

BRAMLEY'S BACK!



READING ROADRUNNERS NEWSLETTER JANUARY 2014

A Happy New Year to all our members!

And what better way to bring in 2014 than to drum up support for this year's Bramley 20/10, which is just around the corner?

Bramley takes place this year on the 16th February and is proving to be one of the race calendar's most popular events - over 1200 runners completed last year's race!

Such an event can't take place without its army of volunteers however, so inside we'll be letting you know how you can help make this year's race a success...

INSIDE THIS MONTH:

- **HOME CROSS COUNTRY REPORT**
- **MARK WORRINGHAM'S EXTRA EAR!**
- **CAKE RECIPES!**





Welcome from the Editor

CHRIS
CUTTING

newsletter@readingroadrunners.org

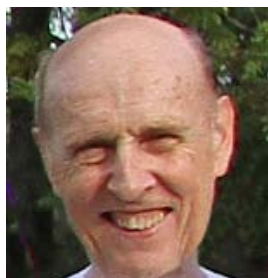
Hello and welcome to the new-look newsletter!

An introduction for those that don't know me; I'm Chris Cutting and have been a Roadrunner for some eight years now, going from a once-a-year Reading Half Marathon plodder to a first time London Marathon runner in 2014.

You can usually find me at the track on Wednesday evenings, so please come and say hello. I'd like to carry on the excellent work done by the previous editor and provide an entertaining read that encapsulates our great running club, but it needs input from YOU, the glorious galloping green vests!

So to save yourselves from months of my holiday snaps and goody bag reviews, please send in your race reports, photos, suggestions, grumbles... in fact anything that you think would make a suitable contribution. I'd particularly like to hear from any of you that have taken part in an event in the more far-flung corners of the world, or from first-timers in any event.

Have a great 2014 - **Chris**



Chairman Chat

CARL
WOFFINGTON

I hope you all had a good Christmas and enjoyed a break from work. It has been a busy month since the last Newsletter.

RR hosted their home TVXC fixture at Crowthorne on Sunday 22nd December. This was jointly organised by myself and Tina. It was successful. We started at 11:00am, they all came back without getting lost and we didn't run out of food. How lucky was that? We were also very lucky with the weather. After a week of heavy rain and strong winds we had a pleasant dry day for the race. I dropped the van off at 4:30 and the heavens opened again. A week later and the race would have been cancelled due to trees being blown down across our course. We had many favourable comments, both from our own runners and also from other teams. As organisers we could only put things in place for the race

to happen but we couldn't make it happen. It was all the helpers and volunteers that made it happen. So, without mentioning any names, a big thank you to you all from both myself and Tina. A full set of accounts are available but to summarise we came good by just over £200.

The RR website is active again. Thank you to Carol, Simon and Paul for hard work in achieving this. We are still looking at creating a new website.

January will be a hectic month for races but RR are not organising anything themselves. However, we have both the Bramley 20/10 and the Dinner Dance in February. So please offer to help at Bramley if you can and make your menu choices with your ticket bookings for the Dinner Dance.

I wish you all a Happy New Year - **Carl**



Ladies' Captain - Report

TINA WILSON

teamcaptains@readingroadrunners.org

Happy New Year! Wishing you all a very happy, healthy and injury free 2014.

Have you made any New Year resolutions? I haven't as such but I have spent some time reflecting on my running performance last year.

Running all the TVXC races last year certainly built up my strength and stamina and I started 2013 in tip top condition. I managed a 31 second PB when I ran the Maidenhead 10, I never thought that would happen! I felt invincible. I was sure that I could go even faster and this was my downfall. In hindsight I believe I should have spoken to someone, perhaps a coach or personal trainer to discuss my goal but I know best and I took it upon myself to change my training programme - I started to cross train more, increase my mileage -you know where I am going with this? I ended up injured and was out with an achilles injury for 7 months. I have been running for 9 years and some will say that I should have known better. So lesson learnt!

So what am I going to differently in 2014?

- Give my body some love – Make sure I listen to aches and pains. Have a sports massage regularly. Visit the physio for prevention purposes not when I am injured.
- Stretch.
- Cross train.
- Keep a training diary – To record what went well and what didn't. Record my mileage accurately. Plan my races.
- No more junk miles.

Not rocket science – I just need to follow my own advice and stick to it!

If you have set yourself your own goals for 2014 – look after yourselves and good luck in achieving all that you set out to do.

So what has been happening during one of the wettest December on record?

TVXC Handy Cross

Sunday 8th December 2013

The Handy Cross fixture is the third race of the TVXC series. This is a tough XC course known for its tough hills!

A total of 355 runners ran, 20 Reading Roadrunner ladies took on the challenge and came home in 6th/15 teams. Scoring for the ladies was Claire Marks, Mary Janssen and Toni McQueen. The guys came home in 2nd place – overall result 4th/15 teams.

Well done to everyone who ran this fixture.

Handy Cross Ladies' results

Overall Position	Time	Name	Category	Fem. Score
129	00:44:09	Claire Marks	FV	13
144	00:45:25	Mary Janssen	FV	19
155	00:46:00	Toni McQueen	FV	23
167	00:46:39	Susie Rees	FS	27
189	00:47:47	Julie Rainbow	FV	34
197	00:48:25	Paulina Erceg	FS	37
234	00:50:54	Jenny Owen	FS	47
260	00:53:18	Rhianon Bailey	FS	59
263	00:53:37	Julie Thompson	FV	62
267	00:53:43	Claire Seymour	FV	65
279	00:54:42	Andrea Marnoch	FV	69
289	00:56:00	Catherine Leather	FV	76
290	00:56:01	Elizabeth Ganpatsingh	FV	77
301	00:56:51	Tina Wilson	FV	83
305	00:57:19	Katie Gumbrell	FS	85
315	01:00:27	Maureen Sweeney	FV	92
330	01:03:06	Liz Atkinson	FV	103
333	01:03:37	Cecilia Csemiczky	FV	106
334	01:03:39	Lorraine Bailey	FV	107
344	01:06:40	Kathy Tytler	FV	113

Handy Cross team, 2013



TVXC Reading Roadrunners, Crowthorne Woods

Sunday 22nd December 2013

This was the first time Reading Roadrunners had hosted the TVXC in Crowthorne Woods. The weather was on our side – no rain and we had sunshine.. Thank you to everyone who volunteered and for making this a very successful fixture. (Peter Cook's photos brilliantly captured the Christmas spirit.)

We had great feedback from the other clubs in the league:

- A big thank you from all of us at Sandhurst Joggers - thoroughly enjoyed the event and was nice and local for us all. The marshals were fantastic and very festive, thank you for such a great cross country, and even the weather held up for us!
- "That bloody hill" was indeed a killer, but that's what makes it fun!
- Thanks from Reading for the organisation - I could not make it myself but got good feedback. And Peter's pics are really good too.
- Thank you Reading Roadrunners from Tadley Runners for an excellent event at your new venue.

TVXC Reading Roadrunners

Sunday 22nd December 2013

The new Crowthorne Woods attracted 281 runners. Reading Roadrunners fielded a team of 62 runners. Twenty four of those runners were the 'ladies'.

Carrie Hoskins, Alix Eyles and Claire Marks were our scorers and with a field of 21 ladies battling away behind them gave us a respectable 3rd position. Our men did us proud by finishing in 2nd place – overall result 2nd/15 teams. Fantastic running by all!

Reading Roadrunners Ladies' results

Overall Position	Time	Name	Category	Fem. Score
50	00:33:40	Carrie Hoskins	FV	3
95	00:35:52	Alix Eyles	FS	13
128	00:37:34	Claire Marks	FV	21
133	00:37:45	Mary Janssen	FV	22
152	00:38:57	Julie Rainbow	FV	31
163	00:39:42	Paulina Erceg	FS	36
193	00:40:35	Tracey Jenkins	FV	45
270	00:44:35	Rhianon Bailey	FS	73
271	00:44:36	Gill Glennon	FV	74
272	00:44:37	Claire Seymour	FV	75
275	00:44:43	Michelle Wilson	FV	76
290	00:45:31	Elizabeth Ganpatsingh	FV	86
296	00:46:00	Andrea Marnoch	FV	89
307	00:46:52	Julie Thompson	FV	94
316	00:47:19	Yvonne Edwards	FV	101
324	00:48:25	Maureen Sweeney	FV	105
325	00:48:30	Alison Wrigley	FV	106
341	00:50:23	Janice Thomas	FV	115
353	00:52:07	Liz Atkinson	FV	124
354	00:52:08	Louise Atkinson	FS	125
357	00:52:25	Lorraine Bailey	FV	127
360	00:52:49	Cecilia Csemiczky	FV	130

366 00:54:10 Linda Wright FV 133
 380 00:59:08 Veronica Andrew FV 144

The results prove quite clearly that the TVXC league is very much a team effort. The Reading Roadrunner's team spirit is fantastic, let's continue to take it into 2014.

Dates for your diary
 (or the Reading Roadrunners calendar)

TVXC Fixtures - 2014

- Tadley Runners 12th January 2014
New course this year - sadly the ditches have gone.
- Bracknell Forest Runners 19th January 2014
Lightwater
- Metros 26th January 2014
Mad Bess Woods
- Thames Valley Triathletes 2nd February 2014
for directions and maps please visit the TVXC website www.tvxc.org.uk
- TVXC presentation night (Spring Do)
Date: Saturday 26th April 2014
Venue: Woodford Park, Woodley
Tickets: On sale end of February 2014

Club Championship Race:

Wokingham Half Marathon - 9th February 2014

Reading Roadrunners event:

Bramley 20/10 - Sunday 16th February 2014

Entries are open until 3rd February 2014 subject to race limit being reached.

The Bramley 20/10 is a perfect race for those training for the spring marathons and runners from all over the UK plan this race in their training schedule. If you are not running could I ask you please to volunteer to marshal? (Please contact Alan Makepeace).

As mentioned before in my other captain's reports I tend to focus on the Reading Roadrunner's team events. If you wish to submit a race report please email to Chris Cutting – News editor before the 1st Monday of each month. It would be great to hear about your own personal challenges, successes and funny moments (I have plenty of them).

Best wishes,

Tina

Ladies Captain 2013-2014.



2 MINUTE PROFILE

BRIAN B. SHAVE

What do you do for a living: Retired chief civil engineering technician

Where were you born: Balham - gateway to the south

How long have you been running: 64 years. Joined Herne Hill Harriers in 1950, still a member

How long have you been a member of RR: 21 years. RR is the most caring club I've ever been a member of

Favourite city: London - it's got it all

Favourite holiday destination: Greek Island hopping

Favourite book: *The Ghost Runner*. John Tarrant took a £17 fee for boxing and lost his amateur status - after a long fight he was reinstated. I raced with him in the 60s

Favourite film: Chariots of Fire - 'With hope in our hearts and wings on our heels'

Favourite running distance: 1500m, 5000m track

Favourite race: The Sad Club Mile - I taper for this one

Favourite musician or bands: Victor Sylvester's Ballroom Orchestra Strict Tempo (in my dancing days!) Rolling Stones and now - Pink Fish!

Favourite place to eat: Greek Tavernas, where you are shown the kitchen and can choose your own menu

Famous or historic figure you'd most like to meet: Anthony Quinn - have sat in many a Taverna hoping he would turn up (he never did - too late now!)

Greatest accomplishment: Keeping my job at Sir Alexander Gibb & Partners for over 50 years. Being a member of the British Masters 70+ winning team in the Cross Country Internationals



Men's Captain - Report

MARK
SAUNDERS

teamcaptains@readingroadrunners.org

There doesn't seem to have been a lot of racing in December outside of the cross country events. It is a busy time of year and training sometimes gets put on hold over Christmas, but as we move into the new year it is time to get some focus back onto those spring goals. In January and early February there is quite a bit going on and the cross country races are a great way to build up strength for the start of the road season.

Handy Cross XC

Over 60 runners made the trip over to the far side of High Wycombe for the 3rd race in the TV League. The Handy Cross course is quite challenging with some tough hills and a little mud thrown in. Well done to everyone who made it round. The men finished second on the day and as a team we retained our second place overall. Lance Nortcliff was first Roadrunner home in 7th place, followed by Andrew Smith (12th) and Alex Harris (17th). Completing the team were David McCoy, Robert Tan and Julian Hough.

Portsmouth Marathon

The Portsmouth Coastal Marathon took place just as the winter weather was getting going, but I understand the wind wasn't too bad on race day. With some of the course being muddy after the recent rain and a section across the sand it was not an easy run. 11 men took part for the Roadrunners with both Gavin Collins and Pete Jewell finishing in around 3:15. There were also good finishes from marathon regulars, Dean Allaway, Pete Morris, Paul Monaghan and Gary Brampton.

Roadrunners XC

In my view, our own cross country event, held for the first time at Crowthorne, was a great success. The course worked well and there was plenty of tea and cakes at the finish for everyone. Tina and Karl had put a great deal of time into organising things and they should be congratulated on doing a great job, both on the day and for finding the new venue. We should also reflect on how strong the club is that we were able to field 62 runners and still have the course well marshalled and organise the food afterwards. Thanks to everyone who helped out.

On the running side of things we again finished second behind the Datchet Dashers. Mark Worringham finished

in 3rd place overall, which is good running for someone who claims to be still getting used to racing off road. I ran a large part of the race with Lance Nortcliff, but Lance showed that his form is returning after a strong final lap to finish in 9th place with me in 12th. Robert Tan struggled with a stitch for most of the race but finished in a credible 23rd. Kevin Burree was in 31st and it was good to see him back out in the cross-country races. Julian Hough again scored for the team and has been running consistently well though many of the races this season. At the halfway point in the season the league remains competitive with only a few points between Datchet, the Roadrunners and Sandhurst. Hopefully, we will be able to keep the pressure on Datchet in the final four events.

Serpentine 10km

Bright and early on New Year's day a handful of Roadrunners braved the trip up to London for a race around Hyde Park. The effort was rewarded with the men taking first place in the team competition. It was good to see Andy Mutton returning to form with a time of 35:11 to finish 6th overall. He was followed home by Lance Nortcliff (36:05) and David McCoy (38:30) to secure the team win. Well done guys.

Upcoming XC

The Thames Valley Cross Country league has quite a few races coming up. Bracknell on 19th January, Metros' on 26th January and the final event by TVT on 2nd February. We have had a great turn out for these so far, so let's keep it up. The final Hampshire Cross Country League event is at Salisbury on 8th February. Let's make it a good finish to the season. Drop me a line if you would like details of these events.

I have decided not to stand for re-election at the club AGM, so there will be a new men's team captain soon. I hope someone will come forward to take on this role and lead the teams in 2014. If you are interested then please let me or another member of the committee know.

I hope you have a happy and injury free 2014.

Mark





As the new newsletter editor is my chief taster, I thought it best to offer his pudding of choice for his first issue.

The night before any half marathon, I can be found scrambling around for enough fruit to throw together some sort of crumble for pudding. Last time, we had just enough pineapple (really!) to throw in a bowl. It seemed to work, as Chris managed a PB at the rather notorious Marlow Half Marathon.

Anyway, I don't really use a recipe for crumble, so this is very loosely based on one from an old Good Housekeeping book.

4 servings

For the crumble:

- 75g of wholemeal plain flour
- 40g chilled, unsalted butter
- 25g of soft brown sugar
- Two heaped tablespoons of jumbo porridge oats

For the filling:

- 500g of apples or other fruit of your choice (I like to use a tin of peaches drained of their juice, with about 200g of blueberries)
- a large knob of butter
- a sprinkle of soft brown sugar

Method

1. Pre-heat the oven to 190°C.
2. Make the crumble first. Put the flour in a large bowl. Cube the butter into the same bowl and gently rub the butter into the flour. Use your finger tips and keep going until the mixture resembles breadcrumbs (it can take a while!). Gently stir in the sugar and the porridge oats. Put the crumble to one side.
3. Now make the filling. In a heavy-based saucepan, gently melt the butter and the brown sugar.

Keep stirring and add the fruit. If you're using soft fruit, coat the fruit in the butter and sugar mixture and remove from the heat. If you're using firm fruit, such as apples or pears, you need to cook the fruit for 4-5 minutes, until it is softened.

4. Share the filling between 4 ovenproof dessert dishes.
5. Sprinkle over the crumble.
6. Bake in the oven until the top is golden and the fruit is bubbling through the crumble.
7. Serve with cream or custard or just as it is!

Sonning Common Vauxhall

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

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

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

Roadrunners' Annual Dinner Dance

22nd February 2014 at Sonning Golf Club.

The cost is £31.00 per head. Please can Toni McQueen have names, money and menu choices all in an envelope. They can be given to Toni at the track or sent to Toni at her home address: 180 Fairwater Drive Woodley RG5 3JF. Cheques payable to Reading Roadrunners.

The 3 Course Menu choices are:

- Butternut Squash & Rosemary Soup
 - Foie Gras & Chicken Parfait
 - Smoked Mackerel Pate
 - Fillet of Salmon Served with Crushed New Potatoes & a Pea Puree
 - Belly of Pork Served with a Cider Sauce
 - Roast Beef and Yorkshire Pudding Served with Traditional Trimmings
- (all main courses are served with the chef's selection of vegetables & potatoes unless otherwise stated)
- Brioche Bread & Butter Pudding
 - Rich Chocolate Pot
 - Meringue Nest with Seasonal Berries & Chantilly Cream

Coffee, tea & mints



Membership

**WELCOME TO THE
FOLLOWING NEW MEMBERS:**

**Chris Drew • Andrew Atkinson
Simon Hunt • Matthew Twist
Clare Rutterford**

RR membership is renewable from the 1st March. However, if you want to renew early and help our overworked Membership Sec at a very busy time, then you can renew now. Membership form can be downloaded from RR website.

Membership cards can be collected from the front desk, Weds evenings 7.30-8pm.

2010 BRAMLEY

READING ROADRUNNERS

16TH FEBRUARY 2014

Please see www.readingroadrunners.org/bramley.html for details and entry. If you can help then please contact Alan Makepeace at rocket-al@hotmail.com

We are still looking for helpers for our Bramley 20/10 road race on the weekend of the 15th & 16th February 2014.

Volunteers/marshals needed on the day (Sunday 16th) which include being out on the course, in the car parks beforehand and finish area.

Also help is needed for Saturday 15th in the morning for loading up vans at Palmer Park and Saturday afternoon at the school in Bramley for goody bag stuffing and setting up in the school.

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

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



SHINFIELD RACES

BANK HOLIDAY MONDAY 5TH MAY 2014
9.30AM

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

- UKA licensed - results will appear on Power of 10 and RunBritain
- Chip timing, with SMS result sent directly to your mobile phone
- Team competition for UKA-affiliated clubs (first 6 finishers from your club are counted)
- Age group prizes
- Prize for first male and female local finishers (RG2/ RG7 postcode)
- £100 prize for runner breaking the course record (currently M: 29.32 / F: 35.09)

- Memento for all finishers under 90 minutes
- Great PB potential
- Bag storage and toilets at the start
- May Day fete, mouth-watering cake stall, brass band
- Free parking (20 minute walk from the start)
- Three Junior races – bring the whole family!
- You can enter by post, online or on the day (subject to availability). Please note the desk for entry on the day closes at 09.00am.

Advanced registration:

UKA-affiliated **£10**
Non-UKA affiliated **£12**

On the day registration:

UKA-affiliated **£13**
Non -UKA affiliated **£15**

www.readingroadrunners.org/bramley.html

www.facebook.com/shinfield10k

www.twitter.com/shinfield10k

GEN SEC

Well, 2013 finished with a new non-stop running world record (or did it?), which started on Thursday 19th December and finished on Sunday 22nd. Kim Allan, a 47 year-old mother of four from Auckland New Zealand completed 500 km (310 miles) at 8.35 p.m. on Sunday after running for more than 86 hours, breaking the women's world record for distance with no sleep. The previous world record was held by U.S. runner Pam Reed, who ran 486 km in 80 hours in 2005. Now, is this a running record? It's certainly a non-stop distance record, but at just over 3½ miles an hour, can we say running? I would assume that the speed during the first two days was something much better than 3½ miles an hour, which means that the speed over the last day and a half was probably more like 3 miles an hour or less. So can we say a running record? In any case, I say well done to her for what is still a magnificent achievement, which also raised £2,100 for the New Zealand Spinal Trust.

This very much reminded me of the 6 day record set in 1988 by the Greek runner (now Australian) Yiannis Kouros, who ran 645 miles (some say 635) and that's just over 4 Marathons a day. But Kouros did have some sleep,

gensec@readingroadrunners.org

but the amazing thing is that he had already covered 456 miles in four days before he took any sleep. Kouros still holds many distance records and age best records if you want to look them up.

I have been advised by UKA that the rules committee did not adopt my proposed rule of banning earphones in road races. They said that the committee thought that the rule was un-enforcable, despite my proposal being submitted with a list of ways that the rule could be enforced and despite this rule being backed by BARR. However, the rules committee did adopt my other proposed rule that enables race organisers to disqualify any competitor that does not obey race officials, marshals and police. So individual race organisers/officials can ban earphones from their events, which they could already do if they wanted, but now UKA are going to back them by upholding the disqualifications. In the Bramley 20/10 last year, we had several 20 mile runners going over the finishing mat for the 10 mile, when they should have kept to the right and avoided the mat to start their second lap. Also, some runners did the converse by not running over the mat when finishing and went around the side (to



**Roadrunners' 1993 London Marathon runners.
Twenty years of club history.
Several runners are still members and the club
secretary is in there too.**

**Photo courtesy of Pete (Marathon Man) Morris
(Please email the Gen Sec should you want a copy of
the photo)**

the right) Now, if they had not been wearing earphones, they would have heard the instructions of the marshal, who told competitors to run to the left or right according to the colour of their race number when starting their second lap for the 20, or finishing in the 10.

I'm pleased to report that we now have another avenue for obtaining entries for the Virgin London Marathon. BARR have been allocated places by VLM and these are available to those who assist in the promotion, organization and staging a BARR graded event. The Bramley committee put four names forward to go into the BARR ballot for a London Marathon place. The Bramley helpers who were submitted to BARR were Kathy Tytler, Sarah Louise Harris, Graham Spratt and Susie Rees. I'm pleased to report that Kathy Tytler was successful in obtaining a place.

This is the first year that BARR have been allotted places from the London Marathon. Any member who volunteers to help at this years Bramley 20/10 will be eligible to go into the Ballot for a 2015 London Marathon Place.

STOP PRESS:

NEW CHAIRMAN SHOWS HIS METTLE.

We were very nearly without a home fixture for the TV cross-country league, due to Bearwood College no longer being a viable venue. But our new chairman Carl Woffington, would not see the club without a fixture and together with our Women's team captain Tina Wilson, they not only managed to secure a venue, but also got the event off the ground. The event was a success and lets not forget all the marshals, car park attendants, refreshment helpers, van loaders and unloaders etc that we could not have done without.

Gen Sec



Noticeboard

Club kit

Don't forget that you can buy club kit on a Wednesday evening. You must be wearing club colours if you want to take part in the Club Championship and qualify in a scoring position.

Club kit stock controller

We are looking for someone to fill this post. The club kit is advertised on RR website. It is available and generally sold from the desk at track on a Wednesday night. The people on the desk log the sales. We are looking for someone to take the sales log and keep track of the club kit stock. Then place an order for replacement stock when we get low. We would also want the person to keep track of the kit prices to make sure we cover our buying costs. If you are interested in taking this on then please contact me for more information.

Thanks. Carl Woffington

Births, marriages & deaths

The engagement is announced between **Miss Victoria Noden** of Twyford & **Mr Adam Phillips**, also of Twyford.

We were sad to hear of the passing of **Gary Brampton's** dreadlocks over the Christmas break.

Our thoughts are with Gary's draughty neck at this time.

What a hangover....

KATIE GUMBRELL



One hot, sunny day in the glorious summer of 2013, I ran a long and lovely 10k, The Gibbet Challenge (10.5k). It was too hot really, but the views from the highest point in Berkshire (twice) and running through fields were well worth it, even if I did have to walk some of the way and ingest some of West Berkshire’s finest insects.



Fast-forward to the wet winter of 2013/14 and The Gibbet Hangover. This was billed as, “a 10 mile(ish) wander around the beautiful countryside of Inkpen and Combe on the first Saturday in January.” If you cast your mind back to the first Saturday in January, it rained like the world was about to end.

We were undeterred.

With no official entry (and so no cost), Chris and I turned up almost exactly on time and ran with 25 or so other hardy souls (I’m not in the picture because I was changing my shoes). There were two routes, one just

over 10 miles and one of about 5.5 miles. We had both completed the Gut Buster 10 miles the weekend before, so went for the full whammy. The route was magnificent: wet roads; flooded trails; ankle-deep mud through the wood. Perfect!

I’d printed off a copy of the (unmarked) route and water-proofed it, but still managed a slight wrong turn just before the 10-mile point. This resulted in an extra couple of miles, getting totally lost and a rescue by the organiser in his car (really!).

So, we arrived at the pub last, but there were plenty of friendly, slightly muddy faces to greet us, so all was well that ended well.

The pint, cuppa and pub lunch topped off a thoroughly damp, but very enjoyable morning and we’ll definitely be back.

Finally, thanks to Simon Hanna, who organises the Challenge and the Hangover, not least of all for rescuing us.

Katie



Katie	Gumbrell	1 hr 55 mins	Plus extra miles
Chris	Cutting	1 hr 55 mins	Plus extra miles

Your Committee



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BOB THOMAS
CO-OPTED CLUB EX-OFFICIO

WELFARE OFFICER: JENNY IS THE CLUB'S WELFARE OFFICER. SHE IS NOT PART OF THE
JENNY MILLER COMMITTEE AND CAN BE CONTACTED DIRECTLY ON 0118 966 2375



2 MINUTE PROFILE KEVIN JONES

What do you do for a living: Gardener

Where were you born: Ramsgate

How long have you been running: Almost 31 years -
my first run was Weds 4th August 1982

How long have you been a member of RR: 13 years

Favourite city: London, although I rarely visit

Favourite holiday destination: Benigembla - Costa
Blanca, Spain

Favourite book: I'm not into books - as a child I can
remember liking 'Brer Rabbit is a Rascal'

Favourite film: I'm not into films - I like the original
Star Trek and classic comedy - Dad's Army, Yes Prime

Minister, Question Time etc.

Favourite running distance: 10K

Favourite race: These days - Yateley 10K. A nice
summer's evening race, despite a struggle to attach the
race chip to my shoes

Favourite musician or bands: Peter Gabriel, Japan - I
like a wide range of rock, pop and world music, mainly
from the 70s and 80s

Favourite place to eat: The Wheelwright Arms - Hurst

Famous or historic figure you'd most like to meet:
The Queen

Greatest accomplishment: 1985 Leukemia Half
Marathon - the first race that I won, in 1:08:58. Yes it
was a short course, but I won by 8 minutes! Also 1985
Bourton 15 miles in 1:23:23 (13th). A 6pm start on a
cool summer's evening - possibly the best run ever?

Thames Valley Cross Country

ROADRUNNERS' HOME FIXTURE

Crowthorne Woods
22nd December 2013

The last Sunday before Christmas saw the home leg of the Thames Valley Cross Country hosted at Crowthorne Woods for the first time.

Thanks to Tina and Carl's team of volunteers, with Toni McQueen ably looking after the catering, more than 300 runners completed the course.

Pete Cook's fantastic pictures capture the spirit of the event perfectly and on the opposite page, first time XC-er **Veronica Andrew** has also written a few words on her race.





I had not run cross country since school (about.....years ago!) and back then I thought it was vile! My memories were of pain each time I breathed and soggy hockey boots. Consequently I was a little reluctant at first (ask Mark!) but after the incentive of a nice new pair of trainers I had a go and I am so glad I did. The marshals were just fantastic and kept me going all the way. Apparently I was smiling throughout!! Thank you to all who made the experience such a good one. My cross country phobia is no more! **Veronica Andrew**



Roadrunners' Results

NIGEL HOULT

I hope you all had a good Christmas and New Year, and I see that quite a few of you managed to fit in a few races as well, not to mention the various Christmas Day and New Year's Day Parkruns that took place.

We start this month with some results that were missed last time round due to club names not being listed. The most notable of these was Becky Stark, who was the first lady home in the Muddy Mo 10 mile race; Becky then followed this up with a very good time (just outside 3:30) at the Portsmouth Coastal marathon, and finished 3rd lady in Hell Down South: well done to her. One event from earlier that I haven't been able to include is the cross-country at Sandhurst in November, the results of which still haven't been corrected: hopefully this will appear next month. Another event that is missing is the Crazy Christmas Cracker 10k, which I have left out since many people went the wrong way, and the results contain lots of errors as well, so it wouldn't really be fair to show them.

The weather deteriorated towards the end of the year, and so there was only one PB that I'm aware of, Kerri French at the Leeds Abbey 10k. Nevertheless, over the course of the 2013, 84 of you got 217 PBs over various distances, which is some achievement; the highest number was nine by Pete Jewell, which he might have exceeded had he not been injured later in the year. At the Gut Buster, we had both male and female winners in the 10 mile race (Luc Jolly and

results@readingroadrunners.org

Carrie Hoskins), and second lady in the 10k (Ellie Gosling). Finally, in the Berkshire County Road Race Championship for 2013, Lesley Whiley won the Vet 45 category, having come first in the Wokingham Half Marathon, Maidenhead 10 and Wargrave 10k. (No veteran ladies ran the fourth race, the Abingdon Marathon.) We started 2014 with a win for our male team at the New Year's Day Hyde Park 10k, in what I hear were challenging conditions.

As we're at the start of a new year, I've included the final season's bests of 2013 as something to aim for, plus for the really ambitious amongst you the current club records (the only one to have been broken recently being the men's marathon, by Keith Russell at Amsterdam). I've also included lists of the most popular road and off-road races of the year: mostly they're the ones you would expect, and show great support for the Thames Valley Cross Country League. The popularity of the Down Tow Up Flow half was perhaps due to it being a Club Championship race last year.

Well done to all of you who ran last month, and keep the good performances coming in 2014. Although I try to pick most of them up from the internet, don't forget to let me know about PBs, more unusual or remote races, and most importantly those that don't show you as a Reading Roadrunner in the results: email results@readingroadrunners.org, fill in the list at the desk on Wednesdays, or post in the club Facebook group.

13th October

Fairoaks 5 (missed from previous results)

Anthony Collins	93	45:59
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2nd November

Muddy Mo 10 mile (missed from previous results)

Name	Pos	Gun	Chip	
Becky Stark	12	1:18:50	1:18:38	1st F
Paul Kerr	24	1:24:13	1:23:58	

17th November

Leeds Abbey Dash 10k

Name	Pos	Gun	Chip	
Dean Allaway	665	39:15	38:43	
Ian Giggs	772	40:09	39:37	
Kerri French	7390	1:15:05	1:01:53	PB

7th December

Broadmeadow Cricket Club Marathon

Gary Brampton	25	4:53:55
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8th December**Malaga Marathon**

Name	Pos	Gun	Chip
Paul Monaghan	581	3:33:15	3:32:50
Martin Bush	1497	4:36:25	4:33:15

Broadmeadow Carriage Café Marathon

Gary Brampton	50	5:20:20	
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Andy Reading 10k

Name	Pos	Gun	Chip	
Nigel Hoults	141	46:12	46:09	4th MV60

Brixton 10k

Name	Pos	Gun	Chip	
Peter Cook	40	43:49	43:33	2nd MV40

TVXC League, Handy Cross

Lance Nortcliff	9	34:51	4th MV
Andrew Smith	14	35:45	
Alex Harris	19	36:54	
David McCoy	22	37:11	
Robert Tan	26	37:27	
Julian Hough	34	38:15	
Andy Blenkinsop	46	38:57	
Dean Allaway	49	39:16	
Chris Kelly	51	39:24	
Ian Giggs	56	39:56	
Peter Jewell	59	40:07	
Alasdair Marnoch	66	40:28	
David Fiddes	80	41:25	
Ian Horritt	84	41:39	
Kenny Heaton	90	41:56	
Colin Cottell	95	42:10	
Chris Cutting	109	42:44	
Alan Freer	111	42:52	
Mark Andrew	112	42:53	
Bill Watson	117	43:08	
Andy Breakspear	124	43:52	
Claire Marks	129	44:09	
Mary Janssen	144	45:25	
Toni McQueen	155	46:00	
Susie Rees	167	46:39	
Pete Morris	175	47:00	
Julie Rainbow	189	47:47	
Chris Miller	192	47:57	
Paulina Erceg	197	48:25	

Jim Kiddie	201	48:41
David Ferris	217	49:52
Peter Higgs	223	50:30
Peter Reilly	233	50:51
Jenny Owen	234	50:54
Anthony Streams	241	51:21
Jeremy Parker	246	51:54
Rhianon Bailey	260	53:18
Julie Thompson	263	53:37
Claire Seymour	267	53:43
Peter Darnell	277	54:37
Andrea Marnoch	279	54:42
Jeff Lucking	285	55:04
Catherine Leather	289	56:00
Elizabeth Ganpatsingh	290	56:01
Tina Wilson	301	56:51
Katie Gumbrell	305	57:19
Tom Harrison	308	58:21
Maureen Sweeney	315	1:00:27
John Bailey	322	1:01:54
Liz Atkinson	330	1:03:06
Cecilia Csemiczky	333	1:03:37
Lorraine Bailey	334	1:03:39
Carl Woffington	342	1:05:41
Kathy Tytler	344	1:06:40
Brian Shave	347	1:08:01

Mens Team: 2nd, Ladies Team: 6th

15th December**Milton Keynes Winter Half Marathon**

Name	Pos	Gun	Chip
Rob Cant	75	1:34:08	1:33:53

Bushy Park Christmas 10k

Name	Pos	Gun	Chip
Dave Wood	24	42:10	42:05

22nd December**Portsmouth Coastal Marathon**

Name	Pos	Gun	Chip
Gavin Collins	44	3:15:15	3:12:45
Pete Jewell	56	3:19:07	3:17:13
Rebecca Stark	148	3:34:20	3:32:16
Dean Allaway	156	3:35:16	3:32:59
Michael Sartorius	302	3:51:12	3:50:25
Paul Monaghan	356	3:55:02	3:53:22
Pete Morris	437	4:01:37	3:59:04
Julia Molyneux	514	4:09:23	4:07:57
David Caswell	520	4:09:48	4:07:22
David Lennon	761	4:32:58	4:24:23
Gary Brampton	961	4:58:36	4:57:38
Louise Cooper	1025	5:09:22	5:07:49
Martin Bush	1068	5:18:38	5:14:26

TVXC League, Crowthorne

Mark Worringham	3	28:49	
Lance Nortcliff	9	30:25	2nd MV
Mark Saunders	12	30:43	
Robert Tan	23	31:36	
Kevin Burree	32	32:17	
Julian Hough	35	32:38	
David Ferguson	38	32:47	
Andy Blenkinsop	40	32:49	
Gavin Rennie	45	33:09	
Jamie Cole	46	33:15	
Carrie Hoskins	50	33:40	3rd F, 2nd FV
Ian Giggs	53	33:44	
Mel Silvey	66	34:26	
Steven Siddell	68	34:32	
Ian Horritt	71	34:40	
Colin Cottell	72	34:44	
David Fiddes	75	34:55	
Alasdair Marnoch	79	35:14	
Alan Freer	85	35:23	
Bill Watson	90	35:35	
Alix Eyles	95	35:52	
Mark Andrew	107	36:34	
Claire Marks	128	37:34	
Mary Janssen	133	37:45	
Julie Rainbow	152	38:57	
Paulina Erceg	163	39:42	
Nick Adley	174	40:03	
Tracey Jenkins	193	40:35	
Barry Baker	207	41:03	
Andy Atkinson	213	41:13	

Peter Reilly	223	41:37
John Preston	236	42:38
Jeremy Parker	244	43:09
Anthony Streams	264	44:06
Rhianon Bailey	270	44:35
Gill Glennon	271	44:36
Claire Seymour	272	44:37
Michelle Wilson	275	44:43
Peter Higgs	284	45:12
Elizabeth Ganpatsingh	290	45:31
Peter Darmel	293	45:45
Andrea Marnoch	296	46:00
Julie Thompson	307	46:52
Paul Smith	308	46:58
Yvonne Edwards	316	47:19
Tom Harrison	319	47:45
Jeff Lucking	322	48:18
Maureen Sweeney	324	48:25
Alison Wrigley	325	48:30
Janice Thomas	341	50:23
Justin Watkins	342	50:24
John Bailey	345	50:53
Liz Atkinson	353	52:07
Louise Atkinson	354	52:08
Lorraine Bailey	357	52:25
Cecilia Csemiczky	360	52:49
Linda Wright	366	54:10
Brian Shave	372	56:02
Veronica Andrew	380	59:08

Mens Team: 2nd, Ladies Team: 3rd

29th December**Plain Crazy (12 miles)**

Sandra Sheppard	65	1:40:47	2nd FV50
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Gut Buster 10 mile

Name	Pos	Gun	Chip	
Luc Jolly	1	1:01:17	1:01:17	
Harry Gee	2	1:01:34	1:01:33	
Elaine Laver	13	1:09:34	1:09:33	1st F
Gavin Rennie	15	1:10:34	1:10:28	5th MV40
Julian Hough	19	1:11:24	1:11:18	
David Ferguson	23	1:12:35	1:12:33	
Dean Allaway	27	1:13:10	1:13:08	
Chris Cutting	32	1:14:50	1:14:40	
Alix Eyles	41	1:16:31	1:16:22	4th F
Tony Page	56	1:18:19	1:18:13	
Susie Rees	111	1:26:27	1:26:05	

ROADRUNNERS RESULTS

Pete Morris	112	1:26:35	1:26:11	
Peter Higgs	123	1:29:36	1:29:12	
Jim Godsell	135	1:30:39	1:30:12	
Gary Brampton	140	1:31:22	1:30:57	
Katie Gumbrell	212	1:43:20	1:42:53	
Irene Liming	213	1:43:21	1:42:56	2nd FV60
Justin Watkins	238	1:51:47	1:51:22	
Maureen Sweeney	239	1:52:47	1:52:18	5th FV50
Kerri French	257	2:11:56	2:11:33	
Martin Bush	258	2:21:18	2:20:52	

Gut Buster 10k

Name	Pos	Gun	Chip	
Ellie Gosling	27	48:14	48:12	2nd F
David Lennon	29	48:25	48:19	
Tina Wilson	107	59:19	58:52	5th FV50

31st December

Liverbird Marathon

Martin Bush	81	4:16:00	
Pete Morris	84	4:21:40	

1st January

Liverbird Marathon

Martin Bush	48	5:12:37	
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Hyde Park 10k

Name	Pos	Gun	Chip	
Andy Mutton	6	35:11	35:09	
Lance Nortcliff	14	36:05	36:03	
David McCoy	34	38:30	38:28	
Claire Seymour	240	50:31	50:11	
Tina Wilson	340	55:06	54:22	
Kathy Tytler	453	1:00:22	59:19	
Linda Wright	490	1:03:30	1:02:46	
Karin Gerber	579	1:15:31	1:14:46	

Mens team: 1st, Ladies team: 8th

4th January

Berkshire XC Championships

Veteran Women			
Toni McQueen	9	31:09	

Hell Down South

Name	Pos	Gun	Chip	
Gavin Collins	28	1:29:17	1:28:50	
Rebecca Stark	118	1:41:17	1:40:50	3rd F
Paul Kerr	262	1:50:56	1:50:30	
Russell Prentice	395	1:58:08	1:57:58	

Tim Hogarth	630	2:08:55	2:08:27
Philippa White	631	2:08:55	2:08:26
Caroline Hargreaves	894	2:20:15	2:19:01
Peter Higgs	1009	2:25:54	2:25:09
Susie Rees	1232	2:39:31	2:38:47
Elizabeth			
Ganpatsingh	1233	2:39:31	2:38:46
Louise Cooper	1268	2:42:08	2:42:08
Justin Watkins	1543	2:59:58	2:58:43
Pete Morris	1544	2:59:58	2:58:43
Anne-Marie Cocker	1545	2:59:59	2:58:48

5th January

Cliveden XC

Name	Pos	Gun	Chip	
Mark Saunders	12	41:28	41:25	
Ian Giggs	38	44:33	44:28	
Dean Allaway	60	46:39	46:32	
David Fiddes	88	48:24	48:16	
Toni McQueen	169	53:18	53:00	4th FV50
Nicholas Adley	175	53:43	53:40	
John Preston	218	55:36	54:58	
Andrew Atkinson	231	56:24	55:51	
Clare Elliott	238	56:54	56:40	
Tony Streams	279	58:54	58:16	
Joanna Lewis	297	59:43	59:06	
Andrea Marnoch	366	1:03:45	1:03:09	
Michelle Wilson	386	1:05:10	1:04:34	
Yvonne Edwards	392	1:05:23	1:04:45	
Justin Watkins	447	1:10:05	1:09:31	
Liz Atkinson	449	1:10:11	1:09:36	
Linda Wright	451	1:10:15	1:09:38	
Rita Dykes	467	1:11:45	1:11:25	

Goring and Woodcote 10k

Kevin Burree	6	39:01	1st MV40
Peter Miskell	27	42:26	
Kevin Jones	32	43:17	
Paul Stickings	64	46:21	
Leighton More	66	46:56	
Pete Morris	76	47:29	
Christopher Miller	78	47:32	
Liz Jones	81	47:46	4th F, 1st FV50
Richard Scarr	92	49:19	
Tracy Jenkins	96	49:39	2nd FV40
Catherine Leather	127	52:54	5th FV40
Martin Bush	151	54:52	
Shane Leather	187	59:11	
John Chilton	217	1:03:06	
Robert Bursell	238	1:09:48	

FINAL 2013 SEASON'S BESTS**Ladies**

5k	19:08	Ellie Gosling
5 miles	32:22	Lesley Whiley
10k	38:50	Ellie Gosling
10 miles	1:01:49	Ellie Gosling
Half Marathon	1:28:00	Lesley Whiley
20 miles	2:22:47	Carrie Hoskins
Marathon	3:15:47	Carrie Hoskins

CURRENT CLUB RECORDS**Ladies**

5k	18:12	Liz Hartney
5 mile	29:40	Elaine Laver
10k	34:32	Sarah Gee
10 mile	57:21	Sarah Gee
Half Marathon	1:14:45	Sarah Gee
20 mile	2:04:49	Sarah Gee
Marathon	2:38:14	Sarah Gee

Most Popular Road Races of 2013

Reading Half Marathon	178
Shinfield 10k	85
Wokingham Half Marathon	64
Maidenhead 10	63
Woodley 10k	54
Bramley 20	46
Bramley 10	41
Wargrave 10k	34
London Marathon	33

Men

5k	16:22	Mark Worringham
5 miles	27:52	Lance Nortcliff
10k	33:27	Mark Worringham
10 miles	57:21	Mark Worringham
Half Marathon	1:12:10	Keith Russell
20 miles	2:07:41	Paul Roberson
Marathon	2:27:48	Keith Russell

Men

5k	16:22	Mark Worringham
5 mile	26:43	Chris Mason
10k	31:38	Zak Tsegay
10 mile	52:25	Howard Grubb
Half Marathon	1:09:24	Howard Grubb
20 mile	1:56:23	Chris Mason
Marathon	2:27:48	Keith Russell

Most Popular XC/Multi-Terrain Races of 2013

TVXC, Hawley	75
TVXC, Eton	67
TVXC, Crowthorne	58
TVXC, Tadley	55
TVXC, Handy Cross	55
Halloween 5 Nite Run	46
TVXC, Bracknell	41
Down Tow Up Flow Half	31
Kintbury 5	31
Woodland 5 (Race 3)	31



Are YOU an unsung champion?

One (nameless) Roadrunner was crowned 'fifth fastest finisher wearing a vest' at a recent race, so we would love to hear YOUR spurious claims to glory... you might be the fastest civil servant in your group for example, or the first left-hander over the line.

Send us your counterfeit claims, no matter how far-fetched and we will give you your fifteen seconds of fame!

READING ROADRUNNERS COMMITTEE MEETING

MONDAY 6TH JANUARY
7.30PM

ATTENDANCE:

Carl Woffington	(acting Chair)
Sandra Sheppard	(Tres)
Roger Pritchard	(Gen Sec)
Anne Goodall	(Membership Sec)
Simon Davis	(Coaching co-ordinator)
Toni McQueen	(Social sec)
Bob Thomas	(Mortimer race director)
Mark Saunders	(Men's team captain)
Paul Monaghan	(ex-officio)
Alan McDonald	(ex-officio)

MINUTES OF THE MEETING OF MONDAY 2ND DECEMBER 2013

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

MATTERS ARISING FROM THE MINUTES

WEBSITE LIST

Simon said that a specification list for website builders to tender against will be issued this week.

CLUB TENT

Alan McDonald volunteered to be the cross-country tent monitor. ACTION Speak to Tom Harrison.

BRAMLEY BUDGET

Roger confirmed that Graham Sprat had amended the race budget and re-issued the budget.

TV CROSS COUNTRY LOO HIRE

Carl confirmed that the loos were hired and delivered to the site.

LIFE MEMBERS ROLE OF HONOUR

Roger reported that he had now collected all the years that the life memberships were awarded.
ACTION Roger to produce the roll with year order first and alphabetical order second.

CHAMPIONSHIP EVENTS

Roger reported that he had spoken to Glynne, who confirmed the list of championship events that the club traditionally funded and the list was duly issued to the team captains.

DINNER DANCE MC

Roger confirmed that Glynne will be happy to be master of ceremonies at the dinner dance.

CONTAINER

Simon reported this action was to do with the loading of the Bramley vans and is an action for all on the Bramley committee. No further action for this meeting.

DINNER DANCE GIFTS

Carl reported that the gifts were in hand.

SHINFIELD RACE BUDGET

Roger confirmed that he had been in contact with Colin Cottell and that Colin has agreed to attend the next meeting with a draft Shinfield race budget.

CLUB HOUSE

Simon said that he has not had a response from RSL and he is still waiting for information regarding the cycling club, with regard to a possible joint venture.

CHAIRMAN'S REPORT

TV CROSS COUNTRY

Carl reported that the TV cross-country fixture was a success on Sunday 22nd Dec, with a good turn out and also good weather. Carl said that there was nearly a problem with the van hire, as the booking number was mislaid, but he managed to get the right vehicle, although one was not put aside for him to collect.

Carl issued an accounts sheet for the race, which showed a profit of £209.03

WELFARE OFFICER

Carl said that he thought the notice on the notice board giving details of the club welfare officer should be more widely publicised. Carl said that he has asked Chris Cutting to advertise Jenny Miller's contact details in all future editions of the newsletter.

TREASURERS REPORT

Sandra presented the latest accounts, that had also been circulated to committee members by e-mail.

Anne Goodall asked when will the end of year accounts be available and Sandra said that she was now working on them in readiness for the AGM. No further questions were asked and our financial position remains healthy.

SECRETARY'S REPORT**BARR LM BALLOT**

Roger reported that BARR (British Association of Road Races) had been allotted places for the 2014 London Marathon and that the places would be available via a ballot for anyone who had helped to organise/promote/stage or assist at a BARR graded event. After consultation with the Bramley race committee, four names were submitted to the BARR regional representative and these were Sarah Louise Harris, Graham Sprat, Susie Rees and Kathy Tytler. Roger said he was pleased to report that Kathy Tytler was successfully drawn from the ballot and that she had been notified.

UKA RULES

Roger reported that he had been advised by UKA that one of the two proposed new rules that he had submitted to UKA for road races had been adopted, but this was with a slight amendment to the wording.

The blanket rule for ear-phones to be banned was not adopted, as the rules committee thought that it could not be enforced. Roger said that he thought this was strange, as the proposed rule was accompanied by a comprehensive list of procedures that could be used to enforce the rule.

TV CROSS-COUNTRY EXPENSES

Roger had presented an expense form complete with a sales invoice for items purchased for the generator (used at the cross-country) and also a light for the container.

Sandra handed Roger a cheque for £20.52 that she had already prepared in readiness.

TRACK MATS

Roger confirmed that he had handed the letter concerning mats on the track to the duty officer at Palmer Park and that he has not had a response. Carl reported that there were mats on the track again on Friday 3rd.

WOKINGHAM HALF MARATHON

Roger said that he has had the annual approach from the Wokingham Half marathon requesting assistance to marshal the event. Roger confirmed that the usual allocation of complimentary free entries for anyone who marshals will be available. Roger said he would start recruitment this week.

MEMBERSHIP SECRETARY'S REPORT

Anne reported that there were 5 new members @ £28 = £140.00 and that they all opted to pay the additional £10.00 for the EA affiliation fee to cover them for the remainder of the current year. Anne said that she had banked a total of £190.

SOCIAL REPORT

Toni reported that the band has been booked for the dinner dance and that she would now be taking bookings, which must be accompanied with full payment of £31.00 per head. Toni said that she would also be taking table plans.

Carl said he would send out a blanket e-mail to all members with the information and cost etc.

ACTION Carl e-mail.

COACHING CO-ORDINATORS REPORT

Simon said that in December that Nigel Hoults had gained his latest coaching qualification. Simon said that he had requested (via track announcements) that all coaches were to bring their licences and qualifications to the track to take copies of for 2014.

TEAM CAPTAINS REPORT

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

ANY OTHER BUSINESS

CROSS-COUNTRY CHAMPIONSHIPS

Carl said that as far as he knew, only two members, Toni McQueen and Kevin Burree had entered the Berks CX Championships. Toni confirmed that she had run, but could not confirm if Kevin Burree had run in the mens race. Toni said that she did not want a refund of her £3.00 entry fee and that it could go to the club charity. ACTION Roger to ask Kevin Burree if he ran and if so, inform him of a refund.

TREASURERS LAPTOP

Roger said that he could not open one of Sandra's spreadsheets on the club laptop, as the version of Microsoft Office on the laptop was out of date. Roger said that he had a later version of Office, but he could not load that onto the laptop, as it was not compatible with Widows XP. Roger said that he tried to load Windows 7 onto the laptop, but this failed as the laptop only had 256mb of memory. Roger said that the choice was to either get the memory increased, or buy a new laptop. After some discussion, it was agreed that a new laptop and office software should be purchased for the treasurer. ACTION Sandra to purchase a suitable hardware and software.

READING HALF MARATHON

Toni asked if Nick Pearson had been in touch regarding our complimentary entries, marquee and marshal requirements for this year. Roger said that he had not and would contact Nick by phone, if he did not respond to another e-mail. ACTION Roger to e-mail Nick Pearson.

AGM DATE

Mark asked if there was a date set for the AGM. Toni said that she is waiting a reply from St Peter's School to confirm the date, which would be either Tuesday 11th or Tuesday 25th March. Roger said that he not received any corrections to the minutes of the last AGM and as such, they would be published in the agenda as a record of the last AGM.

CLUB CHAMPIONSHIPS

Bob issued a list of proposed races for this years club championships and asked for comments. The events were discussed, but there were no objections. Carl asked if the medals have been organised for presentation at the dinner dance. Bob said that Glynne used to organise the medals. ACTION Carl to speak to Glynne.

WEBSITE

Paul said that it may be possible to set up the new website on Wordpress and he would try and do so.

CLUB KIT

Sandra said that we need a club kit monitor, as she did not have time to do both the treasurers job and the kit. Anne said the selling price list also needs looking at. ACTION Price list to be examined. Advertise for monitor.

MEMBERSHIP RENEWAL

Anne said it would be good if we could encourage members to start renewing now so that membership applications are staggered to ease the workload at the end of February. ACTION Blanket e-mail.

DOOR ROTA

Wed 8th Jan:

Shirley Smith, Anne Goodall, Glynne Jones.

Wed 15th Jan:

Tony McQueen, Anne Goodall, Glynne Jones.

Wed 22nd Jan:

Shirley Smith, Anne Goodall, Glynne Jones.

Wed 29th Jan:

Shirley Smith, Toni McQueen, Glynne Jones.

NEXT MEETING

Tuesday 4th February 2014





Final Word

I wonder how many of us, take the time to think about the people in our lives who might not be around any more or those that may be absent for a little while, like over Christmas or when they are away for a few days or even a short time like a few hours.

So this months quote is about those we love and miss when they aren't around no matter how long that may be....

“I dropped a tear in the ocean. The day you find it is the day I will stop missing you.” Anonymous

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