

# Endure 24

MUD, SWEAT AND TEARS



## READING ROADRUNNERS NEWSLETTER JULY 2014

If any further proof were needed that we do some pretty strange things for leisure in this country, last month saw scores of Roadrunners take part in the Endure 24 event, braving the elements in their tents and sleeping bags and tackling the mudbath of a course in teams with their friends or in some brave cases, alone.

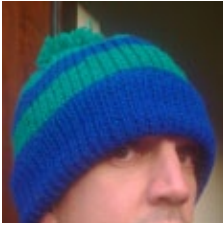
We have also seen a fantastic result for the club in the shape of a marathon win for our men's captain, who led the field home at the Waterford Viking Marathon in a superb time of 2:29:51. Very well done Keith!

There are, as always, plenty of events to get involved with over the summer – details can be found inside, so please offer your support if you can.

### INSIDE THIS MONTH:

- **DARTMOOR ULTRA**
- **PICNIC MARATHON**
- **VETS LEAGUE  
TRACK & FIELD**
- **PARKRUN  
TAKEOVER**





## Welcome from the Editor

CHRIS CUTTING

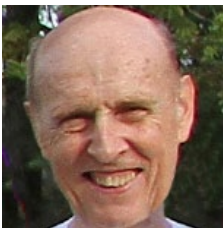
Some great news to start with this month and that is that we have a new mini-Roadrunner with us, namely Max Robert Gosling, born to Ellie and Ian. Initial reports suggest that he has his Dad's feet, so coupled with Mum's terrifying competitive streak we can anticipate great things. Congratulations to them both and welcome Max!

Secondly, the wealth of submissions this month means that I've actually had to do some editing. This means that things are a little text-heavy in this issue as

there's not much room for many pictures! As ever these can be found in their hundreds on the RR website and Facebook page - there are also several members who are qualified teachers (yes, really) to help you along with all the reading and long words.

August brings a month's break for the newsletter, so enjoy your summer running and see you all in September's edition.

Chris



## Chairman Chat

CARL WOFFINGTON

We have had a Quiz night with fish and chip supper. It was organised by Alice and very successful. We are planning a family day at no cost. Turn up. Bring the kids, a picnic and your own drinks. More details soon.

Our summer series of RR Team Relays is in full swing. We had 4 teams in the Ridgeway Relay, an enjoyable day. We have teams entered now for the Runnymede Relay and the Bounders Relay.

Coming up soon is our very own Dinton Relay. This takes place on Tuesday 22nd July. It's local and has a 7:15pm start. Everybody has an equal chance of winning as it's not based on speed. You predict your run time over a given distance and the winner is the person with the closest run time to their predicted time. You are not allowed to wear a watch. The relay is teams of 3 and there is also a team prize. If you don't have a team then enter and we can make up some teams. There is a BBQ after if you wish to stay. Bring your own drinks. This is an enjoyable evening out so please try to support our event. The organiser is Richard Hammerson and he will be at track taking entries.

Our series of Pub Runs continues. We have had 3 last month – Arborfield, Hurst and Sonning. Our next one is at the Crown, Swallowfield on Thursday 17th July. Look out for future dates on the RR website.

Our Summer Club Championship has had several races. Kitbury 5, Wargrave 10k and Didcot 5. Please look out for future Champs Races on the RR website and support if you can.

The RR Charity Car Boot Sales are doing well financially but we are short of helpers. Please try to help out on a Saturday morning if you can.

Finally, RR are attempting to break a world record and your participation is needed. The record is something like 150 runners from a single club running in a single Park Run. We can beat that, can't we? The attempt will be Saturday 19th July at the Woodley Park Run. So let's have a good turnout, lots of green vests too. More details will follow.

Carl



## Ladies' Captain - Report

TINA WILSON

On Facebook you can post a status and if I could put one on here it would say 'I am proud to be part of the most amazing club!' I am on a high today and I will tell you why later in my article.

June 2014 has been busy month for the ladies in our club. Congratulations to Ellie Gosling who gave birth to Max Robert Gosling.

Many running in the Wargrave 10K, Ridgeway Relay, Forest 5, Woodlands 5, Yateley 10K – just to name a few.

### Wargrave 10K – Sunday 8th June 2014, Club Championship Race

Carrie Hoskins ran a fantastic race coming home 2nd lady in a time of 30.24 (chip).

Carrie, Alix Eyles 42.49 (chip) and Claire Marks 45.02 (chip) won the ladies team prize, well done ladies!

### Ridgeway Relay – Sunday 15th June 2014, Ladies Team & a couple of guys (Off Road)

Dwayne Stewart-Power, Ann Stewart-Power, Claire Elliott, Julie Rainbow, Stephen Pearson, Julie Thompson, Alison Wrigley, Catherine Leather, Toni McQueen and Claire Seymour finishing in a very respectable position 39th/47 teams.

Our team of 10 runners ran different 'legs' ranging from 5.4 miles – 11.0 miles. Everyone who has ever run this relay becomes 'hooked' and often rates it as one of their most favourite running events. What do you need to run this relay? Most definitely a sense of humour, time to recce the route that are running is an absolute must, determination and passion to run as a team. 99- .9% of you have this, the 1% that you don't have is the fear of getting lost – it happens but you survive and learn a lot from it. (Please let me reassure you have never had a runner disappear off the face of the earth – they always come home and usually have a tale to tell). So look out for this event next year - put it on your list of things to do.

Dwayne and Ann Stewart-Power have both been club members for over 20 years and it was great to have them running for team – please join us again.

Ann shared with me two little factoids ....

Did you know, I ran leg 2 on the Ridgeway 20 years ago in 1994? It was slightly shorter then. Did you

also know that I'm wearing the same Roadrunner vest today! I've only ever owned one and it still works for me. My daughters tell me that when clothes get to 20 years old they are classed as vintage and that's cool. Steve Siddell (Club Kit monitor) have a word with Ann and find out the make of that vest!

Well done also to our other ladies who ran in the 'A' team – Claire Woodhouse and Elaine Laver. 'B' team Melanie Shaw, Sian James, Pauline Erceg. Over 60's Irene Liming, Heather Bowley, Anne McKinnon and Cecilia Csemiczky.

### Bracknell Forest 5 – 18th June 2014

The course is an accurately measured 5 miles along forest tracks of grass and gravel through the scenic Windsor Forest. If you are new to trail running I would really recommend this lovely trail race.

Impressive results from our ladies: Alix Eyles 3rd F, Claire Marks 1st FV45, Sandra Sheppard 2nd FV55 and Linda Wright 3rd FV55.

Ladies Team 2nd Alix Eyles, Claire Marks and Sandra Sheppard.

Well done also to Katie Gumbrell and Toni McQueen.

### Woodlands 5 Race (2) – 25th June 2014

This is another popular mid week race, famous for midges and flies and the post race picnic after – what a great way to finish the evening. We had the most fantastic turnout with 34 Reading Runners running Go Roadrunners Go!.

Claire Marks is running very consistently this year securing 4th Female and 3rd FV with Mary Janssen 5th FV. Full results can be found on the Results page.

### Endure 24 – Saturday 28th and Sunday 29th June 2014

Endure 24 is a twenty four hour race run over a 5 mile loop of forest trails. It takes place in the scenic Wasing Park Estate, Aldermaston near Reading

Well done and many congratulations to everyone who took part. A special mention has to go to two of our ladies who ran solo: A M A Z I N G!

Kathy Tytler ran a total of 75 miles in 25:17:26 – Position 11th

Julia Molyneux ran a total of 70 miles in 23:12:16 – Position 14th (hope your toe has recovered Julia)

Anyone who is in the RR's Facebook group would have





seen the photos of the muddy conditions our hardy runners were coping with. I can't resist getting a plug in for the Cross Country races (only 4 months away) I would say to anyone thinking of entering Endure 24 next year to take part in the winter cross country fixtures –you will experience all weathers mud, puddles, rain, hail, snow and it will certainly toughen you up to cope with any terrain and weather conditions.

I read on the Endure 24 website [www.endure24.co.uk](http://www.endure24.co.uk) the organisers had booked next year's Endure 24 as the same weekend as Glastonbury – they are thinking of changing it now!

Glastonbury has been going for 44 years – only 8 festivals have had no rain, so perhaps a good idea.

Now, why am I on a high! Last night (Monday 30th June 2014) our ladies only came 3rd in the last of the SVAC events and what a night it was. Competing against Athletic Clubs the Final Women's team results after 4 matches – Reading Roadrunners 4 /7 teams. This is our 2nd year of taking part in the SVAC league and there was a lot of tough competition, especially in the 100m, 200m and the relays. We certainly proved ourselves in the longer distances and the field events. (Thank you to Belinda Tull for organising)

The following ladies achieved the AW standard Tina Wilson, W50 Discus 2nd – 22.39 ( and what a shock that was), Carrie Hoskins W45 A 800m – 2.38.8 , Sarah Urwin-Mann W35 A 5000m – 19.17.4, Suzanne Enhard W45 5000m – 20.33.6. Tracey Lasan W55 5000m – 21.04.4 (Congratulations to Tracey is currently ranked the fastest 5,000m in her age group Power 10)

Amazingly I am ranked 7th place (7/37) in the discus – what have I taken from this experience? You don't what you can do until you try and I loved it!

Points certainly make prizes and by fielding a team in

most of the events and age groups it certainly paid off. I have to give a special mention to Cecilia Csemiczky. Cecilia was the only 60+ lady who took part in the SVAC league and Belinda Tull – Team Captain informed me that she'd looked through all of the results from the 4 Vets track and field meetings this season and Cecilia got us 52 points of the total of 396 points we got as a club i.e. over a eighth of all the points we got (for the ladies). Cecelia also officiated at most meetings for 2 sessions.

One evening Cecilia competed in the 400m, 1500m, long jump and hammer and officiated. How many 65 year olds do you know who would have a go at the hammer let alone all those events?!

Adele Graham has attended every meeting since we started the league 2 seasons ago. Adele had signed up hoping to do the sprints but has had a foot injury and this prevented her from doing so. However it hasn't prevented her from taking part in walking and throwing events. Adele also took photos, capturing those incredible often unexpected moments and has written several reports for the newsletter.

Adele is going into hospital shortly to have an operation and hopefully her foot will be better by next year and she can run the sprints and enjoy being a runner again.

So what have we to look forward to in July 2014?

**20th July – Wycombe 10K  
(Club Championship race)**

**27th July – Down Tow Up Flow Half Marathon  
(Club Championship race)**

**30th July – Woodlands 5**

If you would like to submit race report please contact Chris Cutting – Newsletter Editor. Please share your running experiences I for one would rather read about you than some of the rubbish that appears in the glossy magazines.

Wishing you a great summer, have fun, stay fit, healthy and injury free.

Best wishes  
Tina

Ladies Captain 2014-2015



## Men's Captain - Report

KEITH RUSSELL

Hello all! I hope you are enjoying the beautiful weather we are getting whilst it lasts. While it might not be the best weather for racing it certainly makes training more enjoyable!

**Wargrave 10k:** This is both a club and county championship race. From a club championship perspective Darryl Plank was the first of the senior men home (just missing out on a county medal) in 4th place. Gavin Rennie who is a V40 for the club championship, but a V50 for the race also took a county V50 Gold (with Brian Kirsopp taking the county Bronze in the same category) as well as leading home the V40 men, whilst Mark Smith took the club V50 honours and Nigel Hoult took both the V60 club championship honours and a county silver to boot. Some great racing and a good collection of county medals so well done all!

**Dinton 10k/5k** – as with last month it attracted a good number of Roadrunners, with 32 in total across the two races, with a trio of Darryl Plank, Ian Giggs and Simon Elsbury making the top 10 in the 10k, and Bruce Sarjent doing likewise in the 5k option. There is one more race left in the 4-race series, so if you fancy a midweek 5k or 10k get yourself down there on Thursday the 14th of August.

**BMAF 5k Championships** – the evergreen Brian Shave took silver in the MV80 category in Horwich. Brian's continued dedication to running is an inspiration.

**Ridgeway Relay** – come the middle of the month and it was time to go run around the countryside and hope not to get lost. Luckily for me race day went considerably better than when Mel Shaw, Claire Woodhouse and I tried to recce it the week before and we ended up on the wrong trail. There were some great performances on the day with several of us placing quite well on our legs, and any wrong turns were minor and quickly rectified. From my perspective it was the first set of teams I had organised since taking over the captaincy, and, having been up since before 5am that morning to get to the first leg I was mightily relieved when the last of our runners finished and I knew I wouldn't have to mount a search and rescue mission :-)

When all was totted up, the A team placed 7th, the B team 24th, the Ladies team (with an honorary man) 39th and the Over 60s 47th. For me it was great to chat with loads of Roadrunners and other runners generally. Hopefully more of you will partake next year as it really is a smashing day out. And my thanks to those of you who helped me with planning and logistics.

The **Forest 5** saw some excellent vet placings, with Lance Nortcliff 1st V40, Gavin Rennie 1st V50 and Nigel Hoult 2nd V 60, with the trio also finishing as 3rd team.

The following Sunday saw a return to racing from Nigel Grove at the **Whitchurch 10k** where he placed 4th (and 2nd V40) in what (at least according to powerof10) was his first race for 3 years. Meanwhile Robert Tan was taking a few more seconds off of his recent sub-5 mile time running an excellent 4:50 at the City of London Mile.

**Endure 24** – the last weekend of the month saw what is becoming known as the Glastonbury of running where the weather obliged by bucketing down. In the 3-5 members Male Teams 2 RR teams took part placing 6th (Pete Jewell, Andy Mutton, David Fiddes, Ian Giggs and David Ferguson) and 13th (Tony Page, Kenny Heaton, Peter Higgs, David Caswell and David Lees), whilst the aptly named Reading Roadrunners Drinkers 8 placed 68th in the mixed 8s category. It really does look like a fun event and one I will have to have a crack at one year.

June also saw the final two events of the **Vets Track And Field League** which has been embraced by great gusto by many at the club, and brilliantly organised, from the men's side, by Lance Nortcliff. Hopefully we will be back for this next year.

**Yateley 10k** – finishing off the races for the month, the 2nd race in the race series saw Mark Worringham continue his return to form with 3rd place in 33:32 as well as pb's for Alan Wilson, Pete Morris and Simon Davis.

**Runnymede Relays** – that old saying about the best laid plans of mice and men often going astray is probably quite appropriate in terms of how the day went. Traffic problems saw to the A-team missing out as several runners were stuck in traffic. However, some good reorganisation saw 2 of the 6 runners getting a run (including Pete Jewell joining in for a team which was a runner short who subsequently won) and Lynda Haskins stepped up to run the first leg instead of the 5th for the D team without her planned preparation ensured that 3 of the 4 teams did actually get to run.

**Club Championship** – by the time you read this the Didcot 5 will have taken place, and the end of the month will see two more championship races with the Wycombe 10k and the Down Tow Up Flow HM. There's a slight break then until the next race which is the Maidenhead HM at the beginning of September. This is an event that is becoming more popular each year, so if you want to have a good crack at your pb get your entry in asap.

**SEAA Road Relays** – this is an event that takes place every year in the Rushmoor Arena in Aldershot over a distance of ~6km. The men's races are on Sunday the 21st of September and cover 4 categories, namely, Senior Men, V40, V50 and V60. Each Seniors team requires 6 men, with 4 men required for each team in each of the Vets' categories.

Given the quantity and quality of the club I would hope that we would be able to put out a number of teams in each category and should, additionally, be able to place well. This is one of those rare events where a lot of

clubs will put out teams of varying abilities so you get the opportunity to see at close quarters the quickest runners in the region whilst still having the benefit of racing your peers, as well as having a good day out, so please drop me an email (keithrussell1@yahoo.co.uk) if you're interested.

**London Marathon** – yes, I am about to talk about an event that is over 9 months away, but, with good reason. We have a significant number of people already qualified for the Championship Start at London (London doubles as the UKA Marathon Championship and gives you the right to stand literally right behind the elites on the start line). By the time of the next newsletter many of you will have turned your thoughts to autumn marathons and half marathons so I thought it would be worthwhile highlighting the qualifying times.

To that end, a Marathon time of sub-2:45, or a Half-Marathon time of sub-1:15 are the requirements for men, and a Marathon time of sub-3:15, or a Half-Marathon time of sub-1:30 are the requirements for women. The typical cut-off date to achieve the time is usually by the end of the year.

It would be great to have as many Roadrunners, both male and female, on the championship start-line for next year, so if you are looking for an autumn target/bit of inspiration, well there you go.....

We now head into a summer break so the next newsletter will not be until September, so until then happy running!

## Shinfield Races

COLIN COTTELL

This year's Shinfield races made a surplus of £4,739.69 for the events two charities: Shinfield Association, and Alexander Devine Children's Hospice Service. A total of 844 runners entered the 10k race, and 182 the junior races, the largest numbers for some considerable time.

A big thank-you to everyone who gave of their time, also to our sponsors Enterprise Security Distribution, Barnes Fitness, as well as to Sweatshop for their support.

## Who are your companions on Endurance events?

ENDURE 24 2014

Kathy Tytler

"The red kites circled above, doing the birdie equivalent of licking their lips. It was unusual to see so many humans in these parts ... and so many of them were running, not away from or towards anything, but round and round in a big loop through the woods. As the hours passed, some were starting to look quite exhausted; with a little patience there will be some feasting later as one by one these tired humans collapse into the mud."

Luckily the red kites did not get to feast on human carrion; but as I plod round I often wonder how our endurance running events appear to outsiders, who do not know exactly what is going on.

On Endure 24 the weather knew how to test us, delivering an intense thunder storm before the race started, which resulted in large puddles and soft going during the humid afternoon. Then there was a period of torrential rain in the evening which ensured challenging mud on the course through the night.

Sometimes I think about characters from literature when I am hours into an event; for example, Tess of the d'Urbervilles and other figures from Thomas Hardy novels, who had to tramp the countryside in search of work; Cathy on the wild moorland in Wuthering Heights; Frodo and Sam, the hobbits, on their quest in Lord of the Rings. During the LDWA (Long Distance Walkers Association) 100, in the Valleys of South Wales, my companion, Kim remarked that the boggy moorland that we were crossing brought to mind the 'Dead Marshes' in Lord of The Rings, where those slain in a battle remained just under the surface and their luminescent faces stared out at night, caught by the moonlight. The route of this event took us

through a variety of terrain, all covered by water due to continuous rainfall from before the start at 10am Saturday to around 5am Sunday.

There are advantages to knowing exactly what is in store when repeating the same 5 mile loop of mud and puddles ... but I couldn't think about it too much as I embarked on each lap. It was best to momentarily forget what was in store until reaching a point of no return. Pausing for too long may have allowed good sense to prevail, stopping me from going round again. But then I compare it to the all too well known route of a 400m running track, on which I completed a 24 hour track race two weeks prior to Endure 24. The challenge to keep going here becomes overwhelmingly psychological... and it brings to mind the film about dance marathons in the American depression; 'They Shoot Horses Don't They?'

Nature relented during the night of Endure 24, and with quiet weather, the haunting sound of a nightjar could be heard deep in the wood. Like many other runners I had no idea what it was, imagining everything from electricity pylons and electric drills to toads and rattlesnakes, until a passing runner enlightened me.

Things always look better after dawn, and the woods and field became the Berkshire countryside once again. An end to hours of endurance was in sight, and on finishing sanity was restored with a bacon sarnie and a can of coke. So, farewell until next time, my companions of the night. My next event will be along The Ridgeway ... no doubt raising the hopes of those red kites again!

## Dinton Pastures Relay 2014

TUESDAY 22ND JULY AT 7.15PM

**Entry £4.00 each - After race BBQ/refreshments if required at £6.00 / £3.00 child each**

Entry forms available from RRR desk on Wednesday or from your club representative (guest teams)

Venue: Dinton Activity Centre, Dinton Pastures Country Park, Sandford Lane, Wokingham RG10 0SU.

Please note - car park may have a height barrier in position. Dinton Pastures now also charges £2 for parking

# Surprisingly Wet Weather for Wales (again)

## THE UPS AND DOWNS OF THE LDWA VALLEYS 100

Kathy Tytler

It is morning, we have spent the whole night together and the conversation turns to sex. Well, poetry and sex ... and how I have been banned from reading my poems at Grizfest. I recite part of 'The Marathon Tourist'. The bit that includes a cardiac arrest caused by untrained for humping. This is possibly a high point of our walk, not because of my poetry, but it is morning, the rain has eased to a mere drizzle and we can see views. From the ridge we can almost see the next checkpoint at Bute Town – and we've just got to get there to ensure qualification for next year's 100! On the downside, we are still wet through, we are still walking through mud and water, Kim has very sore feet, we are only halfway round our 100 mile walk and the clock is moving perilously close to the cut off times.

A non-stop hundred mile walk in 48 hours is a challenge. I have completed eleven of them in different parts of the country and there isn't one that has been easy, but this must be the hardest:-

The rain started to fall heavily a couple of hours before the start at 10am on Saturday in Pontypool, South Wales. We were all hooded and waterproofed waiting to be set on our way. The start was uphill and it wasn't long before the tarmac ended and the stony track began – and it was running with water. For a short time I tried to dodge the worst of the puddles, but it was less than half an hour before I realised that this is futile and resign myself to wet feet. On the exposed ridge with rain falling heavily and clouds swirling in the valleys either side, we try to make good progress along a muddy, rutted track. As we ascend Twmbarlwn I think that this would be a nice place to visit on a clear day.

We walk through a large country park to the lake and our first checkpoint. Then we follow close behind Robert and Richard from Bristol for maybe half a mile before they are aware of our presence, although we are talking about them, loudly – such is the insulation provided by our waterproofs. Arriving at Maesycwmmmer Village Hall we see Christine having her face patched up; a walker in front of her slipped and their walking pole caught her cheek, very close to her eye. The marshal asks if she is retiring and she replies, "No of course not!"

We met up with Christine again at Trallwn and she suggested that we stick with her for the next few sections as it is about to get dark and she has the route on her GPS. Goodness! Have we only done 25.9 miles? We thought we'd reach Moriah Hall before dark!

We trudged along wet and muddy paths through woods following the arrow on the GPS (although it sometimes cut out in the woods) and our paper route instructions, where the ink is starting to run, despite being sealed in plastic. Instruction 4.4 states; Arrive at gateway in dry stone wall. DO NOT pass through gateway. We don't. Turn L. We do. Keeping wall on RHS. We don't. Our left turn is too sharp. We end up climbing another mountain – A DUNG HEAP! Cursing the farmer who put this across the footpath, we arrived at the other side – sliding down into a large bed of nettles. There are several of us now, caught between the shit and the stingers, realising that we've gone wrong, so it's back over shit mountain to find the perfectly clear path between the wall on our RHS and the dung heap on our LHS.

The stage between Llanwono to Moriah Hall is still unknown territory for Pat and I. On another long wet stony track we encounter a man walking in the other direction and from the whiff of alcohol we guess that he is on his way home from the pub. I bet he was surprised at the number of people he has seen tonight on his normally solitary walk home. Kim joined us at Moriah Hall, after he'd treated himself to a clean and dry pair of socks. It was on this section to Gelligaer that the wet and muddy conditions underfoot became worse, with much slipping and sliding about in the dark, often landing on our bottoms. Dawn was breaking, well, not exactly breaking but seeping through as the sky became a slightly lighter shade of grey.

At Gelligaer Christine decided to retire. We were surprised as she had been walking strongly through the night, but she said she was feeling a bit dizzy and didn't feel safe to carry on with all of those sharp descents ahead. Kim stayed for a while to see to his feet – believing that a frequent change of socks would prevent blisters. Pat and I strode off into Sunday



morning feeling almost confident and refreshed; we had recce'd this bit, the sky was becoming lighter and the rain was not as heavy and persistent as it had been. Gelligaer Common was challenging terrain, but our route was flagged. We did have a bog to cross and Pat hauled me out with her walking pole when I went in up to my knees. We crossed the very rough ground uphill to the broad stony track and although waterlogged it was quite a pleasant scene with a herd of ponies grazing in the distance. Kim caught us up on the common. This section to Deri ended with a mile of tarmac cycle track, which was straight and boring, but the surface underfoot felt almost like a carpet.

Pat, Kim and I set out for the next stage with varying amounts of vigour. We knew that by getting to the next checkpoint in time we would have reached that magic distance of over 50 miles which qualified us for next year's event in East Lancashire. This stage brought us close encounters with dead sheep – on the path with rough ground either side – ugh! The smell! It was worse than our smell, which was non too healthy after almost 24 hours of walking in wet and muddy conditions, enhanced by fragrant top notes of dung heap. There was a roller-coaster descent to a stream crossing and as we were climbing the steep slope on the other side, the hills became alive with the sound of swearing! A man behind us had fallen in the stream and was not amused. We got to the clipper point at the large metal arch and could see Bute Town, our target, clearly below. At Bute Town church Pat and I picked up some jelly babies and pressed on. Kim stayed to see to his feet and then decided to retire. We were still concerned about time and knew that if we were to have any time to refresh ourselves at the breakfast stop we needed to keep going. Again, it helped that we knew the route, although it was sodden. I was really looking forward to a change of socks and shoes at the baggage checkpoint.

The bowl of hot water that was provided to soak my feet gave me a few minutes of ecstasy. Dry shoes and socks did not disappoint. I had a slight panic when I couldn't undo the ankle zips of my waterproof trousers because they were clogged with mud – would I be trapped in them forever?

There was a man sat next to me wearing a pair of baggy shorts and an expression on his face that was a combination of a grimace of pain and that silly grin that men sometimes wear. He had suffered serious chafing in an intimate place. The young female first-

aider had dealt with his condition, which possibly explained his facial expression and the baggy shorts.

I had dry feet, at least for the trek through the streets of Tredegar to the Community Centre where we had tea and a bacon sarnie, before setting off on the next stage a quarter of an hour before cut-off time.

This was another pleasant stage (these terms are relative!) and although there was a steep climb out of Tredegar, the going was dryish underfoot and there were views again. Then there was the stile by that large gothic iron cross and the warning of the Very Steep Drop! Carefully we negotiated the footpath above the Very Steep Drop until watery conditions returned on our descent into the sunken footpath, and later alongside the stream on our way to Pen y Fan Pond. This had been a damp but pleasant path through a bluebell wood ten days ago, now it was marsh.

At the checkpoint in a tent, we ducked inside to dodge a heavy shower before setting off once again on a known route to Nantyglo. The track climbed gently through the forest, and it hadn't seemed so bad before, but now it was an unending slog. When we eventually reached the open moorland we were exposed to the cold wind. We were back on sodden, rutted tracks and assailed by four seasons of weather; rain, wind, hailstones and just when we were at our lowest ebb, looking down on the Ebbw Fach valley to Blaina and Nantyglo, we had at least ten minutes of late afternoon sunshine.

A man approached us from CP11 as we descended the stony track. "You'll be there in quarter of an hour," he told us. About 45 minutes later we arrived, cold and tired with time to spare, but little enthusiasm for the next stage that promised to be an exposed section of 8.8 miles in the dark. The name Coity Mountain and lots of close together contour lines on the map were clues. It was not a hard decision to retire at this point, consoling ourselves that we had done very well in difficult conditions. Not long after getting into the body bus, it began to rain heavily, confirming the wisdom of our decision.

We returned to Pontypool, had a shower, a hot meal and I was in my sleeping bag by midnight. The next morning I returned to the school canteen, refreshed, to chat and to cheer in all of those brave walkers who had completed 100 miles and were finishing after over 40 hours of walking.

# Southern Counties Veterans Athletics League

## THE STORY CONTINUES - ADELE GRAHAM



Continuing in the Roadrunners assault on the athletics world, the third fixture in the series was held at Swindon on 9th June, and the fourth and final fixture was at Tilsey Park in Abingdon on 30th June.

Once again we had an excellent turnout for both matches, and the team spirit was fantastic. Teams comprised Tina Wilson, Cecilia Csemiczky, Sarah Urwin-Mann, Jackie Perrin, Belinda Tull, Juliet Dimmick, Kerri French, Lynda Haskins, Tracey Jenkins, Caroline Hoskins, Tracey Lasan, Susanne Enhard, Philomena Mburu, Emma Caswell, Catherine Leather, Claire Seymour, Saba Holt and myself for the ladies and Lance Nortcliff, Mark Andrew, Pete 'The Train' Morris, Pete Aked, Paul Monaghan, Nigel Hoult, Mark Worringham, David McCoy, Pete Higgs, Mel 'Good for your age' Silvey, John Preston, and Pete Jewell for the men.

Top performances on the track at Swindon were Lynda Haskins (3rd W50 100m), Philomena Mburu (2nd W50 400m) Cecilia Csemiczky (4th W60 400m), Belinda Tull (4th W35B 1500m), Lynda Haskins (4th W50 1500m), Cecilia Csemiczky (3rd W60 1500m), Mark Worringham (2nd M35A 1500m), Mel Silvey (3rd M35B 1500m), Pete Jewell (2nd M50 1500m), Nigel Hoult (3rd M60 1500m AND 3rd M60 400m!). Our men shone in the 5000m with Mark Worringham 2nd M35A, Lance Nortcliff 3rd M35B, and Pete Jewell having a terrific race to take 1st M50.

It's probably fair to say that as we progress through the athletics fixtures, a number of our runners are



discovering hidden talents !!! In the field events Tina Wilson took 3rd W35 Javelin and Lynda Haskins attempted the high jump...and was rewarded with 2nd place! This was much to the annoyance of an athlete from another club who complained the jump was too low...then proceeded to knock it down! Lynda Haskins and Cecilia Csemiczky were 4th in the W50 and W60 long jump, Kerri French was 2nd W35 in the hammer, Adele Graham 4th W50 hammer and Pete Aked was 2nd M35 high jump.

Overall, the ladies finished the 3rd match an excellent equal third out of 7 teams and 4th in the league overall; the men finished 5th out of 8 teams and 6th in the league overall.

On to the final match at Abingdon, with some team members on very tired legs after Endure 24 at the weekend!

In the field events it is fair to say Tina Wilson (aka Jessica Ennis) has clearly missed her vocation in life – 2nd place in the discus and AW standard as well!! Other top field performances were Cecilia Csemiczky (3rd W50 discus), Philomena Mburu (4th W50 triple jump) and Pete Aked (4th M35 javelin).

We excelled in the track events. In the 2000m walk Jackie Perrin continued to demonstrate good technique coming 2nd W35. Lance Nortcliff and Pete Morris were 3rd M35 and M50. In the 200m Tracey Lasan was 4th W50, and in the 800m Caroline Hoskins was 4th W35A,



Saba Holt 4th W35B, Philomena Mburu 2nd W50, Cecilia Csemiczky 3rd W60, Mark Worringham 3rd M35A, Pete Aked 3rd M35B and Nigel Hoult 3rd M60.

There were great results in the men's 3000m with Mark Worringham 4th M35A, Lance Nortcliff 3rd M35B and Nigel Hoult 3rd M60.

However, our top performances of the night were in the ladies 5000m where we completely destroyed the opposition with Sarah Urwin-Mann 1st W35A, (and AW standard), Susanne Enhard 1st W35B (also AW standard), and Tracy Lasan 1st W50 (again AW standard).

Huge congratulations to Tracey Lasan....not only AW standard but ALSO the fastest V50 5000m in the UK this year!!!

Overall the ladies team finished equal 3th out of 7 clubs, and the men finished 6th out of 8 clubs for the Abingdon match.

The final league positions were 4th out of 7 clubs for the ladies beating Swindon, Oxford and Reading AC and 6th out of 8 clubs for the men, beating White Horse Harriers and Newbury. WOW. Not bad for a road running club!

The evening was completed by lots of cake, some bubbly,

and the toasting of several birthdays – Lance, Jackie and Susanne's – plus Tracey's superb result in being the fastest UK V50 over 500m this year.

Everyone really enjoyed the evening with terrific team spirit. Lots of envious comments from other teams e.g. 'your club really know how to have fun!'

Huge thanks to Belinda for getting us involved in the league and to Belinda and Lance for all their hard work organising the teams – it is much appreciated.

Special mention also to Cecilia, who has steadfastly turned up to each match, even when injured, and entered in all the over 60s events just to make sure we get a point. True team commitment – you are a star Cecilia

Roll on next year – with some winter training in sprint and field events we could do even better next year. We clearly have lots of talented athletes who can excel at track and field as well as road running. However, whatever the results it is really good fun

Speak to Belinda or Lance if you would like to be involved next year!

Adele Graham

## Family Picnic Day

SATURDAY 30TH AUGUST

Family Picnic to be held at Thames Valley Park on 30th August in the afternoon. Location within TVP tbc. Wokingham Waterside Centre say there are two

communal toilets round the back of the centre and we can use those free of charge. I have had some offers of bats, balls and games so please bring them if you have them.

## Sec's Secrets

### GEN SEC

As I write this article, it's July the 4th, the date our colonial cousins in the US celebrate their departure from the British Empire. So on that basis, I will reminisce my participation in the celebrations when I was last in the US on July 4th 2009.

The place, Eugene Oregon, AKA Track Town USA, also the Running Capitol of the US, also the birthplace of Nike (not the Greek god, but the shoe people) I am bused out to the start (it's a point to point) of a 10k at the foot of a hill (Butte) and line up with about 2000 runners for the annual 4th July Butte to Butte 10k. We start and run up Spencer's Butte and when I arrive at the top, I'm not surprised to find that I did not win the 'King of the Hill' prize. Then down the other side I head with the pack toward the town and when I reach the bottom, the course is flat thereafter.

The neighbourhoods are lined with residents waving their stars & stripes and singing tunes like 'Born in the USA'. Skinner's Butte finally comes into view, so I know the finish is close and I thank heaven that the finish is at the bottom of the Butte and not at the top. I finish in 50 something minutes, a far cry from my last 10k in Oregon in 1987, when I posted 37:50 wearing my new Nike Air Sock trainers. I had purchased the shoes a few days before, when I visited the hallowed shrine for Oregon runners. I refer to the original Nike shop where Bill Bowerman (one of the Nike founders) first made and sold his Waffle Trainers. (so called because the soles were made by pouring molten rubber into Mrs Bowerman's waffle iron)

But back to July 4th 2009 and later in the afternoon, my niece collects me from my sister's house in Eugene and drives me to her house in Springfield, the town made famous by the Simpsons. I am shown the statue of the man on a horse often depicted in a Simpsons episode and also a factory, that I'm assured is the model for Homer's workplace. The celebrations begin with my niece and her husband playing guitars being accompanied by friends on bass and drums, all on the decking outside the rear of the house. A BBQ follows with lots of alcohol consumed.

The next day, my niece goes off to work at the Valley River Hotel in Eugene, where the USA Track and Field Association have practically taken over the whole hotel.

They are in town for the 2009 US T&C championships being held at Hayward Field, where my niece drops me off as I have a seat in the bleachers for 3 days of top quality athletics to watch.

The men's 10,000m is won by none other than Mo Farah's training partner Galen Rupp, who three years later would finish 2nd behind Mo in the Olympic 10k final. A man sitting behind me in the bleachers starts telling everyone in a loud voice where to sit as some people are in the wrong places. I look around at him and find it's none other than three time NYC Marathon and one time Boston Marathon winner, Alberto Salazar. The name should ring a bell, as he is both Galen Rupp and Mo Farah's coach. When I next see my niece, I tell her who sat behind me and she casually tells me that she dated Alberto, when they were at college together.

On the last day of the meeting, there's a woman's masters invitation mile to bring the meeting to a close. In the lineup is a real running star name, that of Joan Benoit Samuelson, who became the first ever-Olympic women's Marathon winner at the 1984 Los Angeles games. I take my camera and get a shot as she passes by and it's clear she is not racing, but just putting on a show for the crowd and here is that picture.





## The Hills Are Alive

THE 2014 DARTMOR DISCOVERY ULTRA MARATHON - PAUL MONAGHAN



I guess you could say this is one of those races you just have to do, and one I may have not have entered but in a mad, mad moment I signed up for it. This was mainly due to Dean Allaway bending my ear for the previous two years. We've ran many marathons together in some weird & wonderful places but this just seemed like a bigger challenge and it wouldn't disappoint.

He knows my weakness for a good race party and sold it heavily on that fact. 'Let's not worry about the 32 and a bit miles we have to run first to get to it as it will be fun' Can you believe I fell for that line? Well let me tell you I'm not always that gullible (Ok, yes I am but keep it quiet)

My first major hurdle before the race was getting the time off work. I had literally started a new job on the Monday and had to somehow wangle half day off on the Friday as Mr Tony Streams was picking us all up early afternoon. Leaving at 5 was not an option as would have had more chance getting to the moon than Princetown at that time. Anyway my new boss was sympathetic to my cause but looked at me strangely when I told him what I was doing the weekend, and who could blame him?

Eventually was picked up. Martin Bush was already in the car and looked half dead before the journey had even started. Mind you there's nothing like a new medal to animate Martin so he gradually came to life. Dean & Pete then joined us and the Usual Suspects were on

their merry way yet again to run some silly distance.

The hotel we'd booked at Princetown wasn't bad at all well not for them anyway. I booked late (as usual) so ended up in something they appropriately named the bunker room. It was devoid of any home comforts and even electricity so had no way of keeping phone charged and falling asleep to crap Youtube videos. Picking our numbers up was a low key affair as we went to a small school room with just a couple of guys at a desk, I immediately compared it to Berlin Marathon where the contrast could not be any greater as thousands of people jostled at registration at an airport hangar.

It was now time to think about the event ahead. Dartmoor discovery is one serious challenge. It is 32 miles 674 yards of unrelenting hills starting in Princetown, and following a route passing through Dartmeet, Poundsgate, Newbridge, Ashburton, Buckland in the Moor, Widecombe in the Moor, and Postbridge, before making its way back to finish in Princetown. It's described as Hilly with several severe (25%) climbs and descents, I'd say that was putting it mildly. The strange thing is that many of the same runners return year after year so it obviously has some kind of magic to it.

Martin Bush was suffering from a bad leg in which Pete Morris kept ribbing him about telling him he was running too many marathons and should sit this one out. Martin was seriously considering it so I had to keep reminding

him of the medal (Mutley off Catch the Pigeon anyone?) just to keep his spirits up. As I've said before Martin loves his medals. I seriously wanted to see him beat Pete just to get justice and show just what he's really made of. I gathered even with an injury Martin would easily pull this off.

The morning of the race it was really dull and we could see grey clouds hovering over the hills. I knew I could crack 32 miles but over steep hills and through the rain? It seemed like madness and I began to doubt my sanity. I just hoped Dean's so called great after party would also live up to his hype to compensate. As usual Tony & Dean seemed more concerned with their phones than the job in hand but eventually like parting with a loved one they had to put them down. The atmosphere was great and it was good again to chat to so many different runners who'd travelled from all over the country to get to this.

There was a cut off limit in this race so there was not many fancy dress crowd as most were experienced runners who took this seriously. For all my messing around I was also taking this deadly serious and had put in the long miles of training. I knew I would beat the cut off points and was convinced Tony, Pete, Dean & Martin would also. I'd ran an Ultra with Dean previously so knew he was well up to the task.

After some long pre-race speech the gun fired and we were off shivering through a cloud of confetti. Pete whizzed past us all and onto the rain soaked roads. The first few miles went easy with just a few minor hills. Tony & I passed Pete at about mile 6 as he'd significantly slowed down. Time for me to now get into the zone and hit this race. The first significant hill came at 10k and was about 1/2 mile long. I'd been advised to walk up many of the steep hills or energy would be sapped well before the end of the race. I had no choice on this one as was so steep so me and about 50 others walked this section. The hills were unrelenting but the Devon scenery was just stunning and helped take my mind off the task at hand. The weather started to improve making this more enjoyable that was until about 13.5 miles and arriving at Ashburton. From then on it's about 9 miles of an uphill climb which can only be described of as hell as it makes Marlow half seem like a 1k downhill fun run. It was time for some psychological mind conditioning. I'd convinced myself it was a 20 mile race and at that point it was game over as would be a walk in the park from then on (I was wrong) as would only have 13 left. As it was Ashburton sucked the life out of me and I

was a running corpse the next few miles, chatting to other runners eventually brought me back from the dead.

Coming up to 25 miles I knew I was well past the cut-off point and then at marathon stage I'd managed 4:20 which on this course was not a bad effort I thought. The worst was now out of the way so I tried to hit the gas for the last 6 to do a sub 5:30. All was going well until the last 2 miles when was hit with yet another killer hill, but by now I'd found some inner strength and managed to run this quicker than normal. Soon this race I'd fell in love with would soon be over, the crazy streak in me did not want it to end but I was so glad when I spotted the finish line ahead.

A smile was beaming from my face as I approached the line Adam Phillips was down for the day and high fived me on approach. Dean was also there cheering me in as had crossed the line first out of us all. My time was 5:13 but this was not about clock times but more about just getting through it. 10 pieces of cake and 11 cups of tea later I started to recover and faced the reality that the hills really were over.



Tony Streams came in just under 6 hours closely followed by Martin Bush who not only ran a sub 6 but managed to beat Pete by a good 30 mins and showing that even with an injury he can pull off a good race. Apparently as he passed Pete he sang to him the Monty Python tune 'Always look on the Bright Side of Life' and talking of the bright side of life we had the after party to attend later.

We arrived to find some dodgy DJ with bad dress sense in the middle of an empty hall. I was beginning to think this would end like an episode of the Inbetweeners (with slightly older better looking cast members of course) were it all just goes horrible wrong. Torturing Dean was not an option but I should never of doubted him, as the place filled up and the DJ was spot on, even Tony put his phone down! We mingled with the runners and even took to the dance floor as a great night dancing with sore legs lasted until the early hours topped off with 'Always Look on The Bright side of life. And you know what? Our legs may have been sore but it was hard not to. The truth is no matter which races I do with these guys we just always have a ball as we share the same love of life ethos.

If you ever do an Ultra, then this just has to be the one to do. Just ask Pete Morris.

Dean Allaway	4:40:54
Paul Monaghan	5:12:58
Tony Streams	5:55:57
Martin Bush	5:57:34
Pete 'The Train' Morris	6:27:37

## I hear that there was another sporting event taking place while we were running ...

IN CELEBRATION OF THE GLOUCESTER 24 HOUR TRACK RACE 14-15 JUNE 2014

KATHY TYTLER

It was hot and humid that night in Brasil,  
An excuse for not showing great footballing skill,  
More importantly, elsewhere dreams were broken or fulfilled.

On a Running Track in Gloucester.

In Manaus they all complained of the heat,  
But it was only ninety minutes that they were on their feet.

A full twenty four hours we had to complete  
On that Running Track in Gloucester.

Saturday afternoon was spent in full sun,  
No shade or protection as on, on we run,  
Oh joy! How wonderful! We had so much fun,  
On our Running Track in Gloucester.

Now Doctor Foster had his hour of fame,  
He once went to Gloucester, but never again,  
And yes, we too had our brief shower of rain,  
On that Running Track in Gloucester.

By evening some felt the effect of the heat,  
Some were slowing and some were quite beat,  
But others kept going on swift running feet,  
On that Running Track in Gloucester.

"I can't think of a much worser (sic) way  
To spend a weekend of leisure," you say.  
Well how about shopping for a whole day  
Surely worse than this Running Track in Gloucester.

Before four in the morning the Sunday dawn breaks,  
A sweet chorus starts up as the birdies awake,  
Alongside the sound that those seagulls make,  
Above that Running Track in Gloucester.

And joy of joys – we get to turn at four  
To run the other way – only eight hours more!  
We look forward to this like never before,  
On that Running Track in Gloucester.

A cause for celebration or a cause for concern,  
Only eight more hours running (or walking) and just  
one more turn,  
But my feet and my bottom are starting to burn,  
On this Running Track in Gloucester.

So ignore all those footballing millionaires,  
If they lose again, do not despair,  
There are many lads and lasses who will give of their  
all – Right there  
On a Running Track in Gloucester.

# This Picnic Was No Picnic

PETER HIGGS

Well what can I say? After completing the Half Marathon last year & getting a massive PB at the Virgin London marathon this year I was thinking this shouldn't be too bad when Irene, my brother Steve & I rocked up at the Trionium Picnic Marathon on a very sunny Summer Solstice

How wrong could I be? Very wrong it would seem...

The thing I love about Trionium races is they are small intimate affairs but they are brutally hard with amazing views.

The Picnic is billed as Britain's toughest marathon with good reason. It has everything that you could possibly want from a trail marathon; massive hills, uneven ground, thousands of steps, heart stopping descents & no flat bits whatsoever. There is however lots of chances to see other competitors as there are out and back sections and the whole route is two 'out and back' half marathons strung together.

At 2 o'clock in the afternoon at the bottom of Box Hill, after a short rendition of the National Anthem we started the run to the top of the hill & the Mad Major's Grave. From there it's a short run down to the infamous 400 feet of steps for what will be the first of the four times that I will need to tackle these beauties, when you reach the bottom of the steps you cross the river using the stepping stones provided, or if you're brave/stupid (delete as applicable) like me then you power through the waist-high water to the cheers of the crowd, then back up the steps (did I mention it's 400 foot of steps?). From the top of the steps you head up to the lookout & an amazing view of the local countryside. A whole host of families picnicking on the side of the hill cheer & call you crazy, from there it's a sharp descent followed by a very tough climb to the road crossing. From here the terrain is incredibly undulating!! Until you reach the Forrest crossroads, you now have roughly a mile & a half of long drawn out descent which is welcome, but you know is going to be a long drawn out ascent on the return journey once you have completed the Eiger Steps & White Hill, and after an almost vertical drop down to the 6.5 mile marker it's time to turn round & return the way you came, at this point I am thinking 'really? have I only done Six & a half miles??'

The return to the start is just as bad as I thought it would be, the ascent saps all the energy from my legs which have started to cramp, not something I am used to in a race. When I reach the steps for the second time (did I mention its 400 foot of steps? I think I might have done), I skip down the steps as fast as I can through the river & back up the steps in a limping hobbling fashion that looks most undignified but seems to be working, a quick look at my watch & I notice with surprise that I am very near to the 3 hour half way cut off point. I make the three hour half way cut off by seconds with a downhill sprint & should have called it a day there, but no, I decided that I came to do a marathon and that was exactly what I was going to do.

Box Hill looks so much steeper the second time but I make it to the top & face the 400 foot of steps, (I think I may have mentioned them before) for the third time, not so nippy this time and breathing heavily I reach the bottom using the stepping stones. This time I cross the river & get ready for the return, as I take the first step my legs just lock up & I come to a dead stop - I need a plan - OK here goes... I will go up 20 steps then rest. I had a plan, unfortunately my legs weren't playing ball & the plan changed into dragging myself crying & cursing one step at a time all the way to the top with frequent breaks & strange looks from members of the public. On I plodded, a broken man, my mind wandering all over the place & at one point I actually thought I was dreaming, yes I was pretty spaced out as I was crossing White Hill & approaching the drop that would take me to the  $\frac{3}{4}$  point on the marathon. It was here that I was stopped by a marshal who informed me that I had missed the cut off point and although he was very sorry my race was over. Having none of this & while hopping from leg to leg to try & control the cramp that was now a constant feature of my race I informed him that I might not have made the cut off but I intended to finish the race no matter what (the Higgs don't do DNF). After a brief exchange of words he agreed that he could not stop me from running & with stupid pride & dogged determination driving me onwards I continued to the  $\frac{3}{4}$  point. The heat got to me & many times I had to stop to dry retch frequently, my legs were completely cramped now, running was



## THIS PICNIC WAS NO PICNIC

impossible & I pretty much blanked out the whole of the last quarter of the race, limping & stumbling I finally crossed the line in 7 Hours & 13 Minutes but I am a broken man & still aching all over.

If you have plans to do this then please do not do not underestimate this race. It's not just another trail marathon, it's a brutal race not to be taken lightly.

Later I discovered that one third of those that started the race didn't make it to the finish! I'm very proud to say that I was one of the 66 that did although it took me so long to complete the course I didn't make the seven hour cut off.

### Why the 'Picnic'?

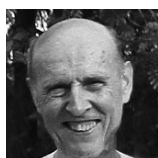
Box Hill is famous for the picnic scene in Jane Austen's novel *Emma* (published 1816).

Poet George Meredith lived at Flint Cottage, directly opposite the start of The Picnic, and he had a donkey called Picnic.

The race also honours the valiant Italian PoWs who broke out of a British war camp and climbed Mount Kenya, later writing the classic 'No picnic on Mount Kenya.'

And Picnic, because it's no picnic!

## Your Committee



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**BOB THOMAS**  
CLUB EX-OFFICIO

### WELFARE OFFICER: JENNY MILLER

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

# Roadrunners Results

## NIGEL HOULT

It's been another busy month, with Roadrunners competing in everything from 100m sprints to 24 hour endurance events. Most popular were the Wargrave 10k and the races in the Dinton and Woodland 5 series, plus of course the team events of the Ridgeway Relay and Endure 24, where we fielded two teams of 8, two of 5, one of 2 plus 3 individuals, as well as members running for various parkrun teams.

We only had one outright winner this month: Keith Russell at the Waterford Marathon, who dipped under 2:30 to set a new club Season's Best – well done to him. There were three first ladies: Katherine Sargeant and Sarah Urwin-Mann at Dinton (10k and 5k respectively), and Carrie Hoskins at the Wexham 5. There were only four PBs: all of them over 10k, and three at the Yateley 10k, where the hot conditions obviously didn't slow you down.

At the second race in the Woodland 5 series, we almost had a clean sweep of the top five male veteran places, only spoilt by an unaffiliated runner taking fourth place (maybe we should ask him to join?)

We rounded off our track and field season in style, especially the women's 5000m, where as well as us winning each of the three events (35A, 35B and 50), Tracey Lasan recorded a time which put her at the top of this year's ranking list for her age group – what an achievement! I ought to mention, now that we seem to be doing more track races, that the Season's Bests (and for that matter Club Records) refer to road and multi-terrain races only (including parkrun for the 5ks): after all, 5000m or 10000m on the track is a very different event from the same distance on the road.

Well done to everyone who raced this month, and good luck with your races over the rest of the summer.

### 7th June

#### Dartmoor Discovery Ultra (32 miles)

Dean Allaway	26	4:40:54
Paul Monaghan	63	5:12:58
Antony Streams	157	5:55:57
Martin Bush	161	5:17:34
Pete Morris	197	6:27:37

#### British Athletics League Division 3, Peterborough 5000m

Robert Tan	17:12.63
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### 8th June

#### Viking Coastal Marathon (Day 2)

Gary Brampton	8	3:59:05
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#### Needles XC Half Marathon

Linda Wright	149	2:22:27
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#### Jersey Half Marathon

Yvonne Edwards	264	2:07:35
Andrea Marnoch	293	2:15:44

#### St. Albans Half Marathon

Rob Cant	458	1:48:07	1:46:34
David Woolford	1327	2:10:18	2:04:30

#### Chiltern Chase 10k

Ed Dodwell	15	41:29	41:28	1st MV50
Graham Tull	64	46:36	46:26	
Brian Fennelly	115	50:13	50:04	
Saba Holt	161	53:07	52:54	
Ken Beck	247	57:33	57:08	
John Preston	249	57:35	57:10	
Chris Cox	335	1:06:00	1:05:33	

#### Wargrave 10k

Darryl Plank	4	35:35	35:33	
David McCoy	14	38:34	38:32	
Caroline Hoskins	29	40:26	40:24	2nd F
Gavin Rennie	31	40:30	40:26	3rd MV50
Mark Smith	38	41:40	41:39	4th MV50
Brian Kirsopp	44	42:05	42:00	
Nigel Hoult	48	42:19	42:15	3rd MV60
Alix Eyles	54	42:54	42:49	
Mark Andrew	55	42:56	42:51	
Paul Milnes	83	45:03	44:57	
Claire Marks	84	45:07	45:02	5th FV40
Wayne Farrugia	88	45:27	45:19	
Peter Cook	97	45:49	45:27	
Erica Key	100	45:54	45:47	
Katherine Sargeant	107	46:10	46:03	
Tim Hogarth	112	46:32	46:24	
Sam Hammond	114	46:35	46:27	
Andrew Runnacles	124	47:07	46:58	
Nick Robey	126	47:10	46:55	
Simon Denton	127	47:10	46:58	
Mary Janssen	131	47:31	47:26	
Richard Morgan	134	47:40	47:27	
James Godsell	137	47:49	47:41	
Chris James	146	48:29	48:14	
Christopher Miller	163	49:17	49:09	
Jacqueline Smith	171	49:40	49:24	
Andy Atkinson	172	49:47	49:35	
Gemma Stobie	176	49:58	49:33	
James Kiddie	181	50:05	49:52	
Jonathan Moore	183	50:07	49:52	
Fleur Denton	191	50:28	49:56	

## ROADRUNNERS RESULTS

Sarah Morgan	194	50:35	50:10	
Simon Davis	195	50:35	50:11	
Tom Stagles	226	51:52	51:35	
John Mulligan	238	52:28	51:51	
Sarah Pachonick	241	52:35	52:12	
Kim Stevens	260	53:54	53:28	
David Pink	286	55:16	54:46	
Lee Hinton	292	55:34	55:01	
Catherine Leather	293	55:34	55:01	
Chris Cutting	297	55:43	55:09	
Katie Gumbrell	298	55:43	55:09	
John Bowley	308	56:33	56:15	
Christina Calderon	326	57:41	57:14	
David Caswell	346	58:46	58:07	
Chris Drew	347	58:46	58:13	
Julie Thompson	355	59:01	58:32	
Sarah Drew	379	1:00:00	59:28	
Louise Atkinson	384	1:00:44	1:00:08	
Aaron Chai	385	1:00:47	1:00:10	
Heather Bowley	390	1:01:17	1:00:49	4th FV60
Tim Miller	411	1:03:24	1:02:44	
John Chilton	415	1:03:50	1:03:13	
Liz Atkinson	424	1:04:21	1:03:45	
Justin Watkins	425	1:04:21	1:03:44	
Veronica Andrew	468	1:10:17	1:09:30	
Ann McKinnon	480	1:14:44	1:14:07	
Catharina Reynolds	482	1:14:46	1:14:19	
Ladies team: 1st (Caroline, Alix, Claire, Erica)				
Berkshire Champs:				
MV50: Gold - Gavin Rennie, Bronze - Brian Kirsopp				
MV60: Silver - Nigel Hoult				
Senior ladies: Gemma Stobie - Bronze				
FV55: Silver - Heather Bowley				

### 9th June

#### Battersea Park 5k

Antony Streams	149	24:52
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#### SCVAC Vets League, Western Division, Swindon

100m Women		100m Men	
Saba Holt	16.4	Lance Nortcliff	13.3
Lynda Haskins	17.1	Mark Andrew	14.6
Juliet Dimmick	17.4	Nigel Hoult	17.5
400m Women		400m Men	
Saba Holt	74.3	Peter Aked	62.5
Susanne Enhard	80.7	Mark Andrew	66.1
Philomena Mburu	83.5	Nigel Hoult	77.1
Catherine Leather	92.1		
Claire Seymour	93.8		
Cecilia Csemiczky	110.4		

1500m Women		1500m Men	
Sarah Urwin-Mann	5:23.3	Mark Worringham	4:27.2
Belinda Tull	5:55.0	Pete Jewell	4:52.9
Claire Seymour	6:45.9	Melvyn Silvey	5:13.1
Lynda Haskins	7:28.8	Nigel Hoult	5:31.5
Cecilia Csemiczky	8:14.9	John Preston	6:08.4
		Pete Morris	6:10.8

5000m Men	
Mark Worringham	16:21.0
Lance Nortcliff	17:56.2
Pete Jewell	18:22.9
Melvyn Silvey	19:28.3
Pete Morris	21:21.5
John Preston	22:16.7

Medley Relay Women (200m, 200m, 400m, 800m)	
RRR ladies	5:43.3

Medley Relay Men (200m, 200m, 400m, 800m)	
RRR men	4:51.2

High Jump Women		High Jump Men	
Juliet Dimmick	0.95	Peter Aked	1.50
Lynda Haskins	1.00		
Catherine Leather	1.05		

Long Jump Women		Long Jump Men	
Lynda Haskins	2.74	Peter Higgs	3.58
Kerri French	2.66	Pete Morris	2.54
Cecilia Csemiczky	1.82		

Hammer Women		Hammer Men	
Kerri French	16.68	Peter Higgs	12.53
Adele Graham	13.72		
Emma Caswell	11.24		
Cecilia Csemiczky	8.04		

Javelin Women	
Belinda Tull	15.89
Tina Wilson	15.63
Susanne Enhard	13.65
Adele Graham	10.38
Philomena Mburu	10.04
Emma Caswell	9.27
Catherine Leather	7.51

Shot Put Men	
Nigel Hoult	3.62

### 12th June

#### Dinton 10k Race 2

Darryl Plank	4	38:03
Ian Giggs	6	39:08
Simon Elsbury	9	40:30

## ROADRUNNERS RESULTS

Chris Kelly	11	41:55	3rd MV40
Fergal Donnelly	13	43:21	5th MV40
Paul Monaghan	14	43:43	1st MV50
Richard Charley	18	44:24	
Douglas Shepherd	22	45:45	
Pete Morris	23	45:48	3rd MV50
Katherine Sargeant	26	46:25	1st F
David Caswell	31	47:12	
Nicholas Adley	33	47:17	
Andrew Runnacles	36	48:01	5th MV50
Dave Wood	37	48:05	
Catherine Leather	69	53:41	4th FV40
Chris Cutting	70	53:42	
Lindsay Reed	91	59:02	
Louise Cooper	94	1:00:46	
Trisha Arnold	110	1:06:28	1st FV60
Aisha Sarr	125	1:17:22	

### Dinton 5k Race 2

Sarah Urwin-Mann	6	19:50	1st F
Bruce Sarjent	9	21:37	2nd MV40
Tracey Lasan	10	21:50	2nd F, 1st FV50
James Godsell	11	22:27	3rd MV40
Adam Phillips	14	22:46	
Paulina Erceg	15	22:52	4th F
David Pink	23	25:15	3rd MV50
Richard Morgan	28	25:59	1st MV60
Kaye Bunyan	39	28:36	
Lynda Haskins	42	29:25	3rd FV50
Emma Caswell	62	34:14	
Kevin Sheppard	79	43:30	

### 14th June

#### Man vs. Horse

Graham Tull	231	4:22:57	4:22:14
Peter Aked	423	5:20:08	5:19:24

#### Holly Challenge

Martin Bush	23	5:22:48	
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### SEAA Senior Championships, Crystal Palace 5000m

Robert Tan	21	17:18.74	
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### 14th/15th June

#### Gloucester 24hour Track Race

Kathy Tytler	24	118.426km (23:59:36)	5th F
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### 15th June

#### Ridgeway Relay

RRR A	7	10:32:39	
(Keith Russell, Claire Woodhouse, David McCoy, Elaine Laver, Matthew Green, Rupert Shute, Alan Wilson, Ian Gosling, Lance Nortcliff, Pete Jewell)			

RRR B	24	12:01:54	
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(Melanie Shaw, Sian James, David Fiddes, Paulina Erceg,

Peter Reilly, Kevin Barney, Donald Scott-Collett,  
Chris Kelly, Andrew Smith, Melvin Silvey)

RRR Ladies 39 13:16:27 4th Ladies  
(Dwayne Stewart-Power, Ann Stewart-Power, Claire Elliott,  
Julie Rainbow, Stephen Pearson, Julie Thompson, Alison  
Wrigley, Catherine Leather, Toni McQueen, Claire Seymour)

RRR Over 60s 47 16:52:11 4th Veterans  
(Jim Kiddie, Ken Beck, Irene Liming, Heather Bowley,  
Carl Woffington, Tom Stagles, Ted Wingrove,  
Ann McKinnon, Cecilia Csemiczky, John Chilton)

#### Littledown Marathon

Martin Bush	64	4:52:49	
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#### Normandy Marathon (Le Marathon de la Liberté)

Colin Cottell	1118	4:10:00	4:09:16
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#### Normandy Half Marathon (La Pegasus)

Tom Harrison	3383	2:15:16	2:09:58
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#### Caen 10k

Delphine Kargayan	2621	1:08:29	1:03:51 PB
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#### BMAF 5k Championships, Horwich

Brian Shave	96	30:06	2nd MV80
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### 18th June

#### Forest 5

Lance Nortcliff	5	29:51	1st MV40
Gavin Rennie	12	32:09	1st MV50
Alix Eyles	29	34:00	3rd F
Nigel Hoult	30	34:02	2nd MV60
Chris Cutting	37	34:43	
Claire Marks	42	35:01	1st FV45
Nick Adley	45	35:34	
Richard Morgan	79	38:13	
Jim Kiddie	100	39:45	
Sandra Sheppard	110	40:41	2nd FV55
Linda Wright	131	42:04	3rd FV55
Katie Gumbrell	152	43:15	
Toni McQueen	158	43:46	

Ladies Team: 2nd (Alix, Claire, Sandra)

Mens Team: 3rd (Lance, Gavin, Nigel)

### 21st June

#### Trail Marathon Wales

Gary Brampton	245	5:29:46	5:29:23
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#### Trionium Picnic Marathon

Matt Twist	44	5:58:30	
Peter Higgs	65	7:13:18	

#### Bosley Village Fete Fell Race (4.7 miles/820 ft)

Fredelina Yong	54	43:30	
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**22nd June****Cheltenham Challenge Marathon**

Julia Molyneux	104	5:50:16	5:49:58
Martin Bush	115	6:24:55	6:24:59

**Hungerford Harey 8**

Matthew Green	2	47:45
Richard Usher	16	56:25

**London Pride 10k**

Paul Monaghan	47	45:41	45:18	1st MV50
Pete Morris	441	1:31:30	1:30:07	
Caroline Hargreaves	442	1:31:30	1:30:17	
Anne-Marie Cocker	443	1:31:30	1:30:17	
Tony Streams	444	1:31:30	1:30:16	
Louise Cooper	445	1:31:30	1:30:17	

**Whitchurch 10k**

Nigel Grove	4	40:25	2nd MV40
David McCoy	6	40:40	
Brian Kirsopp	11	42:50	3rd MV50
Ed Dodwell	12	43:02	4th MV50
Stephen Pearson	14	44:16	
Peter Cook	20	45:31	
David Caswell	44	50:11	
Toni McQueen	51	51:31	2nd FV50
Maureen Sweeney	128	1:08:00	
John Winston	130	1:08:26	
Kathy Tytler	133	1:09:28	
Trisha Arnold	140	1:13:22	

**City of London Mile**

Robert Tan	20	4:50
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**25th June****Woodland 5 Race 2**

Lance Nortcliff	5	33:34	1st MV
Ian Gosling	6	33:49	2nd MV
Simon Elsbury	8	34:34	
Kevin Burree	9	34:39	3rd MV
Gavin Rennie	11	35:25	5th MV
Lucasz Misztal	14	36:06	
Brian Kirsopp	15	36:28	
Bill Watson	17	36:50	
Paul Monaghan	32	39:00	
Bruce Sarjent	33	39:20	
Claire Marks	36	39:44	4th F, 3rd FV
Sam Hammond	40	40:08	
Nick Adley	41	40:20	
Mary Janssen	45	40:48	5th FV
Nick Robey	49	42:08	
Andy Atkinson	54	43:13	
Tracy Jenkins	55	43:19	
Richard Morgan	56	43:28	
Toni McQueen	57	43:35	
Jim Kiddie	59	43:41	
Tom Wright	60	43:55	

Sandra Sheppard	68	45:59
Claire Seymour	71	46:13
Linda Wright	75	46:43
David Ferris	79	47:03
Yvonne Edwards	86	49:18
Peter Darnell	87	49:24
Andrea Marnoch	88	50:14
Katie Gumbrell	91	50:17
Justin Watkins	95	52:08
Elizabeth Atkinson	101	55:02
John Bailey	107	59:03
Lorraine Bailey	108	59:30
Pete Morris	111	1:06:10

**28th June****Waterford Viking Marathon**

Keith Russell	1	2:29:51	2:29:51
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**28th/29th June****Endure 24**

Solo Male		
Dave Wood	48	70 miles in 24:40:02

**Solo Female**

Kathy Tytler	11	75 miles in 25:17:26
Julia Molyneux	14	70 miles in 23:12:16

**Mixed Pairs**

Tortoise and the Hare 5		110 miles in 24:44:05
(Mark Saunders, Lucy Perrin)		

**Male Team of 5**

RR Fox 5	6	180 miles in 23:55:28
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(Ian Giggs, Andy Mutton, Pete Jewell, David Fiddes, David Ferguson)

RR Falcon 5	13	165 miles in 24:47:56
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(Tony Page, David Caswell, Kenny Heaton, Peter Higgs, David Lees)

**Mixed Team of 8**

RR Drinkers 8	68	145 miles in 24:30:56
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(Dean Allaway, Pete Morris, Paul Monaghan, Yvonne Edwards, Catherine Leather, Linda Wright, Louise Cooper, Tracey Jenkins)

RR Eagle 8	94	135 miles in 24:00:59
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(Anthony Streams, Emma Caswell, Claire Seymour, Aaron Chai, Toni McQueen, Caroline Hargreaves, Susie Rees, Amanda Box)

**Gibbet Challenge 10k**

Matthew Green	2	39:43
Chris Cutting	22	49:37
Katie Gumbrell	62	1:03:28
Catherine Leather	63	1:03:53

**Wexham 5**

Carrie Hoskins	33:00	1st F
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## ROADRUNNERS RESULTS

### Sam Run 10k

Ed Dodwell	14	40:01	40:00	1st MV50
Peter Felgate	29	44:46	44:41	
David Leake	44	48:38	47:32	3rd MV60
Paulina Erceg	45	47:49	47:45	
Jim Kiddie	50	48:39	48:32	4th MV60
David Pink	85	52:34	52:21	

### 30th June

#### SCVAC Vets League, Western Division, Abingdon

2000m Walk Women		2000m Walk Men	
Jackie Perrin	11:51.1	Pete Morris	12:41.8
		Lance Nortcliff	12:48.7
200m Women		200m Men	
Saba Holt	34.3	Lance Nortcliff	30.3
Tracey Lasan	36.3	Peter Higgs	34.0
Tracy Jenkins	40.9	Ken Beck	38.0
800m Women		800m Men	
Caroline Hoskins	2:38.8	Mark Worringham	2:13.1
Saba Holt	2:56.8	Peter Aked	2:19.2
Philomena Mburu	3:02.7	Pete Jewell	2:40.3
Cecilia Csemiczky	4:07.0	Nigel Hoult	2:46.2
3000m Men			
Mark Worringham	9:23.6		
Lance Nortcliff	10:27.6		
Nigel Hoult	11:48.8		
Pete Jewell	12:28.3		
Pete Morris	12:54.5		
5000m Women			
Sarah Urwin-Mann	19:17.4		
Susanne Enhard	20:33.6		
Tracey Lasan	21:04.4		
Claire Seymour	24:29.0		
4 x 200m Relay Women		4 x 200m Relay Men	
RRR Ladies	2:19.3	RRR Men	2:06.8
Triple Jump Women		Triple Jump Men	
Kerri French	6.08	Peter Higgs	7.01
Philomena Mburu	5.19		
Discus Women		Discus Men	
Tina Wilson	22.39	Peter Aked	20.15
Catherine Leather	14.52	Peter Higgs	12.10
Belinda Tull	12.72	Ken Beck	10.95
Adele Graham	11.72		
Cecilia Csemiczky	11.10		
Javelin Men			
Peter Aked	29.56		
John Preston	15.70		
Nigel Hoult	11.34		

### Shot Put Women

Kerri French	6.23
Adele Graham	5.44

### 2nd July

#### Yateley 10k Race 2

Mark Worringham	3	33:34	33:32	
David McCoy	19	38:00	37:53	
Alan Wilson	38	39:11	38:55	PB
Lukasz Misztal	53	40:06	40:01	
Kevin Jones	67	41:05	40:58	
Patrick Hayes	75	41:27	41:16	
Ian Giggs	85	41:51	41:47	
Fergal Donnelly	86	41:55	41:41	
Gary Tuttle	87	41:56	41:43	
Paul Monaghan	91	42:07	42:07	PB
David Ferguson	124	43:09	43:01	
Erica Key	133	43:31	43:14	PB, 4th F35
Nick Adley	162	44:24	44:16	
Katherine Sargeant	164	44:25	44:06	4th F45
Tim Hogarth	191	45:29	45:11	
Pete Morris	222	46:18	45:55	
Paulina Erceg	231	46:33	46:13	
Simon Davis	241	46:53	46:00	
James Godsell	242	46:53	46:33	
Gemma Stobie	322	49:06	48:14	
Tony Streams	404	51:16	50:42	
Sarah Morgan	421	51:55	51:02	
Darrell Robins	536	55:32	54:27	
Justin Watkins	668	1:00:34	59:25	
Palee D'Souza	788	1:12:31	1:11:04	

### Season's Bests

#### Ladies

5k	19:20	Caroline Hoskins
5 miles	33:00	Caroline Hoskins
10k	38:22	Elaine Laver
10 miles	1:05:06	Caroline Hoskins
Half Marathon	1:25:23	Nicki Aitken
20 miles	2:21:54	Susanne Enhard
Marathon	3:09:50	Susanne Enhard

#### Men

5k	16:56	Mark Worringham
5 miles	27:42	Matthew Green
10k	33:11	Keith Russell
10 miles	55:08	Keith Russell
Half Marathon	1:12:49	Keith Russell
20 miles	1:57:04	Rupert Shute
Marathon	2:29:51	Keith Russell

# Reading Roadrunners Committee Meeting

TUESDAY 27TH MAY 7.30PM

## ATTENDANCE:

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

## APOLOGIES FOR ABSENCE:

Simon Denton

## MINUTES OF THE MEETING OF TUESDAY 27TH MAY 2014

Anne Goodall proposed the minutes as a true and accurate record, seconded by Catherine Leather.

## MATTERS ARISING FROM THE MINUTES

**CLUB HOUSE** Carl reported that the application for funding had to be postponed as the proposed site needed surveying to ensure that it was large enough for the required buildings.

**DESK QUESTIONNAIRE** Carl reported that he had received a list of questions from Michelle, which he will add to the list before publication.

**JUSTGIVING WEB PAGE** Paul said he will e-mail Simon (Denton) to finalise the page.

**BARNES FITNESS RACE CLOCKS** Sandra, Carl and Alan said that none of them had received payment for the last three events that the clocks were hired for.

**BANK DEBIT CARD** Sandra said that she had gone to the bank and that the bank made excuses regarding the paperwork that has been in the Bank's possession for months. Sandra issued the bank with an ultimatum, that if they did not produce the card soon, RR will close the account and move the business elsewhere.

**RR KITBAGS** Carl said that Martin Bush had not been at the club recently in order for Carl to speak to him regarding the kitbags. Sandra said that the company that Martin worked for that made the bags is still trading. Carl asked if Sandra knew where it was and Sandra said Britten Road. **ACTION** Carl to investigate.

**NEW MEMBER 1st CLAIM** Anne reported that she

had contacted the new member who paid the EA £10 affiliation fee and established that he will be 2nd claim RR. Anne said she would reimburse him the £10.

**COACH EDUCATION CHEQUE** Sandra reported that she had made the cheque out directly to Katie Gumbrell, as Katie had paid for the course herself.

**BATTERIES FOR THE RACE CLOCKS** Carl confirmed that the new batteries had been purchased. Sandra said that she had not yet received the invoice/receipt for them.

**RACE COMPETITORS DATABASE** Bob reported that he had started work on the database and would continue to report on its progress.

## CHAIRMAN'S REPORT

Carl reported that the club had a successful day at the Ridgeway relay with four teams competing and also a good turnout at the Wargrave 10k (Berkshire and Club Championships)

Carl reported that there was considerable discussion around the serious allegations made by Alix Eyles against fellow RR members. Reading Roadrunners first became aware that Alix was making allegations in December 2013. They were made on a Facebook posting. This was taken seriously by the committee even though the allegations were not sent to them directly. The matter was dealt with by Alix's RR Coach and the RR Welfare Officer. The committee were kept informed of some items but much of the conversations held were in confidence. A report was produced by the Welfare Officer and action was taken by the committee. The committee minutes and AGM packs were carefully and sympathetically worded in an attempt to protect Alix. At this point the matter seemed to have been dealt with.

Alix has sent several emails in the last few weeks that clearly indicate she is not happy with the situation. From the many points and allegations there were three specific allegations against fellow RR members that contained enough information to investigate. This was the first time that the committee had sight of specific allegations. These three allegations were investigated robustly by the Chairman on Alix's behalf. Potential witnesses were contacted. 25 emails were sent requesting witness information regarding the incidents. 23 written witness statements were received. Not a scrap of evidence could be found to support or

substantiate two of the serious allegations. The third allegation received the same response except that one person said that a joke may have been told in poor taste – but not to the extent alleged.

Alix has received an email from the Chairman. She has been presented with the evidence and told that the serious allegations against fellow RR members will stop with immediate effect. She has been given a formal final warning.

Alix has been told that this has not taken away her right to complain about treatment in the future. However, she has been told to be sure that any further allegations are well founded and can be fully substantiated. She has been given a set of guidelines to make a complaint. If these guidelines are followed then the committee will be able to investigate the complaint on her behalf. Alix has also been told that if she wishes to discuss this with the committee then a meeting can be arranged for her.

## TREASURERS REPORT

Sandra issued the committee with the latest accounts. Sandra asked if we had received David Fergusons £26.00?

No one had received a cheque. Sandra said that the bank reported that a cheque for £12.00 had been returned. Sandra thought that it was for a Shinfield entry and that she would contact Colin (Cottell) Sandra said that she has not got a receipt/invoice for £140.00 from England Athletics. Anne said that she had it on her system and would print her off a copy. Sandra reported that she had received a copy of the Shinfield accounts and that the event made a profit of £4,739.69 of which, 60% would be paid to the Shinfield Association. Sandra said that she will be issuing a cheque to Simon (Davis) in July for the club website hosting fee. Sandra asked Roger if we had received a payment yet from the Reading Half Marathon for £400 for our marshals. ACTION Roger said that he would chase Sweatshop for the payment.

## SECRETARY'S REPORT

Roger reported that we have received notice of the SEAA AGM which, would be in London in September if anyone would like to attend and represent the club. Carl asked if anyone had ever attended before. Roger said that to his knowledge, only John Huntley (past chairman) had attended.

## MEMBERSHIP SECRETARY'S REPORT

Anne reported one new senior member and one new junior member and has banked a total of £47.00

**SOCIAL REPORT** Alice reported that the quiz night was a success and thanked Paul for being the question master.

Alice said that £223.80 was raised and that the raffle had raised over £100.00 Alice said that there was a slight problem with one order of fish and chips being short. Alice reported that her next planned event would be a family picnic on either 23rd or 30th August, possibly at Thames Valley Park. Alice reported that she has been in touch with Kingsley Starling, social secretary of Reading Joggers and that they discussed the possibility of having joint social events. Alice asked the committee for its view on joint social events and no objections were made. Catherine suggested having something like a RR v RJ rounders match. Alice said that Ellie Gosling could supply the bats and balls for it.

Alice reported that Richard Hammerson was looking into having a 'music night' and possibly hiring a pub for the event. Alice said that Katie Gumbrell was hoping to organise a wine tasting event. Alice said that she was also hoping to organise another quiz in October or November.

## COACHING CO-ORDINATORS REPORT

None received (Simon in the USA)

## TEAM CAPTAINS REPORT

None received.

## ANY OTHER BUSINESS

**ENDURE RACE CLOCKS** Roger asked if the clocks used at the Endure 24 had been returned undamaged. Alan said that the clocks were collected by Dwayne. Anne asked if we had received the payment from Chris Sumner. ACTION Roger to ask Glynne about the payment.

**RACE CLOCK REPAIR** Roger asked if the damaged clock had been repaired. Carl confirmed that it was repaired by an associate of Dwayne for £50.00.

**DINTON RELAYS** Roger asked if Peter Green had confirmed that he will do the results and Carl said yes.

**READING HALF MARATHON** Alan asked if the £400 donation replaced the usual complementary entries. Roger said that it did not and he would contact this years marshals later in the season to ask if anyone wanted a 2015 entry.

**CLUB CHAMPIONSHIPS** Bob reported that 80 members have run Marathons this year.

**MORTIMER** Bob asked if he should ask Glynne, or ask the Sweatshop directly for race numbers. ACTION

Carl to speak to Glynne and give him the option. Bob said that he had received a quote for over £1,000 from the Red Cross. Bob said that this was high probably because of the fete.

**CHEQUES** Anne said that it would be convenient to have a couple of signed cheques kept at Palmer Park.

**CLUB KIT** Anne said she was concerned about the club kit not being organised efficiently. **ACTION** Carl said he would chat to Steve Siddle. Paul asked for a kit list for the website. Carl also raised the subject of BUFFS (an item of head-gear) and said that Steve thought he could sell about 40-50 in club colours. Carl conducted a vote to purchase and sell, or take orders and sell. The result was 5-3 in favour of purchase and sell. (selling price to be confirmed)

**RACE NUMBER CLIPS** Carl raised the subject of Race Number Fastening clips that disposed of piercing a vest to attach a number. Carl asked for approval to purchase some in club colours and sell, if he could get them at the right price. After discussion approval obtained **ACTION** Carl to purchase at the right price.

**CLUB WEBSITE** Paul reported that the website is getting a lot more hits.

**CLUB CHAMPIONSHIPS** Catherine reported that a member had asked if it was possible to include a race in the championships that was not a standard distance. Discussed but not considered a good idea.

**PARKRUN 19th JULY** Catherine said she would be producing a handout/flier for the Park Run at Woodley to hand to competitors to let them know about the club. This event has been circulated on facebook and Tom has been asked to announce the event on club nights.

#### DOOR ROTA

Wed 16th July  
Anne Goodall, Glynne Jones, Christina Cotter (provisional)

Wed 23rd July  
Shirley Smith, Anne Goodall, Glynne Jones.

Wed 30th July  
Glynne Jones, Anne Goodall, Christina Cotter

Wed 6th Aug  
Shirley Smith, Anne Goodall, Glynne Jones.

Wed 13th Aug  
Glynne Jones, Anne Goodall, Christina Cotter or Katie Gumbrell

Wed 20th Aug  
Shirley Smith, Anne Goodall, Glynne Jones.

Wed 27th Aug  
Glynne Jones, Anne Goodall, Christina Cotter or Katie Gumbrell

Meeting closed 9.32pm

Next Meeting Monday 1st Sept.

## Woodley parkrun Takeover

SATURDAY 19TH JULY 9.00am

Do you want to make parkrun history? And promote our club in the wider running community?

What is parkrun?.... If you don't already know...

parkrun is an organised free, weekly, 5km timed run all around the world. They are open to everyone, free, and are safe and easy to take part in.

These events take place in pleasant parkland surroundings and we encourage people of every ability to take part; from those taking their first steps in running to Olympians; from juniors to those with more experience; we welcome you all.

It's a timed run and not a race! And can be used as a speed session or steady jog or even built into a longer training session if running there and back.

Well if you want to make parkrun history you can - on July 19th at Woodley parkrun Reading Roadrunners are attempting to break the record for the number of parkrunners from a club at an event. The previous record was set by 150 David Lloyd Medway Runners at Milton Keynes parkrun

[www.parkrun.org.uk/woodley](http://www.parkrun.org.uk/woodley)

If you haven't registered to run parkrun you need to and print off a barcode and make sure your profile has Reading Roadrunners as your club

[www.parkrun.org.uk/register](http://www.parkrun.org.uk/register)

If you want to run in your club colours please do and if you don't want to run then volunteer instead by emailing [woodleyhelpers@parkrun.com](mailto:woodleyhelpers@parkrun.com)

So put the date in your diary come run a parkrun and promote your club