



READING ROADRUNNERS NEWSLETTER JUNE 2014

The city of Liverpool, well known for rock 'n' roll, football and Stan Boardman can now add some astounding marathon performances from our brave team of Roadrunners to its claims to fame. There's a full report from our very own 'Sergeant Pepper' inside.

Elsewhere you have all been busy not only putting one foot in front of the other at various impressive speeds, but also jumping, walking and hurling assorted objects around. Track & Field fever has well and truly taken hold (for the veterans amongst you at least) and you can read about how our teams fared in the latest meet.

As ever there's plenty of events to get involved in - you can read about the Club parkrun Takeover, the Creaky Joints parkrun, the wonderful Summer Pub Runs and the ever-popular Dinton Relays inside

INSIDE THIS MONTH:

- **VET'S LEAGUE ATHLETICS**
- **DINTON RELAYS**
- **AMATEUR NEUROLOGY**
- **EXTREME WALKING**





Reading Road Runners chosen charity for 2014 is Alexander Devine Children's Hospice Service

Alexander Devine Children's Hospice Service is a local charity working to build Berkshire's first hospice for children and already provides Alexander's Nurses, a team specialising in children's palliative care and working with families across Berkshire in their homes and, uniquely, these nurses also follow the child when they go into hospital either for a planned procedure or, often, at a time of crisis.

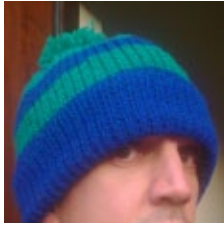
They are campaigning to raise £5m to build the actual children's hospice, they have the site – near Cox Green – they have planning permission and hope to have enough money to start building this autumn.

You can like their Facebook page to find out how supporters are raising money for them - search for AlexanderDevineHospice.



Alexander Devine Children's Hospice Service,
113 Whitby Road, Slough, Berkshire, SL1 3DR
Tel: 01753 567630 | 0845 055 8276 |
www.alexanderdevine.org | Charity No. 1118947





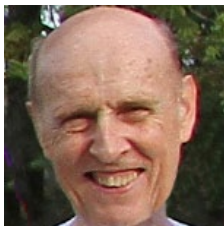
Welcome from the Editor

CHRIS CUTTING

The achilles still hasn't forgiven me for the London Marathon so as an experiment I've stopped running on it altogether. This gives me time to concentrate on watching old episodes of Minder, coming to see you lot run and sneaking the after-race refreshments when you've all gone. There are worse ways to spend a Sunday morning than scoffing carrot cake with the Ladies' Captain (approx. two good legs between us) and cheering on the field at a sunny Kintbury.

Apart from the first-class baking on offer at some of our local races, one thing that stands out is the excellent turnout and spirit that our club shows at all events. I know the race organisers made special mention of the Roadrunners who ran the Kintbury 5 last weekend. We show up in numbers and we stay to cheer everybody over the line.

Enjoy the sunshine,
Chris



Chairman Chat

CARL WOFFINGTON

Another busy month.

The first two pub runs of our summer series have taken place. The third run is next week and may well have already taken place by the time you read this. These runs have been well attended and well organised. Please look on the RR website for details of future runs.

On Sunday 25th May we sent 2 teams, mens and womens, to the UK 10k Road Champs which is incorporated in the BUPA London 10K. We also sent a team of 26 marshals. Our runners did well. Our marshals coped with a couple of minor problems. We all enjoyed our day out.

We organised the Roger Bannister Anniversary Handicap Mile. It was good fun and successful. Roger calculated the handicaps using the Runners World system. Thank you Roger.

Coming up soon. Kintbury 5 mile race on the 1st June. Quiz night on the 7th June. Pub Run at Arborfield on the 5th June. Ridgeway Relay on the 15th June. Four RR teams entered and the Team Captains have already put in a lot of effort in sorting the teams. Runners will be out to recce their legs in the next week or so. The Endure 24 hour race takes place at the end of June and RR have entered some teams. Also please check dates of races in the RR Summer Club Championship and support where you can.

Carl



Ladies' Captain - Report

TINA WILSON

Apologies for no captain's report last month – the reason, I was suffering from Runner's grief!

Why? I was diagnosed as having a stress fracture in my right heel in February 2014 and was immediately informed not to weight bear for 3 weeks – so I was placed in a boot, on crutches and felt really frustrated at not being able to do the most simplest of things without clanking around.

Three weeks came and went and I was informed my fracture had healed. I was also informed that no one could tell me when I could return to running and when I did feel ready to I would have to approach my running very cautiously.

I then found myself in this really strange place where I didn't want to be around my running friends, wasn't going to renew my membership, give up being captain, I was negative about just everything and just not nice to be around. I also felt so sorry for myself and then had waves of guilt, recognising there are a lot worse things going on in the world – so I told myself get over yourself Tina Wilson!

I decided to look for answers to see if the way I was feeling was normal for a runner who is injured. The internet is a great resource - I came across an article in Runners World and it said.

For many of us, running is like a best friend. We count on it to quiet our anxieties, focus our minds, and make us happier, healthier, and saner. I thought how true this is.

So what happens when injury strikes and takes away our trusted ally? We curse, we pout, we may even cry and scream. Sound excessive or irrational? It's not—in fact, experts say experiencing these emotions is normal and healthy. "The sense of loss an athlete feels when injured can be very similar to the other types of mourning or grief that occur in our lives," says Diane Wiese-Bjornstal, Ph.D., associate professor of kinesiology at the University of Minnesota and a leading researcher of injury

psychology. "It's a huge sense of loss that you feel."

For a full version of the article please visit www.runnersworld.com/injury-treatment/good-grief?page=single

I decided to write about my personal experience as I am sure I am not the only one to have felt this way – there is a name for this 'moment' in your life and it's ok to feel like the way you do.

So with my renewed positive, energised Captains head on here are the highlights of a few races our terrific ladies have run in.

Woodlands 5 – Wednesday 21st May 2014

The first in this fabulous series and 102 runners ran in Crowthorne Woods.

Well done to Claire Marks who was third lady in a time of 38 minutes 40 seconds.

Claire was also 2nd Vet with Mary Janssen 3rd Vet – well done ladies.

In total we had 12 ladies running – well done everyone, I hope to be able to join you very shortly. (For full results please visit the results page - provided by Nigel Hoults)

Date of next Woodlands 5: Wednesday 25th May 2014. All welcome, if you haven't run off road before, come and join us. (Don't forget your midge spray and some nibbles for a picnic/social after the race) Irene Liming makes the most amazing flap jacks!

For more information re entering, directions and parking please visit the Finchcoaster's lovely website <http://finchcoasters.org.uk/woodland5/>

London Bupa 10K – Sunday 25th May 2014:

A massive well done to Carrie Hoskins, Claire Marks, Mary Janssen, Lesley Whitley, Alice Leake and Toni McQueen who represented the ladies of Reading Roadrunners in the London Bupa 10K.



With a team of Reading Roadrunner marshals travelling by coach with the both the men and ladies teams they were not short of support on the course.

With 80 ladies teams in the Women's championships the girls bought us home in a very respectable 27th position in a time of 2:07:07

Scoring team: Carrie Hoskins 39:47, Claire Marks 42:59, Lesley Whiley 43:27

Kintbury 5 – Sunday 1st June 2014 (Club Championship race)

Wow! What an amazing turnout of the green vests – 17 ladies ran this lovely 5 mile race, really friendly, well organised with great tea and cakes!

A few years back whenever this race was run the heavens opened – torrential rain but this year it was gloriously sunny (perhaps a little bit hot for some) absolutely perfect if you are a supporting your club as myself and Chris Cutting (news editor) did with great enthusiasm.

Congratulations to Katherine Sargeant who was first Reading Roadrunner lady in a time of 36.41. A big well done to our other runners – Mary Janssen, Helen Garforth, Fleur Denton, Claire Seymour, Sandra Sheppard, Linda Wright, Catherine Leather, Katie Gumbrell, Yvonne Edwards, Andrea Marnoch, Julie Thompson, Heather Bowley, Janice Thomas, Cecilia Csemiczky, Lorraine Bailey and Anne McKinnon.

SVAC League 2014 – Well done to all who have competed in the last two fixtures, fantastic results and team spirit.

Please see Adele Graham's full report.

Date of next fixture Monday 9th June 2014.

What's to look forward to next?

Sunday 9th June 2014 – Wargrave 10K

Full Race report in next month's newsletter.
(Well done to Carrie Hoskins 1st lady)

Sunday 5th June 2014 – The Ridgeway Relay.

Good luck to all our teams.

Wednesday 18th June 2014 – Forest 5

Great team event.

Wednesday 25th June 2014 – Woodlands 5

Great team event

Saturday 5th July 2014 - Runnymede Relays

anyone interested in running in the relays, please contact Keith Russell (men's captain). The relays are for all abilities.

Bounders Relay – If you are interested in running please let me know ASAP.

The Bounders Relay is held on the third Tuesday of July each year in the woods close to Broadmoor Hospital.

The relay consists of 4 laps of a course of approximately 2 to 2.25 miles in distance. Each lap starts and finishes at the same point. Care should be exercised during the run as the surface is somewhat uneven and there will be exposed roots etc., possibly some mud and some raised ironworks for utilities.

My motivational quote this month –
and it's true, I know!





Men's Captain - Report

KEITH RUSSELL

In best Sesame Street style, this month's newsletter is brought to you by the letter W for Weather, which has veered from sunny at Shinfield to windy at Woodley and yowzers at Yateley (thunder, lightening and a hail shower just before the off), A for Apologies - mine to anybody who ended up in the same race as me as I seemed to bring the bad weather with me (Edinburgh HM, Woodley and Yateley making up my personal triumvirate of races in poor conditions), and the number 5 (how many 1st places/gold medals were achieved by RR men this month).

In a month heavy with events things got off to a flyer with our own Shinfield 10k. The sun shone, the event went off without a hitch, and the post-race comments on various social media were all extremely positive, all of which is of great credit to both the club generally and the organising committee and volunteers in particular.

In terms of results, the RR' were led home by Darryl Plank and Robert Tan in 5th and 6th place respectively, both pb-ing and with a mere 6 seconds between them. Ian Gosling (1st V40) and David Ferguson (also a pb) rounded out the first 4 home from the club and ensured we retained our 1st team place from last year.

From there we moved on to the Woodley 10k 6 days later where the wind was not enough to stop several pb' being record, including Darryl Plank taking another 35s off of his still fresh Shinfield time and our resident photography maestro Peter Cook also getting in on the act to take 24s off of his previous best set in the same race last year (and racing 4 x 10k in the space of 21 days, covering Shinfield to the BUPA London 10k).

The midweek Dinton 5k/10k race 1 led nicely into the inaugural Royal Berkshire 10k, which, at least from this supporter's perspective seemed to go off remarkably smoothly. Despite the heat for the Royal Berkshire 10k, these 2 races contributed no less

than 13 podium positions for our men, including a second place for Mark Worringham, but, bar Gary Brampton it was quite light in terms of pb'.

Meanwhile, up the road in Newbury, Matthew Green was breasting the tape to take the win in the Park House 10k.

Come Sunday the 25th, whilst some of us were swimming our way around Edinburgh, others were preparing for the BUPA 10k, with Andy Mutton, Robert Tan and David McCoy being the 3 scoring Roadrunners in the team event who placed us a creditable 38th out of 104 teams. Meanwhile on the same day Ian Giggs was running a very impressive 8 minute pb at the Liverpool Marathon.

And finally, to finish off a very productive day for Roadrunners, Darryl Plank took 3 gold medals at the Berkshire Track Championships in the 400m, 800m and 1500m, with his 800m winning time of 2:04.7 being particularly impressive!

Club Championship: This month also saw two events in the club championship with the Alton 10m and the Kintbury 5m. In the former, first past the post in the various categories were Richard Usher (M40), Alan Freer (M50), and Jim Kiddie (M60), whilst in the latter it was Matthew Green (MS), Andy Blenkinsop (M40), Kevin Jones (M50) and Richard Morgan (M60) who took the honours.

By the time you read this the next event in the championship, the Wargrave 10k will have taken place (this is also a Berkshire county championship event, so hopefully you have all remembered to enter that, which requires some additional action to entering the race. See here for further details: <http://www.berkshireathletics.org.uk/rr.htm> and for information of future county competitions). Next up after Wargrave in the club championship will be the Didcot 5m on the 6th of July.

The Runnymede Relays are on the 5th of July. Please email me directly at: keithrussell1@yahoo.co.uk if you wish to take part. Further details can be found here: <http://runnymederunners.com/index.php/events/item/4-relay-race>

Tina is also taking entries for the Bounders Relays, which takes place on Tuesday the 15th of July, so please contact her for further details.

Vets Track and Field League: with the 3rd of 4 events taking place this coming Monday you will only have one more chance to get your track and

field fix for the year on Monday the 30th of June at Abingdon. If you want to know more please contact Lance Nortcliff at: lancenortcliff1@sky.com

On a personal note I just want to extend my thanks both to those who are partaking in the forthcoming Ridgeway Relay (hopefully my weather jinx doesn't hold out) and to those who have helped me with the logistics of it. Your help has been greatly appreciated.

Have a great month and run well!

New Members

A big welcome to all our new members for April & May. Look out for them and remember to say hello!

Ben Cleave, Eugene McSorley, Paul Milnes, David Woolford, Emma Woolford, Jenny Woolford, Eloise Simmons, James Simmons, Lynda Haskins, Ryan O'Brien, Fiona Ross, Gareth Grocott, Carl Abela, Louise Atkinson, Linda Vinto, Stephen Wing, Jonathan Keech, Lorna Oliff, Paul Gell, Michael Johnson, Natalie Bravo, Margot Bishop, Susan Knight, Melanie Shaw, Claire Woodhouse, Dawn Whippe, Gillian Ackroyd, Asa Burnett, Tracy Fitchett-Bowen, Kamaljit Sagoo and Brian Grieve.

Mortimer 10K

Catherine Leather and the Mortimer team are looking for marshals and helpers at this year's event on Sunday the 28th September. If you are able to help, please see Catherine at the track or you can email her on cathy.leather23@btinternet.com

If you are running in the 10K, there are still some ways you can help out before the event as well as taking part.

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

The Long and Winding Road

(AKA THE INAUGURAL LIVERPOOL ROCK 'N' ROLL MARATHON AND HALF MARATHON)

Katherine Sargeant

It's Saturday 24th May, Bank Holiday weekend, and I pull back the curtains on typical Bank Holiday weather: monsoon rain. But this weekend I don't need the weather to spoil 3 days off work: I've got 26.2 miles to run in Liverpool for that.

With my "Ticket to Ride" plus long-awaited race pack, I'm bound for Liverpool Lime Street station. I know I'm bonkers with the London Marathon just 6 weeks ago, but I've appreciated clocking up a few more miles since then in the company of RRs Julie Rainbow, Pete Aked and Paul Monaghan. In fact the 16 miles with Mersey Monaghan was a double whammy: time on my feet and a chance to learn the local Liverpool lingo. I'm all set.

The monsoon rain had stopped just as I left home, so it was miraculously a case of "Here Comes The Sun" when the train left Reading. Sadly, "Good Day Sunshine" didn't last long, and it was "Rain" pretty promptly and definitely weather for a "Yellow Submarine" when I reached the River Mersey. "Tell Me Why" am I doing this?!

That evening local-yokel Paul Monaghan had booked a table at Ask for all of us RRs. You would think that meeting up with your running buddies is simple-enough. But with Paul having taken a wrong turn on Ellie's Dinton Pastures 10k (Race 1) the previous week (and quite literally Going The Extra Mile) our walk through Liverpool City centre was a "Magical Mystery Tour" and who knew where it would end? But such a star he is that eventually "This Boy" came up trumps and didn't have us trekking half way "Across the universe"

We carb-loaded like mad: as much Italian bread and pasta as you can shake a Ciabatta stick at. It's hard to tell with these pre-race carbs: you've got the

final 6 miles to cater for, whilst knowing you have to "Carry That Weight" a long time. Only time will tell if you've struck the right balance.

Race day dawned. Saturday's torrents had ceased and the skies were bright over the impressive Albert Dock and Echo Arena. This is where I can really start to sell this inaugural race as a great event. The Arena hosts an easy "Gear Check" (Yankee, not Scouse, lingo) ie baggage drop-off, without a queue in sight. Better than that you could visit the loo, wash your hands and go straight back in for another "pre-race-nerves" loo stop – if 3 or 4 loo visits are part of your pre-race preparation like mine. All the RRs were there and we took turns to pop to the loo, nobody commenting on this bizarre habitual behaviour.



At finish with my scouse tour guide, diary organiser and training partner Paul Monaghan

The Half Marathon crew had set off at 8 am (ouch!) so Caroline, Ellen & Linda were already well on their way. For the rest of us the clock ticked round and as 9 am drew close we headed outside and walked the minute or so to the start pens. And there we are: me, Paul Monaghan plus several thousand other Scousers; 7,000 runners in total over the Half and Marathon distances. "I Feel Fine". In fact, I feel so ambivalent towards the whole idea of running another 26.2 that I fear the lack of adrenaline is going to cost me dear.

In the first mile or 2 the streets are wide and you have the "joy" of not jostling for a place in which to run. Firstly we take in the impressive dockside architecture, and then swiftly on through Matthew Street, home of The Beatles in The Cavern Club. Out of the City Centre and we're on to the home of Everton FC. There's a dual carriageway approach and on the opposite side, running towards me, I see Giggsy and Dean. We shout and wave at each other and I feel more positive. Maybe I can do this, "With A Little Help From My Friends"?

After Goodison Park it's on to Anfield and, as an avid football fan, I feel lucky to pass the famous gates with "You'll Never Walk Alone" aloft. I'm hoping I won't walk alone, I really hope I can keep running, but still the doubts persist. Then a wry smile crosses my worried face, as I remember Pete Morris is running past these infamous Football Clubs, and their stalwart supporters, wearing his Chelsea shirt! He's a brave man and it was probably a good thing that Chelsea finished below Liverpool this season.

At 6 miles or so there have already been a few decent inclines, but then I am stunned by the next savage hill. There wasn't only one "Fool On The Hill", there were thousands of us panting up this thing. Really? On a Marathon? I'm thinking "they're having a laugh", these Rock 'n' Roll race organisers. And this laugh was definitely at our expense.

Onwards and through leafy green City parks I tried to pretend that I was on any Sunday morning long run. The parks were shady but populated by spectators lolling leisurely on benches, with far more savvy than us lot plodding past.

Half way – and we were back near the Dock and tantalisingly close to the Finish. Banishing thoughts of this, we were heading out the other side of the City and, you guessed it, up the Mother of all Hills. Fortunately I could hear other runners voicing my feelings: "You're joking, not another, this is ridiculous!" Momentarily I cheer up knowing that Paul (Mersey) Monaghan, who persuaded me to enter this hill fest, has an absolute hatred of running a hill, or 20.

The support around the entire route was inspiring. The bands were fewer than billed but the locals were fab, not just a Fab Four, but fabulous in their hundreds if not thousands, shouting out names and offering Jelly Beans, in addition to the organised water, Lucozade energy gels and drinks.

Having spent 3 hours cursing hills I was reminded "be careful what you wish for". The final 4 miles were flat along the water front but in the full glare of a strong midday sun. I spent this time trying to pick out finish-line landmarks (without success) and thinking "I Should've Known Better". This was the point at which 2 male runners voiced their view that marathon running was harder than childbirth. I chipped in a friendly "Really?" but decided to save my precious breath and run on, safe in the knowledge that in a 3-way debate I was the only one there qualified to comment from a position of experience!

Eventually I rounded a final bend and saw what I thought was the finish line, but with the midday sun creating a haze I feared I was hallucinating. When it became clear I had probably around 400m to go I mustered all the power and endurance I had left (and learned) through Wednesday night track training and made a strong bid for the line cheered on by hundreds of spectators. Is there any better feeling?!?

Paul waited for me shortly after the line, if only to prove he was right and I was wrong: I could run 2 marathons in 6 weeks. His mum and brother were there watching too, so for Paul it was a real family occasion and celebration, and it was fun to meet them there.

Back into the Arena, and there's a plentiful supply of water, bananas, Lucozade Sport, crisps and

cereal bars from which to help ourselves and load into our goody bags, along with a neat race t-shirt and beer voucher. That's when I realise the actual reason Paul waited for me: he wanted my beer voucher.

There's a post-race party atmosphere outside in the sunshine with the RRs and others who are marathon friends they've met around the world. I have an amazing conversation with Dean's friend, Robin from Grimsby, who finished the Boston Marathon in 2013 around 20 minutes before the bombs went off. He tells me about his race finish, then how his journey with his girlfriend took a frightening turn as the trains flew past stops and out of the City evacuating everyone from danger and all mobile communications shut down. There were tears in his eyes when he recalled trying (and initially failing) to make contact with his daughters back in the UK. Then he introduced me to Shona who had finished the race seconds before the bombing. She thought the timing system had blown or fireworks had been set off, then the grim reality hit. It was awesome talking to them about that day in Boston.

Later it was time for the RRs to "Come Together" in the Pump House. I've been running "Here, There And Everywhere" and "I'm So Tired", but we have a fun evening eating and drinking. It's clear that "All You Need Is Love", ie for running with your mates in their green vests for 13.1 or 26.2 miles. "In My Life" this was definitely a weekend to remember.

Marathon

Dean Allaway	3:13:02
Ian Giggs	3:14:34 (PB)
Dave Wood	3:23:34
Paul "Tour Guide" Monaghan	3:27:24
Katherine Sargeant	3:36:05
Pete "The Train" Morris	4:06:06
Louise Cooper	4:52:40
Julia Molyneux	4:54:18

Half Marathon

Linda "Never in Pics" Wright	1:59:55
Caroline Hargreaves	2:18:14
Ellen Togher	2:18:26



Roadrunners celebrate at Albert Dock in true Scouse style with a 'Little help from their friends.'

Our annual Relay Race will be held at Dinton Activity Centre, Dinton Pastures Country Park, Sandford Lane, between Woodley and Hurst, post code RG10 0SU on Tuesday evening 22nd July 2014.

Details of entry are shown in this newsletter and are on website, as you can see this is an event for all, no matter how fast you can run.

Please enter in advance so we can cater for the number of people wishing to stay for the refreshments, which will be a BBQ.

You will have to register on the night, where running numbers will be issued.

Also we would receive all payments if not pre-paid.

Please note, if the weather is dry, there is limited seating on the outdoor patio area and would encourage all to bring their own picnic table/chairs to make eating more comfortable, together with any drinks you wish to consume.

I also need marshals for the course, please see me or contact the club desk on Wednesday club nights as soon possible.

Richard Hammerson

Tel: 0118 968 4057

email: richard@hammerson.fsnet.co.uk

Dinton Pastures Relay 2014

TUESDAY 22ND JULY AT 7.15PM

DISTANCE: 3718 MTRS (2.31 MILES)

ALL OFF-ROAD, ON PATHS AND TRAILS WITHIN THE PARK

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)

All friends and family welcome. Organise your own team or enter as an individual, we will put you in a team. This is an ideal event whatever your running pace.

Rules

1. Teams of three, any gender
2. Predicted times must be submitted prior to the event
3. No watches to be worn
4. The winning team will be the one closest to their predicted times
5. If a team has less than 3 members any other member can run to the predicted time submitted.
6. Prizes will be awarded to the winning team and the individual who ran closest to their predicted times.

Venue: Dinton Activity Centre, Dinton Pastures Country Park, Sandford Lane
(between Woodley and Hurst), Nr Wokingham RG10 0SU.

Please note - car park may have a height barrier in position.

Southern Counties Veterans Athletics League

THE STORY CONTINUES - ADELE GRAHAM



Following our exploits in the first meeting on 5th May, another intrepid group of roadrunners descended on Tilsey Park in Abingdon for the second fixture.

Once again we had an excellent turnout of loud and lairy runners, and probably again had the largest club turnout. Teams comprised Maureen Sweeney, Cecilia Csemiczky, Sarah Urwin-Mann, Jackie Perrin, Belinda Tull, Juliet Dimmick, Kerri French, Lynda Haskins, Tracey Jenkins, Caroline Hoskins, Susanne Enhard, Philomena Mburu, Emma Caswell, Catherine Leather, Claire Seymour, and myself for the ladies and Lance Nortcliff, Pete Morris, Pete Aked, Paul Monaghan, Nigel Houlst, Mark Worringham, David McCoy, Pete Higgs, Kingsley Starling and Pete Jewell for the men.

In attempting to pick up as many points as possible, Juliet bravely offered to attempt the pole vault. However, we soon discovered this would not be possiblein other events you use the equipment provided, but to compete in the pole vault you needed to bring your own pole!!! What happens if you have to come by bus for goodness sake? Anyone know a

second hand pole we can borrow for the next event???

The ladies had some excellent performances. After being disqualified last year for running in the 2000m walk, Jackie has been working on her technique - this has clearly worked as she was rewarded with a 2nd place. Maureen and Cecilia came 3rd in the W50 and W60. In the triple jump Kerri was 3rd W35 and Lynda was 5th V50. I was 3rd and Cecilia was 5th in the W50 and W60 shot, and in the discus Emma was 6th W35 and I was 4th W50.

In the running events we excelled in the longer distances, as you would expect. In the 800m Caroline was 4th W35A (and achieved AW standard) and Susanne was 2nd W35B. Philomena was 2nd W50. We had a dream team in the 3000m with Sarah 1st W35A, Belinda 1st W35B and Maureen 5th W50.

In the 400m relay we came a terrific 2nd place, but there was a worrying moment when we were told we had broken too early on the first 400m. However, as this was due to an incorrectly placed marker the result was deemed to stand.

SOUTHERN COUNTIES VETS LEAGUE



In the men's events Lance was 4th and Pete Morris 3rd in the M35 and M50 2000m walk. Overall, the other clubs seemed to have strong men's teams, so despite the gallant efforts of our men we were somewhat outclassed in the field and sprint events. As with the ladies we fared much better in the longer distance with Mark, David and Pete Jewell all running superb races in the 800m, with Mark 5rd M35A, David 4th M35B and Pete 3rd M50. In the 400m relay, we were a good 5th place.

We managed not to get told off as much this time – obviously we are getting used to the rules. It was

another team who were told off this time for walking through the javelin throwing area!

A great evening was completed by toasting Kingsley's birthday with some bubbly!

Overall the ladies team finished an excellent 3th out of 7 clubs – WOW. This puts us 4th in the league after 2 matches. Despite having a smaller team and heavy competition from the other clubs our men's team finished 6th out of 8 teams, beating both White Horse Harriers and Newbury, and 7th out of 8 in the league after 2 matches.



Again we all really enjoyed the evening and the team spirit was fab. We are going from strength to strength and looking forward to the next 2 matches on 19th June and 30th June. We are even doing some throwing practice on Wednesdays before the track session to prepare ourselves!

If anyone is interested in joining us see Belinda or Lance for more details.

Adele Graham



The Amateur Ramblings of an Amateur Neurologist and her Amateur Running

KATIE GUMBRELL (with very many apologies to all those who are not amateurs in those fields)

"At the end of the day, you just run."

The wise words of our Chairman, who is entirely correct. When push comes to shove, the gun goes or my coach finishes his instructions or I shut the front door and I run. I just run.

But for me, it never seems quite that simple. Yes, I'm still coming to terms with my inner couch potato, but there's definitely something less coherent, less tangible, which is capable of wreaking havoc with my physical capabilities.

Not long into my time at Roadrunners, I discovered that running "naked" was definitely for me. I ditched my watch for anything other than track sessions and it set me free. Not only was I running as my legs saw fit, but I had to do something other than calculate the seconds I needed to shave off / slow down before I got to the next mile marker. I started running with a smile on my face and working towards a big finish, rather than beating myself up for being 5 seconds too fast / slow and worry about whether or not I could pick things up or slow things down in enough time. I read about running for the "quiet" and realised that was exactly what had happened to me. As I ran, my brain became less noisy and as I became better at running, I became less and less worried about how my legs felt, what my breathing was doing, whether or not it mattered that I was running with my thumbs up. Some days I ran well and lay waste to my PBs; other days, I ran as well as I could and was incredibly grateful to see the finish line.

Time went on, however, and I couldn't put my finger on what was different about those "good" days. I've never been one for strict routine, but there was no pattern to it at all. This year, when I finally achieved my ultimate aim half marathon time, it nearly killed me; 6 and a half weeks later, I was 30-seconds-a-mile faster over 10 miles, with no tangible difference to any of my controllable

variables* (training, food, rest). The maths was not lost on me, even in my energy-depleted state at the finish line, "But that leaves me an extra 5 minutes of slowing down time for the final three!"

In the half marathon, I had kept up with the pacer: there was no other option. In the 10 mile race, I was keeping two friends company, because they wanted a slow and steady pace having completed London Marathon 5 days previously. In the half marathon, I kept pace, even when it hurt; in the 10 miler, I chatted when I could. In the half marathon, with half a mile to go, everything hurt and I knew my time had gone; in the 10 miler, with a mile to go, I pushed and pushed and ran as hard as I could, because I could.

I have, over the past few months, started a voyage of discovery. I'm trying to understand why people behave in the way they do, particularly when under stress. This is a partly professional and partly personal quest for knowledge, but it has been incredibly interesting to me in the context of my running.

Here's a thing about stress, which I've learned about from a book by David Walton, called Emotional Intelligence: A Practical Guide. He explains that there is an optimum level of stress which promotes efficiency. Basically, if you're under a bit of pressure to complete something, do really well at it, do lots of it, you will achieve your goals. There is a tipping point, however, which can depress the immune system if it is prolonged and cause serious damage to the body.

So, in order to save itself, at the onset of that tipping point, the body reacts. There is the initial shock to the stress, which puts the body into automatic pilot. Then comes the counter-shock, where catecholamine hormones are released into the system, which is the body's reaction to the

realisation that it is at risk and unable to cope (the “fight-or-flight” as it is commonly known). There is then a physical reaction to the hormones, which is geared to helping the body overcome or combat the risk. Then the final result: the stabilisation or collapse. The body’s parasympathetic system kicks in, allowing the normal state to re-establish itself (i.e. the threat has passed) or physical shut-down (i.e. the threat has not passed, but the body’s run out of ideas to save itself).

Remember John Prescott and the egg-thrower a few years ago? Perhaps the hormones in Prescott’s brain perceived that his life was under threat and he may have just reacted automatically by removing the threat, in this instance, by punching the egg-thrower. Speculatively, as far as Prescott’s reaction to stress was concerned, the threat was removed and his life was saved.

I got to mile 10 in my life-time-best half marathon, the stress became too much and my body reacted, by releasing a whole host of unhelpful hormones. My physical reaction to combat the stress was to take it by the horns and just keep running: keep up with the pacer or just go home. My parasympathetic system, that ability to judge the “threat” and evaluate the risk, increased my body’s ability to cope (NB this is not to be taken in the context of physical injury: if it really did hurt, I would have stopped, as I have done in the past). In the 10 mile race that stress didn’t exist: there was no need to fight; my body didn’t waste valuable

energy releasing unhelpful chemicals; I didn’t need saving from certain destruction.

“In the absence of emotional competence, individuals are prone to instinctual responses to basic emotional drives, particularly fear, which in turn lead to an over emphasis of basic fight or flight responses.”

This quote comes from a book called Promoting Emotional Education: Engaging Children and Young People with Social, Emotional and Behavioural Difficulties, by Carmel Cefai and Paul Cooper. What it means is that children need to be taught how to talk about, regulate and manage their own emotional state, so that they are able to learn. The upshot for me, as a teacher, is that I need to help children to recognise and name their emotional responses. This allows them to find ways of coping with them, or developing their parasympathetic system.

The more familiar I’ve become with that, “I hate running, I’m never doing it again,” feeling, the better I’ve got at coping with it. Now I know what I do about my parasympathetic system, the next time the Gumbrell Meltdown rears its ugly head, I’m going to try really hard to think about those hormones, the fact that I’m not actually at risk of anything very much (a DNF is hardly life-threatening) and just get on with it.

At the end of the day, I just run.

Woodley parkrun Takeover

SATURDAY 19TH JULY 9.00am

Roadrunners are planning the next club takeover at Woodley parkrun, but we are doing it with a twist - not only would we like all volunteers be RRs but we want to get as many of you out there running in your green vests, promoting all speeds, ages, shapes and sizes as we can (we may even break the parkrun UK record of 150 club members at an event).

Please see Kerri French or Catherine Leather for more details on how to get involved.

Woodley parkrun is held at Woodford Park, Woodley RG5 4LY

Members wishing to run who are new to parkrun should register at www.parkrun.org

Creaky Joints parkrun

OUR SECOND YEAR

Saturday 5th July at 9am

Peter Beard and Tom Harrison will be asking all folk over 75 to join us at the Reading Thames Valley Parkrun for a 5k run to work out those creaky joints. We are hoping to up the numbers on last year's four runners. So let your grandad and grandma know and bring them along, (but don't forget the can of WD40).

Summer Pub Runs

5th June

The Bramshill Hunt, Arborfield, RG2 9PL

19th June

Wheelwrights Arms, Hurst

3rd July

Not yet taken

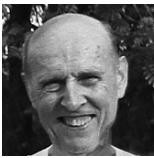
17th July

The Crown, Swallowfield

We still have a few dates available this summer for anyone that wishes to put one on.



Your Committee



CARL WOFFINGHAM

CHAIRMAN

chairman@readingroadrunners.org



ROGER PRITCHARD

GENERAL SECRETARY
& CLUB COACH

gensec@readingroadrunners.org



SANDRA SHEPPARD

CLUB TREASURER

treasurer@readingroadrunners.org



ANNE GOODALL

MEMBERSHIP SECRETARY

membership@readingroadrunners.org



ALICE JOHNSON

SOCIAL SECRETARY

socialsec@readingroadrunners.org



PAUL MONAGHAN

WEBMASTER/SOCIAL NETWORKS

webmaster@readingroadrunners.org



SIMON DENTON

CLUB EX-OFFICIO



CATHERINE LEATHER

CLUB EX-OFFICIO



ALAN McDONALD

SOCIAL SECRETARY



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

Our members took part in a diverse range of events this month. On the 60th anniversary of the first sub-4 minute mile, nine members headed to London to try to emulate Sir Roger Bannister's achievement. No-one quite managed it, but Robert Tan's time of 4:59 was an excellent performance given that we don't train for this sort of distance. Meanwhile, on the track our sole entrant in the Berkshire County Championships, Darryl Plank, managed to take a hat-trick of golds in the 400, 800 and 1500m events, beating the more established athletic clubs in the process, while at veterans track races Brian Shave recorded some excellent times for the vet 80 category over 800m, 1500m and the mile. A record number of members travelled to the second match in the SCVAC league, where some discovered skills they didn't know they had: Jackie Perrin and Pete Morris in the 2000m walk, Pete Morris in the javelin, and Kerri French, Lynda Haskins and Peter Higgs in the triple jump.

On the roads we had two winners: Matthew Green at the Park House 10k and Keith Russell at the first Yateley 10k, while Sarah Urwin-Mann was the only first lady, at the first of the Dinton 5k series.

The most popular race was the Woodley 10k, with 57 members taking part, and Jackie Perrin winning the vet 45 category. Conditions on that day were rather cold, and that seems to have helped you as there were nine PBs at Woodley and 13 in all that day, out of 22 in the whole month. Another popular race was the new Royal Berkshire 10k, where 42 members ran on what was probably the hottest day of the year so far. Brian Kirsopp and Nigel Houlton won the vet 50 and 60 categories respectively, and perhaps more surprisingly given the conditions, Gary Brampton got a PB. The Kintbury 5 race, part of the club championships, attracted 36 runners, and in spite of the somewhat hilly nature of the course three of them achieved PBs. The Woodland 5 race was popular as ever, and we managed two runners in the first five, and almost a clean sweep of the leading ladies veteran positions.

Other notable performances were Susanne Enhard finishing 5th overall (2nd lady) at the Compton 20, and Ian Giggs breaking his PB by a full 8 minutes at the Liverpool Marathon.

Well done to everyone who raced last month, and good luck in your forthcoming events.

5th May

Stan Allen Mile, Tooting Bec

Brian Shave	9:06.10	1st MV80
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10th May

Ultramaratón Isla de la Palma (77.6km)

Peter Darnell	18:30:00
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Bowl Water Marathon

Martin Bush	129	5:33:34	5:33:15
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Marlborough Downs 20 miles

Susanne Enhard	5	2:39:55	2nd F, 1st FV45
Graham Tull	13	2:55:37	3rd MV50
Cecilia Csemiczky	106	5:17:42	1st FV65
Kathy Tytler	107	5:17:42	4th FV55

Bieg Europejski 10k (Gdynia, Poland)

Ian Giggs	244	39:21	39:17
Antony Streams	2775	54:42	52:07

11th May

Halstead and Essex Marathon

Martin Bush	413	4:39:06	4:37:46
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Stroud Trail Marathon

Gary Brampton	118	5:54:33
Julia Molyneux	129	6:25:35
Pete Morris	130	6:25:38
Julie Wing	145	8:33:19

Stroud Trail Half Marathon

Angharad Shaw	94	2:23:40
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Alton 10

Richard Usher	73	1:06:49
Alan Freer	91	1:09:01
Nikki Gray	105	1:09:45
Mary Janssen	205	1:17:02
Simon Denton	215	1:17:29
Jim Kiddie	287	1:21:46
Fleur Denton	296	1:22:06
Sandra Sheppard	377	1:28:42
John Chilton	497	1:49:02

Woodley 10k

Keith Russell	2	33:56	
Mark Worringham	4	34:28	
Darryl Plank	5	34:42	PB
Dafydd Hollis	6	35:05	
Andrew Smith	16	38:29	
Alex Harris	18	38:47	4th MV40
Brian Kirsopp	23	39:07	2nd MV50

ROADRUNNERS RESULTS

Patrick Hayes	26	39:34	
Fergal Donnelly	31	40:16	PB
Aaron Chai	32	40:20	
Chris Mason	34	40:23	4th MV50
Mark Smith	37	40:34	5th MV50
Alan Thomas	41	40:55	
Jackie Perrin	42	41:00	1st FV45
Nigel Hoult	43	41:01	2nd MV60
Kenny Heaton	46	41:14	
Mark Andrew	50	41:52	
Peter Cook	63	42:33	PB
Keith Ellis	71	43:01	
Paul Kerr	79	43:19	
Lesley Whiley	86	43:45	3rd FV45
Paul Monaghan	90	43:53	
Wayne Farrugia	92	43:57	
Sam Hammond	96	44:06	
Erica Key	99	44:18	4th FV35
Julie Rainbow	106	44:45	PB, 4th FV45
Katherine Sargeant	110	45:02	5th FV35
Ade Podbury	111	45:03	
Douglas Shepherd	120	45:37	
Andrew Runnacles	130	46:11	
Jacqueline Smith	149	47:26	5th FV45
Gbenga Olatundi	171	48:28	
Antony Streams	177	48:44	
Lee Hinton	179	48:51	
Sarah Pachonick	222	50:25	
Peter Reilly	227	50:55	
Catherine Leather	246	51:42	
Richard Morgan	247	51:48	
Yvonne Edwards	255	52:20	
Linda Wright	257	52:21	PB, 5th FV55
David Caswell	266	52:59	
David Pink	267	52:59	
John Preston	288	53:53	
Winston Bailey	308	54:34	
Annabel Richardson	328	55:41	
Caroline Hargreaves	346	56:23	
Chris Drew	361	57:02	PB
Lynda Haskins	363	57:06	PB
Liz Atkinson	366	57:17	PB
Cindy Edwards	392	58:39	
Sarah McGowan	408	59:54	
Angela Liu	430	1:00:58	
Kingsley Starling	474	1:05:37	
Juliet Dimmick	479	1:05:56	PB
Palee D'Souza	516	1:13:11	
Emma Caswell	522	1:13:52	
Alice Johnson	530	1:16:56	

Bristol 10k

Robert Tan	72	35:12	PB
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Oxford Town and Gown 10k

Tim Miller	555	47:02	46:44
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Marlow 5

Ed Dodwell	61	32:21	32:19	
Alix Eyles	90	33:42	33:28	PB, 4th F
Colette Wann	313	39:30	39:19	
Claire Seymour	343	39:55	39:31	PB
Chris Cutting	469	42:35	41:37	
Katie Gumbrell	470	42:35	41:37	PB
Ladies Team: 3rd (Alix, Colette, Claire)				

15th May

Dinton 10k Race 1

Ian Giggs	4	39:25	
Simon Elsbury	5	39:48	
Kevin Burree	8	41:09	2nd MV40
Ed Dodwell	9	41:13	1st MV50
Nicholas Adley	19	44:51	
Pete Morris	24	45:23	4th MV50
Katherine Sargeant	28	45:55	1st FV40
Tracy Jenkins	39	48:36	2nd FV40
Andrew Runnacles	41	49:07	
Tony Streams	43	49:25	
Jim Kiddie	45	49:33	1st MV60
Dave Wood	48	50:10	
Jeremy Parker	59	52:34	
Catherine Leather	61	52:59	4th FV40
Paul Monaghan	65	53:33	
Linda Wright	71	54:44	1st FV50
Lindsay Reed	74	55:32	
Caroline Hargreaves	88	58:56	
Trisha Arnold	102	1:04:58	1st FV60

Dinton 5k Race 1

Sarah Urwin-Mann	9	20:27	1st F
Bruce Sarjent	12	21:21	3rd MV40
Tracey Lasan	16	21:33	3rd F, 1st FV50
Adam Phillips	17	22:01	
Paulina Erceg	18	22:09	4th F
David Pink	33	25:46	3rd MV50
Lynda Haskins	41	27:58	
Palee D'Souza	70	33:44	
Juliet Dimmick	71	33:54	
Emma Caswell	77	35:27	
Kevin Sheppard	95	42:59	

17th May

Orpington Marafun

Martin Bush	52	5:13:08	
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Mount Famine (5 miles/1850 ft)

Fredelina Yong	64	1:05:39	3rd F
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18th May**Richmond Park Marathon**

David Bird	120	4:13:32	4:13:01
Martin Bush	216	4:58:01	4:57:21
Sarn Helen Fell Race (16.5 miles)			
Colin Cottell	26	2:21:42	

Hook 10 miles

David McCoy	10	1:04:38	1:04:36
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Great Manchester Run 10k

Phil Seager	4396	51:04	
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Royal Berkshire 10k

Mark Worringham	2	34:50	34:50	
Darryl Plank	7	36:23	36:22	
Andrew Poole	9	37:40	37:12	
Brian Kirsopp	30	40:09	40:06	1st MV50
Nigel Hoult	37	40:58	40:56	1st MV60
Simon Elsbury	40	41:18	41:14	
Chris Mason	42	41:23	41:21	2nd
MV50				
Fergal Donnelly	66	43:05	42:57	
Peter Cook	84	43:48	43:27	
Graham Tull	91	44:01	43:53	2nd MV55
Belinda Tull	93	44:02	43:53	2nd FV40
Sam Hammond	121	44:52	44:38	
Wayne Farrugia	151	46:10	45:51	
Robert Sutton	152	46:16	46:01	
Simon Denton	158	46:33	46:18	
Daniel Richardson	177	47:16	46:52	
Andrew Runnacles	184	47:29	47:13	4th MV55
Gary Brampton	191	47:40	47:19	PB
Tracy Jenkins	231	48:50	48:33	3rd FV45
Sarah Pachonick	293	50:15	49:59	
Christopher James	303	50:28	48:38	
Tony Streams	317	50:51	50:31	
Fleur Denton	319	51:01	50:41	
Samantha Taylor	345	51:43	51:07	
Jeremy Parker	403	52:59	52:45	
Claire Seymour	404	52:59	52:39	
Catherine Leather	423	53:27	53:06	5th FV45
Sandra Sheppard	432	53:45	53:26	2nd FV55
Ginika Okoye	515	55:20	55:05	
Olivia Christian	576	56:43	55:16	
Susie Rees	661	58:28	58:28	
Anthony Collins	739	1:00:01	57:27	
Angela Liu	805	1:01:23	59:37	
Alex Jones	896	1:03:29	1:01:25	
Shirley Holmes	955	1:04:52	1:04:33	
Kingsley Starling	1138	1:08:44	1:06:19	1st MV70
Trisha Arnold	1246	1:11:29	1:09:13	2nd FV60
Eva Shearman	1302	1:13:39	1:11:26	
Emma Caswell	1375	1:17:45	1:15:24	
Ronald Shearman	1418	1:21:11	1:18:58	

Mandy Carden	1473	1:33:21	1:31:05
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Park House 10k

Matthew Green	1	36:10	
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19th May**SCVAC Vets League, Western Division, Abingdon**

2000m Walk Women		2000m Walk Men	
Jackie Perrin	12:11.5	Pete Morris	12:55.9
Maureen Sweeney	15:12.4	Lance Nortcliff	13:00.7
Cecilia Csemiczky	15:42.5		

200m Women		200m Men	
Tracy Jenkins	36.5	Pete Jewell	30.6
Lynda Haskins	38.1	Paul Monaghan	32.2
Juliet Dimmick	39.6	Nigel Hoult	35.7
Cecilia Csemiczky	47.9	Pete Morris	37.8
		Kingsley Starling	51.1

800m Women		800m Men	
Caroline Hoskins	2:39.4	Mark Worringham	2:19.0
Susanne Enhard	2:51.9	Peter Aked	2:19.1
Philomena Mburu	3:01.0	David McCoy	2:21.8
		Pete Jewell	2:23.8
		Paul Monaghan	2:43.9

3000m Women			
Sarah Urwin-Mann	11:25.9		
Belinda Tull	12:26.6		
Claire Seymour	14:16.9		
Maureen Sweeney	16:31.6		

4 x 400m Relay Women		4 x 400m Relay Men	
RRR ladies	5:23.7	RRR men	4:16.2

Triple Jump Women		Triple Jump Men	
Kerri French	7.97	Peter Higgs	7.09
Lynda Haskins	6.38		

Discus Women		Discus Men	
Catherine Leather	15.04	Peter Aked	17.46
Emma Caswell	11.75	Peter Higgs	16.35
Adele Graham	11.07	Nigel Hoult	11.35
		Paul Monaghan	10.45

Javelin Men			
Pete Morris	19.89		
Nigel Hoult	8.85		

Shot Put Women			
Juliet Dimmick	5.56		
Kerri French	5.14		
Adele Graham	5.05		
Catherine Leather	5.04		
Emma Caswell	4.98		

ROADRUNNERS RESULTS

Cecilia Csemiczky 4.54
Maureen Sweeney 2.99

21st May

Woodland 5 Race 1

Simon Elsbury	2	34:09	
Brian Kirsopp	4	35:16	3rd MV
Lance Nortcliff	17	38:34	
Claire Marks	18	38:40	3rd F, 2nd FV
Paul Monaghan	21	39:07	
Nick Adley	23	39:14	
Andrew Runnacles	34	40:54	
Pete Morris	40	41:10	
Mary Janssen	42	41:33	3rd FV
Tracy Jenkins	46	42:40	4th FV
Andy Atkinson	47	42:53	
Richard Morgan	48	43:04	
Clare Elliot	55	43:31	5th FV
Jim Kiddie	58	43:41	
Danielle Milbank	60	43:57	
Barry Baker	63	44:21	
Fleur Denton	67	44:51	
David Ferris	68	45:05	
Peter Higgs	71	45:25	
Sandra Sheppard	76	47:04	
Katie Gumbrell	86	50:53	
Maureen Sweeney	89	51:50	
Irene Liming	91	52:02	
Claire Seymour	92	52:03	
Elizabeth Atkinson	93	52:58	
John Bailey	94	55:41	
Justin Watkins	99	57:50	
Lorraine Bailey	101	1:00:33	

24th May

Westminster Mile

Robert Tan	37	5:01	4:59
Dean Allaway	132	5:31	5:30
Nigel Hoult	259	5:53	5:50
Alix Eyles	344	6:08	6:05
Chris Drew	1060	8:12	8:06
Dave Caswell	1126	8:22	8:17
Sarah Drew	1127	8:22	8:17
Kingsley Starling	1270	8:50	8:45
Emma Caswell	1507	9:46	9:43

Edinburgh 10k

Martin Bush	1047	59:04
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Edinburgh 5k

Martin Bush	210	31:52
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25th May

Edinburgh Marathon

Paulina Erceg	1754	3:41:23	PB
Paul Kerr	6785	4:52:39	
Martin Bush	6987	4:56:38	

Edinburgh Half Marathon

Keith Russell	6	1:12:49
Alice Johnson	9497	2:59:15

Rock 'n' Roll Liverpool Marathon

Dean Allaway	137	3:13:15	3:13:02
Ian Giggs	157	3:14:54	3:14:43
Dave Wood	224	3:23:34	3:24:56
Paul Monaghan	276	3:27:43	3:27:24
Katherine Sargeant	420	3:36:54	3:36:35
Pete Morris	1049	4:10:37	4:06:06
Louise Cooper	1843	4:58:52	4:52:40
Julia Molyneux	1872	4:58:56	4:54:18

Rock 'n' Roll Liverpool Half Marathon

Linda Wright	1487	2:05:40	1:59:55
Anne-Marie Cocker	2551	2:25:24	2:18:14
Caroline Hargreaves	2553	2:25:24	2:18:14
Ellen Togher	2562	2:25:36	2:18:26

BUPA London 10k

Andy Mutton	170	35:12	
Robert Tan	217	35:58	
David McCoy	318	37:08	
Lance Nortcliff	350	37:38	
Alex Harris	550	39:47	
Carrie Hoskins	553	39:47	5th FV45
Colin Cottell	651	40:40	
Alix Eyles	857	42:08	
Claire Marks	975	42:59	
Peter Cook	991	43:04	
Lesley Whiley	1072	43:27	4th FV50
Alice Leake	1204	44:07	
Mary Janssen	1885	47:00	
Toni McQueen	1996	47:25	5th FV55
Angela Liu	6245	58:49	
Gareth Grocott	6476	59:22	
Mens team: 38th (Andy, Robert, David)			
Ladies team: 27th equal (Carrie, Claire, Lesley)			

Newbury 10k

Matthew Green	4	36:28	36:28
Brian Fennelley	199	49:23	49:15

Ropley 10k

Saba Holt	108	47:36
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Thames 10k

Graham Tull	51	44:53
John Preston	147	55:31

Berkshire Track Championships (Senior Men)

400m

Darryl Plank 1 55.5

800m

Darryl Plank 1 2:04.7

1500m

Darryl Plank 1 4:27.1

31st May**Kent Roadrunner Marathon**

Pete Morris 103 3:54:14 3:54:11

Sarah Pachonick 181 4:27:06 4:26:55

Gary Brampton 203 4:34:56 4:34:10

Martin Bush 243 4:47:56 4:47:13

1st June**Marlow Radio Run 10k**

Robert Tan 2 36:58 36:56

David Ferguson 13 40:07 40:04

Simon Elsbury 16 41:02 40:57

Caroline Hoskins 21 41:25 41:23 1st F

Andrew Runnacles 84 48:39 48:26

Clare Elliott 90 49:13 49:03 1st FV55

Linda Vinton 236 1:00:14 59:23

RRR Team: 1st (Robert, David, Simon, Caroline)

Kintbury 5

Matthew Green 3 27:42

Andy Blenkinsop 14 30:27 5th MV40

Lance Nortcliff 16 30:49

Ian Giggs 24 31:47

Kevin Jones 27 32:06 1st MV50

Mark Andrew 31 33:21

Nick Adley 44 34:41

Katherine Sargeant 48 35:20 4th FV40

Paul Monaghan 50 35:31 PB, 3rd MV50

Mary Janssen 59 36:41

Simon Denton 61 36:52

Helen Garforth 62 37:10

Richard Morgan 64 37:29 2nd MV60

Christopher Miller 72 37:55

Anthony Streams 77 38:35 PB

Jim Kiddie 78 38:44 4th MV60

Peter Higgs 87 39:20

Fleur Denton 88 39:22

Claire Seymour 96 40:07

Peter Morris 97 40:08

Sandra Sheppard 102 40:30 PB, 5th FV50

Linda Wright 110 40:55 PB

Catherine Leather 120 41:52

John Bowley 130 42:45

Katie Gumbrell 132 42:57

Yvonne Edwards 140 43:30

Andrea Marnoch 143 44:01

Julie Thompson 148 44:36

Heather Bowley 159 45:50 3rd FV60

Bob Thomas 162 46:02

Janice Thomas 165 46:11 4th FV60

Cecilia Csemiczky 178 48:05

John Bailey 186 49:14

Lorraine Bailey 199 52:53

Carl Woffington 201 53:11

Anne McKinnon 205 55:19

Surrey and Sussex County Masters Champs

800m

Brian Shave 4:03.07 1st MV80

1500m

Brian Shave 8:24.17 1st MV80

4th June**Yateley 10k**

Keith Russell 1 33:28 33:28

David Ferguson 24 38:16 38:13

Ian Giggs 44 38:55 38:52

Kevin Jones 87 40:46 40:44 5th

MV50 Gary Tuttle 91 40:52 40:41

Paul Monaghan 139 43:06 42:55

Nick Adley 146 43:27 43:12

Erica Key 155 43:47 43:21 PB

Tim Hogarth 191 44:46 44:20 PB

Tony Page 229 45:51 45:40

Tony Streams 417 51:07 50:06

Justin Watkins 653 58:44 58:13

Palee D'Souza 796 1:15:34 1:14:09

Watford Open Graded Meeting

1500m

Robert Tan 4:26.88

Season's Bests

Ladies

5k 19:20 Caroline Hoskins

5 miles 33:28 Alix Eyles

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 2:37:01 Rupert Shute

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)
Bob Thomas	(ex-officio)
Catherine Leather	(ex-officio)
Simon Denton	(ex-officio)

APOLOGIES FOR ABSENCE:

Alice Johnson, Paul Monaghan

MINUTES OF THE MEETING OF TUESDAY 6TH MAY 2014

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

MATTERS ARISING FROM THE MINUTES

CLUB HOUSE Roger reported that he had made contact with the chairman of the Reading Velo Club, who has expressed interest in possibly sharing a clubhouse with RR. Roger said that the next round of applications for funding was in early June and an application should be made, irrespective if we share with the Velo club or not.

ACTION Carl to progress an application.

DESK QUESTIONNAIRE Carl said that he had sketched out a draft and that he would be putting this forward to Michelle. ONGOING.

CLUB CHARITY/JUST GIVING Simon reported that he had set up an RR charity web-page on the just giving website, but it would need wording to complete. **ACTION** Paul to look at completing.

UKA HALF MARATHON CHAMPIONSHIPS 2013

Roger reported that he had delivered by hand all three 2013 UKA Half Marathon Championship medals to Rupert Shute, Mark Worringham and Andrew Smith.

EVENT BUDGETS It was agreed that for accounting purposes, monies given by the club to any RR charity run catering stalls shall be accounted as a donation to the club charity.

RACE CLOCK FOR BARNES FITNESS Roger asked if a cheque had been received from Barnes fitness for the hire of a race clock? No one had received a cheque. **ACTION** Carl to chase Barnes Fitness.

BANK DEBIT CARD Sandra reported that the bank debit cards had still not been issued, but she had chased the bank. ONGOING.

RR KITBAGS Carl said that he had not yet made contact with Martin Bush. ONGOING.

CHAIRMAN'S REPORT

LONDON 10K Carl reported that the club had successfully entered a team of men and women for the UKA 10k team championships and that RR had also supplied six extra marshals as requested by the London Marathon (organisers of the London 10k)

ROGER BANNISTER 60th ANNIVERSARY

HANDICAP MILE Carl reported that the handicap mile was a success as he had won the event.

TREASURERS REPORT

Sandra issued the committee with the accounts for 2014 to April. Sandra said that the balance remained healthy.

Sandra asked Roger to sign several cheques, mostly for race expenses and one cheque for £200 deposit to Sonning golf club for the 2015 Dinner Dance.

SECRETARY'S REPORT

Roger reported that he had received two receipts from England Athletics and handed them to Sandra.

MEMBERSHIP SECRETARY'S REPORT

Anne reported 10 new members @ £28 = £280 and 6 late renewals @ £28 = £168 and 2 @ £26 (£4 short) = £52.

Anne said she had banked a total of £500 for this month and we now have 423 members. Anne also reported that we have a new member who has registered as first claim RR, but he is still registered with EA as first claim to another club. **ACTION** Anne to contact him and resolve.

SOCIAL REPORT

Alice not in attendance.

COACHING CO-ORDINATORS REPORT

Sandra said that she had been handed a form requesting payment for a prospective new coach's education course that had been approved by the committee. Sandra said that the form was ambiguous as it did not state who the cheque should be made payable to. Roger suggested contacting Simon to establish if they have already paid the course fee and if not, who the cheque should be made payable to and Carl suggested contacting the prospective new coach. ACTION Sandra to contact Simon in the first instance.

TEAM CAPTAINS REPORT

Carl said that there is a problem with not enough women for the Ridgeway relay women's team. ONGOING

ANY OTHER BUSINESS

RACE CLOCK Roger reported that the clock that was on duty for the Thames Valley Park event, Barnes Fitness event and the Shinfield 10k had been damaged. Roger said that Glynne had asked Dwayne Stewart to effect repairs with the clock company. Roger then reported that Glynne had suggested that in future, a deposit should be taken of £100 to be held until the clock was returned and inspected. Also that the £50 charity donation should also be paid in advance. The committee voted unanimously in favour of Glynne's suggestion. Alan asked if Dwayne had obtained the new batteries, as only one battery would charge properly. ACTION Carl to find out about the batteries.

MORTIMER RACE BUDGET Bob Thomas presented his race budget and confirmed that this years race would be chip timed by FR Systems, but he had solicited another quote from Full On Sport, but they were slightly more expensive. Bob said that the chips would be the non-disposable type. Bob said that the race packs will not be posted, but instead they will be collected on the day. Bob said that the Hall had also been booked. Bob reported that he has had to take out separate insurance to cover both the event and the fun fair, as the village council would not accept two separate insurance policies (UKA & Fun Fair's own) Bob completed his budget presentation by confirming that he had obtained sponsorship from Spratleys and Budgens. Carl proposed that the budget be accepted. Unanimous for.

DATA PROTECTION ACT Bob raised the subject of the data protection act in relation as to how we use the information that we get from competitors who enter our events. This came about from an e-mail that Bob had received from a concerned member. It was decided that as we are not selling this information to third parties, RR could use the information internally. After some discussion, it was decided that RR will collect race data only for the purpose of promoting RR events. Passed unanimously. ACTION Bob to take lead on the data base.

TOM HARRISON Carl said that Tom would be away on the 11th and 18th of June and that we need a replacement for greeting new members and announcements. ACTION Carl to stand in on Wednesday 11th, Roger on Wednesday 18th.

EA AFFILIATION PACKS Roger reported that he had received two members affiliation packs that could not be delivered to the member's addresses. Roger said that he had contacted both members and had sent one pack through the post after establishing the member's address. But the other member was asked if they would be attending on Wednesday nights and if so, could they collect from the desk. Roger said that he has not received a reply and would hold on to the pack until contacted by the member.

DOOR ROTA

Wed 4th June

Catherine Leather, Anne Goodall, Glynne Jones.

Wed 11th June

Shirley Smith, Anne Goodall, Glynne Jones.

Wed 18th June

Anne Goodall, Glynne Jones, Christina Cotter (provisional)

Wed 25th June

Shirley Smith, Anne Goodall, Glynne Jones.

Wed 2nd July

Anne Goodall, Glynne Jones, Christina Cotter (provisional)

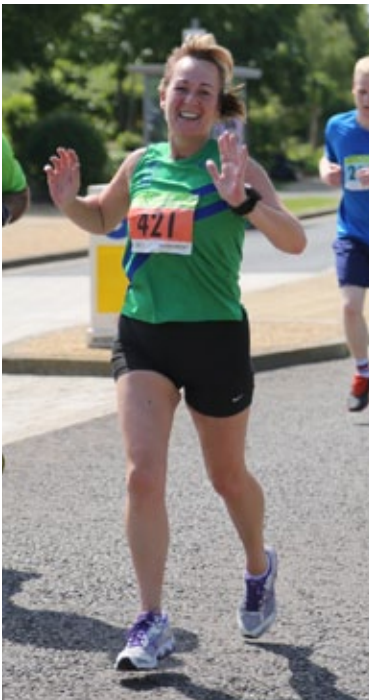
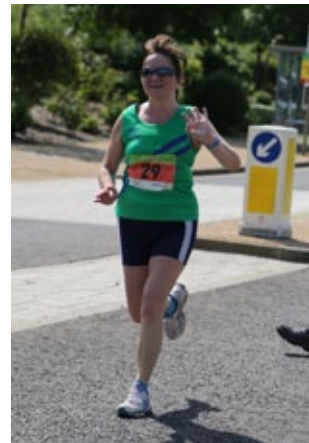
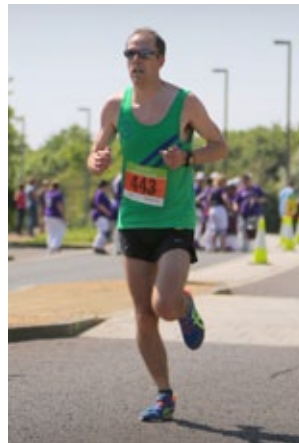
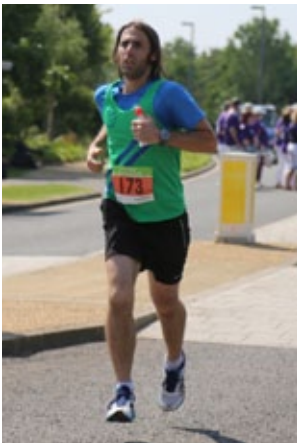
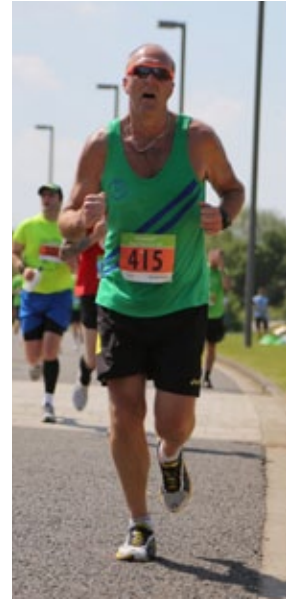
Meeting closed 9.57pm

Next Meeting Tuesday 1st July.

Green Park Royal Berkshire 10k

This year's Junction 11 Ice Cream Eating Expo seems to have been interrupted by a jog round a nearby industrial park..

Thanks to Peter Cook as ever for the day's photos.



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