



READING ROADRUNNERS NEWSLETTER FEBRUARY 2014

As we've been enduring some of the wettest, most miserable weather on record, we thought it might cheer everyone up to see a bit of sunshine for a change.

With that in mind, this month's newsletter is something of a mixed bag; as well as a look back over the Winter Cross Country season, we also have a report back from the Gran Canaria Maratón to provide a bit of balance. There was a small army of green vests competing in the sun and inside we've asked them to tell us all about their adventures, if only to give them something to do on those quiet nights in...

INSIDE THIS MONTH:

- **MUD!**
- **MUD!**
- **SANGRIA!**
- **SUNBURN!**
- **MUD!**





Welcome from the Editor

CHRIS CUTTING

Sold out races, busy Parkruns, full to capacity cross country events... has running become hip? It would certainly seem so, or at least that's the impression I got on a packed start line at Lightwater a fortnight ago. Here at the Newsletter Nerve Centre we reckon we know a thing or two about all the hot new trends, so naturally we are chuffed to bits to currently be considered so erm.. groovy.

Elsewhere this month, I've been heeding the advice of the Ladies' Captain about keeping focussed and training sensibly. My fitness coach has also introduced me to a new training partner – Mr Tennis Ball. He's great for massaging all those stubborn tight muscle knots away and I can well recommend ten minutes or so with him after a long

distance run. In fact Mr TB may even be promoted to his own newsletter column if his performance continues...

That's about it from me. As ever it's astonishing to keep seeing all your accomplishments, from the cross country first timers to your amazing endurance events - thanks to those who submitted profiles, I promise to try and make room in future issues! Please keep those articles, pictures and race reports coming in.

Chris

newsletter@readingroadrunners.org



Chairman Chat

CARL WOFFINGTON

The winter cross country season is just about over. At the time of writing we have one race left in the Hampshire League. The TVXC series is over and we did really well. But it's not all about the result, the team spirit that ran throughout the series was brilliant.

We have two RR events in the next month. Our Dinner Dance on the 22nd February and our Bramley 20/10 on the 16th February. It's a busy time and I'm looking forward to both events.

I have just heard that the Wokingham Half has been cancelled due to flooding. There are quite a few roads closed here at the moment. There's just over a week to our own Bramley races and I'm a little concerned.

Please look out for our club championship races. There are details on our website. Quite a few races to pick from.

Carl



Ladies' Captain - Report

TINA WILSON

Rain, Rain go away!

The wet weather doesn't appear to stop a Reading Roadrunner from running. The track is still full on a Wednesday evening come rain or shine, the Park Runs are still attracting a good crowd, and the Thursday out run from the park is well attended.

It certainly hasn't deterred a committed core group of runners from turning up to take part in the TVXC league – it has been a fantastic season, with some great results. I have always promoted this league as being suitable for all abilities and this year it attracted quite a few first timers who I hope will now have the confidence to not only run again in this league but to take part in the forthcoming summers team events.

Before I move onto the TVXC reports I have to say well done to Toni McQueen, Claire Seymour and Cecelia Csemiczky who ran in the Hampshire XC League, Kings Park, Bournemouth on Saturday 11th January 2014. All 3 then went on to run in the TVXC – Tadley fixture the next day!

Hampshire XC League, Kings Park, Bournemouth. Distance 6.0 km

Attracting a high standard of runner from athletic and running clubs the girls were up against some tough competition and they did us proud.

Sixty Vets ran in this fixture with Toni McQueen (32nd in a time of 26.30) Claire Seymour (46th in a time of 29.31) and Cecelia Csemiczky (58th in a time of 35.54).

Well done ladies.

SEAA South of England Athletic Association - Parliament Hill Fields, Hampstead Heath, London - Saturday 25th January 2014 Distance 8,000 metres

Alix Eyles and Claire Seymour took on the challenge of running in the SEAA Parliament Hill Fields XC. The weather and terrain was appalling, running in knee deep mud – Claire loved it and said she would definitely run this XC again!

Well done to both ladies, Alix was a very respectable 224/466 runners in a time of 41.07 with Claire 379th/466 runners in a time of 49.05. The fastest time being 30.39 – Aldershot, Farnham & DAC with the slowest time being 1.03.37 – Victory AC. So it appears even though this cross country attracts the very best senior XC runners in the South there is nothing to stop anyone from entering.

TVXC – Tadley Sunday 12th January 2014

A TVXC fixture that was famous because of the 'ditch'. Tadley Runners were unable to access the land where previously the course took in the ditch and open fields. This year the course was slightly different and was almost all footpaths/woodland/bridleways.

52 Reading Roadrunners were out in force to challenge the Datchet Dashers who were in first position in the league. With 24 Reading Roadrunner ladies battling away Carrie Hoskins (3rd), Alice Leake (14th) and Alix Eyles (16th) secured us 3rd place. Once again the men fielded a strong team and came in 2nd place – securing Reading Roadrunners 2nd place overall.

Bracknell Forest Runners Sunday 19th January 2014

The Bracknell Forest fixture was held in the Lightwater Country Park, Camberley.

(This is a fixture where you most definitely have to turn up very early to park!)

We had an amazing turn out of Reading Roadrunners – 69 in total and how intimidating must we have looked when we got together for our team photo – with the exception of Pete Morris and Martin Bush who were cuddling each other in the photo! I just love it when we get together as a team, I think the photos capture the team spirit brilliantly.

Thank you to the 31 ladies who ran on this beautiful Sunday morning. Carrie Hoskins (3rd), Alix Eyles (11th) and Claire Marks (14th) were our scoring ladies – bringing us home in 3rd place. With our fantastic men's team securing 2nd place – overall position 2nd.

Thames Valley Triathletes Sunday 2nd February 2014

The last of the TVXC fixtures took place on a beautiful sunny Sunday morning. After all the rain we have had over the last few weeks it was so lovely to run in the sunshine.

The race took place in Heath Warren Woods (Bramshill) and offered perfect cross country conditions. The course weaved its way through the

woods and with some challenging hills – up and down, mud, muck and puddles made this course perfect for those who like a challenge.

Reading Roadrunners fielded a strong team - 53 runners in total. Our 24 ladies did up proud as did our men – both coming home in 1st place! Our lady scorers were Carrie Hoskins (1st lady), Alice Leake (4th) and Alix Eyles (10th).

WELL DONE TO US!

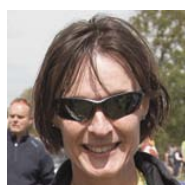
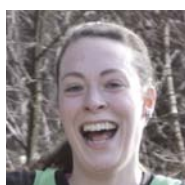
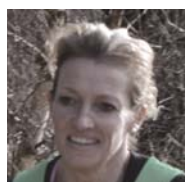
Two years ago when I became ladies captain, I remember very nervously giving my first track announcement. My announcement was to encourage Reading Roadrunners to take part in the TVXC races and I remember saying my goal was that we had to beat the Sandhurst Joggers and this year we did. But out of nowhere we had a new challenge – Datchet Dashers. We didn't see them coming! Datchet Dashers have had a storming season and clinched first place by beating us by just 4 points. But hey, both the men and ladies of Reading Roadrunners did their best and I feel very proud and privileged to have run with each and every one of you in this league. Thank you to everyone who ran in this year's TVXC league.

THE OVERALL TEAM POSITIONS OF THE TVXC TEAMS 2014.

Race \ Team	DD	RRR	SJ	BFR	WVR	SS	TVT	FC	BJ	MS	WAR	TR	HX	MET	MAC
Datchet	1	2	[4]	3	5	[11]	6	[10]	8	9	7	12	13	[15]	14
Sandhurst	1	2	3	4	5	11	6	7	8	10	9	12	13	14	[15]
Handy Cross	2	[4]	1	3	[8]	5	6	7	9	10	[13]	12	[15]	11	14
Reading Roadrunners	1	2	3	4	6	5	[8]	7	[11]	[12]	10	[14]	9	15	13
Tadley	1	2	3	[5]	4	6	7	9	8	10	11	13	15	14	12
Bracknell Forest	1	2	3	5	4	7	8	6	9	10	11	12	14	13	15
TVT	[9]	1	2	5	3	4	6	7	11	8	12	10	15	13	14
Total	7	11	15	24	27	38	39	43	53	57	60	71	79	80	82
Rank	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15

TVXC – Ladies Scorers:

Well done to all the ladies who ran in this year's TVXC races and congratulations and a big thank you to the following lady scorers:



Alix Eyles, Ellie Gosling, Carrie Hoskins, Mary Janssen, Alice Leake, Claire Marks and Toni McQueen.

TVXC – Overall Position - Reading Roadrunners 2nd

Don't forget to put Saturday 26th April 2014 in your diary – 'Spring Do' and XC presentation evening. (All club members and families welcome)



Congratulations to Vicky Noden.

What a medal haul! Vicky entered the Berkshire County Athletic Association Road Running Championship 2013 and won 4 medals. How? You have to enter the selected championship races and the top 10 runners in each category of each championship race score ten through to one point respectively towards the series trophy. At the end of the season, the highest scoring runner in each

category will receive a trophy – That's how.

Medal Race

Bronze Wokingham Half Marathon

Silver Maidenhead 10

Silver Wargrave 10K

Silver Abingdon Marathon

Congratulations also to Lesley Whiley who won a Gold medal.

Medal Race

Gold Wokingham Half Marathon

If you live in Berkshire and you have entered the Wokingham Half marathon it's not too late to enter. To find out more about how you can enter the championship, please visit the Reading Roadrunners website. You will see a link: www.berkshireathletics.org.uk

What's Next?

Sunday 9th February 2014: Good luck to everyone who is running in the Wokingham Half Marathon – the first of the Reading Roadrunner championship races.

On Sunday 16th February 2014 Reading Roadrunners are hosting the Bramley 20/10. Good luck if you are running the 10 or 20 miler both great preparation for your half marathons or marathon races. If you aren't running please consider marshalling – it's really rewarding to give something back.

Don't forget ladies, if you want to include your very own race report please email the Reading Roadrunner's news editor – Chris Cutting. I often catch up with a few ladies on the track and ask how their training and racing is going and it is so interesting to hear how other runners cope with fitting in their training, listening to their highs and lows – please share your experiences.

Good luck to all those who are training for the Spring half marathons and marathons. I hope the training goes well and you stay injury free – Happy Running!

Best Wishes – Tina

teamcaptains@readingroadrunners.org



Men's Captain - Report

MARK SAUNDERS

By the time you read this the cross country season will have come to an end. Hopefully, there will be some good final results to report next month. It doesn't seem to have stopped raining over the last few months, which hasn't made training too much fun. Hopefully, we'll soon be back running by the Thames and Kennet without getting our feet wet. Now we head into the longer road races – Wokingham, Bramley and the Reading Half. I hope these go well for those taking part and also for those helping with the organisation.

Berkshire Road Championship

Over Christmas the club received the medals from last year's Berkshire Road Race Championship. Mark Worringham won a gold medal at the Abingdon marathon and a bronze at the Wokingham Half. Tom Harrison collected three bronzes in the over 60s from Maidenhead, Wargrave and Wokingham. For 2014 the road races remain the same, so have a look at how to enter on the website (<http://www.berkshireathletics.org.uk/rr.htm>). It would be nice to see more prize winners next year.

Bournemouth XC

The 4th Hampshire League race was on one of the few nice days in January and I had a walk along the seafront before the race took place. King's Park isn't the best cross-country venue and the men end up running four laps of a suburban park, with only a couple of small hills for interest. Again, it was many of the usual suspects taking part – I was first home in 54th place, quickly followed by Robert Tan in 57th. The team was completed by Colin Cottell, David Lennon and Gary Brampton. Peter Higgs was our final runner. These guys raced flat out to try and keep us in contention in the league and they did a great job. With one race left the senior men sit in 2nd place in the 2nd division, just a single point behind Stubbington Green. The vets team are also doing well and sit in 4th place in their second division.

Tadley XC

After hearing the sad news of the demise of the infamous ditches I wasn't sure if this event would ever be the same again, but it seems that the new route went down well and everyone was well looked after by Tadley runners. We had a strong men's team out and we came away with second position. Mark Worringham (4th), Andy Mutton (7th), Lance Nortcliff (13th), Alex Harris (20th), Julian Sherman (22nd) and Mark Apsey (23rd) made up the team. Well done to the other 39 Roadrunners who also took part.

Lightwater XC

In my view, the Bracknell TV league race had everything needed for a cross-country race - A little mud, a decent uphill and a fast descent, a couple of bridges, good fast running to link it all together and tea and cakes at the finish. The start was a little hectic as the large field quickly narrowed down but after that it all seemed to go smoothly. Andy Mutton had a slow start but moved smoothly through the field to finish in 8th place, closely followed by Lance Nortcliff in 9th. I had a back and forth battle with runners from our close rivals Datchet and Sandhurst, ending up in 13th. Andrew Smith, Mark Apsey and Alex Harris finished the team. It was also good to see Darryl Plank taking a good 29th place. This again left us in second place on the day and in second place overall in the league.

Parliament Hill XC

On the Saturday 25th we gathered a small team together to run in the SEAA Cross-country Championship on Hampstead Heath, North London. This is a prestigious race and attracts some of the best runners in the south of the country to race over a 15km course. The senior men's race was the last of the day and by then most of the course had turned from smooth grass to a bog, and conditions

underfoot continued to deteriorate as almost a thousand men ran 3 laps. Running in a big group of runners in very slippery conditions was a little interesting and there were multiple falls around the course. The weather worsened and runners in the second half of the field ended up finishing in a thunderstorm. We all ended up caked in mud and soaking wet – I don't think my spikes will ever be the same again. I'd like to mention the guys who finished in the worst of the weather, David Lennon, Gary Brampton, Tony Streams and Peter Higgs, who showed great spirit in tough conditions. Luc Jolly was the first Roadrunner to finish in 101st place in just over 58 minutes – this is great running given the conditions and the level of competition. Lance Nortcliff made it home in the top 300 places. I didn't have the best of races and finished just in front of a fast closing Robert Tan in just over an

hour and five minutes. Ian Giggs and Colin Cottell completed the team. Overall we finished 54th team (out of 110), which was ahead of most of our local rivals.

Endure24

I have been trying to organise teams for Endure24 and so far we have 2 teams of 5 and 2 teams of 8. If anyone is still interested then I am looking for a few reserves in case anyone has to drop out. I also need the entry fees from those already in the teams by the 19th February

Next month will be my last as team captain. We need someone to take on this role for the next year. Please get in touch if you are interested in getting involved.

Mark

teamcaptains@readingroadrunners.org

Shinfield Races

BANK HOLIDAY MONDAY 5TH MAY 2014

The ever-popular Shinfield 10k returns for its 30th year with some exciting new features. So come and celebrate this great milestone with us at this fun, friendly event for all the family! The one-lap, 10k course is mostly flat and passes through the villages of Shinfield, Ryeish Green and Spencers Wood.

Advanced registration:

UKA-affiliated **£10**

Non-UKA affiliated **£12**

www.readingroadrunners.org/bramley.html

www.facebook.com/shinfield10k

www.twitter.com/shinfield10k



CARRY ON UP THE CANARIES

LOCATION: LAS PALMAS-
GRAN CANARIA

RACES: 10K, HALF MARATHON &
MARATHON

REPORTER: KERRI FRENCH

Day 1- Friday 24th Jan

Gatwick Bound for Gran Canaria

5.25am is not a time I often see, but there's nothing more exciting to drag you out of bed than an early morning train to the airport with the prospect of some sun - a race, followed by some post race 'recovery'.

The build up to Gran Canaria has been run-tease-tastic with daily emails counting us down with information on the Expo, Saturday warm-up run, nightly entertainment and free pasta party, 10 out of 10 for communication so far I was most impressed and it tested my knowledge of Spanish as the majority of them weren't translated.

On arrival at Gatwick airport Dean could not resist getting into the Cadburys promotional plane ... (the things a man will do to get a fun sized Crunchie) thankfully Norwegian airlines didn't mistake him for the Captain!



'Captain Chaos' Dean

Once settled into our hotels spread out over Las Palmas we met up and were joined by fellow local runners from Reading Joggers for some refreshments and fluids at Bar Tocata.

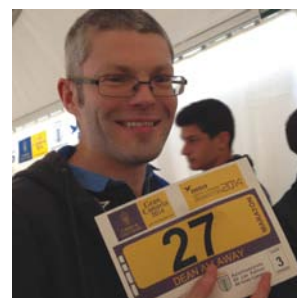
Then the carb loading began with an all you can eat Chinese buffet for 6 €'s. The manager was very pleased to see all 13 of us and even gave us a set of Gran Canaria pyjamas each - shame they were aged 6-8, but that didn't stop us trying them on for a photo.



Day 2- Saturday 25th Jan

And the expo and pasta party beckoned, we all met up and collected our numbers.

No trip is without hiccup for Dean Allaway, as he went to collect his number there was no chip in his race pack, he had entered with his own international race chip, but in true Allaway style he forgot he had entered using his own chip and had forgot to bring it, so spent another half an hour trying to register another chip and swap his race number from a rather elite sounding 27 to back of the pack 9215.





Once we were all kitted out with our race packs we headed for the pasta party which was complementary but basic. After a big bowl full of tomato penne we needed to stretch out the pins and hydrate so we headed for a nice stroll through the town and along the seafront to find fluids. At the beach we even had a warm up race of sprint to the water and back again.

Day 3- Race Day 26th Jan

Well the sun well and truly had it's hat on for race day much to my disadvantage.

The course takes in lots of Las Palmas and it's winding seafront and harbour then onto the shade of the shopping district and old town , the marathon was 2 laps of the half.

My race was one of 2 halves, a great first 5 miles, I was on for a PB and feeling strong until the sun baked my head after a long out and back section of the marina where there was simply no escape from the sun. I was relieved to reach the town and the shade of the tall buildings and was dragged along by the enthusiastic Gran Canarians shouting 'bravo' and 'animo' (not animal as Dean thought).



Results

1. Dean Allaway
2. Linda Wright (distance under investigation)
3. Maureen Sweeney
4. Pete Morris
5. Martin Bush
6. Teddy

To view this nail-biting race visit the Reading Roadrunners Facebook page.

The last out and back section was probably the most challenging for me, the lack of water stations at this point took it's toll and I began to have a little walk every mile. I was lovely to see Ellie & Ian Gosling cheering me on at about 11.5 miles, Ian even ran alongside me for 100m or so it really gave me a lift.

As I approached the final water station I sensed something very fast behind me, I had noticed the Marathon winner overtaking me on his second lap around 12 miles so I thought 'this must be the guy in second', so I kept my line (so as not to get in his way) to realise my line was his line and he very nearly charged me down to grab at some water (which he dropped- there's Karma for you) he then gesticulated and shouted at me I of course gave him short shrift back.

Then thankfully I reached the last square and saw Jane and Melvin Silvey cheering I knew the finish was in sight, I was able to dig deep - pick up the pace and even managed a sprint finish to end an exhausting half-marathon in 2.31.

Everyone put in great performances in that heat across all races and ran really well, our very own Ellie Gosling came 2nd Senior Female for 10k and

brought home some silverware - Well done to Ellie!

See the results page for all other Reading Roadrunners

After the race there was ice cold Alcohol free Erdinger and food on offer and a very long queue to hand chips back in and collect our Finisher technical tee-shirts.

On the whole Gran Canaria was a well organised event but I totally underestimated running in over 20 degrees.

We spent our recovery days in Playa Del Ingles soaking up the sun and rehydrating of course ;-)

If anyone is interested in joining us for our next trip on tour we are going to Lisbon Portugal race day is Sunday 5th October.

Adios Amigos!



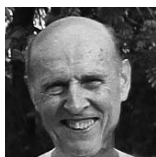
Sonning Common Vauxhall

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**

Your Committee



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BOB THOMAS
CO-OPTED 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

Sec's Secrets

GEN SEC

Notice is hereby given of the twenty seventh Annual General Meeting of Reading Roadrunners, which will be held in the Winch Room at St Peter's C of E School, Church Road, Earley, RG6 1EY, on Tuesday 25th March 2014 commencing at 7.15pm.

2014-15 Committee

Nominations for the 2014 Committee should be received by the Secretary no later than Wednesday 19th March. A list of nominations, as they are received, can be found on the notice-board at Palmer Park.

2014-15 Charity

Nominations are invited from members for the 2014-15 Club Charity. All nominations will be voted on at the AGM, following a short presentation by the nominee. The successful applicant will manage the fundraising for the year.

Items for Discussion at the AGM

Members are reminded that all items for discussion at the AGM should be submitted to the general secretary or any other committee member by 12th March. All items submitted should be related to 2013-14 business only. Any topics for discussion relating to 2014-15 can be raised at the 'Open Forum' after the AGM and will not require prior submission and will not be minuted at the meeting.

Membership Renewal

Membership for 2014-15 becomes due on 1 March 2014 and must be paid by 31st March. Members wishing to vote at the AGM must be fully paid up and bring their membership cards. Alternatively, they can renew their membership at the meeting but must pay by cash. Renewals will no longer be allowed after 31st March and people will have to rejoin as new members from 1st April (this means pay a joining fee in addition to annual subscription).

If you are unable to attend, the general secretary will be pleased to accept your apologies for absence.

gensec@readingroadrunners.org

XC

As the winter Cross Country season draws to a close, here are some memories to cherish until November! Well done to every single one of you who competed this year - see you at the presentation evening on the 26th April!

Thanks to Tina Wilson, Kenny Heaton and as ever Peter Cook for use of their photos.





2014 Club Championship

BOB THOMAS

We will run two Club Championships again this year: the Road & Multi-terrain Championship and the Marathon Championship. The full rules for both Championships are posted on the club website. You don't need to register that you're taking part in either or both Championships, but remember that it's a rule to run in Club colours.

Road & Multi-terrain Championship

This year we have nominated two road races to choose from at each distance and a multi-terrain race at the 10K, 10 mile and half marathon distances. To qualify for the Championship you need to return a result in at least one race at each distance, so you can win the Championship without getting your trainers muddy, but you must run at least one road race.

THE NOMINATED RACES ARE:

DISTANCE	RACE	TYPE	DATE
5 MILES	KINTBURY	Road	01 June
	DIDCOT	Road	06 July
10K	WARGRAVE	Road	08 June
	WYCOMBE	Road	20 July
	FRIETH HILLY	Multi	19 Oct
10 MILES	MAIDENHEAD	Road	18 April
	ALTON	Road	11 May
	FAIROAKS	Multi	26 Oct
HALF MARATHON	WOKINGHAM	Road	09 Feb
	DOWN TOW		
	UP FLOW	Multi	27 July
	MAIDENHEAD	Road	07 Sep

You're ranked in each race according to your finishing position relative to other club members in your age category. The first member home scores 50 points, the second member 49 points, etc. Even if you've scored a good result at a distance, it's a good tactic to enter the other races in the same distance to prevent other members scoring equally well.

Marathon Championship

The format of the Marathon Championship is different this year: rather than nominate specific races you can enter marathons of your choice anywhere in the world. If you want your result to count, make sure it's recorded in the newsletter results section or mail it to champs@readingroadrunners.org. The member recording the fastest result in each age category during the season will be declared the age category winner. The season will run from 1 Feb and 31 Oct 14.

Age categories

For both Championships the age categories are as follows:

MEN	Senior	MV40	MV50	MV60	
LADIES	Senior	FV35	FV45	FV55	FV65

Please read the rules on the club website and if you have any questions, please email champs@readingroadrunners.org.



I'm diverting this month, because there aren't enough people telling me about their baking exploits.

Instead, here's a bit of a ramble...

If anything could neatly sum-up my reasons for running, I would use this misquote, "I don't diet and train; I eat and exercise."

It's a source of great amusement to me at work, as I tuck into my round and a half of sandwiches and pile of fruit, that all those around me are moaning about their food choices. "Oh, I mustn't..." is probably the most commonly used phrase at lunchtime. On the very rare occasions that I supplement my lunch with a bag of crisps or a biscuit, someone in the room will draw in their breath and say something like, "Two lunches today?" to which the reply is usually, "Yep, but I have run 10 miles this week," or "Well, I did do a half marathon yesterday," or "Circuits last night - I'm famished!" This is often followed by, "All that exercising! Why do you do it?"

Eventually, someone will make the link between my not worrying too much about what I eat (I'm not a health-freak, but I don't eat much junk food) and my levels of physical activity.

As it is, I exercise regularly and eat what I fancy. I must take in about as much as I burn off, otherwise my clothes would get smaller. I don't eat massive amounts of anything, my blood pressure is good and I haven't had any time off work sick for about 10 years (in spite of sharing my workplace with 250 children!). Medically, I could do with losing a pound or two, but I'd be so miserable. I'd end up having to eat less cheese and drink less beer, neither of which sound like much fun.

To me, healthy doesn't just mean a good BMI, but a healthy mind, too: the courage to change the things I can; the serenity to accept the things I cannot; the wisdom to know the difference. And that is why I run.

Have a happy time this month. Don't dwell on the things you have to do, but look forward to the things you don't!

Katie - looking forward to jumping in more puddles.

Showbiz News

LOCAL DIGNITARY MEETS CORNISH FARMER



It was a proud day for Reading Roadrunners and V75 runners everywhere when our very own coach Tom Harrison met HRH the Prince of Wales to divulge a few secrets on how to conquer the London Marathon. He was joined by John Starbrook who also runs for Age UK at the impressive age of 83.

Roadrunners Results

NIGEL HOULT

Cross-country events dominate this month's results; the most popular were the final races in the TVXC league (which I am sure will be covered in the team captains' reports), but there were a range of others of varying distances. We had winners in three of these: Alan Freer won the Surrey Inns Kanter and Winter Tanners (both 20 miles), while in the Reading Joggers 4th handicap race, Gary Brampton won on handicap while Julian Sherman was fastest overall. There were also good performances in the Box Hill fell race, with Alice Leake winning the under 23 category and Luc Jolly finishing a very creditable 5th overall. On the tarmac, only two members entered the Eton Dorney 10k, but Robert Tan got a PB – the only one this month – while Liz Jones was first in the vet 50 category. Well done to all of them!

Next month sees the start of a busy period for local races, amongst them Bramley, Wokingham and Reading. Good luck to everyone running in these, and if you're new to RRR and weren't a member when you entered (or if you're a second claim member running for your other club), don't forget to let me know or else your result will very probably get missed out. Similarly, please let me know if you get a PB. You can email results@readingroadrunners.org, fill in the list on the desk on Wednesdays, or post in the Facebook group.

24th November

TVXC League, Hawley

Mark Saunders	13	31:25	
Lance Nortcliff	15	31:39	2nd MV
Andrew Smith	17	31:50	
Robert Tan	18	31:52	
David McCoy	24	32:51	
Alex Harris	27	33:06	5th MV
Ian Gosling	29	33:19	
Andy Blenkinsop	40	34:03	
Ian Giggs	50	34:29	
Gavin Rennie	54	34:37	
Peter Jewell	63	35:03	

Paddy Hayes	64	35:04	
Chris Kelly	65	35:05	
Mike Gooding	66	35:06	
Mathew Newell	71	35:16	
Carrie Hoskins	82	35:58	4th F, 2nd FV
Ian Horritt	89	36:17	
Colin Cottell	91	36:27	
David Fiddes	101	36:47	
Chris Cutting	105	36:55	
Peter Cook	106	36:58	
Rob Cant	112	37:12	
Tony Page	114	37:16	
Mel Silvey	117	37:26	
Bill Watson	127	37:37	
Alix Eyles	137	37:53	
Sam Hammond	138	37:55	
Alice Leake	140	38:05	
Mark Andrew	142	38:12	
Claire Marks	144	38:23	
Andy Breakspear	159	38:57	
Kevin Varny	169	39:38	
Chris James	175	39:53	
Mary Janssen	198	40:37	
Toni McQueen	201	40:51	
Julie Rainbow	203	40:58	
Chris Miller	209	41:17	
Paulina Erceg	215	41:24	
Brian Fennelly	223	41:38	
Andrew Runnacles	228	41:50	
Richard Morgan	234	42:04	
Jim Kiddie	238	42:24	
Sian James	246	42:42	
David Ferris	259	43:03	
Barry Baker	264	43:12	
Peter Reilly	266	43:16	
Peter Higgs	294	45:39	
Jenny Owen	297	45:48	
Claire Seymour	302	46:08	
Sandy Sheppard	307	46:31	
Julie Thompson	310	46:37	
Andrea Marnoch	315	46:50	
Vicky Noden	318	47:11	
Michelle Wilson	319	47:27	
Jeff Lucking	323	47:45	
Elizabeth Ganpatsingh	330	48:33	
Yvonne Edwards	342	49:44	

Tina Wilson	343	49:53
Alison Wrigley	347	50:13
Katie Gumbrell	348	50:16
Susie Rees	349	50:21
Rita Dykes	360	51:58
Bob Thomas	361	52:04
Janice Thomas	365	52:26
John Bailey	367	52:38
Heather Bowley	371	53:25
Roger Pritchard	373	53:35
Maureen Sweeney	380	54:11
Lorraine Bailey	386	54:54
Kathy Tytler	387	55:06
Cecilia Csemiczky	401	58:19
Brian Shave	403	58:44
Carl Woffington	409	1:00:20

Mens team: 2nd, Ladies team: 2nd

15th December

Pisa Marathon

Martin Bush 850 4:30:38

1st January 2014

Surrey Inns Kanter 20 miles

Alan Freer 1 4:07:00

4th January

Cumbria County XC Championships, Cockermouth

Senior Ladies

Ruth Hetherington 5 26:41

11th January

Hampshire League XC, Bournemouth

Ladies

Toni McQueen 64 26:30
 Cecilia Csemiczky 91 29:31
 Claire Seymour 104 35:54

Ladies team: 16th

Men

Mark Saunders 54 35:25
 Robert Tan 57 35:32
 Colin Cottell 118 39:37
 David Lennon 154 42:39
 Gary Brampton 179 46:21

Peter Higgs 187 48:02

Mens team: 4th (8th vet)

12th January

Walt Disney World Marathon

Name	Pos	Gun	Chip
Sarah Harris	14069	7:16:41	6:13:20

Rough 'n' Tumble 10

Peter Aked	11	1:15:33	3rd MV40
Graeme Hastings	233	1:46:10	

TVXC League, Tadley

Mark Worringham	5	30:33	
Andy Mutton	8	30:59	2nd MV
Lance Nortcliff	14	31:48	5th MV
Alex Harris	21	33:21	
Julian Sherman	23	33:23	
Mark Apsey	24	33:30	
David McCoy	26	33:40	
Andy Blenkinsop	27	33:45	
Ian Giggs	44	34:51	
David Ferguson	52	35:04	
Peter Jewell	54	35:27	
Gavin Rennie	58	35:47	
Carrie Hoskins	59	35:55	3rd F, 2nd FV
Mel Silvey	64	36:13	
Bill Watson	71	36:29	
Ian Horritt	74	36:35	
Colin Cottell	81	36:44	
Steven Siddell	83	36:47	
Kenny Heaton	84	36:48	
Paddy Hayes	85	36:51	
David Fiddes	93	37:08	
Rob Cant	100	37:26	
Alice Leake	115	38:03	
Alix Eyles	128	38:28	
Chris Cutting	132	38:40	
Claire Marks	135	38:49	
Mark Andrew	147	39:23	
Dave Wood	159	39:53	
Tony Page	163	40:12	
Toni McQueen	173	40:42	
Peter Graham	183	41:01	

Andrew Runnacles	185	41:12
Chris James	190	41:26
Julie Rainbow	193	41:36
Chris Miller	194	41:37
Paulina Erceg	202	41:51
Pete Morris	221	42:50
John Preston	233	43:30
Jim Kiddie	234	43:32
Gary Brampton	235	43:33
Andy Atkinson	236	43:34
Barry Baker	247	44:14
Anthony Streams	248	44:18
Tom Wright	249	44:22
Catherine Leather	257	44:41
Jeremy Parker	264	45:01
Peter Higgs	269	45:27
Jenny Owen	276	46:05
Gill Glennon	282	46:16
Jamie Francis	294	47:13
Claire Seymour	308	48:16
Maureen Sweeney	320	49:58
Elizabeth Ganpatsingh	321	49:59
Michelle Wilson	324	50:40
Yvonne Edwards	325	50:41
Katie Gumbrell	326	50:51
Louise Atkinson	327	50:52
Tom Harrison	329	51:16
Martin Bush	332	52:11
Janice Thomas	339	53:45
Suzanne Henderson	342	54:01
Heather Bowley	344	54:21
Bob Thomas	348	54:39
Linda Wright	349	54:43
Kathy Tytler	352	55:15
Liz Atkinson	353	55:23
Cecilia Csemiczky	357	55:48
Kerrie French	359	55:59
Carl Woffington	362	57:13
Katherine Heaton	373	1:06:55
Alice Johnson	375	1:08:15

Mens team: 2nd, Ladies team: 3rd

14th January

Winter Tanners 20 miles

Alan Freer 1 3:33:00

15th January

Enigma Furzton Marathon

Gary Brampton 27 4:38:18

18th January

Box Hill Fell Race

Luc Jolly	5	54:02	
Alex Warner	21	59:32	
Andy Morgan	80	1:06:31	
Kenny Heaton	102	1:09:47	
Alice Leake	124	1:12:58	1st FU23
Peter Higgs	199	1:25:20	
Pete Morris	208	1:27:24	
Caroline Hargreaves	247	1:47:01	
Louise Cooper	248	1:47:02	4th FV45

Team: 8th

Vets AC XC Champs, Wimbledon Common

Brian Shave 21 54:25 1st MV75

19th January

Fred Hughes 10

Name	Pos	Gun	Chip
Lucy Flintoff	655	1:57:09	1:55:39

Bushy Park 10k

Name	Pos	Gun	Chip
Daniel Burt	34	42:04	41:43

Windsor and Eton 10k

Clare Bryant 27 48:32

TVXC League, Bracknell

Andy Mutton	9	35:59	
Lance Nortcliff	10	36:01	2nd MV
Mark Saunders	14	36:51	
Andrew Smith	17	37:08	
Mark Apsey	20	37:33	
Darryl Plank	29	38:26	
Alex Harris	31	38:36	

Andy Blenkinsop	37	38:53	3rd F, 2nd FV
Peter Jewell	50	40:27	
Bill Watson	54	40:53	
Paddy Hayes	55	40:55	
Carrie Hoskins	56	41:00	
Ian Giggs	58	41:03	
Richard Charley	62	41:12	
Mel Silvey	67	41:33	
Alasdair Marnoch	69	41:43	
David Fiddes	78	42:09	
Kenny Heaton	81	42:20	
Colin Cottell	87	42:37	
Paul Kerr	94	43:12	
Alix Eyles	105	43:34	
Claire Marks	117	44:33	
Andy Breakspear	119	44:37	
Alice Leake	122	44:49	
Chris Cutting	124	44:54	
Lesley Whiley	137	45:53	
Mary Janssen	160	46:50	
Toni McQueen	165	47:12	
Pete Morris	183	48:18	
Julie Rainbow	189	48:41	
Susie Rees	205	49:32	
Andy Atkinson	217	50:05	
Jim Kiddie	222	50:27	
Barry Baker	225	50:34	
Jeremy Parker	235	51:05	
Peter Reilly	236	51:14	
Peter Higgs	260	52:50	
Catherine Leather	265	52:56	
Jenny Owen	270	53:23	
Russell Prentice	281	54:18	
John Preston	283	54:21	
Rhianon Bailey	285	54:30	
Sarah Pachonick	288	54:47	
Anthony Streams	291	55:09	
Sandy Sheppard	292	55:10	
Andrea Marnoch	299	56:02	
Claire Seymour	301	56:17	
Tina Wilson	302	56:23	
Katie Gumbrell	307	57:17	
Justin Watkins	321	59:24	
Tom Harrison	323	59:40	

Louise Atkinson	334	1:00:49
Maureen Sweeney	335	1:00:52
Alison Wrigley	338	1:01:07
Bob Thomas	343	1:01:19
Jeff Lucking	345	1:01:29
Heather Bowley	347	1:02:39
Liz Atkinson	350	1:03:15
Janice Thomas	352	1:03:41
Cecilia Csemiczky	358	1:04:53
John Bailey	362	1:05:51
Martin Bush	363	1:06:24
Kathy Tytler	364	1:06:56
Lorraine Bailey	365	1:07:24
Linda Wright	369	1:08:02
Carl Woffington	370	1:08:06
Katherine Heaton	371	1:08:13
Veronica Andrew	378	1:14:17
Alice Johnson	381	1:20:54

Mens team: 2nd, Ladies team: 3rd

Reading Joggers 4th Winter Handicap

Julian Sherman	1	52:28	
Gary Brampton	8	64:35	1st on handicap

25th January

National XC Championships, Parliament Hill

Senior Ladies

Alix Eyles	224	41:07
Claire Seymour	379	49:05

Senior Men

Luc Jolly	101	58:16
Lance Nortcliff	274	1:04:00
Mark Saunders	325	1:05:14
Robert Tan	332	1:05:25
Ian Giggs	622	1:12:34
Colin Cottell	777	1:18:11
David Lennon	852	1:21:41
Gary Brampton	934	1:29:01
Antony Streams	967	1:34:46
Peter Higgs	977	1:38:35

Team: 44th

Northern XC Championships, Knowsley

Senior Ladies

Ruth Hetherington 61 36:38

26th January**Gran Canaria Marathon**

Name	Pos	Gun	Chip
Dean Allaway		3:11:30	Chip problem
Paul Monaghan	232	3:44:41	3:43:40
Pete Morris	469	4:24:14	4:22:28
Martin Bush	529	4:39:29	4:35:56

Gran Canaria Half Marathon

Name	Pos	Gun	Chip
Mel Silvey	281	1:33:10	1:32:51
Tom Stagles	1161	1:52:51	1:51:25 4th MV65
Linda Wright	2044	2:20:25	2:17:13
Maureen Sweeney	2083	2:27:00	2:23:51
Kerri French	2120	2:34:12	2:31:00
Kingsley Starling	2128	2:37:28	2:34:13

Gran Canaria 10k

Name	Pos	Gun	Chip
Ian Gosling	44	37:25	37:20 5th MV40
Ellie Gosling	179	43:42	43:36 1st SF

Canterbury 10

Name	Pos	Gun	Chip
Tim Kerr	342	1:26:42	1:26:07

1st February**Run Eton 10k (Race 1)**

Name	Pos	Gun	Chip
Robert Tan	6	36:57	36:55 PB
Liz Jones	48	46:20	46:10 1st FV50

2nd February**Apeldoorn Midwinter Marathon**

Name	Pos	Gun	Chip
Martin Bush	520	4:29:57	4:25:47

2nd February**TVXC League, TVT**

Lance Nortcliff	4	28:35	1st MV
Mark Saunders	5	28:37	
Robert Tan	7	29:25	
Alex Harris	16	30:19	3rd MV
Julian Sherman	21	30:43	
Andy Blenkinsop	24	30:51	
Peter Jewell	33	31:46	
Ian Giggs	37	32:00	
Gavin Rennie	39	32:07	
Julian Hough	40	32:10	
Carrie Hoskins	41	32:11	1st F
Bill Watson	46	32:24	
David Ferguson	52	32:57	
David Fiddes	54	33:03	
Colin Cottell	55	33:05	
Chris Cutting	66	33:37	
Alice Leake	67	33:39	4th F
Alix Eyles	79	34:20	
Andy Breakspear	101	35:34	
Claire Marks	108	36:03	
Peter Graham	112	36:15	
Lesley Whiley	118	36:33	
Chris James	135	37:27	
Pete Morris	141	37:42	
David Caswell	150	38:21	
Toni McQueen	156	38:41	
Paco D'Souza	162	38:54	
Rhianon Bailey	188	40:55	
Jeremy Parker	192	41:14	
Peter Higgs	204	41:55	
Claire Seymour	217	42:45	
Tina Wilson	226	43:47	
Sandy Sheppard	230	44:09	
Ray McGroarty	233	44:27	
Andrea Marnoch	236	44:47	
Peter Darnell	239	45:05	
Yvonne Edwards	245	45:38	
Katie Gumbrell	253	45:53	
Elizabeth Ganpatsingh	254	45:57	
Louise Atkinson	263	48:16	

Tom Harrison	264	48:17
Bob Thomas	268	48:35
Heather Bowley	276	50:00
Janice Thomas	283	51:28
John Bailey	284	51:30
Liz Atkinson	285	51:34
Kathy Tytler	288	52:09
Linda Wright	296	53:24
Carl Woffington	299	53:44
Lorraine Bailey	302	58:06
Maureen Sweeney	304	59:08
Katherine Heaton	305	59:49
Emma Caswell	307	1:01:20

Mens team: 1st, Ladies team: 1st

Season's Bests

Ladies

5k	20:43	Carrie Hoskins
5 miles	No result	
10k	43:36	Ellie Gosling
10 miles	1:55:39	Lucy Flintoff
Half Marathon	2:17:13	Linda Wright
20 miles	No result	
Marathon	6:13:20	Sarah Harris

Men

5k	16:56	Mark Worringham
5 miles	No result	
10k	36:55	Robert Tan
10 miles	1:15:33	Pete Aked
Half Marathon	1:32:51	Mel Silvey
20 miles	No result	
Marathon	3:11:30	Dean Allaway

Reading Roadrunners Committee Meeting

TUESDAY 4TH FEBRUARY 7.30PM

ATTENDANCE:

Carl Woffington	(acting Chair)
Roger Pritchard	(Gen Sec)
Anne Goodall	(Membership Sec)
Toni McQueen	(Social sec)
Bob Thomas	(Mortimer race director)
Mark Saunders	(Men's team captain)
Alan McDonald	(ex-officio)

APOLOGIES FOR ABSENCE

Received from Sandra Sheppard and Paul Monaghan.

MINUTES OF THE MEETING OF TUESDAY 6TH FEBRUARY 2014

Anne Goodall proposed the minutes as a true and accurate record, seconded by Alan McDonald.

MATTERS ARISING FROM THE MINUTES

XC TENT Carl confirmed that the tent has been purchased and will pass it onto Alan McDonald (tent monitor)

DINNER DANCE Carl confirmed that a blanket e-mail was sent out advertising the dinner dance.

SEAA XC CHAMPIONSHIPS Roger said that Sandra suggested reimbursing the entry fee to the 12 members who ran by paying them from the Wednesday night gate money. Anne said that she would need a record sheet for members to sign, when being reimbursed. **ACTION** Roger to produce list.

LAPTOP Roger reported that Sandra had purchased the laptop and would report on this at the next meeting.

READING HALF MARATHON Roger reported that he had asked Sweatshop for the marquee and generator.

Toni said that this year, we will be hiring a van to take the club generator, as in the past, the generators supplied were not fit for purpose. The subject of fuel cans was discussed and the committee agreed that

two cans should be purchased for the generator. Roger said he also asked for the car passes to be given to Richard Hammerson, who is attending a meeting with Sweatshop next Wednesday 12th Feb. 5. Roger said that we now have 28 volunteers to marshal and need two more. Alan McDonald said he would marshal. Toni said she would ask members on Wednesday night at the desk if they could volunteer. **ACTION** Toni to purchase fuel cans and ask for volunteers.

CLUB CHAMPIONSHIP MEDALS Carl said he had spoken to Glynne, who gave him a Running Imp catalogue containing medals that he had passed onto Bob. Bob said that the medals have been ordered and wanted a list of the medallists who are going to the dinner dance. **ACTION** List to be produced before the dinner dance.

CLUB KIT MONITOR Carl reported that Steve Siddell has volunteered to take over from Sandra with club kit.

MEMBERSHIP RENEWAL Carl confirmed that an e-mail was sent out asking members to renew membership.

CHAIRMAN'S REPORT

WELFARE OFFICER Carl reported that he had been in contact with the welfare officer on a matter that was being looked into and that he would have a full report next month. **ACTION** Carl to produce a report.

LM B&B Carl reported that an e-mail had been received from someone close to the start of the London Marathon, who were offering bed and breakfast to club members for £35.00 with proceeds going to charity, Carl asked if we should publicise this and it was decided to alert the members. **ACTION** Chairman's blanket e-mail.

DATCHET DASHERS Carl reported that there would be a London Marathon 20 mile training run on Sunday 9th March organised by Datchet Dashers and RRs are invited to participate. Toni said that last year, this was a good event and recommended it to our members. **ACTION** Carl to publicise.

TREASURERS REPORT

Sandra not in attendance.

SECRETARY'S REPORT

PANGBOURNE 10K

Roger said that he had been contacted by the organisers of the Pangbourne 10k, who requested the loan of a race clock for Sunday 8th September. Roger said he has replied saying that they should e-mail again six weeks before the event.

WOKINGHAM HALF MARATHON Roger said we have a full complement of marshals, who's job will be mainly augmenting the local resident marshals, but RRs have two specific points that we will be covering.

COMMITTEE NOMINATIONS 2014 Roger reported that he has only received 4 committee nominations for the 2014 election. Roger asked those present who had not filed a nomination slip if they were going to stand. Alan said he would and filled in a form and Toni said that she would only stand if there were not enough to make a quorum.

MAIDENHEAD 10 Roger reported that Carrie Hoskins has received her complimentary entry, but he was having trouble with contacting Andrew Smith to ask if he would accept an entry.

ACTION Roger to call at Andrew's home and enquire.

EA HALF MARATHON CHAMPIONSHIPS Roger reported that he had been in contact with Tracy Green, the competitions secretary at England Athletics, to advise that the silver medals for our men's and women's teams at last years half Marathon championships had 10k inscribed on them and not half Marathon. Tracey asked Roger to post these back, which he had done at a cost of £2.60 and Roger confirmed that he had submitted an expense claim form to the treasurer for reimbursement. Roger said that the medals would be altered and sent back to us.

BERKSHIRE AFFILIATION FEE Roger said that we have received an invoice from the Berks AA for £50.00 for affiliation to the association. Roger said that he has passed this on for payment to Sandra.

AGM PACKS Roger said that he was preparing the AGM packs to go out at the end of the week and that he wanted to include a notice covering member's welfare. Roger read out a notice that he had prepared and the committee decided that it should be amended. Subsequently a revision was produced and it was agreed that it would go out in the AGM packs.

MEMBERSHIP SECRETARY'S REPORT

Anne reported that we had 15 new members x £28 = £392, 1 new junior @ £19, 22 renewals x £26 = £572,

1 renewal x £15 and two members have booked seats on the London Marathon bus 2 x £10 = £20 and that she has banked £1,018.

SOCIAL REPORT

Toni reported that the dinner dance needed to be pushed at the track on Wednesday and when the dinner dance has passed, she will be concentrating on organising the pre-London pasta party. Toni confirmed that Jamie (Reading Sweatshop manager) will not be coming to the dinner dance. Toni said that she had organised the ladies table presents.

Toni asked Carl to publicise that food is needed for Bramley refreshments. ACTION Carl to publicise.

Toni asked if Nick Pearson has been asked to present the awards as guest of honour. ACTION Roger to ask Nick.

COACHING CO-ORDINATORS REPORT

Simon not in attendance.

TEAM CAPTAINS REPORT

Roger reported that Mark Saunders and Tina Wilson had submitted their reports.

ANY OTHER BUSINESS

PROPOSED NEW RULE Roger presented a new that he is going to propose at the AGM.

Roger explained that it was intended to deal with being egalitarian with the membership and read out the proposal. After taking note of one suggestion of improvement from Bob, Roger will incorporate the proposal in the AGM Pack.

RONHILL SPECIALS Roger reported that we had received a price list for running apparel from Ron Hill Specials.

ACTION Roger to distribute to committee members and Steve Siddell (kit monitor) for perusal.

LONDON MARATHON COACHES Roger asked what the level of bookings for coach seats were as he needed to know if we need bigger coaches. Anne said that the bookings had not yet started. Roger said that at the next committee meeting, he would be requesting a cheque for £944.00 to pay the balance of the booking to Stewarts coaches. Carl asked Roger for a copy of the invoice so that he could claim the cost back from the London Marathon marshals coach. Anne said we needed information sheets printed off

for the passengers and the sheet needed updating with the phone number of the return coach supervisor. Roger said he could print them off as he had a laser printer, so Anne gave Roger a marked up copy to alter and print. Anne asked what we were going to charge this year per seat and said that last year we charged £13.00. Roger said the cost of the two coaches was £1,180.00 and the committee agreed that we will charge £13.00 per seat again this year,

ACTION Roger to send Carl a Copy of the coach booking form and also to alter and print off the information sheets.

DINNER DANCE PHOTOS Toni asked if anyone had contacted the any of the newspapers for the dinner dance. Nobody had so Toni volunteered to contact 'Get Reading' to book a photographer for 8.30pm. Roger said we should ask the paper to put it on the front page and not in the back sports pages. ACTION Toni to contact Get Reading.

CROSS COUNTRY Mark raised the subject of congestion at the TV Cross Country fixtures. Toni said it was very congested and also remarked it has been dangerous on occasions. Carl said that car parking was also a problem.

After some discussion, it was decided that next season, we may suggest that the league is split into an east and west division with the winners of each division having a final mob match.

IN ABEYANCE UNTIL NEXT SEASON.

ENDURE 24 Mark said that he was collecting money from members for the Endure 24 entries and wanted the committee to know the sums involved and the committee's approval. NO OBJECTIONS.

MORTIMER 10K Bob asked if we could put on the agenda for a future meeting the subject of having chip timing for this years race. Bob said that it would solve the problem with disputes on places on the day. After a long discussion, no decision was made, only that it should be discussed again nearer the race.

READING HALF MARATHON ENTRIES Carl reported that a blanket e-mail was issued asking members if anyone wanted a free entry for this years Reading Half Marathon. Carl said that four members had responded and were registered.

SECOND CLAIM RUNNERS Carl reported that there

COMMITTEE MEETING

are two ex-members still registered with England Athletics as second claim Roadrunners, but they are no longer members. Roger asked how Carl knew this. Carl said that they were appearing on the EA website listed as 2nd claim RR. ACTION Roger said he would look into it.

TV CROSS COUNTRY HOME FIXTURE Carl reported that two clubs were being chased for their entry fees as they wanted to pay by bank transfer and cheque. Carl also said that we have now received the invoice from the Red Cross and that he had passed it onto Sandra for payment.

BUPA LONDON 10K Carl asked who was responsible for booking the Bupa London 10K as it had been Glynne in the past. ACTION Carl to book the coached this year.

TROPHY COMPANY Carl said that we have received a letter of introduction from a new Trophy company saying they could undercut all others and said that he is just mentioning this and it should be looked into in the future.

CLUB CHARITY Roger reported that the charity is now standing at approximately £18,500. A discussion took place and it was decided to round the figure up to £xx,xxx.00 ACTION Charity team to be advised in order that they can prepare the presentation (large cardboard cheque) for the dinner dance.

DOOR ROTA

Wed 5th Feb

Toni McQueen, Alan McDonald, Glynne Jones.

Wed 12th Feb

Toni McQueen, Anne Goodall, Glynne Jones.

Wed 19th Feb

Alan McDonald, Anne Goodall, Shirley Smith, Glynne Jones.

Wed 26th Feb

Toni McQueen, Shirley Smith, Glynne Jones.

Meeting closed 10.15pm

Next Meeting Monday 3rd March

And finally...

PLUCKY ROADRUNNERS DEFY RACE CANCELLATION TO COMPLETE COURSE



The last minute cancellation of the Wokingham Half Marathon didn't deter two ~~maniacs~~ brave Roadrunners, Caroline Hargreaves and Louise Cooper from donning their race numbers and vests and completing the course anyway, braving floodwaters and ensuring a 2014 podium place for the pair of them!



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