar, and add the lime curd and eggs, and mix to a fine dough.

Transfer the mixture from the bowl into a disposable icing bag.

Pre-heat oven to 200°C/Gas 6/fan oven 170°C.

Pipe the mixture into small circles approx 40mm in diameter (12-15g), with gaps between so that the mixture can spread a little as it heats.

Bake for 12-15 minutes until risen and light golden.

Leave to cool on the baking sheets/paper.

Drizzle:

Juice the limes, and sieve the juice to remove any pulp/pips.

Sift the icing sugar into a bowl.

Add the juice and whisk thoroughly with a fork until the mixture has a fine consistency with no lumps.

When the cookies have cooled fully brush the drizzle all over the top with a silicone pastry brush. Allow to dry then repeat, until all the drizzle is used up.

Once the drizzle has dried fully it will turn white.

Remove the cookies from the baking paper and layer in a food container with baking paper between each layer to prevent them sticking together.

Enjoy!

Injury! Plantar Fasciitis

Kathy Tytler

There are some problems for which physio is of limited help. Some runners will insist on running through chronic pain without doing anything about the cause and then the pain becomes acute and debilitating ...

... and then there is Plantar Fasciitis! – a name that sounds so nasty it could be an evil character in a superhero comic. Is it becoming more common?

I caught up with, and overtook a suffering runner during the night on The Ridgeway Challenge in August, and I spent most of 2012 suffering from it myself.

You know it's PF when you wake up in the morning, put a foot on the floor and get a stabbing pain in your heel. As the body warms up and the muscles lengthen, the pain recedes. It is often painful when starting a run, it eases as you warm up and then when fatigue and cold sets in – when running through the night in an ultra race – it comes back, bringing extreme pain, just when the body is at it's lowest, between 3 and 4 in the morning – and it doesn't ease up!

I went to my doctor last year after suffering last year. He explained what was happening, and then said, "You're a runner, you probably know more about it than I do."

He offered me a steroid injection if it was really bad, but advised that my self-help strategies were probably more effective in the long term and that one day the pain would just disappear ... and that is what happened, I can't even remember when, I just realised that it had gone – but I carry on with my self help programme:

1. Balls!

I have three balls (a squash ball, a golf ball and a tennis ball) and a couple of rollers. I spend a few minutes each morning rolling these under my foot. I can even multi-task and do this while drinking my early morning cup of tea.

2. Massage

Treat yourself to some peppermint lotion or lavender oil and spend some time lovingly massaging your feet and ankle, they will be forever grateful.



3. Bare Feet

Yes, I mean real bare feet, not trendy bare foot running shoes. Walk around in bare feet as much as possible, in the house, on the beach, on a nice piece of grass. Use the whole of your foot in contact with the ground, become aware of the three arches that make up the foot, stand on tippy-toes to strengthen your muscles, wiggle your toes, run in bare feet on a suitable surface in the summer – your feet will love you for it. Spending all day encased in shoes means they cannot work as nature intended. Don't force your feet into shoes that make them adopt an unnatural position for a long time.

4. Do some Yoga. A few sessions with a good yoga teacher will emphasise the importance of getting your feet to work properly.

Is PF becoming a more common complaint among runners?

Can the fault be the changing fashion in running shoes? Too cushioned, too much support, too minimalist (although still expensive!), shoes that promise to change your running style ... etc ...

... or trends in running style – every year there seems to be a new way of running, which will not suit everyone.

Any thoughts, anyone?

Beautiful and Brutal

BAGAN TEMPLE - NOVEMBER 15TH 2014

Dave Wood

As anyone who knows me knows, I love going on holiday off the beaten track (North Korea... Iran... Chernobyl anyone?) and I love a good running challenge. So, having decided to run the Comrades Marathon in 2015 (89km, from Durban to Pietermaritzburg in South Africa) I figured I'd better get used to running in the heat, so what better way to prepare than to travel 5500 miles to a country where tourism is still very much in its infancy (partially due to 49 years of rule by a military Junta that only ended recently), to run in 30+ degrees and 70%+ humidity. Myanmar (or Burma as most people know it), here I come...

As this is a race report and not a travelogue I won't talk in great detail about my travels between Yangon (where my flight arrived) and Bagan (the race location) except to mention the following things, in case anyone wants me to bore them in more detail sometime:

- Free wifi is available in the famous Schwedagon Pagoda in Yangon (I used the free wifi to express my disappointment at this on social media)
- Eating fish curry at least once a day causes no discernible ill effects and gives you a hearty meal for less than £3
- You can take a 2hrs45min train journey around the suburbs and countryside near Yangon for the equivalent of 14p
- Leaping from a moving train during said journey to reclaim sunglasses that have fallen off while leaning out of the window taking photographs is perfectly safe and normal, as evidenced by the old lady encouraging me towards the open doorway (there is no actual door) in the carriage
- Walking back along the track to Yangon because there isn't another train for an hour is hard work in the morning heat – I should have realised at that point what the race was going to be like
- "Taxi" is a loose term which includes cars, motorbikes, horse drawn carriages and small wooden wagons pulled by oxen with the word



"taxi" scrawled on the side

- Mandalay does not have a bay, contrary to the name of the hotel in Las Vegas
- According to the slogan on his t-shirt there is at least one 5 year old child in Bagan who is a "Bad Mother F***er" (I have added the *s – the actual t-shirt had no such censorship)

And so onto race day...

I wake at 4am to the strains of "Blackened" by Metallica coming from my phone. At that point I feel surprisingly good considering I only went to bed at 11:30pm. I throw some random clothes on and stroll over to hotel restaurant with some of the other keener runners. At breakfast I meet up with the merry band of fellow travel/running enthusiasts I've fallen in with since Yangon - Ollie (a Brit living in Australia for the last 10 years), Steve (a real Aussie), Tracey

(another Aussie), Alma and Jill (Americans) and Kim, Lorna and Audrey (New Zealand). There's quite a wide variety of "foreigners" here for the race – Brits, Aussies, Kiwis, Americans, Swedes, Danes, Germans, Spaniards – it's got a real international flavour for what is a very small event in the grand scheme of things. After breakfast I have a quick shower and get dressed properly, shorts, RR t-shirt (minus sleeves), trail shoes (the course is offroad for 90%), sunglasses and my legionnaires cap (one with the flap at the back to cover the neck in the sun). The bus leaves at 5:30 to take us all to the start line.

The Bagan Temple Marathon is actually two events, a marathon and a half marathon setting off and finishing at the same point – right outside one of the larger temples in the area. After 11km the half marathoners turn left, while us marathoners turn right and run an extended loop before meeting back up after about 37km (or 16km in the half).

As the name suggests, the course itself weaves its way through Bagan – a place where temples, stupas and monuments seem to overwhelm the landscape. There are about 2,000 of them covering an area of 16 square



miles on the eastern bank of the Ayeyarwady. They vary massively in both size and shape and they are also in varying stages of preservation and disrepair. Some of them throb with life, visited by devotees almost continuously, a few have become little more than piles of bricks. Either way, it is a spectacularly beautiful place to run and as the starting gun goes off at 6:15am I am keen to get going and experience it all.

After 4km I approach the first aid table feeling good (water is available every 4km or so for good reason), but conscious of the upcoming battle I take a small drink anyway. At the next aid station at 8km I take a larger drink before tipping the rest over my cap – it's already warming up considerably and I can feel myself sweating the suntan lotion off my arms. By the time I reach aid station 4 at about 16km it's uncomfortably hot. I'm used to running in Europe, in the spring/autumn, or even better in the winter. Single figure temperatures are perfect for me. When it's 8am and already 30 degrees I know I'm in for a hard slog. The ground itself isn't exactly helping either. Underfoot it varies from rock hard earth, heavily rutted by carts and oxen, to soft sand with no traction. At half way I feel like I've run far enough thank you very much. Ah, well, just the other 21.1km to go...

If there's one thing that's worse than the heat, it's the humidity. I feel like I'm breathing in hot soup and sweating out every molecule of water in my body. My t-shirt looks like I've just been swimming in it – the only respite I get is at each aid station where I chug down half a bottle of water and tip the rest over my cap. I hadn't run with the legionnaires cap before and it was definitely one of my better ideas. Not only does it keep the direct sunlight off my head and neck it also acts as a sponge for the water so whatever is tipped over the top hangs around a bit longer than it would on bare flesh/hair. My head is the only vaguely cool part of my body but at least that's something.

After 27km I'm slowing considerably. The hat/water combination is doing a great job but the simple fact is I'm really struggling to keep cool and really struggling to keep going. Because this is such a small event there tends to be large gaps between some runners. I'd been running with Alma for the first 10km or so but we'd gone our separate ways and I spent the majority of the remaining time on my own. My only motivation

is getting to the next arrow or km marker and just keeping going. It was a bit like the Endure 24 event I ran in June in that respect – ignore the discomfort, don't think about anything other than putting one foot in front of the other and eventually time will pass and you'll be further down the track. Thankfully the course is very well marked and even though there aren't a vast number of marshalls it's obvious where you need to go.

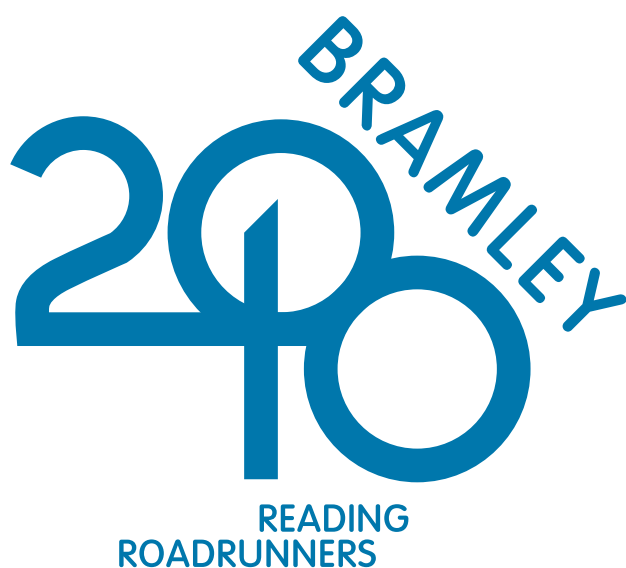
Every now and then I see a group of locals going about their business and shout "Mingalarbar" (literal translation is "may you be auspicious" but essentially it's "hello" in Burmese), receiving the same in return, but this is not exactly London Marathon levels of support. At 30km I enter a village and pass by a school. For the first time there is proper crowd – school kids all standing outside waiting for runners to pass by - "Mingalarbar!!", "Mingalarbar!!", "Mingalarbar!!". It acts as great little boost and for a few seconds I ignore the heat and discomfort and try to look like a proper runner again – smiling, waving and enjoying the moment.

Just after I leave the village my left knee starts hurting. I'd had tendonitis for about 6 weeks but it hadn't bothered my while running Dublin marathon 2 weeks ago so I was hoping I was going to get away with it again. Not this time. With each passing km the pain increases and my speed drops. I

can't say I remember much about the last 10km or so other than wishing I am at the end and telling myself repeatedly not to stop. When the start/finish temple comes into view I have my usual rally and actually look pretty good striding through the last 200m up to the finish line. I always did play to the crowd.

So, I manage a massive personal worst of 4:18, my tendonitis makes every movement of my knee agony, I'm dripping wet with what little remaining fluid my body can sweat out, and I feel like I'm stood on the surface of the sun.

The official to my left tells me my time and position as someone else hands me a drink. I smile. 7th. Admittedly out of less than a hundred, but that's still top ten, right? Top ten in any race is brilliant. And this drink is really ice cold. Really refreshing. And Wow! Look at the size of that medal. I've rented rooms smaller than that. And weren't those temples incredible. Weren't the people all lovely and supportive along the way. Wasn't that bit with the hot air balloons overhead amazing and wonderful. What a brilliant run. What a brilliant place to run. The most simultaneously beautiful and brutal marathon I've ever attempted. Bring on the Comrades next year. But first, find me a chair and some shade...



15TH FEBRUARY 2015

Volunteers/marshals needed on the day (Sunday 15th) which include being out on the course, in the car parks beforehand and finish area.

Also help is needed for Saturday 14th in the morning for loading up vans at Palmer Park and Saturday afternoon at the school in Bramley for goody bag stuffing and setting up in the school.

If you can help with any of the above please contact Alan Makepeace stating which you can do. We should be able to do requests if there is something you would prefer to do or be on the day.

We will also need food donations on the day – for sale on our charity stall - sandwiches, cakes etc.

If you can help then please contact Alan Makepeace at rocket-al@hotmail.com

My Greek and Turkish Delights

BACK TO BACK ATHENS & ISTANBUL MARATHONS, NOV 14

Paul Monaghan

With having now done quite a number of Marathons I had the thought of trying to combine a long holiday with races. A few I'd previously planned for Canada & USA never quite materialised so off I went looking for alternatives. The usual suspects & I had Istanbul planned for November and it was Dean Allaway who suggested maybe I could also give Athens a go.



I quickly worked out this possibility and seemed I was onto a winner. I'd already backpacked for 2 weeks in the early 90s taking in Athens plus a number of Greek islands and then going overland through Turkey onto Istanbul, so I was quite familiar with the task at hand. I did my research and worked out I could do Athens Marathon then grab a return boat to Greek island Hydra and then fly from Athens to Istanbul. A 10 day holiday with two marathons plus hooking up with usual suspects in Turkey. Bliss!!

Athens

On 8th November I'd arrived in Athens. Athens marathon would be difficult and proved to be just that. My hotel was central so getting to start on arranged coaches was easy. The Athens authentic marathon supposedly follows the route of fabled Greek soldier Pheidippides, who was said to have run from Marathon to Athens to deliver news of military victory against the Persians. I much doubt he received a goody bag and medal at the end, I'm

also sure he was oblivious of being responsible for much of the useless running accessories and Martin Bush's medal & souvenir collections.

Anyway back to the race. Another Roadrunner Natalie Bravo also entered and spotted me at start in town of Marathon. We chatted and it did give me a boost. It was hot (I can handle that) but was a constant climb (I can't handle that) from mile 10 up about 20. It absolutely drained my soul and I even contemplated spending the rest of my life running 10Ks. Support was great and helped me seal a 3:36, though not great for me, I could live with it on that course.

Met Natalie & her boyfriend at end and we had a few beers & lunch. The rest of my Athens trip consisted of ancient ruin sightseeing with other runners and just having fun in general. The Parthenon though still in need of repair attracted tourists from all over the globe. Needless to say being a Scouser I resisted all requests to return the Elgin Marbles

Hydra

Time to chill. The Hydrofoil got me here later at night and to my surprise the hotel owner was waiting for me at the port. It was off season so not many other visitors. The great thing about this island was there were no cars or any forms of motor. All transport was by Donkey including the moving of goods from the boat port. I just spent my time relaxing except for a 10 mile run through the mountains and a 90 min 500 meter altitude hike to Prophet Ilias Monastery at the top of mount Elias. Yes I find it hard to relax these days, but I appreciated the general feeling of solitude and serenity at the peak. Never spotted any Monks but did spot a few more Donkeys.

On arriving back later that evening, the island's electricity had gone down. Fond childhood memories of cooking on a coal fire (usually our shoes rather than coal) came flooding back.

Istanbul

Time to hook up with the Usual Suspects. I had been missing them as we do all seem to gel together and have fun wherever we travel. After flying to Istanbul for Athens I headed straight for the Expo where by chance I bumped into them earlier than planned. Martin had already bought a collection of souvenir pens and had only been in the country about 5 minutes.

We were spaced at different parts of Istanbul. Dean & David in Taksim and Linda, Martin, Pete, Tony & me at the old quarter in Sultanahmet. Tony and his wife stayed in a separate hotel to Martin, Pete & I. Where we go chaos always seems to follow. We were told by the hotel we'd have to change hotels after 2 days. Not easy as this was Marathon day. Martin & Pete seemed oblivious and were more interested photographing the Piranhas in the fish tank

On Saturday Pete, Martin & I did the tourist stuff which consisted of a Bosphorus boat trip and a trip around the Bazaar as well as visiting a few Mosques for the usual photoshoot. Our Turkish hat pics seemed popular so Martin decided he's buy one in 6 colours and that was before we hit the Bazaar. The bizarre consisted of rows of similar stores but there's just a buzz about the place. Martin was in heaven and even perfected haggling the loo entry fee, that's if he could fit in one carrying 10,000 souvenirs.

Sunday was Marathon day. The Istanbul marathon crosses continents between Asia and Europe which makes this unique. However it made the start chaotic as the Bosphorus Bridge just didn't seem wide enough for us runners plus photographers, walkers and people who'd decided to support from the middle of the road. Eventually after about 4 miles I got into my stride. I felt so much better than previous week at Athens plus the temperature was cooler. There were runners from 15K and 10K merging in this race so it was congested. Not much in the way of scenery until near the end. During the last 5 mile a light rain started which seemed to help, as I was leading all roadrunners except for Dean who I spotted around mile 25 and overtook just before a hill at the end. I was 1st Roadrunner and managed this in 3:26. I was hoping for a PB in 3:20 but was quite happy with

outcome. After the usual photoshoot it was a dash back to hotel to deal with the move.

They'd decided to move all our gear themselves which we were not too happy with but turned out a blessing as saved us the hassle. In the evening we joined Dave, Dean & Pete B and I as usual got dragged to the anti cultural heaven for food that is the Hard Rock cafe. Luckily I eventually escaped we found a bar with a live band later and I mingled with some new found Turkish pals. I stayed an extra day after the others to discover what other Turkish delights Istanbul had to offer. Would be a shame to leave but funding my next Marathon trip was my next priority. Who knows, you may even end up joining us...



Athens

Paul Monaghan 3:34:27

Natalie Bravo: 5:28:19

Istanbul

Paul Monaghan: 3:26:24

Dean Allaway: 3:27:29

David Ferguson: 3:35:58

Tony Streams 4:00:17

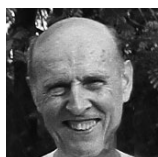
Pete 'The Train' Morris: 4:28:31

Martin Bush: 4:54:44

15K

Linda Wright: 1:27:26

Your Committee



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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

Reading Roadrunners Dinner Dance

Saturday 22nd February 2015

at Sonning Golf Club.

6:30pm for 7pm sit down

The cost is £32.00 per head. Please can Toni McQueen have names, money and menu choices all in an envelope, plus your own table plan or who you would like to sit with if you have a preference. This will help plan the evening for your enjoyment.

Any questions please do not hesitate to speak to Toni McQueen at tonimcqueen@ntlworld.com or 07803609226

Please do not use Facebook as a point of contact for this event.

Dress code is formal/ evening wear. NO Jeans, or trainers

Roadrunners Results

NIGEL HOULT

This month's results are dominated by the Thames Valley Cross Country league events, and I'm sure the team captains will have plenty to say about our excellent performance. There have been three events to date, but the results of the second (at Hawley) still contain many errors, so I am holding them over until next month. Nevertheless, it is clear that we've won that event, as we have the other two reported here. Of course, with these events it's not just the winning but the taking part, and we've excelled in that area as well: at each event our turnout has been the highest "since records began" (which for me is the 2008/9 season, the earliest one on the web site). Let's keep it up!

Our marathon runners have once again been travelling far and wide, with two Asian events featuring this time: Istanbul and Myanmar. Where will they go next? I hear talk of the Polar Circle Marathon in 2016...

With few road races, PBs were thinner on the ground this month, but well done to Eugene McSorley and Cecilia Csemiczky on achieving half marathon PBs at Stratford upon Avon and Gosport respectively, and also to Mark Worringham and Robert Tan for their 10k PBs at Leeds, Mark setting a new club's season's best in the process.

That's it for 2014, so I'll wish you all a Merry Christmas and a Happy and Injury-free New Year.

8th November

The Suffering 10 miles

Peter Higgs	142	3:22:48
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The Suffering 10k

Claire Woodhouse	206	2:26:16
Melanie Shaw	207	2:26:16

Hampshire League XC, Goodwood

Ladies

Sarah Urwin-Mann	35	23:48
Nikki Gray	40	24:12
Belinda Tull	50	25:01
Claire Seymour	131	31:28
Cecilia Csemiczky	148	36:18

Ladies Team: 8th

Ladies Vets Team: 7th

Men

Tony Carter	32	30:21
Lance Nortcliff	113	34:32
Ryan O'Brien	119	35:01
Ian Giggs	130	35:52

Peter Graham	160	37:51
David Lennon	173	38:30
Colin Cottell	194	39:51
Peter Higgs	237	46:28

Mens Team: 9th in Division 1

Mens Vets Team: 7th in Division 2

9th November

Nice-Cannes Marathon

Martin Bush	5778	4:37:44
Pete Morris	6454	5:05:17

Athens Marathon

Paul Monaghan	938	3:35:07	3:34:27	3151
Natalie Bravo	8488	5:28:58	5:28:19	

Grand Union Canal Half Marathon

Emily Kermode	506	2:05:53	2:05:44
Chantal Percival	507	2:05:53	2:05:44

TVXC League, The Broccas, Eton

Tony Carter	1	32:48	
Andrew Smith	19	35:38	
Ian Gosling	21	36:00	3rd MV
Alex Harris	28	36:26	
Richard Usher	30	36:34	
Peter Jewell	34	36:39	
Mark Saunders	35	36:40	
Paddy Hayes	46	37:08	
Gavin Rennie	48	37:10	
Ian Giggs	52	37:14	
Andy Blenkinsop	53	37:16	
Carrie Hoskins	65	38:00	2nd F, 2nd FV
Chris Mason	68	38:25	
Fergal Donnelly	72	38:34	
Gary Tuttle	74	38:48	
Kenny Heaton	78	39:00	
Mel Silvey	79	39:03	
Alix Eyles	87	39:12	3rd F
Peter Cook	88	39:15	
Chris Cutting	93	39:34	
Bill Watson	99	39:52	
Eugene McSorley	105	40:04	
Richard Charley	106	40:07	
Alice Leake	110	40:11	
Colin Cottell	111	40:13	
Belinda Tull	115	40:17	5th FV
Nigel Hoults	118	40:23	
David Fiddes	126	40:42	
Sam Hammond	138	41:17	
Ian Horritt	143	41:50	
Keith Ellis	144	41:53	

ROADRUNNERS RESULTS

Alan Freer	146	41:58
David Caswell	148	42:00
David Lewis	163	42:49
Kevin Jones	173	43:20
Aaron Chai	176	43:28
Andrew Runnacles	179	43:33
David Dibben	180	43:37
Julie Rainbow	188	44:03
Ellie Gosling	191	44:12
Andy Breakspear	192	44:19
Mary Janssen	196	44:34
Paulina Erceg	202	44:54
Lee Hinton	211	45:14
Richard Morgan	225	45:50
Jim Kiddie	228	45:58
Scott Erceg	237	46:18
Andy Atkinson	253	46:55
Anthony Streams	270	47:21
Chris Drew	279	47:39
Tracey Jenkins	290	48:14
Barry Baker	296	48:32
Jeremy Grand-Scrutton	304	48:55
Nelesh Kotecha	305	48:56
Peter Reilly	342	50:41
John Preston	352	51:28
Katie Gumbrell	359	52:07
Susan Knight	360	52:10
Tom Harrison	366	52:34
Claire Seymour	374	53:13
Julie Thompson	376	53:21
John Bowley	385	53:53
Bob Thomas	389	54:00
Justin Watkins	396	54:32
Suzanne Henderson	406	55:24
Susie Rees	410	55:35
Tina Wilson	415	55:51
Roger Pritchard	416	56:02
Rita Dykes	419	56:19
El Deighton	424	56:54
Sandy Sheppard	429	57:13
Cecilia Csemiczky	431	57:23
John Bailey	432	57:25
Louise Atkinson	438	57:52
Liz Atkinson	439	57:53
Heather Bowley	445	58:30
Kathy Tytler	448	59:23
Malin Thomas	454	1:00:42
Janice Thomas	455	1:00:51
Carl Woffington	463	1:01:46
Lorraine Bailey	466	1:02:25
Sev Konieczny	467	1:02:33
Delphine Kargayan	469	1:03:28
Brian Shave	482	1:06:25
Veronica Andrew	493	1:12:54
Ann McKinnon	495	1:14:12

Julie Wing	496	1:14:30
Steve Wing	498	1:20:00
Mens Team: 2nd, Ladies Team: 1st		

15th November

Bagan Temple Marathon, Myanmar (Burma)

Dave Wood	7	4:18:20
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Autumn Shakespeare Half Marathon

Eugene McSorley	41	1:29:55	1:29:45	PB
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16th November

Istanbul Marathon

Paul Monaghan	410	3:26:14
Dean Allaway	444	3:27:29
David Ferguson	626	3:35:58
Antony Streams	1394	4:00:13
Pete Morris	2224	4:28:31
Martin Bush	2711	4:54:44

Istanbul 15k

Linda Wright	332	1:27:26
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Valencia Marathon

Gary Brampton	10914	5:02:16	4:56:36
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Gosport Half Marathon

Andrew Blenkinsop	152	1:25:55	1:25:50
Kevin Jones	185	1:27:36	1:27:28
Nikki Gray	252	1:30:13	1:30:04
Melvin Silvey	264	1:30:47	1:30:38
Belinda Tull	271	1:30:56	1:30:51 5th FV40
Mark Andrew	281	1:31:09	1:30:44
David Caswell	376	1:35:07	1:34:50
Richard Morgan	637	1:44:22	1:44:02 2nd MV65
Jim Kiddie	667	1:45:20	1:45:00
Nick Robey	866	1:52:06	1:51:22
Caroline Hargreaves	1340	2:10:18	2:08:37
John Bowley	1362	2:11:48	2:11:18
Louise Cooper	1396	2:13:44	2:12:03
John Chilton	1412	2:16:02	2:14:54
Cecilia Csemiczky	1479	2:20:25	2:18:21 PB, 4th FV65

Avebury 8 miles

Bob Thomas	107	1:23:48
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Leeds Abbey Dash 10k

Mark Worringham	138	32:43	32:33	PB
Robert Tan	301	35:07	34:44	PB

Rugged Radnage 10k

Kathy Tytler	328	1:11:14
Maureen Sweeney	349	1:14:12

ROADRUNNERS RESULTS

23rd November

Thames Riverside Marathon

Martin Bush	49	4:53:29
Gary Brampton	55	5:14:41

Thames Riverside Half Marathon

Pete Morris		1:49:00
Mandy Carden	27	3:19:04

30th November

Saxon Shore Marathon

Gary Brampton	62	4:59:29
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Eynsham 10k

Name	Pos	Gun	Chip
Graham Tull	196	44:20	44:06

Kingston 10k

Name	Pos	Gun	Chip
Sarah Urwin-Mann	28	39:59	39:54 2nd F, 1st FV40

TVXC League, Handy Cross

Robert Tan	4	34:54	
Andrew Smith	10	35:30	
Simon Elsbury	12	36:05	
Lance Nortcliff	14	36:27	2nd MV
Richard Usher	20	37:16	
Alex Harris	26	37:35	
Ryan O'Brien	32	37:53	
Ian Giggs	39	38:22	
Carrie Hoskins	48	38:45	3rd F, 2nd FV
Peter Jewell	49	38:59	
Dean Allaway	51	39:11	
Gary Tuttle	52	39:15	
Ellie Gosling	55	39:20	4th F
Bill Watson	61	39:37	
Paddy Hayes	67	39:57	
Fergal Donnelly	68	39:59	
Kenny Heaton	78	40:42	
Alix Eyles	80	40:48	
Chris Kelly	81	40:52	
Aaron Chai	88	41:15	
Daniel Stockwell	89	41:16	
Simon Gold	93	41:21	
Mark Andrew	100	41:44	
Peter Cook	101	41:45	
Alice Leake	105	41:59	
Colin Cottell	115	42:38	
Ian Horritt	116	42:50	
David Caswell	118	42:53	
Chris Cutting	123	43:04	
Andy Breakspear	129	43:31	
Mary Janssen	137	44:15	
Keith Ellis	138	44:18	
Nigel Hoult	150	45:26	
Andrew Runnacles	151	45:30	

David Dibben	165	46:13
Susie Rees	169	46:18
Melanie Shaw	172	46:25
Claire Woodhouse	177	46:30
Paulina Erceg	178	46:33
Julie Rainbow	183	46:55
Pete Morris	198	47:42
Lee Hinton	205	48:10
Chris James	209	48:28
Jim Kiddie	222	49:05
Richard Morgan	228	49:15
Paul Carter	231	49:41
Anthony Streams	241	50:30
Peter Higgs	242	50:36
Toni McQueen	245	50:40
Peter Reilly	275	52:59
Chris Drew	276	53:06
Catherine Leather	287	54:34
Jenny Owen	299	55:44
Claire Seymour	302	56:12
Katie Gumbrell	304	56:32
Bob Thomas	305	56:36
Sandy Sheppard	309	56:57
Susan Knight	316	57:37
John Bowley	317	57:38
Darren Batchelor	320	57:51
Tom Harrison	321	57:53
Louise Atkinson	335	1:00:40
John Bailey	337	1:01:14
Heather Bowley	342	1:02:05
Kathy Tytler	344	1:02:41
Cecilia Csemiczky	349	1:03:21
Carl Woffington	358	1:05:37
Lorraine Bailey	359	1:06:30
Sev Konieczny	363	1:08:17
Mens Team: 1st, Ladies Team: 1st		

Season's Bests

Ladies

5k	18:53	Caroline Hoskins
5 miles	31:05	Caroline Hoskins
10k	38:22	Elaine Laver
10 miles	1:05:06	Caroline Hoskins
Half Marathon	1:25:23	Nicki Aitken
20 miles	2:21:54	Susanne Enhard
Marathon	3:09:50	Susanne Enhard

Men

5k	15:42	Mark Worringham
5 miles	27:11	Darryl Plank
10k	32:33	Mark Worringham
10 miles	55:08	Keith Russell
Half Marathon	1:12:39	Mark Worringham
20 miles	1:57:04	Rupert Shute
Marathon	2:28:40	Keith Russell

2014 Club Championships

Bob Thomas

The 2014 Club Championship completed with the Gosport Half Marathon. Congratulations to the winners of the various categories, who are:

Category

Men vet 40 Andy Blenkinsop

Men vet 50 Melvin Silvey

Men vet 60 Nigel Hoult

Senior Ladies Nikki Gray

Ladies vet 35 Katherine Sargeant

Ladies vet 45 Caroline Hoskins

Ladies vet 55 Linda Wright

Ladies vet 65 Cecilia Csemiczky

Age grade Caroline Hoskins

(equal result) Nigel Hoult

No member returned a result at each of the required distances in the other age categories.

The Marathon Championship continues until the end of the year. With 246 results lodged by 103 members, the leaders at the end of October were:

Category Best result in 2014

Senior Men Keith Russell 2:28:40 Frankfurt

Men vet 40 Alex Harris 2:59:45 London

Men vet 50 Alan Freer 3:18:06 Manchester

Men vet 60 Paul Jenkins 3:55:00 London

Senior Ladies Nikki Gray 3:18:48 London

Ladies vet 35 Elaine Laver 3:11:25 Manchester

Ladies vet 45 Susanne Enhard 3:09:50 London

Ladies vet 55 Sian James 4:02:49 Boston

Ladies vet 65 No results so far

Engraved trophies will be presented to the 1st, 2nd & 3rd places of each category in both championships. Presentations will take place in the New Year.

2015 Championships

The list of races for the 2015 Championship will be declared in the New Year.

The first race of the 2014 Championship was to be the Wokingham Half Marathon, which was called off owing to the course being flooded. As the organisers are allowing free entry to last year's entrants to this year's event, it's only fair to put the WHM into this year's Championship calendar. Unfortunately, race entry is now full, but there will be two other half marathons nominated for the Championship so anyone unable to enter Wokingham will have two other opportunities to run the half marathon distance in a 2015 Championship event.

It's not too late to offer suggestions for races to be included in next year's Championship: 5M, 10K, 10M and HM distances, road or multi-terrain – champs@readingroadrunners.org.

The 2015 Marathon Championship will continue in the same style as this year's competition: trophies will be awarded for the best result in each age category from any marathon run anywhere in the world: just ensure your result is recorded in the club newsletter results section. The 2015 Marathon Championship will run for the whole of the year.

Reading Roadrunners Committee Meeting

MONDAY 1ST DECEMBER 2014 7.30PM

ATTENDANCE:

Carl Woffington	(Chairman)
Sandra Sheppard	(Treasurer)
Roger Pritchard	(Gen Sec)
Anne Goodall	(Membership Sec)
Alice Johnson	(Social Sec)
Bob Thomas	(ex-officio)
Paul Monaghan	(Website)

APOLOGIES FOR ABSENCE:

Alan McDonald, Simon Denton

MINUTES OF THE MEETING OF MONDAY 1ST NOVEMBER 2014

Bob registered one correction to the minutes regarding the Mortimer 10k. Bob said that the sponsorship from Budgens was £500 and the £2,000 attributed to Budgens, was in fact the donation from the event to the club charity.

Anne Goodall then proposed the minutes as a true and accurate record, seconded by Paul Monaghan.

MATTERS ARISING FROM THE MINUTES OF THE MEETING ON MONDAY 1st SEPTEMBER

BANK ACCOUNT Sandra reported that she was still in the process of pursuing the debit card. ONGOING.

RACE CLOCK INSURANCE Roger reported that he was still in the process of pursuing quotes. ONGOING

LETTER OF APOLOGY Roger reported that the letter of apology was sent to the member.

ON-LINE PAYMENTS Bob and Carl said that the system they looked into was not really suitable. Paul said that the system he examined called 'Paysubs-online' could be the best option ONGOING

MEMBERSHIP CARD RULE Carl reported that the card rules are now on the club website.

LONDON MARATHON RULES Carl said that he had written the rules up, but he wanted to check them over before publication. ONGOING

TROLLEY Carl said he was still in the process of ordering the trolley. ONGOING

WOODFORD PARK INVOICE Sandra reported that she had paid Woodley Town Council the invoice for the hire of Woodford Park Pavilion for the Christmas Party.

BAA AGM Roger reported that he had forgotten to send the BAA apologies for absence to the AGM.

MEMBERSHIP FORM Roger Reported that he had updated the membership form to Anne's requirements and that he had printed off a batch and given them to Anne.

KARAOKE Carl confirmed that he had sent John Bowley his thanks for the Karaoke night.

COACH'S TOPS Roger said that he had asked Simon Davis for the sizes to order for the coach's tops and also reported that the coaches were asked by Simon at the coaches meeting what sizes everyone wanted. Carl said that he had spoken to Simon and that he was liaising with him on the order.

PANGBOURNE 10K CHEQUE Roger confirmed that Tim Povey had paid the £50 donation for the race clock into the club charity account.

BRAMLEY RACE BUDGET Sandra said that she had not seen the budget; Carl said that instead of waiting for the January meeting to approve the budget (as two other committee members were not present) he would let everyone submit his or her appro by e-mail.

2015/16 COMMITTEE Roger reported that he had canvassed a member about standing for general secretary at the next AGM, but did not get a positive response.

HENLEY HALF MARATHON TEAM TROPHY Roger reported that the trophy had been correctly engraved and that it was now residing in the club trophy cabinet.

WOODLAND 5 MILE Carl reported that he had responded to Finch Coasters, saying that the change of date may clash with our Dinton Relays, but RR would work around this if FC wanted to proceed with the revised date.

NEW SUBSCRIPTION SYSTEM Sandra presented the committee with her projected figures on an all inclusive membership fee. Various aspects of club income were discussed including EA affiliation fees, charity donations and other expenditure. After a long discussion about cards, bar codes, income etc, Carl proposed carrying out a survey with the membership before proceeding further. **ACTION** Carl to organise a survey.

CHAIRMAN'S REPORT

MEN'S TEAM CAPTAIN Carl reported that Keith Russell had resigned as Men's Captain for personal reasons and that Carl had recruited Mark Worringham as Men's Team Captain. **ACTION** Paul to change team captain's e-mail.

TVXC Carl reported that we have permission to use the woods at Broadmoor on Sunday 21st December. Carl said that the Red cross has been booked, but he still needs to book the car park and loos. Carl also reported that there have been problems with the results, so he is thinking that we should use numbers, as the disc system was not without problems. Carl said that RRs won the Datchet fixture and that we think we won the Sandhurst and we are still waiting for the Handy Cross results. **ACTION** Carl to purchase numbers if chosen to use number system.

HAMPSHIRE XC Carl reported that RRs did quite well at the Winchester and Goodwood fixtures.

BERKS XC CHAMPIONSHIPS Carl reported that the venue for the BAA XC Championships had yet to be confirmed and that they would be held on Saturday 3rd January.

TREASURERS REPORT

Sandra reported that the last accounts were published before the meeting and asked if there were any questions.

No questions submitted and no other reports from Sandra.

SECRETARY'S REPORT

NATIONAL XC CHAMPIONSHIPS Roger reported that he had received the entry forms for the National Cross Country Championships and advised Tina Wilson that paper entry forms were available from him (Roger) and that entries could also be submitted on-line. Roger also mentioned that any member who runs in the Championships could claim back their entry fee from the club.

LONDON MARATHON CLUB DRAW Roger reported that he had received a suggestion from a member, who had failed to get a club draw place in the last few years that, we might possibly exclude members from the draw who had been successful the previous year. After some discussion resulting in a vote for or against asking members instead of forcing members to forgo entering the draw if successful the previous year. The result was 1 for asking and 6 against asking. **ACTION** Roger to reply to member, but also to point out that

the club provides two additional avenues for LM entry (club draw and marshals draw) that are not available to the general public.

LONDON MARATHON CLUB ENTRIES Roger reported that he had registered Sam Hammond, Kevin Sangster, Elizabeth Ganpatsingh, David Caswell and Alex Warner with the London Marathon. Of those, Sam and Kevin had entered as at 1st December and the other three had until the 23rd January to take up their places.

ACTION Roger to chase up David, Alex and Liz to get their entries in before the deadline.

LONDON MARATHON BUSES Roger reported that he had booked two 57-seater buses with Stewarts Coaches for Sunday 26th April 2015. Roger asked Sandra for a deposit cheque for £260, which Sandra handed to Roger.

ACTION Roger to take cheque to Stewarts Coaches in the next few days.

LETTER FROM ALIX EYLES Roger reported that he had received a letter from Alix Eyles regarding grievances she has against the committee and other members, that she felt were not dealt with to her satisfaction. Alix also requested details of the procedure for submitting formal complaints to the committee. Roger said that he had responded to the request and had sent Alix copies of the constitution and club rules and quoted the rule number and paragraph for complaints. Roger said that he reminded Alix, that she already had copies of the relevant documents that were sent to her earlier in the year. **ACTION** Carl to respond to Alix.

MEMBERSHIP SECRETARY'S REPORT

MEMBERSHIP Anne reported 9 new members joining in October, seniors 9 x £28 = £252.00, Anne reported that we now have 505 members.

SOCIAL SECRETARY'S REPORT

CHRISTMAS PARTY Alice asked Sandra how much the cheque was for, for the hire of Woodford Park Pavilion,

Sandra said it was £199.20. Alice said that the cost of the DJ was £285 and that to date, she had 53 bookings at £10.

Alice reported that she would be stepping down from the committee and that she had canvassed two members, to stand for Social Secretary, next year.

Alice said that she had several things coming up in her life, which made it difficult to concentrate on the job, one of them being her pending wedding.

COACHING CO-ORDINATORS REPORT submitted by Simon Davis

Alan Wilson successfully completed his level 1 UKA training. A coaches meeting was held on the 19th of Nov,

a number of items were discussed, the most pressing one was train etiquette. There will be a general track announcement reminding all members and all coaches agreed that they would remind their groups individually. All coaches have been asked to supply me (Simon) with their sized for replacement T-shirts, once I have this information I will pass it on for ordering. Paul and Penny Kurowski have officially informed me that they will no longer be available to cover any coaching for the club due to other commitments. I will update the coaches' details and report the total number of active coaches we have at the AGM. Can you also bring this point up for discussion and approval please. I can confirm there is no fiscal impact to bring her on board other than the necessary coaching T-shirt and Jacket. Please let me know the committee's decision so I can notify her ASAP and get the necessary checks in place. **ACTION** Roger to advise Simon that the committee are happy for Alexa to come on board the coaching staff. Alexa Briggs a recent new member (approximately 2 months) has approached me about coaching at RR, she already holds a UKA level 1 assistant coaches license. I have had a discussion with her and in principle have no objection to her coming onto the RR coaching staff. I have explained that she will need to undergo a DBS check prior to coaching with us and that she will have to coach under guidance / observation of a Level 2 and above. She is happy to do this. I have also explained that we can't support her on gaining her level 2 until she has been a member for at least a year and that there are some club guidelines around this i.e. taking at least 20 track sessions once you've completed training, otherwise we as the coach to pay back the cost of the course. Again she understands this. So I would like the committee's approval to bring her on board as one of our coaches, subject to DBS clearance and get her involved straight away. A vote was taken and Alexa was officially approved by the committee. **ACTION** Roger to advise Simon of the vote and to ask for an updated list of coaches.

TEAM CAPTAINS REPORT

None received.

ANY OTHER BUSINESS

SOCIAL EVENTS Alice Johnson said thank you to Carl, for e-mailing out information on social events.

2015/16 COMMITTEE Carl asked all committee members to declare if they will be standing for, or standing down for election next year. Alice confirmed she would not be standing and Roger said he would not stand if someone else would stand for General Secretary. Catherine said she would not stand, as Mondays were not good for meetings.

Roger reported that his courses had been moved to Thursdays, which means Tuesdays were an option. Catherine said that Tuesday meetings were OK, so she would stand again. **ACTION** Carl to ask Alan and Simon of their intentions.

AGM GIFTS Carl said that we need to list out the gifts to members who have served the club to be presented at the Dinner Dance in February. **ACTION** Carl and Anne to make up the list.

ITABS Bob raised the subject of iTab medals for our races and explained what they were. This proved inconclusive, as there was a lack of interest from the committee.

CLUB CHAMPIONSHIPS. Bob raised the subject of the Wokingham Half Marathon, as anyone who wanted to enter next year as part of the club championships could not as entry was limited to those who entered this year's cancelled race. Bob asked the committee what they thought about including the WHM as some members cannot get in.

The committee agreed that as there were two other alternatives nominated for the championship, the WHM should be kept in.

TROPHIES Bob raised the subject of the number of trophies we should present for the club championships. It was agreed to have three per category and that they would be presented at the Dinner Dance.

ACTION Bob to purchase trophies.

PROMOS Bob said he was in a position to send out via e-mail promotions for our events. Bob said that if we send out promos for Bramley and Shinfield, we need to get the databases from FR Systems and to get Adele and Colin to write up the promo for their events. **ACTION** Carl to contact Adele and Colin.

CLUB AWARDS Catherine raised the subject of club awards and asked if we could have a Roadrunner of the year award. Carl explained that we used to have such an award together with Roadrunner of the Month.

Carl said there was an awards committee formed and that they had recommended the abolition of those awards in favour of the introduction of Life Members. This was discussed without conclusion
ACTION Defer to matters arising at the next meeting.

CAR PARK LIGHTS A member had complained about most of the car park lights at palmer park, that appear not to be working, or have been damaged, making it very dangerous at night time. ACTION Roger to write to RLS.

CLUB CHAMPIONSHIPS Carl wanted to say thank you to Bob for organising the championships.

CLUBHOUSE Sandra asked Carl if we could have an update at the next meeting on the clubhouse. Carl said that he had been too busy dealing with other committee business and problems and that he has still to send replies to various letters etc and get them resolved, before he could concentrate and pursue clubhouse matters. ONGOING

DOOR ROTA

Wed 3rd Dec
Catherine Leather, Anne Goodall, Glynne Jones.

Wed 10th Dec
Shirley Smith, Anne Goodall, Glynne Jones.

Wed 17th Dec
Shirley Smith, Anne Goodall, Glynne Jones.

Wed 7th Jan
Anne Goodall, Glynne Jones, A. N. Other,

Next Meeting Tuesday 6th January.

Meeting closed 10.10pm

Sec's Secrets



As this is the festive issue newsletter, I'll just tell you all a running joke.

No, not like a joke that continually pops up in a comedy show, a real running joke.

Two lads are out back-packing in the north American wilderness and they walk into a clearing in the woods and disturb a grizzly bear snoozing in the clearing.

The bear is hungry and immediately charges towards them. One of the lads bends down and hastily tightens his shoe-laces.

The other lad says, what are you doing, can't you see the bear is charging at us.

He says, I'm tightening my laces, so I can make a run for it. The other lad says, but everyone knows that you can't out-run a grizzly bear.

Then he says, I know, but I'm not planning to outrun the bear.

STOP PRESS

On Sunday 7th Dec at the Hilton Hotel Reading, Brian Shave was awarded the Male Veteran Achiever of the year at the Reading Sports Personality of the year awards for his performance in the British vets 1500m and 5000 meters track championships, where he won gold in both events for the over 80 category.

I'm sure that all members will join me in congratulating Brian on this tremendous achievement.

Well done Brian.

May you all have a lovely Christmas holiday.

Gensec



If you would like to submit an article for the newsletter, please send it to the editor Chris Cutting,
who can be reached at: newsletter@readingroadrunners.org