

NEWSLETTER

FEBRUARY 2018



Thank you Chris Cutting

For four long years Chris Cutting has edited the Reading Roadrunners Newsletter and is now taking a well deserved rest.



Not only did Chris edit the newsletter but last year he brought his range of skills to bear in producing the excellent "Celebrating 30 years of Reading Roadrunners" book. His very clever use of layout and visual graphics brought the text to life.

Thank you very much Chris.

Track Friday dates

The popular Friday evening "5K plus" event series is back for 2018 and its bigger and better. Read all about it inside.



Reading Roadrunners new Thames Valley XC venue hailed a great success

"Tougher than it looks", "muddy, very muddy", "smelly in bits" "great" "loved it" "great food" "marshals were really supportive" "seamless cross country event".

See reports from Sev Konieczny and David Dibben inside.

Bramley 20/10 delivers again

Adele Graham and her volunteer team have delivered another highly successful Bramley 20/10 road race. Read David Dibben's race report and his view from the road as he tagged along with Jamie Smith and Mel Shaw on the 20 miler.

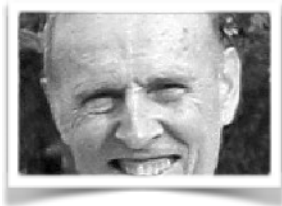


Upcoming Events

16 February	Charity Quiz night	18:45	St Paul's Church Hall, Whitley Wood Lane
18 February	Wokingham Half Marathon * **	10:00	Cantley Park, Wokingham
23 February	Track Friday	18:30	Palmer Park, Reading
24 February	National XC Championships	PM	Parliament Hill, London
3 March	Dinner Dance	Eve	Sonning Golf Club
6 March	Annual General Meeting	19:30	Sutton's Bowls Club
7 March	England Athletics Track Session	18:30	Palmer Park
18 March	Reading Half Marathon	10:15	Madejski Stadium
30 March	Maidenhead 10 Mile * **	09:30	Maidenhead Business Park
15 April	Woodley 10K * **	09:00	Oakwood Centre, Woodley
22 April	Virgin London Marathon	10:00	Blackheath and Greenwich Park
28 April	Hurstbourne 5 Mile *	11:00	Hurstbourne Tarrant
28 April	Spring Do		
30 April	Vets Track & Field	TBC	TBC
7 May	Shinfield 10K	09:30	Shinfield
13 May	Marlow 5 Mile *	09:30	Higginson Park, Marlow
13 May	Bracknell Half Marathon	09:00	Bond Sq, (near Waitrose) Bracknell
14 May	Vets Track & Field	TBC	TBC
20 May	Hook 10 mile * and 10K	09:30	Hartletts Park, Hook
3 June	Kintbury 5 mile *	TBC	Kintbury Recreation Ground
4 June	Vets Track & Field	TBC	TBC
9 June	Run Dorney *	09:30	Dorney Lake
10 June	Wargrave Charity 10K	10:00	Wargrave Recreation Ground
17 June	Ridgeway Relay	TBC	Ivinghoe Beacon to Overton Hill
20 June	Forest Five	19:30	The Look Out, Bracknell
2 July	Vets Track & Field	TBC	TBC
7 July	Runnymede Relays	TBC	TBC
15 July	Wycombe 10K * & Half Marathon	09:30	Adams Park, High Wycombe
17 July	Bounders Relays	TBC	TBC
12 August	Burnham Beeches Half *	09:30	Caldicott School, Slough
26 August	Englefield 10K *	11:00	Englefield House, Englefield

Chairman Chat

Carl Woffington



This article will appear in the first edition of the newsletter published by our new editor, Peter Reilly. Welcome aboard Peter. A huge thank you goes to our retiring editor Chris Cutting, who did a terrific job over a four year period.

The year started with the tragic incident at the track. Pete Darnell collapsed during our first session this year and sadly passed away. His funeral took place a few weeks back. Many attended wearing running shoes and bright shirts, as requested. We provided a counselling option for those that wished to use it. We are currently looking at a review and this will lead to some procedures being produced.

We are nearing the end of the cross country season.

Our RR home TVXC fixture was held at a new course in Woodley on 14th Jan. Thanks to Sam who did the early work on the course planning and to race director Sev. Thank you also to all the helpers. The Tadley TVXC race was held on 21st Jan. The last TVXC fixture was held at Bracknell (Lightwater) on 4th Feb. There is no TVT fixture this year, probably due to work at St Neots school. The TVXC fixtures for this winter are now over and we will calculate the RR XC Champs results.

The Hampshire league races will also be finished by the time you read this. The Reading race took place at Prospect Park on 13th Jan. The last race was on 10th Feb at Aldershot.

We were represented by a team in the Southern XC Champs, held in Brighton on 27th Jan. We will be represented by a large team at the National XC Champs, Parliament Hill on 24th Feb.

Our own Bramley 20/10 race very successfully took place on 11th Feb. This will be followed a just week later by the Wokingham ½ on 18th Feb. This is a RR Champs race and we supply a marshal team.

Our popular Track Friday series continues on 23rd Feb. Look out for details in emails and on our website. Timed mile, timed 5000m and a relay.

Our England Athletics Club Run sessions continue. Session 1 was at the track on 3rd Jan. We had an excellent presentation, session 2, by our allocated coach, Nick, on 5th Feb. Held at Berkshire Sports Club and well attended. It covered training and nutrition. The third and final session takes place on the track on 7th Mar. Please note that Nick requires sole use of the track for this session.

Our social events continue. Everyone enjoyed the Curryoke on 26th Jan. There is a charity quiz night on 16th Feb. Our RR Dinner Dance is on the 3rd Mar. Look for details on our website.

This article follows the last committee meeting before the AGM, to be held on 6th Mar. I thank the current committee that supported me throughout the year. I also thank all volunteers in the club who have freely given their time and put in a tremendous effort to make the club a success. I remind you that nomination forms are available for those that wish to sit on the committee next year.

Editor's notes

Peter Reilly



Hello! Yes the rumours are true, I am the newly appointed editor of the famous Reading Roadrunners Newsletter. I'd like to say I was appointed in the face of stiff competition but that would be untrue. I did however volunteer for the role, quite late in the day, and have to say the interview process was swift...

I see a few challenges ahead for me: First, picking up from the excellent job Chris Cutting has made of the Newsletter over the last four years and secondly, trying to include content that hasn't been seen already on the website or Facebook. I take heart however from the fact that not all members follow our Facebook page, and that includes our Chairman, so at least Carl will be surprised by some of the content in the Newsletter.



So, the newsletter traditionally carries reports from the Chairman, Team Captains, race results and minutes of the most recent Committee meeting. It also contains articles written by members about their races around the world and contributions from the coaches on a fairly ad hoc basis. All this should continue and if you have an interesting story to tell or a favourite run (Race the Train?) please write it up and send it in. I am also happy to take a leaf out of Runners World's book and reheat and repurpose (change a few words) any well regarded articles from the coaches and medically inclined that could be of interest once again to members old and new. So if you have an article you want to write or even reheat please give it a whirl and send it to me newsletter@readingroadrunners.org.

This month we have an excellent report from Katie Gumbrell on the presentation by Nick Anderson of England Athletics and a wee article from me about why I really enjoy TVXC. Sev Konieczny reflects on the Ashenbury Park TVXC race and, Fergal and Tony review Track Friday 2017 and plug Track Friday 2018, and finally there's a selection of race reports from David Dibben including one on Sunday's Bramley 20/10.

Finally, I am still getting to grips with captioning pictures so apologies for not identifying the photographer in each picture used. I am aware that I have used pictures from Andy Atkinson, Sev Konieczny, Cathrin Westerwelle and Chris Drew.

Peter Darnell RIP



Along with family and friends a strong contingent of Reading Roadrunners celebrated and remembered the life of Pete Darnell at Easthampstead Park Crematorium on 27th January. Many also went on to join the family afterwards for "a few beers" to send him off in a style he would have been happy to be part of.

Pete's brother Brian read out a tribute compiled by the family which, judging by the nods and smiles among the mourners was both accurate and fitting.

Pete was only 63 years old and the poem "Dust if you must" by Rose Milligan read out by Sylvia captured the spirit in which he lived his life.

Veterans Track and Field League 2018



Much to the relief of the Team Captains, Nigel Hoults has kindly stepped forward to manage our teams for this league.

Phil Reay commented : "Nigel, thanks for taking on the role of Vets T&F leader. Both Sam and I felt this event series needed someone in the role and you know the meetings better than anyone, so it's good news you're doing this. We gave some admirable performances in 2017 beating some established AC clubs to finish 3rd at two of the meetings. With some additional training for the field events we can push on and finish in the top 3 overall in 2018. Both Sam and I will be available to help with recruitment."

Thursday Outruns



The Thursday outruns from Palmer Park have continued throughout the winter and as spring is getting closer lighter nights will be with us before you know it. Is it time to consider joining the merry band of Thursday outrunners?

The outruns which are open to all members take place most weeks except when there is an alternative pub run arranged. The group meets in the Palmer Park foyer at about 6.20pm with a 5.5-6 mile run with the emphasis on a relaxed pace. No-one gets left behind and the sights of Reading are often built into the run.

It's a great way to meet fellow club members and pick up on the club gossip.

Shinfield 10K



Entries are open for the Shinfield 10K which takes place on Monday 7th May at 9.30am with shorter Junior races starting at 11.30am.

Due to housing development the 10K course has been revised and the junior races will start at Langley Common, Millworth Lane, a five minute walk from the race HQ.

Fergal Donnelly is the volunteer coordinator and will be in touch soon.

See www.readingroadrunners.org/races/shinfield for more information.

Nomination For Election To The Committee

Reading Roadrunners will be holding it's AGM on 6th March 18. As part of the AGM we will be electing members to our committee.

Members are actively encouraged to forward themselves for election to a position.

Anyone wishing to be elected for a position can download a nomination form from the website. Completed forms must have been received no later than 27 Feb 18 to be included in the election.



Ladies' Captain's Report

Sam Whalley



With marathon training well underway for many of you – and some of you are racking up some serious mileage, at an ungodly hour - I am actually feeling a little bit left out as I won't be training for the 26.2 miles myself this season. I almost said 'this year', and then realised I hadn't ruled out the possibility of running the distance later in the year; I just didn't fancy it this spring. So while I'm glad I don't have to go out and run very long and very slow every week until April, as I have done for the last few years, the reality of actually having to put some effort into training for a half marathon is dawning, rather than it just slotting in as part of a bigger, marathon, goal.

Well done to those of you who have managed to find road races to practise on at this time of year. **Chantal Percival**, whose face I have yet to put a name to (do come and say hello!), was 3rd lady at the Woodcote 10k, and **Jane Davies** was first FV50. **Jacqueline Smith** must have been delighted to have dipped under 50 minutes, and **Caroline Hargreaves** similarly for the hour. Chantal also recorded a very good time at the Abingdon 10k.

There were some fantastic times recorded at the Chichester Priory 10k last weekend. **Carrie Hoskins** hopes to receive an invitation to run for England as a masters athlete, following her 3rd FV50 place. Daughter **Sophie** knocked two minutes off her PB with her time of 42.02.

Lucy Bolton has already raced two half marathons this year, the Farnborough Winter half (2:14.32), and the Watford half (2:16.43). The former also saw some excellent times, by **Sam Taylor** (1:39.56), **Catherine Bruce** (1:48.36), **Judith Ritchie** (1:49.28) and **Carmen Fuentes** (1:57.41).



Maureen Sweeney and **Linda Wright** have been further afield, and joined some Reading Joggers for a run break in Funchal, Madeira. According to the website, 'Surrounded by flowers, it looks like you are running in a botanical garden!' Maureen opted for the mini marathon, which, perhaps surprisingly, was 5k, and was 3rd in her age category. Linda ran the half marathon. I'm sure that neither really minded that their flight was cancelled and an extra night's stay was required. I know I wouldn't have.

For the most part over the past month, it has been all about the XC. The first TVXC fixture of the year was our own fixture, in Woodley, and the green-vested ladies were out in force. **Paloma Crayford** and **Annette Russell** chose this fixture as their first XC race. It was about as muddy as XC gets, so it was definitely good practice. **Gemma Buley** was first RR home, followed by **Alix Eyles**,

Claire Marks and **Sarah Alsford**, for a team position of 5th. (Photo by Andy Atkinson.)

There was only a week's respite before the penultimate TVXC race of the season, at a very cold, wet, and exceptionally muddy Tadley, I mean, it was shin deep in places. Both **Maureen Sweeney** and **Sarah Alsford** got more familiar with the mud than they had intended. This was the kind of fixture where you needed a pair of shoes to drive in, a pair to walk to the start in (these were going to get very muddy), and a pair of spikes to run in, being one of the few TVXC courses that is deemed suitable for spikes. All three pairs must be left outside the school where refreshments are served afterwards. **Gemma**, **Alix** and **Sarah** were again scorers, but I



always think it's a bit of a low day when someone of my very average pace is needed to complete the team. This gave a team position of 6th. (Photo by Peter Reilly.)

Lightwater Country Park provided the venue for the final race, hosted by Bracknell Forest Runners. I found I had completely misremembered this course, having assured **Sarah Alford** that there weren't many hills. Sorry, Sarah! Gemma made it an XC hat trick with another first RR finish, backed up by **Pip White**, **Alix Eyles** and **Mel Shaw**, for another team position of 6th. Reading Roadrunners finished the season in 4th place. **Nicole Rickett** ran this race as the second part of her 17 miler – respect! **Gill Manton** was a bit late to join the party, as this was her first TVXC race. Don't leave it so late next year, Gill!



There was a huge turnout for the penultimate fixture of the Hampshire League in Prospect Park. For some of us, this was our third race at the same venue this season, but the hills did not seem to be getting any easier. We had a few Hampshire League debutantes, and for **Helen Dixon**, this was to be her first ever XC race. In hindsight she might not have run the muddy, hilly, Henley parkrun that same day – ouch. **Helen Pool**, **Pip White** and **Sarah Dooley** made up the scoring team, giving the team 7th place; **Helen**, **Sarah** and **Lesley Whiley** were our first three vet ladies, and the vet team was 4th.

Yesterday saw the finale of this league, at a new venue in Aldershot. While lacking in significant hills, compared to what we are used to, this had a interesting mix of very slippery muddy grass and twisty woodland trails. Not to mention the rain. Having walked the course with my daughters beforehand, and seen how much woodland there was, I opted to switch my spike length for shorter ones – big mistake! By the time of our race, the ground was very churned up, and needed as much grip as possible. Taking the corners became very interesting. We were pleased to have a couple of seniors on board this time, with **Marie-Louise Kertzman** and **Pip** coming back for more. We would love to have more senior ladies join us (coaches, please take note); their speed brings so much to the team, and this was proved by these two being the first home. **Nicole Rickett** completed the scoring team overall. We were also delighted to welcome **Nicola Spillane** to the team. Nicola is in a similar position to me, in that she brings her daughter to these races, and this time she plucked up the courage to make her debut in a green vest. She tells us she now has the XC bug, and looks forward to joining us again next year. **Nicole Rickett**, **Claire Seymour** and I

made up the scoring team for the vets. These scores made both the seniors and vets team 9th on the day, with the seniors 10th on aggregate for the season, out of 17 teams, and the vets 5th on aggregate, out of 9 complete teams. While we may not have made the podium this season (last year we were third), **Claire Seymour** can be proud of her 10th placed FV35 finish overall, while I managed a 13th FV45 placing. I would also like to give **Cecilia Csemiczky** a huge thank you for her help and support throughout the season; Cecilia often comes to the fixtures to make up the scoring team, and, if she is not required, will carry out the team admin for us, meaning that we can concentrate on recovering and staying warm.



I really hope to see many more of you on the mud and trails in the 2018-19 season, both running and supporting. We will now turn our attention to the National XC championships at Parliament Hill on 24th February. We have hired a coach for this journey, and have a few spaces for spectators, so let me know if you would like to come and see what the fuss is all about. A separate report is included for the recent southern XC championships.

In my mind, today marked the first day of the road racing season. Having notched up almost 75 miles of official XC racing this season (not including off-road training runs and races), I was keen to see whether this would have improved my performance in any way. **Bramley** 10 mile was my race of choice, and I was prepared to see how my post-race legs were feeling in the first mile, and take it from there. They felt OK, as it turned out, and I was pleased to achieve a PB. I was lucky enough to pick up a fellow Roadrunner, **David Lennon**, at mile 8, and while his focus was on the 20 mile race, he kept me on pace for the last two miles, created a windbreak for me, and collected water on my behalf so that I didn't have to slow down. Oh, the perks of being ladies' captain – I felt like I had a butler – thank you, David! Results have not long been out, but I am also aware of 10 mile PBs being achieved by **Sally Carpenter**, **Chloe Lloyd**, **Helen Dixon** (a whopping 7 minutes!), **Sarah Walters** (4 minutes!), **Jenny Boxwell**, **Nicola Gee** and **Marnie Absolom**. I am sure there will be more, but these are ones I have picked from social media posts today. **Jane Davies** picked up the prize for first FV50, for the incredible time of 1:11.01 – wow!



As far as the 20 mile race was concerned, I have seen reports of PBs from **Katherine Sargeant**, **Loretta Briggs** and **Sarah Richmond-Devoy**. Again, I am sure there will be others on the results pages, and I am sure that this was a debut for some, so well done to you all. Some of you looked so strong coming into the finish, **Sophie Hoskins**, **Beth Rudd** and **Sarah McDade**, to name a few. **Carrie Hoskins** won the prize for first FV50, and set a new course record for her age category – amazing job!

Elsewhere (was there anywhere else?!), **Kerry Eastwood** was achieving a 2:18.01 half marathon PB in a very windy Worthing, and attributing this to pre-track outruns and coaching by **Lee Hinton**. Well done, Kerry!

I wish all of you well with any upcoming races; please do let us know how you get on. I have decided to continue as ladies' captain for a second year, and look forward to meeting and supporting more of you along the way.



Mens Captain's Report

Phil Reay



Over 100 of our Men have run in a Cross Country event in the last year, each on their own journey and making a contribution in some way to the club. As the 2017/18 season comes to an end I'm delighted to report that it's one the club can be very proud of. The headlines are undoubtedly the Men's Vet Team Win in the Hampshire League and the Men's Third place finish in the Thames Valley League.

Individually, what do **Chris Lucas**, **Mark Apsey**, **Pete Morris**, **Alan Freer** and **Rob Corney** all have in common? No, it's not their love of a selfie, it's the fact they've all already won a race in 2018. It's quite remarkable considering we're only in the first week of February. Well done gentlemen.

The first TVXC fixture of 2018 was our own fixture, at a brand new venue in Woodley. Congratulations to **Sev Konieczny**, **Katie Gumbrell**, **Bill Watson** and all the **volunteers** for making it such a successful event. An event which at one point looked unlikely to take place due to previous venues changing ownership and unable to commit to the event. Step up ladies captain **Sam Whalley** whose hard work, tenacity and refusal to give up resulted in the event at Ashenbury Park - Superb Sam, thank you very much. The race itself provided plenty of muddy action as the mens team finished in 1st place overall, with **Rob Corney** finishing first overall ahead of scorers **Mark Apsey** (4), **Seb Briggs** (7), **Jamie Smith** (17) **Fergal Donnelly** (20) and **Brendan Morris** (22).

A week later and the TVXC league had moved on to Tadley. Illness prevented me from running, yet I was happy to get out to support the team even if just getting to the start felt like an epic, muddy XC challenge all on its' own. In cold, drizzly conditions it was **Mark Apsey** who stormed home to win the event, his maiden victory in the TVXC league as the men's team finished 3rd overall. As well as Mark the scorers were **David McCoy** (11), **Fergal Donnelly** (12), **Andrew Smith** (27), **Andy Blenkinsopp** (38) and **Ian Giggs** (47)

Photos: Apsey, leads the field home and proudly shows off the results of the mudfest.



The final TVXC fixture took place on a hilly course at Lightwater Country Park with another well organized event from our hosts Bracknell Forest Runners. I was on volunteer duty with **Juliet Fenwick** and happy to witness so many Green Vests out running for the club as the men's team finished 2nd on the day to confirm 3rd place overall in the league for the 2017/18 season. The scorers on the day were **Ben Paviour** (5), **Mark Apsey** (6), **David McCoy** (9), **Chris Lucas** (11), **Jamie Smith** (18) and **Fergal Donnelly** (26).

At the time of writing the Men's Vet team were being crowned champions of the Hampshire League. More information is available in full report once again provided by the literary brilliance of David Dibben.



The Cross Country season reaches its finale at Parliament Hill on 24 February. We'll have a huge turnout of 25 men and I'd like to thank the committee for agreeing to fund coach transportation to and from the event - it's a kind gesture appreciated by the team who've worked hard throughout the season, represented the club with pride and in doing so also providing a number of glorious moments.



For **Gary Tuttle** the phrase Cross Country was taken quite literally as he took on and completed the 243km Coast to Coast race in New Zealand in 15hrs 56mins. A stunning achievement and an epic adventure across the South Island comprising of, in order, a 2.2km run, 55km cycle, 30.5km mountain run, 15km cycle, 800m run, 70 km kayak and a 69.5km cycle to finish. I for one, look forward to hearing all about it.

We've reported some of our successes over the last year. Unfortunately it's not always good news. Following a review by Berkshire Athletics of the **Berkshire XC Championships** on 17 December, I'm disappointed to report the following:

- The Reading Roadrunners Men's Senior team has officially been disqualified from the team competition for fielding two Vets in the team of six scorers.
- The Reading Roadrunners Men's Vet team was originally placed second and awarded a Silver Medal. Due to a calculation error by Berkshire Athletics the Men's Vet team actually came third and Bronze Medals will be awarded.
- Mark Worringham was awarded the Men's Vet Gold Medal on the day, however another Vet athlete who was registered and ran as senior man was subsequently declared the winner.

Congratulations to:

- **Rob Corney** who finished third in the Senior Men's competition and retains his Bronze medal.
- The **Men's Vet team** on their Bronze medal
- **Mark Worringham** on his Silver Medal.

I will return the Senior Men's Trophy and Vet Men's team Silver Medals to officials from Berkshire Athletics when I meet them ahead of the Wokingham Half Marathon on 18 February.

This is unfortunate and I view it as a blip in an otherwise successful year for the club.

Thanks to everyone who ran at the Berkshire XC Championships and for continuing to choose to run for Reading Roadrunners. I'd like us to go and dominate the Berkshire Road Running Season which begins with Wokingham Half Marathon on 18 February.

Another month, another win for Reading Roadrunners superstar **Rob Corney**. Following his victory in our home TVXC fixture, Rob took on the gruesome South Devon Coastal Trail Marathon and not only won, but won by more than 5 minutes.

The event name doesn't quite do the race justice. At 27.5 miles it's more than a marathon. The route takes in trail over jagged rocks interspersed with idyllic sandy coves with over 1,350m of ascent (for perspective Mt. Snowden is 1,085m). A tough, technical course even for the experienced Corney, it was a brave choice by Stuart Jones who chose this for his first ever marathon finishing in an impressive 31st place. Superb performances.

Congratulations to both Rob and Stuart.



Photos: Corney & Jones in action in Devon.

Alan Freer took victory at the tough Winter Tanners 20.7 mile event. Hosted by the LDWA the event took place in adverse weather conditions on Surrey footpaths and bridleways with minimal support.

Back on the roads, **Chris Lucas** took victory in the Woodcote 10K. Chris finally got the better of Great Britain squad Triathlete Richard Kinnersley in the final kilometer of the seemingly never-ending climb up the Chilterns to win in 35mins 53secs. **Joe Blair** was 3rd in the MV60 category in a time of 46:24. Thanks to **David Dibben** for the words and full race report.

Pete Morris left the camera alone to go for it at the Holme Pierrepont Challenge Half Marathon in Nottingham rolling back the years to finish 1st. The event takes place on a fast tarmac course over 4 laps of a picturesque lake.

It's evident **Tony Streams** has been working hard over the Winter with his personal coach & RR ladies superstar **Katherine Sargeant**. Tony has picked up where he left off in 2017 taking a huge 2mins of his 10K time at the Winter 10K.

For some the road season started early as **Alan Thomas, Stuart Rutherford, Joe Blair, David Dibben, Peter Manning** and **Justin Watkins** braved arctic conditions to run the Farnborough Winter Half Marathon.

Vets superstar **Mark Worringham** once again qualified to represent England with a stunning time in the South of England Championships at the Chichester 10K. Mark won the MV40 age group in a time of 32:57 but is unable to make the big day in an England vest due to family commitments.

Fixtures for both the Club Championships and Berkshire Road Running Championships have been released and I'm excited for what this team can achieve in 2018. It's been a pleasure to serve as Men's Captain for the last year and I have decided to continue in the role. I look forward to encouraging and supporting everyone with their goals over the coming year.



There is no 'and finally' feature in this month's report. Instead I'm signing off with a photo of one of Reading Roadrunners finest. I'm truly saddened by the sudden passing of **Pete Darnell** and my deepest condolences remain with his family and loved ones. Here's a photo of Pete striding for the line in the 2006 London Marathon proudly wearing his Green Vest. RIP Pete.

Club Championship Races

Bob Thomas

The races for this year's Club Championship comprise:

Feb	18	Wokingham	HM	Road
Mar	30	Maidenhead	10M	Road
Apr	28	Hurstbourne	5M	MT
May	13	Marlow	5M	Road
	20	Hook	10M	Road
Jun	03	Kintbury	5M	Road
	09	Run Dorney	10K	Road
Jul	15	Wycombe	10K	Road
Aug	12	Burnham Beeches	HM	Road
	26	Englefield	10K	MT
Oct	07	Clarendon	HM	MT
Dec	30	Gut Buster	10M	MT

Full rules to be found on the website. In brief:

- You don't need to register to take part
- To qualify, you must complete at least one race in each of the 5M, 10K, 10M, HM distance categories; it doesn't matter if you choose a road or multi-terrain race
- Score 50 points for best RR result, 49 for second best, etc. in each race
- You are competing with others in the same age & gender category:
 - Men: Senior, M40, M50, M60, M65, M70, M75, M80
 - Ladies: Senior, F35, F45, F55, F60, F65, F70, F75, F80
- Only your best score in each race distance category counts
- For your race result to count in the Championship, **you must wear club colours**

Wokingham HM	http://wokinghamhalfmarathon.co.uk/
Maidenhead 10	https://www.maidenheadac.org/easter-10/
Hurstbourne 5	http://www.hurstbourne5.org.uk
Marlow 5	http://www.handycrossrunners.co.uk/Marlow5.html
Hook 10	https://hookfunrun.com
Kintbury 5	http://www.newburyac.org.uk/road-running/oilie-johnson-memorial-kintbury-5
Run Dorney	http://www.runthrough.co.uk/?event=run-dorney-5k-10k-half-marathon
Wycombe 10K	http://www.handycrossrunners.co.uk/Wycombe.html
Burnham Beeches HM	http://burnhamjoggers.co.uk/beeches-half/
Englefield 10K	http://www.englefieldrun.info/
Clarendon HM	http://www.clarendon-marathon.co.uk/
Gut Buster	http://www.mysportingtimes.com/events.htm

Queries to champs@readingroadrunners.org

Charity corner...

New Video on Wearing a Helmet Launched



Cycle Smart are pleased to announce the launch of their new video. It's a short video and very informative about how to fit a helmet properly. A great watch, especially if you have children.

Here is the YouTube link: <https://youtu.be/MqPUj63pO0Y>

Quiz night with a twist...

You'll have to wait for the twist!! If you haven't got your ticket for the quiz night, don't worry you can turn up on the night!! Details are as follows:

Friday 16th February

St. Paul's Church Hall, Whitley Wood Lane, Reading, RG2 8PN

Arrival time 6.45pm

Tickets are £5 (not including food)

Food and drink - Raffle - Prizes

Calendar crazy...

If you haven't already then you can now get a copy of the Ladies Charity Calendar for ONLY £5!!! Bargain!!! It can be bought Wednesday track night or Kerri French, Donna Saunders or myself can take your order directly and post it out to you for postage costs.

Don't forget if you have any ad-hoc donations to make you can use our just giving page:

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

Please keep your raffle prizes coming in and thanks to all those that have generously given so far, can't raffle without you!

If you are interested in nominating a charity from March and would like to know more please feel free to get in touch with myself or Carl.

Kind regards,

Ellen

charity@readroadrunners.org

Be a better runner NOW

Katie Gumbrell



As part of our successful application to England Athletics' Club Run programme, **Nick Anderson**, Marathon Programme Lead, gave a talk entitled Planning, Patience and Progression. Approximately 80 members attended what was an interesting and informative evening.

Nick's slides will be made available, so I'm not going to attempt to repeat everything he said. Instead, members who attended have been talking about the information they found most pertinent to them, so this will be a digest of those points.

As performance athletes (i.e. those training to improve their performance), our running should be split into three sections, which I've used to structure this overview. Because I'm neither a sports' scientist nor a biologist, so I'm not going to try to explain the science. These are the practical tips to help you be a better runner.

1. Training

This is the running / physical activity we do to improve our performance.

- it takes time for the body to adapt to new training (2-3 weeks to see any gains)
- training should be done in phases/stages to allow this adaptation and then move on to the next stage (for example, marathon training plans shouldn't just be incremental)
- threshold runs, hills, race pace practice and long runs are the staples for the distance runner
- long, slow runs should be **really** slow – you should be able to hold a proper conversation for the duration of the run
- long runs could/should be done by time, rather than distance
- 60% of your long runs should be off-road (which helps with the point above: time on your feet through tricky terrain is going to be fewer miles than the same time on a flat road; your body will still get the same training effect)
- working shifts and training is hard – put long runs in when the body has adapted to a change in sleep patterns (i.e. at the end of the shift cycle)
- once the body is over 20-something years, we start to lose strength, so make sure that you do some weight training, Pilates, yoga etc. to condition your body

60-70%

- Conversational pace
- Recovery running
- Easy pre-breakfast runs
- Early long runs
- Improves fat metabolism
- Develops capillary density & mitochondria

70-75%

- 'Steady running'
- Can become 'junk' if included too often
- Can be the effort runners base all their training on
- Marathon paced efforts

80-85%

- 'Threshold' & tempo runs
- 3-4 word answer effort
- 'Golden zone' of marathon training
- Builds lactate tolerance & improves lactate gluconeogenesis
- Develops speed endurance & running economy

90+%

- 'VO2 max' and speed work interval sessions
- Running at 5-10km pace or faster
- Anaerobic effort
- Less marathon specific and the 'icing on the cake' fi running 4-5 x week +



- cross-training (cycling, swimming etc.) can count as part of your running training, not just in addition to (it still stimulates the cardio-vascular system and adaptations to training)
- parkrun is great and should be used wisely; trying to run a pb every week isn't necessarily sensible and should fit in with the rest of your training
- cross-country running is also great (who knew?!)
- pre-breakfast SLOW runs can help the body to adapt to burn fat more efficiently; these should be no longer than 30-90 minutes, depending on the training stage
- threshold running, at 80-85% of heartrate, is the "golden zone" for distance runners, as it leads to the greatest improvement in heart strength
- running at 70-75% heartrate can be "junk" running, as there's not enough opportunity for recovery
- the key to marathon (and half marathon) training is consistency
- make sure that the taper gives your body enough time to recover before the event (at least 4 weeks)
- every run should have a purpose

2. Nutrition

This is the fuel we take on board to improve our performance.

- athletes should be having at least 10 portions of fruit and vegetables a day
- gels should be taken slowly, over about 5 minutes (small sip at a time)
- smaller meals and snacking are excellent ways to keep fuelled and recovering
- we are always recovering, so snacks should contain carbohydrate and protein
- a high-protein snack should be eaten immediately after training, so that the stomach enzymes are stimulated before a recovery meal
- learn how to use the kitchen – cook from scratch and use good ingredients
- alcohol – Nick showed us a slide where a professional footballer had drunk 2 glasses of red wine one night before training the next day; his heart rate, during sleep, was on average 15 beats per minute higher than a night where he hadn't taken alcohol; his performance the next day was affected, even though he felt he'd slept better

3. Rest

This is the time our bodies spend recovering to improve our performance.

- the body needs to recover well from training, by having rest days, rest phases and plenty of sleep

Although this is the smallest section, it came up many, many times. Small, organic alarm-clocks notwithstanding, it's also the one thing it's easier to do: try to get 30 minutes more sleep tonight.

The Terrible Toos

- Too much
- Too far
- Too soon
- Too often

Runners guilty of these (often new runners, or those returning from injury/illness), risk further injury.



Planning, Patience & Progression

- Focus on the Key elements - Threshold, hills, race pace, long runs
- Work to time and effort or heart rate, not pace and miles - recognise the value of physiological testing
- Be race specific and recognise the key energy systems and demands of the race you are training for
- Threshold work as the cornerstone of the plan. Long runs should include race pace and progressions when ready.
- Progression is about adaptation - get your recovery profile right!
- Easy week every 3-4

x



Six symptoms of overtraining

Although only a few athletes have mentioned this as one of their key points, it definitely led to the most rueful chuckles-to-self, sighs and whispers to friends. If you have one of these symptoms, you need to rest and let your body recover (and see your GP, to check for other possible causes):

- decreased performance (not a dip, while your body adapts to new training, but a decline)
- fatigue (ongoing muscle soreness, inability to complete sessions, delayed recovery)
- physiological changes (increased resting heartrate, increased sleeping heartrate, heart palpitations)
- reduced immunity (frequent colds/ respiratory infections)
- mood (loss of motivation, lack of enthusiasm, depression)
- blood (higher cortisol levels, lower testosterone levels)
- sleep (insomnia, disturbed sleep)
- gastro-intestinal (loss of appetite, excessive weight-loss)

Nick's talk was excellent and I really have only given a small amount of the information I gleaned from the session. For me, it was worth the cost of England Athletics membership on its own.

So now we know: slow; snack; snooze.

Night-night,

Katie

Nick's next visit is on 7th March and he will be taking a second massed coaching session (other, off-track sessions may be available).

Bramley 20/10 Race Report - The Usual Suspects

David Dibben

SEB BRIGGS, Caroline Hoskins, Jane Davies and **Keith Russell** were the big Roadrunners success stories at Bramley 20/10.

Seb finished fourth in the 20 Miles event in a time of 1hr 56mins 40secs, winning his MV40 group prize with over ten minutes to spare to give his confidence a huge boost before the London Marathon.

He also led our men to second place in the team awards, backed up by excellent performances from **Alex Warner** and **Lance Nortcliff**.

Caroline set a new course record of 2:14.22 in winning her MV50 group, trimming 50 seconds off the old figure in finishing fifth lady overall behind overall winner Rosie Keane, of Luton.

Like Seb, Carrie had a huge margin of victory in her age category - more than 12 minutes. It was a perfect finish to a week in which she was confirmed to have won an England vest for the international staged in conjunction with the Great Birmingham 10k in May.

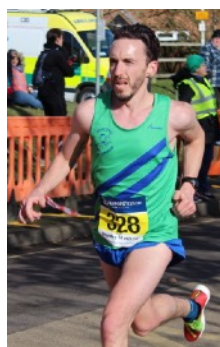
But Carrie's week ended in something of a controversy because she was not entered as a Roadrunner in the official race listings.

That meant our trio of **Sarah McDade, Katherine Sargeant** and **Erica Key** had to be content with second place behind Windle Valley in the team event.

If Carrie (who was clearly wearing her green vest and was the club's third best finisher) had been taken into consideration then Roadrunners would have won comfortably.

"I think there was some sort of glitch with the admin," she said. "I think it will be sorted out."

Another lady at the prize-giving ceremony was **Jane Davies**, who took first place in the FV50 section at the shorter distance in 1:11.01. And she led the club to third place in the team event, backed up by Helen Pool and new member Katherine Foley.



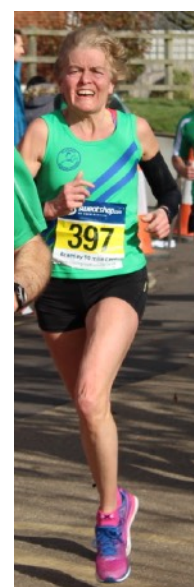
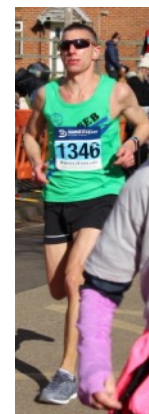
Our first man home over 10 miles was the popular Irishman Keith Russell, now back in a green vest after a short spell with Reading AC as his first-claim club.

Keith finished eighth in 57:15 and led Brendan Morris and another Irishman, Dave McCoy, to second place in the team event.

The race was won by Henry Pearce, of Tonbridge, with perhaps the biggest name to appear at Bramley this year, the Great Britain international Lily Partridge, fifth and right up among the quickest men in a course record time of 55:43.

The 24th staging of the event was considered yet another success, and race director **Adele Graham** said: "It's always good to hear when lots of runners come up to say thank you for a great race.

"There were only a couple of glitches.. we had to close the gents urinals as they were overflowing and we also had a tree blown down on the course.



"Thankfully the tree didn't hit anyone or any cars and there was enough space for the lead car and runners to pass. We contacted the police and a local chap with a chainsaw and the highways people cleared the tree fairly quickly."

Later water station supremo **Ashley Middlewick** took to social media to apologise to any runners who were delayed at water stations.

"Our limited crew of marshals and cadets struggled to cope at busy periods," he said. "Hopefully we will have more bodies on hand next year."

Those minor problems did nothing to spoil another outstandingly successful flagship event staged by the club. Congratulations all round to Adele, organising her 14th Bramley as boss, plus committee members **Glynne Jones** and **Alan McDonald**, who have worked on all 24 stagings, as well as catering generalissimo **Toni McQueen**, who jetted in from Canada for the weekend for her usual duties.

There was little time to celebrate last weekend's success. Race director Adele Graham said: "We actually start planning the next race pretty much as soon as the race is over."

"The really major work begins in August when we have to agree budgets, order meals, apply for licences, book car parks and the Red Cross etc."

"It's a monumental task to organise, given that the committee pretty much do it all in their spare time."

Adele has quashed suggestions that last-minute threats of a possible cancellation were a sham.

Some members may have been offended by coaching co-ordinator **Simon Davis's** delivery at track announcements, but he was telling it like it is.

"It was not an idle threat," said Adele. "We need 100-plus people on the day to make it all happen. We are helped by air cadets and scouts on the water stations but unfortunately every year we struggle to recruit enough people from the club."

"Without sufficient people to marshal it is not inconceivable that one day we will have to cancel the race on the grounds of safety."

"Thankfully people generally do come forward at the last minute, but we often just get by. I am not sure why we struggle and I think all clubs have similar problems."

"But we have over 500 members, so we shouldn't have a problem. I think it is because we are a big club everyone assumes 'someone else will do it' but that is not the case."

"The fact of the matter is that we can't put these races on unless our members turn out and offer help."

"On the positive side we do have a hard-core of people who rock up every year to do their bit, so huge thanks to all of them."



England call for Caroline

David Dibben

ROADRUNNERS' superstar vets **Caroline Hoskins** and **Mark Worringham** have both qualified to represent England. The pair returned stunning times in the south of England championships at Chichester to earn international places in May.



Carrie will now line up in an England Masters vest in the Great Birmingham 10k... but Mark is sadly unavailable for the big day. The former Roadrunners captain finished 12th overall in the fiercely-competitive Chichester Priory 10k and was the winner of the MV40 age group in 32mins 57secs.

Like Mark, Carrie just missed a personal best, but her time of 38mins 44secs was good enough for third place in the FV50 section and 18th lady overall.

The first three Masters in each age group will line up in England colours against another international team yet to be announced. And they will have pride of place in an advanced starting pen just behind the elite group.

Now the Henley grandmother faces an anxious wait for official confirmation of her call-up. A thrilled Carrie said: "It was a hard race and very windy, but a great event.

"I presume I will hear soon from England Athletics but I have no idea when so I will celebrate when the email comes through. Fingers crossed.

"I was 24 seconds off my 10k pb but happy with that in the conditions... very, very cold and very windy for the last 4K."

To complete a great day of family success Carrie's daughter Sophie improved her pb by over two and a half minutes with a time of 42:02.

Unfortunately Mark, who has already represented his country this winter as a cross-country international, won't be able to join Carrie in Birmingham.

"I will be away that weekend with the boys' rugby club," he said, "so I never put myself forward for consideration. I was entered for Chichester before they announced it was a qualification race."

He was disappointed, too, not to manage a pb.

"My best time is 32:05 on the track and 32:22 on the road," he said. "In fact, I think I've run quicker than today about six or seven times." But Mark has plenty of big targets for the running year ahead, starting with a tilt at a sub 2hrs 30mins in the Brighton Marathon in April.

And he also has the Masters World Track and Field Championships to look forward to in Malaga in September.

Along the way he will be seeking that elusive sub-32mins 10k.

Carrie, meanwhile, also has plenty of big targets in the next few weeks... Bramley, the Wokingham and Reading Half Marathons and then London, where she will be aiming to finish in under three hours again.

Both the Roadrunners' experienced stars have been nominated by the club in the 'veteran achiever' category in the Reading sports personality of the year award next month.

Middle-distance runner Helen Pool was also nominated for a local SPOTY prize in the 'improver' category. TVXC at Ashenbury Park - Race Director's report

TVXC at Ashenbury Park - Race Director's report

Sev Konieczny



As the final details are being tied-up ready for close-down, I can't help thinking that Ashenbury'18 deserves a place in my top 10 of running achievements.

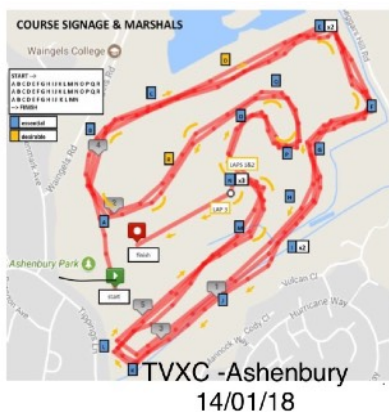
I didn't wear any trail shoes, didn't get muddy going around the 5.8 miles course you might notice. But the swig of cider at 3pm that Sunday (14/01/18) tasted as sweet as a PB. You know the feeling - full of euphoria, mixed together with pride, tiredness and a huge sense of achievement. We did it!

What a great show by the Roadrunners!

Just like a race, this winning performance had a goal, a plan, some setbacks, a dash of doubt and an increasing level of adrenalin as D-day was approaching.

Mission accomplished! The positive feedback can only reaffirm the reputation of Reading Roadrunners as a hospitable club that can deliver "a proper xc" fixture.

The journey there had some challenges. One major set-back for me was homelife to the point of almost jeopardising my involvement in this project. If it wasn't for Sam Whalley's determination and perseverance, Ashenbury would have been a very different story. Sam instigated the new venue following the Crown Estate's refusal to allow us to use the Crowthorne venue any longer.



Sam Whalley and **Bill Watson** designed the course, laying solid foundations for what became a successful event. **Katie Gumbrell** highlighted the marshal points. These three personalities together with **Phil Reay** formed the race committee.

One decisive moment for me during the preparations has to be when 17 people joined in the recce of the course. As well as realising that members had high expectations, I was reminded that the club has some curious, generous with their time, supportive and passionate members who are willing to help.



People made the day. Their energy and excitement certainly added to the buzz of discovering a new course for our home fixture. Ashenbury has never been host to an event of that scale.

It was so pleasing and something of a relief to see more and more runners appearing through into Ashenbury from the car park.

I believe it might have been the second biggest attendance for a RR fixture with 455 runners crossing the finishing line broken , high on mud and sweat.

I loved watching race day unfold and the plan coming together.

The time spent planning and organising logistics was worthwhile.



72 of you (including 23 runners and 3 who couldn't attend the event on the day) Roadrunners old and new shared their skills, talent and expertise ensuring the smooth running of Ashenbury before, during and after the race. Be proud! Be very

proud as it showcases the club's team spirit. I hope that this year's success has inspired members to try something new. Aren't we, Roadrunners extremely lucky to belong to a club that has such a wide variety of opportunities, either running or volunteering?

As for Ashenbury '19, I hope you will join us, it promises to be exciting. Watch this space!



There's something about the TVXC league

Peter Reilly



The Thames Valley Cross Country (TVXC) league has just wrapped up a highly successful and popular 2017/18 season. Each race had different challenges and memorable moments for the participants.

Metro's, Datchet Dashers, Sandhurst Joggers, Handy Cross Runners, Reading Roadrunners, Tadley Runners and Bracknell Forest Runners each hosted a race with participants from 15 clubs competing.

I really look forward to and thoroughly enjoy the TVXC season. It helps to lift the mid-winter blues. Maybe because it's undertaken over pretty tough terrain in the depths of winter is why I find it so life affirming. There is no monotony in the TVXC races. Lose concentration even for a moment and a tree root or change of underfoot conditions will make a face plant in the mud highly likely.

And it turns out that Cross Country is great strength training for the road and track season. What's not to like?

I'm not the only one who enjoys the experience. A swift look at the TVXC results show that an average of 383 participants from 15 clubs, including an average 53 Reading Roadrunners, ran in the seven events across season 2017/18. A whopping 89 Roadrunners raced in our own event at Ashenbury Park making up almost 20% of the field. This suggests we can indeed field runners and volunteers for our own events. With 455 runners our own race was second only to Datchet (477) in

numbers of finishers.



Hats off however to Tadley Runners whose small membership meant that all their members bar the tail runner sacrificed running in their own race to provide sufficient marshals and other volunteers on the day. It made me realise how lucky Reading Roadrunners is to have a large membership to draw upon for volunteers.

It's not just the race itself that is attractive. After all how can horizontal rain, ice, mud, really deep mud, streams, fallen trees, wind, freezing temperatures and steep hills even be attractive? There is within all the volunteers and racers a camaraderie and shared sense of purpose. Approximately 300-400 runners huddled together at the start ready to face the elements, desperate to get going just to generate some body heat. It is also that each host club works so hard behind the scenes to make each race day a special occasion for participants, laying on food and refreshments, providing marshals at key points on the course, trying to get the results out as soon as possible. TVXC brings out the best in people.



The marshals are hugely supportive as they lie their heads off about how well you are doing, "the hardest bit is over", "just one more hill" etc. Who hasn't heard and smiled at the scream in the forest as a faller goes down accompanied by peals of laughter and offers of help from marshals and fellow runners.

We also have teams in the more competitive Hampshire Cross Country League which often features national / international level athletes but that's another story.

The last word goes to octogenarian Tom Harrison who commented to Phil Reay on TVXC Bracknell:

"It was OK but I couldn't catch that old bloke from Sandhurst." "How old Tom?" "Oh, 60 something."



South of England XC Champs - 27th January 2018

Sam Whalley

Stanmer Park, Brighton, was the venue for the southern this year, with the usual venue of Parliament Hill being reserved for the National XC a month later.

Largely due to the travelling distance, recruiting teams for this fixture had proved difficult. Add to that a horrific weather forecast, roadworks on the motorway, a few bouts of illness, some personal circumstances, and an injury or two, and our squad of 8 men and 5 women was reduced to just 3 and 4, respectively.

Still, after the ordeal of putting up the event shelter in rather unfavourable conditions (i.e., we had to catch it after it took off), the hardy bunch that remained was rather looking forward to their run.

For both sexes, the course was run over a mixture of grass, woodland, and compacted mud paths, the former surface requiring long spikes, especially with it being wet and slippery, while for the latter, trail shoes would have sufficed. This meant that positions switched frequently throughout the race, depending on who was faring better over which type of terrain.



The ladies race was 8k this time - one small loop and two medium - with total elevation of 778ft, and a delightfully muddy downhill finish.

Being quite similar in speed over other, more local, XC races, we knew it would be a close-run race for us. We didn't expect to place, by any stretch of the imagination, but hoped to not come last as a team!

I was first back, in 44:17, with Paloma Crayford not far behind in 45:11. Amazingly, this was only Paloma's third XC race, after the Reading and Tadley TVXC fixtures (clearly she is not afraid of mud!) and she employed her usual strategy of starting off steadily and overtaking later on in the race. If only we could all be so sensible. Completing the team were Sally Carpenter, in 47:10, and Claire Seymour, in the throes of marathon training, hot on her heels in 47:16.



This was Sally's first experience of an XC championship race, and, she vowed to throw away her trail shoes in favour of some more grippy spikes, having been frustrated with the slipperiness of it all. It is definitely worth the investment!

When the official results were released, we were delighted to have come 39th out of 40 teams listed, and not last! I can only assume that there were a lot of incomplete teams, as there were at least 60 runners behind us.

Thanks to Renée Whalley for these photos.

The men's course was, controversially, given the recent uproar about sexism in these long-standing races, 15k, almost double the distance run by the women, with a cut-off time - the men were to have started their third lap by 55 minutes. I think this was run over 1 small loop and 3 large. I say, think, because by this time the weather was so fierce, that all I could do to avoid post-race hypothermia was stay inside the tent and watch from a distance. The overall elevation gain was 1519ft though, according to Strava records.

First back for the club was David McCoy (the younger) in an excellent 1:03:00. Brendan Morris was just a whisker behind in a 1:03:16, and Ian Giggs, on his way back from Peacehaven parkrun (his 226th different parkrun event), ran



a very good 1:16:54, with still over 100 men behind him in this considerably reduced field, and despite being soaked to the skin. With 6 needed to score, they were short of a full team, but all three were pleased with their runs regardless.

Thanks to Pete Morris for these photos, and to everyone who made the journey to both represent and support the club at this fixture.



Note: For more information on the petition to equalise distances of XC races for men and women in England, visit 38degrees.org.uk.

Bramley 20 miler - A masterclass in roadcraft

David Dibben

MY orders were clear. "Inject a bit of colour into your report," he said. "Personalise it and say how you felt in the build-up to your first 20-miler. And mention a few of the members who don't normally get any coverage."

This won't be easy, I thought. The colour of the sky and roads round Bramley are uniformly grey in February and, with my usual Sunday morning long-run oppo out of the country, I face a punishing long solo run.

Then I got very lucky. Barely ten minutes before the gun I bumped into my former training partner Melanie Shaw during my warm-up, in the company of one of the club's elite runners, Jamie Smith.



After a year out through injury Mel is now fit again and scoring points for the club in the last TVXC fixture. But her big target is the London Marathon, where she will take up her deferred Good For Age place on April 22nd.

To that end she is getting one-to-one coaching from Jamie, which included guiding her round Bramley (twice!).

Whether they wanted me to or not, I hitched a ride on their wagon. And I was treated to the best seat in the house for a coaching masterclass.

Most people in Reading know Jamie as the former manager of Sweatshop but he has also worked recently as a personal trainer. I'm not sure if he still does any of this stuff professionally but he certainly still has all the skills.

For 20 miles I earwigged his excellent advice as he talked Melanie through the entire event. I had intended to make the occasion a training session rather than a race and Jamie made it all seem so simple.

For the first two miles we were caught in some dreadful tail-enders' traffic... but that was just how he planned it. Very soon we were comfortably ahead of my target - sub three hours - and I was receiving a free lesson in the science of how to run properly.

All the while he was encouraging the good lady and passing on any number of tips on road-craft as well a tutorial on hydration and nutrition; Jamie was armed with a seemingly inexhaustible supply of gels. Before the water stations he eased on ahead and had our drinks ready.

Just by following his instructions, we were gradually carving through the field and passing dozens of runners, and he made it seem practically effortless.



At one stage on lap two Mel seemed to be flagging slightly and Jamie spotted it immediately, barking: "Don't listen to your body, listen to me."

We eased through the mini-crisis and we finished with a negative split. I beat my target with more than 11 minutes in hand, the last mile being my quickest and lap 19 the second quickest.



Mel put a handful of seconds into me in the last 300 metres; she has always had a good 'kick' at the end of a race and, anyway, I am quite a bit older than her dad.

Not only had I enjoyed an armchair ride but I had received a valuable education.

It was all expert advice and I'm sure Jamie could still make a good living out of dispensing it. He will start the Brighton Marathon with Mark Worringham and the other elite runners and if he can hang around at the finish for an hour or so I intend to repay my debt in lager.

Our disparate trio were followed over the line shortly afterwards by another little success story when Roadrunner Dave Brown buried his gremlins and smashed his pb.

Dave had taken to social media before the race to share his anxiety about beating his three-hour target and wiping out the memories of last year's nightmare performance.

"I was panicking I had under-trained for the demands of the race," he said. "Bizarrely I wore calf-guards and as we came to complete lap one I came over all hot and giddy.

"Stubbornness kept me going and I was lucky that I had a good friend in Donna Saunders who stayed with me for the second lap.

"She wanted me to quit as she could see I wasn't right but we run/walked to a disappointing time of 3hrs 30mins. I felt so disappointed and terrible that I had cost my dear friend her race.

"This year I have been nervous all week but I decided the key was pace control and ignoring my surroundings. The second lap was challenging without any company but I'm now genuinely happy by going under three hours and by a good margin (2:52.37)."



Among those not too bothered about their time but simply "chuffed to finish" was Gill Manton, who defied a hamstring strain to come home at the rear of the field in 4:56.01 alongside Tony Eastaway.

"Tony offered to keep me company," said Gill. "Our plan was to take it steady and finish with comfort. He wanted miles in the legs and was happy to run at a chatty pace with me.

"Then we added a few more Roadrunners - Hannah McPhee, Rachel Allaway and Simon Hunt - to our first lap fun bus.



"By mile 12 my hamstring was a bit niggly, so walking featured more than running. This was when it started to snow and I had to dig a bit deeper.

"My targets were my husband Chris marshalling at mile 15 and then Sian James and Simon Denton at the top of the hill. Peter Higgs and Chris and Sarah Drew were next on our list and finally we heard the dulcet tones of Emma Caswell on the loud-hailer.

"We were over half an hour slower than planned but we were really grateful to those who came out to support us over the last few hundred metres. It was amazing support."

Gill showed true Roadrunners' spirit when she added: "There was frustration and disappointment but I need to take the positives from today... miles in the legs and the nutrition kit worked well.

"Bring on the Paris Marathon!"

A Roadrunner who has a recent marathon pb behind her is Paloma Crayford, and she now has a massive pb to go with it.

Paloma, who proved what a good sort she is by turning out at short notice so we could complete a team in the Southern Counties XC, took no less than 15 minutes and 27 seconds off her 20-mile time.

And she summed up the day and the RR ethos by saying: "I'm chuffed to bits and now I'm going to have a well-deserved glass of red."

Hampshire Cross Country League Triumph

David Dibben

READING Roadrunners captured their first big team trophy of the year when they clinched the Hampshire League's veterans' division at Aldershot.

In truth the cup was already in the bag before the final round, when we just had to put out a full squad of finishers to secure the pot.

But once again former skipper Mark Worringham and his boys did the business by taking victory for the fourth time in five races.

As the League rules allow a club to discard their worst result – in Roadrunners' case a highly-creditable third – it effectively meant a perfect record. And all the sweeter as it was achieved on the home turf of the mega-strong Aldershot, Farnham and District club.

Roadrunners' men's team captain Phil Reay crowed: "It was a magnificent performance. These boys deserve an open-top bus parade. The opposition in this League is fantastically strong."

He's not wrong there. The last Great Britain team included three of their eight in their squad who are regular runners in the Hampshire League – Andy Vernon, Alex Teuten and Mohamed Mohamed.

Unfortunately the club are unlikely to get their hands on the silverware until the county authority's annual meeting in June.

Then Worringham will pick up the silver medal and our second-claim man Ben Paviour will collect the bronze.

They were backed up as ever at Aldershot by Lance Nortcliff and Andrew Smith, who finished fifth and sixth respectively in the end-of-season standings.

Our four top scorers were once again given great backing by old faithfuls Pete Jewell, Bill Watson and Colin Cottell.

Only the gold medallist, Alex Hamilton of Basingstoke, and Steve Way of Bournemouth, in fourth, prevented us from a clean sweep at the top. It was the former GB marathon runner Way who denied Worringham and Paviour, just taking top spot in the Vets, with just two seconds covering the three of them after a terrific battle at the end of a 9k shoot-out.



The trio were only a handful of seconds in front of our two top seniors, Matthew Richards and Mark Apsey.

The Senior Team achieved 6th place in division 1 on 22 points which is the club's best finish for at least 16 years and possibly longer as results pre-2002 are hard to find. We were 6th in 2004 & 2014 with inferior points scores of 32 & 38 respectively.

Skipper Reay summed it up: "This should be just the start of a really successful year for the club."



Reading TVXC Race Report - 14 January 2018

David Dibben

SEV KONIECZNY and Rob Corney were the toast of Reading Roadrunners after the club's inaugural Thames Valley Cross Country League event at Ashenbury Park, Woodley.

Corney convincingly won the race and then led the plaudits for race director Sev.

"Huge credit to Sev, who I know had worked really hard to organise the race," he said. "The course was superb... proper cross-country."

Rob, who also won our final home TVXC fixture on the old Crowthorne Woods circuit, stormed home with a massive 94 seconds to spare from Datchet's James Sansom, with Richard Price, of Wargrave, just denying our own Mark Apsey a place on the podium.

Then Rob revealed one of the big secrets of his success. "I had 15mm spikes on, which definitely gave me an advantage over most of the field," he said. "Most people were in normal trail shoes."

For the star of Roger Pritchard's You Tube home movie, it was the second great performance of the weekend. He had finished a highly-creditable fourth on his debut in the hugely competitive Hampshire League fixture at Prospect Park the previous day.

Rob said: "I had heard it was a fast league. Mark Worringham mentioned that a top-ten finish would be a good result and I knew a couple of the quick guys who usually run were up in Scotland for the international so I made a solid top ten my target.

"For 9.2km it was bloody tough and I'm not looking forward to Parliament Hill and 12km of that sort of pace." Next morning, hardly surprisingly, his legs felt heavy and he didn't want to run. But, like so many of our good clubmen, he said: "I was down for helping with the course set-up, so I dragged myself out of bed and down to the park.

"Once you get on the start line everything else takes a back seat. It was nice to win the home fixture for RR."

What made the occasion all the sweeter for Sev, her hard-working committee and Katie Gumbrell's 'green army' of marshals and volunteers was the news the following day that Roadrunners' men had been declared winners of the event.

After the provisional results had been announced it was spotted that our third man over the line, Seb Briggs, had not been recognised in the veteran category.

Thanks to a superb run by our second 'vet', Fergal Donnelly, Roadrunners packed all six scorers in the top 22, pipping the strong Datchet outfit by just three points.

With our ladies, led by Gemma Buley, finishing fifth, that placed the club second overall on the day.

Afterwards there was as much praise for the race director as the race winner.

Social media was hit by a tsunami of acclamation, typically this from Chris Drew: "Lots of love coming your way, Sev. An absolute triumph."

And this from Ashley Middlewick: "That was a proper RR XC event in every sense... tough, muddy, undulating course, superbly marshalled and supported, with a fantastic turn-out and great food afterwards."

For the weekend's champion Corney, however, there are even bigger fish to fry. His season's targets include a sub-2hrs 30mins finish in the London Marathon and then "maybe a nibble" at Keith Russell's club marathon record in Berlin in October.

Apsey wins Tadley

David Dibben

ROADRUNNER Mark Apsey stormed to victory in the Thames Valley Cross Country League fixture at Tadley... but he was not the real hero of the hour.

That honour fell to his 11-month-old daughter Tilly, who for once allowed him a full night's sleep before the race.

"That meant I was able to go into it feeling fresh," said Mark, "as well as quietly confident after a fourth-place finish in our home fixture.

"So, following a trademark David McCoy fast start, I took the lead after about 500m and managed to hold on to it for the rest of the race.

"For the first lap I knew there was a group just behind me but each time they came up to my shoulder I was able to hold them off. On lap two the group had dropped back but I still felt strong and did all I could to take it out for the win."

Along with the failure of home club Tadley to field any runners to contest their own event, the atrocious weather and conditions were the big talking-point of the day for runners, team officials and spectators.

But Apsey said: "The course was great. Perfect cross country... mud, water, ducks and leaps. The mud was different from our home fixture. This was slippery mud and although I felt my feet sliding around, my spikes just about kept me vertical the whole way round.

"It was nice to take the win. I've had a few in the green vest over the years but this was definitely up there with the best."

Our winner got great support from McCoy, who finished 11th, one place in front of another Irishman, the vastly-improved Fergal Donnelly, with Andrew Smith, Andy Blenkinsopp and Ian Giggs also scoring to bring us home in third place.

Gemma Buley was again first finisher for our ladies in 17th, well backed up by Alix Eyles, Sarah Alsford and captain Sam Whalley, giving us fifth place and helping the club to fourth overall on the day.

The Thames Valley League roadshow now moves on to the Bracknell club's home fixture at Lightwater, where there will be all to play for against Windle Valley, Datchet and Sandhurst in the battle for end-of-season podium honours.

The good news is that Mark Apsey will definitely be on the start line for us in that one to close out his cross-country season.

For the rest of the year he has one big goal, and a sub-35mins 10k looks well within his capabilities on last summer's form.

The only event firmly fixed on his calendar is the Mayfair Tower Race in May, a charity run aimed mainly at the hospitality industry. The 5k round Hyde Park sounds OK, but good luck with the climb of 28 floors to the finish at the top of the Hilton Hotel in Park Lane!

Track Friday - 23 Feb

Fergal Donnelly and Tony Canning



Introducing Handicap 5km & much more..

Starts 23rd Feb, 1830 hrs @ Palmer Park

2017 review



Last year was one in which we evolved our quarterly track event. Hitherto a 5km race only, we added the iconic Mile distance to the schedule in September before topping it off with a fun Relay event in November. This triumvirate of races each quarter would lead to a change of event name from 5k Friday to *Track* Friday.

In addition, we aimed for more of a race 'feel' with staggered lane & gun start, race-clock, officials in hi-vis, formal timing and finish line funnel to optimise result accuracy. With well over one-third of all runners hailing from outside the club (University of Reading, Sweatshop, Reading Joggers & beyond) the event has acquired somewhat of a wider, local appeal.

And, of course, our post race refreshments and social in the

clubhouse afterwards- a constant from day one- for which **Track** Friday has become well renowned as well as raising a few hundred pounds for the club charity each year.

Handicap 5km

As we continually look to evolve the event, we encourage your feed-back and resulting from this we have added the Handicap 5km race to our 2018 calendar. Taking place on alternate quarters (see Schedule on Notice below), the intention is to **level the playing field** such that any runner, irrespective of ability, can win the race or certainly feature much higher than they might otherwise do. **Track** Friday is an event aimed at runners of ALL abilities.

In simple terms;

- **Registration** - runners advise expected finishing time (1 minute range) upon registering, eg 25 – 26 mins
- **Race start** - runners start at 1 minute intervals, starting with the longest expected finishing time down to the shortest (eg, 30, 29, 28, 27, 26 etc)
- **Race finish** - runners complete 12.5 laps and, assuming in line with their expected finish time, all finish close together
- **Race winner** - first across the finish line. Runners finishing outside of 1 minute range advised by them at Registration will have 1 minute added on for each minute outside of range, thereby encouraging runners to accurately estimate finish time. Fastest times will still be published but for the purpose of Handicap 5k event, winner will be first runner 'home'

With all runners expected to finish much closer together this should make for an exciting finish as well as a nervous time for our time-keepers!

The addition of our (fun) Relay event in November 2017 was precisely that – a bit of fun. Suffice to say, the (informal) organisation of such a race- putting teams together etc- was quite challenging though less so than the baton exchange would prove to be for one of the teams when the oncoming runner, at some pace, was met with by a static recipient! We witnessed some pleasantly surprisingly fast runs too as runners gave it their all for this 4 x 100 metre, team event.

Your support

As with any event, **Track** Friday would not be possible without great support from our teams of volunteers. They fulfil a variety of roles – including registration, officiating, serving refreshments, race photography & video recording- and are often performed by children (under supervision) too, enabling family attendance. We are also grateful to those who come to support and encourage as we are to those who generously donate refreshments, the proceeds of which are routed to our club charity, as mentioned.

We hope the enhancements we are making to this club organised track event continue to meet with your approval. There are many benefits to participating and competing in track events, whether it be consistent pacing on a flat surface, higher intensity running, running with others or trying to beat your parkrun PB! Whatever your goals for 2018, why not make **Track** Friday one of them?

2018 schedule & website **Track** Friday - 2018 calendar of events

- | | |
|--|----------------------------|
| • Feb 23rd – Mile, 5k, (fun) Relay | <u>CONFIRMED, 1830 hrs</u> |
| • May 18th – Mile, Handicap 5k, Other. | <u>DATE - TBC</u> |
| • Sep 22nd – Mile, 5k, (fun) Relay | <u>DATE - TBC</u> |
| • Nov 23rd – Mile, Handicap 5k, Other | <u>DATE - TBC</u> |

See also <http://readingroadrunners.org/track-friday/> including previous race results, pictures and videos

Roadrunners Race Results

David Dibben

At this time of the year there seems to be a fairly straightforward choice over where to get your running fix at the weekend.

You can either join the throng at a cross-country race or, if you don't fancy a mud-bath, hit the pavements for a road race or training for a spring marathon.

Or, if you're a certain breed of Roadrunner, you can do both.

Our members follow their own agendas, so the results below do not always tell the whole story.

For example, on one recent weekend, I noticed that Pete Morris had finished at the rear of the field in a Thames Valley Cross-Country League event.

That was highly unusual, I thought, until I learned that he had actually finished first in a half-marathon the previous day. (And had paused his TVXC race to hone his photographic skills!)

By the same token, his pal Ashley Middlewick turned in a disappointing time in a 10-mile road race in Kent. (Disappointing for him.... most of us would have been delighted.)

Then I discovered part of the reason for his relatively poor showing.... an excellent performance in a trail half-marathon in the wilds of Snowdonia the previous day. And that was after kicking off his weekend's sport with a parkrun!

Even the girls are at it! When I congratulated Gemma Buley on being the club's first finisher in a TVXC event, she professed disappointment with her run but offered the mitigating circumstance of having done 18 eight-minute miles for her London Marathon training the previous day.

Some people just can't get enough of the action. And pride of place must go to that great team Claire Seymour and Lance Nortcliff, who represented to club with distinction in the Hampshire League and then raced the Bramley 20 the following day.

Finally, an apology to Helen Dixon, who is known as 'PB Queen' in her Wednesday evening training group. I committed the arch sin of confusing her gun time with her chip time in a 10k event last month. The correct figure was 1:02.28. Must make a mental note not to upset PB royalty.

January 13th

Hampshire League, Round 4 (Prospect Park)

Men

Pos	Name	Gun
4	Rob Corney	32.10
19	Mark Worringham	33.34 (1 st Vet)
23	Ben Paviour	33.45 (2 nd Vet)
35	Mark Apsey	34.59
37	Lance Nortcliff	35.02
56	Dave McCoy	36.37
67	Brendan Morris	37.08
70	Tom Peirson-Smith	37.30
75	Andrew Smith	37.59
86	Duncan Mollison	38.52
87	Will Haynes	38.58
104	Pete Jewell	40.29
123	Bill Watson	42.07
134	Ian Gigg	42.55
137	Stuart Jones	43.28
144	Colin Cottell	44.13
156	Dave Brown	46.21
166	David Walkley	48.16
170	Nick Adley	49.19
171	Sahan Jinadasa	49.22
178	Gary Brampton	51.38
181	Pete Morris	53.33
182	Paul Carter	56.27
185	Peter Higgs	61.27

Women

Pos	Name	Gun
44	Helen Pool	23.40
48	Pip White	24.01
51	Sarah Dooley	24.19
63	Marie-Louise Kertzman	25.07
70	Lesley Whiley	25.53
78	Sarah Alsford	26.24
86	Sam Whalley	27.08
88	Sally Carpenter	27.29
92	Claire Seymour	28.04
110	Diane Hodder	30.10
118	Maureen Sweeney	33.05
123	Maria Norville	34.11
126	Helen Dixon	36.25
127	Sarah Walters	36.47

January 14th

Thames Valley Cross Country League

Round 5 (Ashenbury Park, Woodley)

Pos	Name	Gun
1	Rob Corney	32.09
4	Mark Apsey	33.49
7	Seb Briggs	34.33
17	Jamie Smith	36.08

21	Fergal Donnelly	36.31
23	Brendan Morris	36.50
40	Andrew Smith	37.49
44	Andy Blenkinsop	38.17
52	Ashley Middlewick	39.27
53	Ian Giggs	39.38
59	Richard King (guest)	39.56
63	Ashley Jeggo	40.06
75	Gavin Rennie	40.43
83	Kenny Heaton	41.12
88	Stuart Jones	41.24
93	Richard Hallam-Baker	41.39
97	Chris Buley	41.49
98	Alan Freer	41.51
101	Aaron Chai	42.06
102	Alan Thomas	42.09
105	Julian Hough	42.21
108	Paul Kerr	42.26
111	Dean Allaway	42.35
118	Bill Watson	42.46
123	Colin Cottell	43.03
129	Richard Smith	43.34
143	Keith Ellis	44.31
145	Euan Whitmey (guest)	44.41
148	Simon Peralta	44.43
150	Stuart Humphries (guest)	44.57
152	Ivan Harding	45.02
157	Gemma Buley	45.31
160	David Walkley	45.42
163	Chris James	45.48
202	Alix Eyles	47.28
206	Claire Marks	47.38
208	Sarah Alsford	47.42
214	Lesley Whiley	48.06
228	Mary Janssen	48.37
242	Nick Adley	49.15
243	Paul Milnes	49.19
245	Brian Fennelly	49.30
247	Stewart Wing	49.39
254	Melanie Shaw	50.05
257	Nicole Rickett	50.13
267	Paul Monaghan	50.25
270	Chris Manton	50.55
272	Ricky Straw	51.00
280	Pete Morris	51.23
281	Sally Carpenter	51.30
285	Caroline Jackson	51.41
287	Paloma Crayford	51.51
288	Jo Sollesse	51.54
289	Sophie Pindoria	51.56
290	Sam Whalley	52.02
298	Alice Godding	52.39
299	Martin Douglas	52.40
305	Paul Caswell (guest)	53.27
309	Holly Towers	53.46
324	Neil Fenwick (guest)	54.29
325	Teresa Caswell (guest)	54.39
335	Jo Rippingale	55.41

336	Katie Gash	55.46
357	Mike Dimmick (guest)	57.38
374	Lisa Kilby	59.45
379	Maria Norville	1:00.21
388	Bob Thomas	1:02.12
390	Tracey Suff (guest)	1:02.18
400	Lucy Bolton	1:02.58
404	Liz Fletcher	1:03.19
412	Manisha Mohan	1:04.57
413	Kevin Strong	1:04.54
416	Paul Young	1:05.32
417	Liz Atkinson	1:05.53
419	Justin Watkins	1:06.07
428	Holly Turner	1:08.43
429	Frances Turner (guest)	1:08.44
435	Gemma Higgs (guest)	1:11.03
436	Peter Higgs	1:11.04
438=	Sarah Walters	1:12.17
438=	Helen Dixon	1:12.17
440	Annette Russell	1:12.29
449	Janice Thomas	1:17.18
451	Hannah McPhee	1:19.14
452=	Veronica Andrew	1:20.03
452=	Divya Samani	1:20.03
454	Stephen Wing	1:27.57
455=	Julie Wing	1:40.20
455=	Sarah Richmond-Devoy	1:40.20

Men's scores: 1 Corney, 4 Apsey, 7 Briggs, 17 J Smith, 20 Donnelly, 22 Morris. Total 71 for 1st place.

Women's scores: 14 Buley, 31 Eyles, 32 Marks, 34 Alsford. Total: 111 for 5th place.

Overall: Roadrunners 2nd place.

Woodcote 10k

Pos	Name	Chip
1	Chris Lucas	35.53
34	Chantal Percival	43.15 (3 rd lady)
39	Jane Davies	43.36 (1 st FV50)
47	Mark Smith	44.13
55	Alasdair Marnoch	44.32
76	Joe Blair	46.24 (3 rd MV60)
86	David Dibben	47.04
112	Peter Manning	48.15
126	Jacqueline Smith	49.02
166	Lee Hinton	50.44
171	Stephen Dellow	51.20
190	Auria Dee	51.56
211	Catherine Leather	52.42
217	Joe Ake-Chem	53.09
251	Robert Hele	54.51
285	Matthew Durman	56.37
333	Rob Bursell	58.59
338	Chris Asemi	59.15
341	Caroline Hargreaves	59.38
342	Zoe De La Pascua	59.30
368	Rachael Derry	1:01.33

369	John Bullock	1:01.33
377	Heather Bowley	1:02.19
386	Andrea Marnoch.	1:03.03
415	John Bowley	1:06.21
427	Trisha Arnold	1:08.55

January 20th**Buff Winter Trail Half Marathon (Snowdonia)**

Pos	Name	Chip
35	Ashley Middlewick	1:47.59

Holme Pierrepont Challenge Half Marathon (Nottingham)

Pos	Name	Chip
1	Pete Morris	1:53.42 SB

Holme Pierrepont Challenge Marathon

Pos	Name	Chip
16	Martin Bush	4:20.46

January 21st**Thames Valley Cross Country League Round 6 (Tadley)**

Pos	Name	Gun
1	Mark Apsey	34.48
11	Dave McCoy	37.15
12	Fergal Donnelly	37.48
27	Andrew Smith	39.28
38	Andy Blenkinsop	40.55
48	Ian Giggs	41.50
61	Bill Watson	43.12
73	Chris Buley	43.51
74	Julian Hough	43.53
76	Paddy Hayes	44.01
80	Richard Charley	44.31
93	Tom Anthistle	45.32
94	David Fiddes	45.39
102	Peter Cook	46.35
107	Chris Cutting	46.55
115	Gemma Buley	47.22
118	Dean Allaway	47.34
141	Alix Eyles	49.16
166	Sarah Alsford	51.22
185	Sam Whalley	52.54
188	Peter Reilly	53.14
195	Dave Brown	54.02
198	Jim Kiddie	54.20
216	Jo Solesse	56.31
221	Paul Milnes	56.56
222	Paloma Crayford	57.22
225	Andy Atkinson	58.33
230	Peter Higgs	59.40
234	Charlie Macklin	1:00:37
234	Angela Burley	1:01.23
263	Cath Stobie (guest)	1:06.02
269	Maureen Sweeney	1:06.57
289	Maria Norville	1:10.34
290	Kerry Eastwood	1:10.36

301	Sarah Drew	1:14.45
302	Liz Atkinson	1:18.02
304	Kerri French	1:21.13
307	Linda Wright	1:26.40
308	Pete Morris	1:26.45

Men's scores: 1 Apsey, 11 McCoy, 12 Donnelly, 27 A Smith, 38 Blenkinsop, 47 Giggs. Total 136 for 3rd place.

Women's scores: 17 Buley, 27 Eyles, 40 Alsford, 49 Whalley. Total 133 for 6th place.

Overall: Roadrunners 4th place.

Farnborough Winter Half Marathon

Pos	Name	Chip
204	Alan Thomas	1:34.14
261	Stuart Rutherford	1:36.36
317	Samantha Taylor	1:39.56
328	Joe Blair	1:40.24
355	David Dibben	1:41.21
373	Peter Manning	1:41.55
584	Catherine Bruce	1:48.36
643	Judith Ritchie	1:49.28
872	Carmen Fuentes	1:57.41
1313	Lucy Bolton	2:14.32
1494	Justin Watkins	2:29.53

Canterbury 10

Pos	Name	Chip
155	Ashley Middlewick	1:10.24

Abingdon 10k

Pos	Name	Chip
28	Chantal Percival	42.47

Winter Tanners (North Downs, 21.7miles)

Pos	Name	Gun
1	Alan Freer	3:48.00
-	Christine Usher	7:37.00

Windsor Winter 10k

Pos	Name	Chip
18	Ashley Jeggo	39.40

January 27th**Southern Cross Country Championships (Brighton) Senior Men**

Pos	Name	Gun
239	Dave McCoy	1:03.00
248	Brendan Morris	1:03.12
603	Ian Giggs	1:16.54

Senior Women

Pos	Name	Gun
259	Sam Whalley	44.17
271	Paloma Crayford	45.11
289	Sally Carpenter	47.10
290	Claire Seymour	47.16

January 28th**Longleat 10k**

Pos	Name	Chip
689	Rita Dykes	1:01.48

Romsey 5 Miles

Pos	Name	Chip
106	Peter Manning	34.36

Funchal Half Marathon (Madeira)

Pos	Name	Chip
89	Linda Wright	2:20.04 (4 th FV60)

February 4th**Chichester Priory 10k**

Pos	Name	Chip
12	Mark Worringham	32.57 (1 st MV40)
134	Caroline Hoskins	38.44 (3 rd FV50)
266	Sophie Hoskins	42.02 PB
575	Julie Rainbow	48.46

**Marathon of Meridiana
(Canary Islands)**

Pos	Name	Chip
27	Ashley Middlewick	4:59.18

South Devon Coastal Marathon

Pos	Name	Chip
1	Rob Corney	3:21.02
31	Stuart Jones	4:57.38

Cancer Research UK London Winter 10k

Pos	Name	Chip
372	Jane Copland Pavlovich	41.56
489	Katherine Sargeant	42.42
595	Tony Streams	43.19
12105	Alex Perez	1:07.35
12107	Sara Higuera	1:07.35

**Thames Valley Cross Country League
Round 7 (Bracknell Forest)**

Pos	Name	Gun
5	Ben Paviour	36.18
6	Mark Apsey	36.29
8	Jack Gregory (guest)	36.44
10	Dave McCoy	36.55
12	Chris Lucas	37.36
19	Jamie Smith	38.21
27	Fergal Donnelly	39.18
30	Andrew Smith	39.29
43	Andy Blenkinsop	41.20
53	Ashley Jeggo	41.48
60	Ian Giggs	42.27
68	Tom Anthistle	42.59
80	Chris Buley	43.51
81	Bill Watson	44.08
83	Paddy Hayes	44.11

92	Richard Smith	44.29
100	Richard Charley	45.03
109	David Fiddes	45.44
121	Julian Hough	46.32
131	Colin Cottell	47.02
150	Gemma Buley	48.04
155	Keith Ellis	48.18
162	Pip White	49.02
183	Alix Eyles	50.03
214	Eddie McIndoe	51.35
222	Melanie Shaw	51.59
231	Sarah Alsford	52.34
233	Dave Brown	52.45
239	Brian Fennelly	53.04
255	Sam Whalley	53.58
259	Nick Adley	54.11
263	Claire Woodhouse	54.30
271	Robert Boden (guest)	55.03
282	Jim Kiddie	55.39
284	Nicole Rickett	55.47
285	Jo Sollesse	55.48
291	Daniel Rickett	56.52
305	Andy Atkinson	59.04
322	Louise Atkinson	1:00.34
324	Sian Deller	1:00.37
322	David Haynes	1:01.26
337	Andrea Bennett	1:01.47
343	June Bilsby	1:02.23
354	Ben Marchant	1:03.19
355	Sarah Richmond-Devoy	1:03.21
356	Veronika Royle	1:03.22
358	Grace Lyon	1:03.26
359	Katie Gumbrell	1:03.45
373	Peter Higgs	1:05.13
379	Maria Norville	1:06.10
414	Katy Elliott	1:10.09
421	Tom Harrison	1:11.57
422	Liz Atkinson	1:12.38
431	Linda Wright	1:16.51
433	Pete Morris	1:17.46
435	Kerri French	1:24.01
436	Gill Manton	1:24.02

Men's scores: 5 Paviour, 6 Apsey, 9 McCoy, 11 Lucas, 18 J Smith, 26 Donnelly. Total 75 for 2nd place.

Women's scores: 21 Buley, 24 White, 31 Eyles, 46 Shaw. Total 122 for 6th place.

Overall: Roadrunners 4th place.

Watford Half Marathon

Pos	Name	Chip
1687	Lucy Bolton	2:16.43
1704	Justin Watkins	2:19.04

February 10th
Hampshire League
Round 5 (Aldershot) - Men

Pos	Name	Gun
19	Mark Worringham	36.12 (2 nd vet)
20	Ben Paviour	36.13 (3 rd vet)
22	Matthew Richards	36.17
24	Mark Apsey	36.26
44	Lance Nortcliff	30.05
68	Andrew Smith	39.57
86	Tom Peirson-Smith	41.28
108	Pete Jewell	42.52
138	Bill Watson	45.48
151	Colin Cottell	47.05
180	Peter Reilly	55.55

Final positions: Roadrunners 6th in Division 1 and
 Champions of Veterans' Division.

Women

Pos	Name	Gun
42	Marie-Louise Pierson-Smith	29.32
45	Pip White	29.55
61	Nicole Rickett	31.23
81	Sam Whalley	33.09
87	Claire Seymour	33.36
98	Nicola Spillane	35.53

Final positions: Roadrunners 10th for season
 and 5th in Veterans' Division

287	Loretta Briggs	2:43.12
289	Sophie Hoskins	2:43.30
290	David Walkley	2:43.48
325	Sam Hammond	2:47.42
333	David Lennon	2:48.12
341	Melanie Shaw	2:48.39
342	Jamie Smith	2:48.39
343	David Dibben	2:48.47
356	Liz Jones	2:50.57
361	Brian Fennelly	2:52.06
374	Dave Brown	3:52.37
385	David Clay	2:54.47
409	Catherine Leather	2:57.14
410	Lee Hinton	2:56.59
411	Julie Rainbow	2:56.24
413	Beth Rudd	2:58.10
425	Amadine Joubert	2:59.27
446	Marion Loiseau	3:00.17
454	Paloma Crayford	3:01.14
481	Sara Lopez	3:05.18
482	Joe Akem-Che	3:04.22
518	Claire Seymour	3:09.31
528	Pete Morris	3:11.25
548	Tracey Hicks	3:14.54
586	Anthony Long	3:23.03
587	Sarah Richmond-De'voy	3:23.05
592	Kevin Bilsby	3:25.10
663	Lucy Bolton	3:55.06
665	Justin Watkins	3:56.21
682	Gill Manton	4:56.01
683	Anthony Eastaway	4:56.00

February 11th
Bramley 20 miles

Pos	Name	Chip
4	Seb Briggs	1:56.40 PB
42	Alex Warner	2:12.22
55	Caroline Hoskins	2:14.19 (1 st FV50)
57	Lance Nortcliff	2:14.11
64	Jamie Cole	2:15.13
69	Alex Harris	2:16:35
93	Paddy Hayes	2:18.59
95	Clive Alderson	2:20.05
105	Sarah McDade	2:21.11
111	Grant Hopkins	2:21.51
121	Ian Giggs	2:24.04
126	Katherine Sargeant	2:23.56 PB
139	Erica Key	2:27.45
156	Tony Streams	2:29.02
185	Brian Grieves	2:30.57
187	Chris Buley	2:31.38
201	Stuart Rutherford	2:34.56
204	Chris Cutting	2:34.13
209	Justine Morris	2:35.50
215	Gemma Buley	2:36.12
220	Sarah Dooley	2:36.22
270	Mary Janssen	2:42.05

Bramley 10 miles

Pos	Name	Chip
8	Keith Russell	57.15
11	Brendan Morris	58.11
12	Dave McCoy	58.22
30	Andy Morgan	1:02.35
46	Gareth Goodall	1:04.46
63	David McCoy	1:08.01
69	Ed Dodwell	1:08.22
78	Paul Kerr	1:08.47
90	Jane Davies	1:11.01
97	Helen Pool	1:11.22
98	Pete Jewell	1:11.21
104	Paul Billing	1:11.48
106	Fergal Donnelly	1:10.17
145	Katherine Foley	1:16.06
159	James Talbot	1:16.56
162	Vince Williams	1:17.26 PB
164	Stewart Wing	1:16.53
191	Nick Adley	1:19.30
226	Mo Fassihinia	1:21.27
231	Sally Carpenter	1:22.01
241	Sam Whalley	1:22.20 PB
250	Maria Absolom	1:22.31
305	Jim Kiddie	1:26.06
326	Simon Davis	1:25.48

337	Sarah Harford	1:27.35
346	Catherine Bruce	1:28.46
352	Nicola Gee	1:29.08
354	Holly Towers	1:29.25
355	Colin McCarlie	1:29.13
366	Clive Bate	1:29.55
378	Chloe Lloyd	1:30.37
382	Robin Bertrand	1:30.24
388	Katie Gash	1:31.15
389	Ian McGuinness	1:31.15
395	Jo Rippingale	1:31.45
400	Maria Norville	1:33.53
419	Sarah Hicks	1:33.36
427	Ken Beck	1:33.27
438	Saba Reeves	1:34.59
447	Zoe De La Pascua	1:34.28
473	Jenny Boxwell	1:36.57
476	Neil Carpenter	1:36.59
491	Annamaria Botlik	1:38.47
495	Tom Harrison	1:39.37
496	Renjit Kumar	1:37.54
498	Katie Ward	1:39.01
529	Moiria Allen	1:40.28
531	Bob Thomas	1:41.59
537	Helen Dixon	1:42.23 PB
538	Sarah Walters	1:42.23 PB
557	Linda Wright	1:45.05
562	Angelika Kristek	1:45.42
579	Elizabeth Fletcher	1:46.40
600	Margot Bishop	1:50.19
619	Catherine Douglas	1:54.52
628	Alyson Few	1:57.49
644	Divya Samani	2:12.29
645	Simon Hunt	2:12.09
646	Rachel Allaway	2:12.11
647	Hannah McPhee	2:12.12
648	Stephen Wing	2:16.10
649	Jill Dibben	2:17.40

Reading Roadrunners Committee Meeting

TUESDAY 06 FEB 18 - 7:30PM

The Committee

Carl Woffington	(Chairman)
Simon Davis	(Coaching)
Simon Denton	(ex-Officio)
Anne Goodall	(Membership Sec)
Catherine Leather	(ex-Officio)
Hannah McPhee	(Social Secretary)
Paul Monaghan	(Social networks/Web)
Sandra Sheppard	(Treasurer)
Bob Thomas	(General Secretary)

Apologies for absence

Sandy

In attendance

Nicole Rickett

Carl took a vote that was passed unanimously to co-opt Nicole onto the Committee.

Minutes of the previous meeting

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

Matters arising from the minutes of the previous meeting

Newsletter editor Peter Reilly has offered to take over editing and production of the Club newsletter.

Review of Emergency Procedure Carl has taken over the action to examine if and how our response to last month's tragic incident at the track could have been improved. The second stage will be to capture any lessons learned in a revised emergency procedure, which will subsequently be promulgated to the membership.

Chairman's report

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

- 13 Jan Hants XC: Prospect Park
- 14 Jan TVXC: Ashenbury Park (RR)
- 21 Jan TVXC: Tadley
- 26 Jan Curryoke evening
- 04 Feb TVXC: Lightwater Country Park (BFR)
- 05 Feb EA Club Run event #2

Notable forthcoming events include:

- 10 Feb Hants XC: Aldershot
- 11 Feb Bramley 20/10
- 16 Feb Charity Quiz Night
- 18 Feb Wokingham HM (Champs race & RR marshalling)
- 23 Feb Track Friday
- 03 Mar Dinner Dance
- 06 Mar AGM at Sutton Bowls Club
- 07 Mar Club Run event #3

For the final Club Run event, members should be aware that the whole track will be allocated to the event.

Treasurer's report

Nicole has access to the Club's accounts but despite several visits to NatWest, still does not have access to online banking.

Nicole reported that Sandy has received a successful audit report from Gavin Rennie, signing off on the 2017 accounts.

General Secretary's Report

Challenge to the Constitution & Rules The Committee re-wrote the Club Constitution & Rules during 2016 to bring them up-to-date with current practice; the revised documents were adopted at the 2017 AGM. Bob has received a petition from Roger Pritchard objecting to several passages in the documents, the most important of which concern the

procedure for electing the Committee. Roger's petition was discussed at some length.

The Committee accepted some but not all of Roger's points. Some re-drafting is required, the results of which will be presented to this year's AGM as amendments to the 2017 documents. If the changes are approved by the AGM, they will take immediate effect and will inform the process of electing the 2018/19 Committee.

Parking at Palmer Park Bob attended a meeting with the other clubs with a permanent presence at Palmer Park. Reading Council is taking its proposal to impose parking charges at Palmer Park to statutory consultation, with the expectation that parking charges will be imposed in due course.

The Bowls Club, RAC and the velo club all stated that parking charges will severely impact their ability to continue as they presently operate.

Perversely, it is probably in our interests for charges to be imposed as the Council apparently intends to eliminate any remaining on-street parking in the vicinity, which would make a free car park at Palmer Park a magnet for local parking, thus making it even more difficult to park on a Wednesday evening.

The clubs have asked to meet with the Council to lobby for free or heavily discounted parking for legitimate stadium users and visiting teams, and to avoid needing to queue to pay. This meeting is likely to be deferred to the consultation period.

Membership Secretary's Report

Anne reported that eighteen new members joined during January, five of them taking advantage of the new facility to join online.

Social Secretary's Report

It was agreed that Hannah would stage this year's Spring Do on 28Apr18.

Anne asked for members to be reminded that there is a formal dress code for the annual Dinner Dance.

COACHING REPORT

Simon Davis advised that the coaches' new jackets are now available.

Vroni has requested to take her coaching career forward by taking the next level coach training course, which the Committee agreed.

Simon is encouraging the coaches to join a coaching WhatsApp group.

ANY OTHER BUSINESS

Shinfield budget Carl asked for approval of Colin Cottell's budget for the 2018 Shinfield 10K, which was agreed.

Parliament Hill travel expenses Carl has received representation from Sam Whalley, Ladies' Captain, for the Club to pay transportation costs for the Club team to travel to Parliament Hill. Although the recently approved race expenses procedure does not support this, it was recognised that the substantial team the Club is fielding for this year's event warrants the Club paying travelling expenses. Without precedent for future events, it was unanimously agreed to fund travel expenses on this occasion.

AGM venue Catherine confirmed that she has booked the Bowls Club for the AGM (19:30 6Mar18) and asked for approval to purchase refreshments for the event, which was agreed. A cash bar will be available during the evening.

Post-meeting note

Carl wished to thank Peter Reilly for offering to take over production of the newsletter and to reiterate his thanks to Chris Cutting for setting such a hard act for Peter to follow.

Door Rota

07 Feb18	Anne, Christina
14 Feb18	Anne, Fiona
21Feb18	Anne, Jane
28 Feb18	Anne, Shirley
07 Mar18	Anne, Shirley
14 Mar18	Anne, Shirley

DONM: tbd

Main Club contact points:

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Secretary, Bob:
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Treasurer, Nicole
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