

It didn't rain!



READING ROADRUNNERS NEWSLETTER MARCH 2014

Given the abysmal recent weather and the Wokingham Half Marathon falling victim to the elements the week before, we could all be forgiven for feeling a bit nervous about our Bramley event this year.

And then... that big hot yellow thing in the sky came out. Perfect conditions prevailed for the whole day, runners were casting off waterproof outerwear, people wore sunglasses! Proof if ever needed that God has an England Athletics membership and that his first claim club is based in RG6.

Even without Wokingham, it has been a very eventful month. On top of Bramley we have had the annual awards evening, a few notable trips abroad and one man's insistence on running four consecutive marathons in as many days. Enjoy your read!

INSIDE THIS MONTH:

- **DINNER DANCE AWARDS EVENING**
- **BRAMLEY REPORT**
- **AARON IN TOKYO**
- **POSH FROCKS**





Welcome from the Editor

CHRIS CUTTING

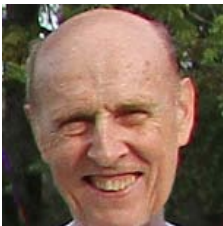
There was a definite moment at the awards presentations night (I think it was sometime around the bread & butter pudding course) when all the good things about being in this running club occurred to me at once. The response each and every award winner got from the guests, from the members in their first year to those being recognised with lifetime awards was heartwarming. We had raised a phenomenal amount of money for charity. As runners and ex-runners of all ages headed to the dancefloor I had a tear in my eye as I made my round the tables finishing off everybody's drinks. I love you guys.

Recognition this month must go to Adele and the Bramley team for putting on such a successful event. I was able to hear so many positive things before, during and after the race, all testament to such a wonderful team of volunteers. Even the woman who drove her car into the finish funnel was dealt with safely and I hear she is thrilled to bits with her new UK Athletics grading.

Please keep those articles, pictures and race reports coming in.

Chris

newsletter@readingroadrunners.org



Chairman Chat

CARL WOFFINGTON

It has been a busy month for Reading Roadrunners.

Wokingham Half was cancelled due to a flooded course. Our own RR Bramley 20/10 was scheduled for the following weekend. Several course inspections took place during the week prior. There was heavy rain during the week and gale force winds on the Friday. It all cleared for a day of pleasant weather on the race day. The race went well. Thank you to the Race Committee and all the helpers and volunteers. Well done to all RR's that raced.

Our RR Dinner Dance took place the following weekend. The food was excellent, as always. That was followed by the Club Championship trophy presentation and the Charity presentation. It was a tearful evening for Ollie's Mum but she was extremely grateful for the £25 000 cheque. The RR charity all time total reached a milestone here - £250 000 or £¼ million (whichever sounds

bigger) since it all started. We then danced the night away to the band. A very good night was had by all who attended. Thank you to Anne and Toni for organising the function. Thank you to Bob Thomas for organising the Club Championships and trophies. Thank you to Sandy and the Charity organisers – you know who you are.

The weekend after that was the Reading Half. RR had the usual tent and raised more money for charity. RR had a team of marshals operating at the start under difficult circumstances. Our experience showed through and the start got away. Thank you to those volunteers at both the tent and start. Well done to all who raced.

RR is now operating a Twitter account. You're all adults, please use it wisely, have fun and enjoy.

Carl



Ladies' Captain - Report

TINA WILSON

February where did you go!

The cross country season is over and it should have seen the start of the first Reading Roadrunners Club Championship race - the Wokingham Half but it was cancelled due to flooding.

Many runners use Wokingham as part of their marathon training and then move onto the Bramley 20/10.

Bramley 20/10 – Sunday 16th February 2014

Bramley was a huge success, well done to Adele Graham and the team of fantastic volunteers. Thank goodness the weather was kind to us not just to the runners but the marshals out on the course. Again I have to say to anyone who hasn't marshalled please give it a go. I love giving something back to our own club races and to my fellow runners. Runners love to see a friendly, enthusiastic marshal (especially those who run the 20 miler) I know!

Sunday the 16th February 2014 was the most perfect day to run the Bramley 20/10. Well done to everyone who ran. A great result in the 10 mile race with Reading Roadrunner ladies coming home in first place – fantastic. (30 teams in total)

2014 Bramley 10 Mile

Reading Roadrunners Female Teams

1st 3:27:03

Carrie Hoskins 1:05:11
Belinda Tull 1:10:45
Claire Marks 1:11:07

7th 3:54:54

Julie Rainbow 1:16:17
Paulina Erceg 1:18:48
Clare Elliott 1:19:49

16th 4:28:45

Saba Holt 1:25:14
Sandra Sheppard 1:26:51
Jacqueline Fitzjohn 1:36:40

28th 5:28:00

Shirley Holmes 1:46:12
Liz Atkinson 1:46:38
Lucy Flintoff 1:55:10

In the Bramley 20 mile race we came a respectable 6th/35 teams. (Welcome back Elaine Laver!)

2014 Bramley 20 mile

Reading Roadrunners Female Teams

1st 7:49:05

Elaine Laver 2:28:52
Pip White 2:39:34
Erica Key 2:40:39

16th 8:39:40

Lucy Lougher 2:48:11
Sarah Morgan 2:50:35
Catherine Leather 3:00:54

25th 9:18:46

Agnieszka Pudlicka 3:02:18
Sarah Pachonick 3:05:59
Claire Seymour 3:10:29

32nd 10:49:47

Linda Wright 3:32:10
Irene Liming 3:32:33
Emma Grenside 3:45:04

Reading Roadrunners Club Championship Presentation 2013

The Reading Roadrunners Dinner Dance was held on Saturday 22nd February 2014 at the Sonning Golf Club. During the evening trophies were awarded to the winners of the Reading Roadrunners Club Championship 2013.

Well done to the following ladies who won their Age Group categories.

Senior Ladies

1st - Alix Eyles
2nd Katie Gumbrell

Ladies Vet 35

1st Claire Seymour

Ladies Vet 45

1st Claire Marks

2nd Catherine Leather

3rd Andrea Marnoch

Ladies Vet 50

1st Maureen Sweeney

Ladies Vet 60

1st Janice Thomas

Ladies Vet 65

1st Cecilia Csemiczky

Marathon Championship

Ladies Vet 35

Vicky Noden

Marathon Championship

Ladies Vet 50

Catherine Leather

Ladies there is still time to enter this year's club championship - you have got to be 'IN IT TO WIN IT' to find out more please visit the Reading Roadrunners website
<http://www.readingroadrunners.org/Champs.html>

A big plus of entering the club championship races is that you get to know other runners in the club and we have such a good team spirit.

(The Wokingham Half marathon was cancelled this year due to flooding and has now been replaced by the Gosport Half marathon – 16th November 2014. If there is enough interest in entering this race I would be happy to look at hiring a coach – men also invited)

Reading Half Marathon

Sunday 2nd March 2014

First Reading Half Marathon – 1983

Only year cancelled – 2001 Foot & Mouth

One of the best ways I have found to gauge what everyone thinks about a race is to sign up to the Reading Roadrunners Facebook page. The RR's Facebook page is still buzzing with comments

as I write this report. So many happy runners achieving what they set out to do – congratulations to everyone who took part. (Great photos also from Peter Cook.)

What's coming up next?

Club Championship race Maidenhead 10: Good Friday 18th April 2014. Get your entries in ladies.
<http://www.maidenheadac.co.uk/easter+10/general>

Maidenhead AC offered 2 free places - one female, one male. Carrie Hoskins has been selected to represent the ladies of Reading Roadrunners in the Maidenhead 10.

SVAC – Vet's Track and Field League 2014

SVAC Team Captain Belinda Tull is calling all vets looking for something different and fun on a Monday evening.

Is anyone interested in taking part in the Vet's Track and Field League this summer? The emphasis is on fun and doing something different.

Dates:

Match 1: Monday 5th May 2014, Horspath, Oxford

Match 2: Monday 19th May 2014, Tilsley Park, Abingdon

Match 3: Monday 9th June 2014, Swindon

Match 4: Monday 30th June 2014, Tilsley Park, Abingdon

Talk to those who took part last year if you think it sound too daunting. It really isn't, it is just fun and the club spirit is great!

(If you are interested please let me know and I will pass on your details to Belinda)

Reading Roadrunners AGM

25th March 2014

I have really enjoyed being ladies captain and I would like to stand for another year.

If you can make it come along, it's your club – let's work together to make it great!

Best wishes, Tina

Reading Roadrunners 'Spring Do' & Cross Country Presentation Evening



- SATURDAY 26TH APRIL 2014
- 7.30PM – 11.30PM
- WOODFORD PARK, WOODLEY
- TICKETS £12.00
- INCLUDES HOT FOOD, DISCO AND BAR
- ALL WELCOME + FAMILY & FRIENDS

Tickets will be on sale Wednesday evenings – Palmer Park foyer

Cash or cheques payable to 'Reading Roadrunners'

For further information please contact Tina Wilson tinawilson1@hotmail.co.uk



00:02:00 PROFILE
KEITH RUSSELL

Occupation: Occupation:- IT Geek :-)

Where were you born: Tipperary (Ireland). Yes, it is a long way.....

How long have you been running: 7 years

How long have you been a Member of RR:
6 ³/₄ years

Favourite City: Prague

Favourite Holiday destination: Cuba

Favourite Book: Any of Terry Pratchetts DiscWorld novels. Sporting wise, Duel in the Sun. Beautifully written.

Favourite Film: I'm a bit of a movie buff so hard to pick just one, but, if pushed, possibly The Usual Suspects.

Favourite Running Distance: Marathon.

Favourite Race: Berlin – a great course, brilliant support and you can't beat bratwurst and German beer for post-race recovery!

Favourite Musician or Bands: Foo Fighters, Pearl Jam, The White Stripes, The Dubliners.

Favourite Place to Eat: At home with my family for Sunday lunch, or, failing that, any number of restaurants in Prague (check out Svejks Restaurant if you want some good traditional Czech food).

Famous or Historic Figure I'd Most Like to Meet:
Michael Collins.

Greatest Accomplishment: My kids.



Men's Captain - Report

MARK SAUNDERS

It looks like the rain may be coming to end at least and the first signs of spring are on the way. I hope nobody has been flooded and the only problems have been trying to find runs where you can keep your feet dry. The mornings and evenings are getting lighter and this means there are no excuses for getting out of the door and getting the miles in. Now is the time for getting ready for those spring marathons and really building up some good fitness.

TVT XC

The final race of the Thames Valley League was at Eversley at the beginning of the month. The wet weather meant a few last minute changes to the course, meaning it was a little short and had a congested start, but overall it was a good course. With Datchet having already won the league, there were not as many quick runners taking part, which allowed us to finish the season with a win. I ran much of the race in tandem with Lance Nortcliffe and we came home in formation in 4th and 5th place. Robert Tan wasn't far behind in 7th, running strongly the day after he set a new 10km PB at Eton Dorney. The team was completed by Alex Harris, Julian Sherman and Andy Blenkinsop. We finished the league in 2nd place overall with only a few point between ourselves, Datchet and Sandhurst in 3rd place. Again, we had over 50 runners in the field and I'd like to thank everyone for running in this league. It is not only about the results – I hope that you have all enjoyed taking part and running with your fellow Roadrunners.

Salisbury

The conclusion of the Hampshire League took place at Hudson's Field, just below the ramparts of Old Sarum. On a windswept day with hail mixing with the rain it was a day for strong runners to show their class. After climbing up the hill to the top of the field we were hoping for a bit of a break on the downhill section, however the strong headwind did not allow any respite. On the first couple of laps we worked well as a team with Lance Nortcliffe,

Robert Tan and myself running in a group and trying to shelter each other from the wind. I managed to sneak away from the rest of the team and finished in 41st place. Lance finished in 47th with Rob in 51st. Ian Giggs finished in 81st after running at parkrun in the morning and getting the train to Salisbury to run. Julian Hough continued his good form with another scoring position for the team in 87th. Colin Cottell, as 3rd veteran for the team, finished in 111th. David Lennon and Pete Higgs were the final runners for the Roadrunners. The vets had a strong finish to the season and won the race on the day. They just missed out on promotion, finishing 3rd overall in the 2nd division. The senior men finished 2nd in the race just missing out on 1st by only 13 places. This means that we just failed to catch the overall divisional leaders Stubbington, but by finishing 2nd, we secured promotion to the first division. In the overall individual standings, I finished in 26th in the senior men and Peter Higgs 52nd in the vets. This season we have relied on a handful of men and women who have turned out to many of these events. I'm proud of what we have achieved in this league and I hope that a few more runners will take up the challenge of running this league when it all starts again in the autumn. There is nothing to be afraid of...

Bramley

After the cancellation of the Wokingham Half it was great to see our own event going ahead. The sun came out and everything seemed just that little bit better. The club have again put on a good quality race and it is due to the hard work of the organising team and those that helped on the day. In the 10 mile race we won 1st place in the team competition - Keith Russell (4th), Alex Warner (13th) and Robert Tan (14th) made up the team. In the 20 mile we came away with 2nd team, with Rupert Shute (11th), Luc Jolly (19th) and David McCoy (52nd) collecting the prize. These may be the best results

we have had at Bramley, so congratulations to the guys for showing that we can run a quick race as well as organise one.

Club Championship

The details of the road championship have now been published. As the first race at Wokingham was cancelled (and replaced by the Gosport half) there is still a full set of race available to enter. You need to race in one of the named races at all 4 distances (5 miles, 10km, 10 miles and half marathon) to take part. The next race coming up is the Maidenhead 10 on the 18th April.

As I am standing down as team captain at the club AGM this should be my last report. Thinking about the last year it seems that I have written a lot about the quicker runners in the club. I'd just

like to say sorry to all those runners who I have never mentioned - I know there are many who have achieved new PBs or run further than you ever thought possible. Can I offer my congratulations now? I'd also like to say 'thank you' to those runners who have regularly been a part of the club teams over the year. There are a handful of people who always turn up and form the core of the all the teams - without these reliable and cheerful few it wouldn't have been possible. It has been a pleasure to race with you and to get to know you a little better.

Happy running

Mark

Shinfield Races

BANK HOLIDAY MONDAY 5TH MAY 2014

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

Advanced registration:

UKA-affiliated **£10**

Non-UKA affiliated **£12**

www.readingroadrunners.org/bramley.html

www.facebook.com/shinfield10k

www.twitter.com/shinfield10k



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RACE: TOKYO HALF MARATHON
REPORTER: AARON CHAI

When I entered the ballot for Tokyo, a place on the start line was the last thing on my mind. So, when I got confirmation that my ballot entry was actually successful, I found myself needing to get ready for one more marathon. After all, I couldn't refuse the opportunity to go to Tokyo.

I was already lining up this year's London Marathon as a goal race so when running the Tokyo Marathon 7 weeks out from London, the objective was clear and simple: take it slowly, don't get injured, practice your race day strategy and, most importantly, don't suffer from DOMS the very next day!

Friday 21st February: landed at Narita airport in the afternoon and a short while later my parents arrived into Tokyo from their flight from New Zealand. We took the 2 hour bus to our hotel in Tokyo. Afterwards, I managed to get to the expo at the Tokyo Big Sight just before it closed to get my race number. With registration done and dusted, I was free to take in the city and the nightlife - my parents and I went to the Ginza district to meet my aunt and cousins, who arrived from NZ earlier, for a shabushabu dinner.

Saturday 22nd February:



The crew met up with Inagaki-san, an old family friend who took us out for a traditional Japanese lunch of anko-nabe near the Imperial Palace, seated at traditional Japanese low tables.

Being a fish stew and Japanese delicacy, it wasn't the usual pasta party carbo-loading sort of thing, so to make sure that I got my carb intake before race day my dad and I went to the famous Tokyo Ramen Street, one of the streets of a labyrinth of passageways underneath Tokyo Station. Restaurants there have long queues, but the customer turnover is very quick. To save time, you order your food through a vending machine, which dispenses a meal ticket, before sitting at your table. The Japanese love their vending machines!

Sunday 23rd February: race day! Still suffering from jetlag brought on by a 9 hour time difference and a bit of race-day nerves, I woke up at midnight and didn't sleep at all till my wakeup time of 5:00am. It was a smooth buildup to race morning,

with a 20 minute metro journey from the hotel to Shinjuku, well organised security checks for all 36000 runners and no shortage of portaloos! With all the runners assembled and ready beneath the imposing Tokyo

Metropolitan Government Building, it was time to kick off the first World Marathon Major for 2014.

The course profile was a gradual downhill for the first 5km, followed by flatness in the mid-late sections of the race. There were only four inclines and they occurred in the very final miles. The course took in the famous Tokyo landmarks,



TOKYO MARATHON - RACE REPORT



including Shinjuku, Imperial Palace, Tokyo Tower, Ginza district, Tokyo Station, Asakusa Gate, Tsukiji Fish Market and the Tokyo Big Sight where the marathon ends.



I had my usual slow start and made the first half as comfortable as possible, passing the halfway point at around 1:50. I was slowly picking up the pace throughout the race, but put in a bit more effort in

the final 4 miles; even those inclines didn't really cause any issues, despite many runners already walking at that point. The Japanese are really passionate about the marathon and it was great to see both volunteers and the public really getting behind the runners, with chants of "ganbare" or "hang in there", probably the best crowd support I've seen in an event. I must've high-fived over a thousand hands, even after the race as the volunteers really congratulated the runners like they were fans in the audience. At the end, I finished in 3:33:35 (and, yes, I did try to hack my finish time to be 3:33:33!). No space blanket, just a nice looking sports towel containing the motto of this edition of the Tokyo Marathon.

But, was I successful in carrying out my objective? One of the first things I did the next day was to find a flight of stairs and see what walking up and down felt like. No pain, no stiffness! I managed to run

a marathon and not get DOMS! This had allowed me to keep the London Marathon training going in Japan in the days immediately after the marathon, but I still had time for the usual touristy things as well.

Overall, I really enjoyed my short time in Tokyo. The marathon was extremely well organised and the public really gets behind you. The city is huge and buzzing with life. If you have luck in the Tokyo ballot, I would recommend going over to the Far East and running a marathon there - you will be blown away!



Sec's Secrets

GEN SEC

There is a new UKA Roadrunning rule that all members should be aware of.

It is now an offence to transfer race numbers and anyone found doing so will be subject to disciplinary action. This is not limited to the athlete who's name is registered against the race number, but also the athlete who wears the number.

The first case has already ended up with one runner being banned from all UKA sanctioned events for one year. Remember that this practice plays havoc with race results and 'Run Britain' rankings. If you have a number for an event and you can't run, then by all means give that number to someone else, but the recipient must take the number to the information desk at the event and ask to have it transferred to them. Usually, there is no charge. This may have no great consequences for un-attached runners, but for club members there is the added consequence of facing disciplinary action from the club for bringing the good name of the club into disrepute.

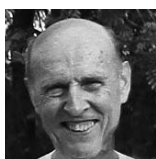
I was recently asked to look into the subject of pacing in races and if it was illegal. As there are always pace makers in the London Marathon and quite often in track meetings, I had always assumed this was not illegal. The UKA rulebook allows pace-making, but only by another runner. At Bramley there were two runners being (or at least seemed to be) paced on cycles. (how you can prove this conclusively is un-clear, unless you can get a witness to say the cyclist was giving advice, as all the cyclist needs to do is cycle ahead to indicate an increase in pace, or slow down if the pace is too high) If they

were being paced, this would be illegal, as would any assistance from the roadside by calling out time splits, receiving messages from radio devices and phones. There is another illegal method of assistance and this may be of interest to anyone who uses a heart rate monitor. If you wear a HRM in a race, you could be disqualified. I personally think that any form of pace-making or advice should be allowed as after all, there are always lots of fans at track meetings shouting out to their favourite runner (or even club mate) to run faster when they are being chased, or chasing someone else. But these runners never get disqualified for trackside assistance.

(Now we'll have arguments about encouragement v assistance, please don't go there)

England Athletics registration. Nigel Hoult asked the committee, when do new members receive their EA registration cards after joining? The answer is that it depends on how quickly EA send out the cards and RR have no control over that. However, if any new member needs their EA registration number in order to enter an event, they can approach me in the bar after a track session, ply me with alcohol and I might just find out for them (alternately put something in the club charity) Whilst on this subject of EA registration, any member changing their address or e-mail etc, not only need to advise the membership secretary, but also go on line to England Athletics and update their details with EA. It is the duty of a member to keep this information correct and current with EA and not the responsibility of our membership secretary.

Your Committee



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CO-OPTED CLUB EX-OFFICIO

WELFARE OFFICER: JENNY MILLER

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

New members for 2014

A big welcome to all our new members for 2014.
Look out for them and remember to say hello!

- Lee Coy
- Fergal Donnelly
- Melissa Read
- James Richards
- Susanne Henderson
- Ian Harvey
- Lindsay Reed
- Victoria Blades
- Kaye Bunyan
- Lucie Russell
- Dave Brown
- Matthew Green
- Seb Kyte
- Douglas Shepherd
- Steven Jane
- Philomena Mburu
- Nick Nash
- Ade Podbury
- Calum Pratt
- Phil Seager
- Gemma Stobie
- Juliet Dimmock
- Chloe Hardman
- Lukasz Misztal
- John Reilly
- Hannah Finch
- James McAvoy
- Simon Palmer
- Grace White
- Elaine Laver
- Steve Simmons
- James Thomas
- Eva Simmons
- Robert Hele

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

Annual Dinner Dance

The 22nd of Feb saw the RRR dinner dance at Sonning Golf Club.

As well as some top dancefloor action from the assembled members, the highlights of the evening were the presentation of a cheque for £25,000 to the 2013 official charity, the Ollie Young Foundation; the presentation of a life member's award to former Chairman Glynne Jones and the 2013 Club Championship awards.



Championship Winners 2014: Back row L-R: Jim Kiddie, Adele Graham, Bob Thomas, Chris Miller, Nigel Houl, Colin Cottell, Chris Cutting, Pete Jewell, Ian Giggs, Paul Monaghan. Front row: Janice Thomas, Katie Gumbrell, Catherine Leather, Maureen Sweeney, Claire Seymour, Claire Marks, Gavin Rennie.



This is a Waitrose (actually) recipe, which is ridiculously easy. It makes about 30 little cookies of deliciousness, which would

be perfect for taking to running events and sharing with your friends!

You will need:

225g soft butter 1 tsp of vanilla extract

100g caster sugar 275g plain flour (sifted)

$\frac{1}{2}$ tsp of baking powder (sifted)

jam, chocolate spread, peanut butter or something else similar

1. Preheat the oven to 180°C and line two large baking trays with greaseproof paper.
2. Beat together the sugar and butter until pale and fluffy (the ingredients, not you).
3. Beat in the vanilla extract, then fold in the flour and baking powder, until the mixture is a soft dough.

THE FUN PART

4. Take a small piece of dough and roll it into a ball, approximately 2cm across. Put it on one of the baking trays and repeat until the dough is gone. Make sure that you leave a 2cm gap between each ball of dough.

THE EXTRA-FUN PART

5. Push your clean thumb into each of the balls of dough, making a small indentation.

6. Spoon a small amount of jam, chocolate spread, peanut butter or similar into each indentation, making sure that you don't over-fill them.

7. Bake in the oven for approximately 15 minutes, until the cookies are golden.

8. Transfer to a wire rack until cold.

9. Shout, "COOKIE," in the style of Cookie Monster and devour.

There will be a small prize for anyone allowing me to test their cookies before next month (if you'll excuse the expression). Happy baking!



Pre-London Pasta Party

29th March 2014 at Radstock Community Hall, RG6 5UL

The cost is £12.00 per head. Please see Toni McQueen at front desk on Wednesday.

A Disco, Bar & Hot food will be available.

Bar will be open between 7:30pm- 11:30pm

Update on the Club Championship

Owing to the unfortunate cancellation of the Wokingham Half Marathon, its place in this year's Road & Multi-terrain Championship is taken by the Gosport HM, promoted as the best Half in the UK for a PB. The revised schedule of races is:

DISTANCE	RACE	TYPE	DATE
5 MILES	KINTBURY	Road	01 June
	DIDCOT	Road	06 July
10K	WARGRAVE	Road	08 June
	WYCOMBE	Road	20 July
	FRIETH HILLY	Multi	19 Oct
10 MILES	MAIDENHEAD	Road	18 April
	ALTON	Road	11 May
	FAIROAKS	Multi	26 Oct
HALF MARATHON	DOWN TOW		
	UP FLOW	Multi	27 July
	MAIDENHEAD	Road	07 Sep
	GOSPORT	Road	16 Nov

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



00:02:00 PROFILE
MAUREEN SWEENEY

Occupation:

Medical Secretary/Medical Records Clerk

Where were you born: London

How long have you been running: 23 years

How long have you been a Member of RR: A couple of years (not sure exactly when I joined)

Favourite City: It has to be London the place of my birth

Favourite Holiday destination: I loved Italy, Croatia, Quebec, Highlands and Islands, (hope to add more to this list in future) very difficult to pick just one.

Favourite Book:

Jamaica Inn – Daphne Du Maurier

Favourite Film of all time: Dances with Wolves/ Out of Africa (can I have two?)

Favourite Running Distance: This changes depending on my level of fitness but probably between 10 and 20 miles.

Favourite Race: So many, I loved Beachy Head Marathon, Malborough Downland Challenge (20), Cliveden, Rough and Tumble and the Needles XC Half.

Favourite Musician or Bands: So many again; I love folk and Irish music, the Dubliners, the Chieftans. I have a wide and varied taste in music from Elgar to Elvis. I also love Bob Dylan, the Beatles and soul music.

Favourite Place to Eat: Le Manoir aux Quat'Saisons (although I have only eaten there once)

Famous or Historic Figure I'd Most Like to Meet:

Can I have two? Lawrence Oates who nobly sacrificed his own life for the good of the team and Emmeline Pankhurst who helped bring women's rights to the forefront of public attention.

Greatest Accomplishment: In sporting terms probably completing the 3 peaks challenge in 24 hours (1996). This was also a great lesson in life. To discover whatever hurdles and barriers you come across you can overcome. Things that are seemingly impossible can be accomplished if you take things one step at a time and don't give up.

Roadrunners Results

NIGEL HOULT

With the cancellation of the Wokingham Half Marathon, two races dominate the results this month: our own Bramley 20/10 (92 runners across the two distances) and the Reading Half Marathon (over 200 runners – that’s more than 40% of the club!). Well done to the many people that got PBs at these races (23 at Bramley and 28 at Reading), and especially to the 13 who managed the double.

At Bramley we fared particularly well in the 10 mile race, taking both men’s and ladies’ team prizes, with Nigel Houlton winning the vet 60 category, Ian Gosling 2nd in the vet 40, and Carrie Hoskins 3rd lady (and also 2nd vet 40). In the 20 mile race our men’s team came 2nd.

At Reading, Carrie Hoskins was 4th vet 45, and Nigel Houlton and Sian James 2nd vet 60 man and lady respectively. I’m still waiting to hear how we fared in the team competition, but I don’t believe that we won.

In other races, Liz Jones was 2nd vet 50 at the Cholsey Chase and Susanne Enhard 2nd vet 45 at the Bath Half Marathon. Our marathon and half marathon tourists once again travelled far and wide, to such places as Milton Keynes, Devon, Belgium, Malta, Barcelona and even Tokyo, while one brave soul completed the Thames Trot, which must have been close to being a swim this year.

Well done to everyone who raced this month, and keep those good performances coming in.

26th January

Gran Canaria 10k (missed from last time)

Name	Pos	Gun	Chip
Jane Silvey	2070	1:16:03	1:14:52

1st February

Thames Trot Ultra (50 miles)

Rebecca Stark	90=	8:24:23
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6th February

Enigma Quadzilla Marathon Race 1

Gary Brampton	36	4:43:33
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7th February

Enigma Quadzilla Marathon Race 2

Gary Brampton	23	4:34:34
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8th February

Enigma Quadzilla Marathon Race 3

Gary Brampton	24	4:35:40
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Coastal Trail Series Marathon

Pete Darnell	102	7:12:24
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Hampshire League XC, Salisbury

Women

Toni McQueen	56	25:43
Claire Seymour	74	27:57
Irene Liming	75	30:37
Cecilia Csemiczky	76	34:37
Team: 11th (7th vet)		

Men

Mark Saunders	41	35:04
Lance Nortcliff	47	35:26
Robert Tan	51	35:50
Ian Giggs	81	38:38
Julian Hough	87	39:00
Colin Cottell	111	41:01
David Lennon	132	43:04
Peter Higgs	154	49:54
Team: 2nd (1st vet)		

9th February

Enigma Quadzilla Marathon Race 4

Gary Brampton	13	4:20:48
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Meon Valley Plod

Graeme Hastings	136	3:53:04
Sian James	137	3:53:43
Donald Scott-Collett	239	4:56:31

Longleat 10k

Name	Pos	Gun	Chip	
Andy Dykes	90	45:21	44:24	
Rita Dykes	797	1:04:15	1:03:18	4th FV60

Reading 5 miles

Sam Hammond	14	36:27
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16th February

Genk Marathon

Pete Morris	158	4:34:00
Martin Bush	171	4:51:40

ROADRUNNERS RESULTS

Bramley 20

Name	Pos	Gun	Chip
Rupert Shute	11	1:57:08	1:57:04 PB
Luc Jolly	19	2:01:08	2:01:05
Matthew Green	38	2:05:14	2:04:59 PB
David McCoy	52	2:07:35	2:07:29 PB
Alex Harris	64	2:10:10	2:10:06
Lance Nortcliff	80	2:13:29	2:13:05
Gavin Rennie	82	2:14:25	2:14:13
Alan Wilson	107	2:17:04	2:16:48
Ian Giggs	120	2:18:13	2:18:00
Dean Allaway	126	2:19:00	2:18:53
Paul Roberson	135	2:19:47	2:19:41
Susanne Enhard	153	2:22:14	2:21:54
Kenny Heaton	180	2:25:14	2:24:58
David Ferguson	183	2:25:28	2:25:11
Elaine Laver	219	2:28:52	2:28:40
Graham Tull	250	2:32:41	2:31:17
Paul Monaghan	255	2:33:12	2:32:42 PB
Paul Kerr	261	2:33:40	2:32:09 PB
Simon Palmer	290	2:36:41	2:35:31 PB
Pip White	321	2:39:34	2:39:03
David Stemp	323	2:39:42	2:38:20
Erica Key	336	2:40:39	2:40:12
Gary Tuttle	342	2:41:32	2:40:22 PB
Aaron Chai	345	2:41:48	2:39:56
Chris Cutting	351	2:42:27	2:41:13 PB
David Lennon	359	2:43:36	2:42:52
Barakat Jassem	368	2:44:22	2:42:22
Tim Hogarth	370	2:44:35	2:44:05 PB
Mark Andrew	383	2:46:08	2:44:48
Lucy Lougher	401	2:48:11	2:46:46
Tony Page	416	2:50:11	2:49:26
Sarah Morgan	420	2:50:35	2:50:05
Gemma Stobie	536	3:00:43	2:59:19 PB
Lee Hinton	539	3:00:54	2:59:42
Catherine Leather	540	3:00:54	2:59:42
Agnieszka Pudlicka	551	3:02:18	3:01:03
Gary Brampton	558	3:02:53	3:00:54 PB
Simon Davis	565	3:04:32	3:04:02
Sarah Pachonick	578	3:05:59	3:04:50
Claire Seymour	606	3:10:29	3:09:03
Tom Harrison	629	3:16:04	3:14:13
Nelesh Kotecha	632	3:16:56	3:15:04 PB
Russell Prentice	666	3:27:16	3:25:44
Linda Wright	689	3:32:10	3:30:39

Irene Liming	691	3:32:33	3:30:33
Justin Watkins	704	3:40:35	3:38:36 PB
Emma Grenside	713	3:45:04	3:43:05
Peter Darnell	721	3:49:58	3:48:38
Lorraine Bailey	725	3:55:00	3:53:27

Mens team: 2nd (Rupert, Luc, David)

Bramley 10

Name	Pos	Gun	Chip
Keith Russell	4	55:09	55:08
Alex Warner	13	59:23	59:20
Robert Tan	14	1:00:04	1:00:00 PB
Ian Gosling	15	1:01:38	1:01:32 2nd MV40
Andrew Morgan	29	1:04:32	1:04:19 PB
Caroline Hoskins	37	1:05:11	1:05:06 PB, 3rd F, 2nd FV40
Nigel Hoults	40	1:05:22	1:05:17 1st MV60
Colin Cottell	45	1:06:12	1:06:05 5th MV50
Gareth Goodall	54	1:07:46	1:07:32
Fergal Donnelly	64	1:08:39	1:08:12 PB
Melvin Silvey	76	1:10:29	1:10:21
Belinda Tull	80	1:10:45	1:10:40 5th FV40
Claire Marks	84	1:11:07	1:10:39
David Marsden	124	1:14:11	1:13:59
Sam Hammond	128	1:14:28	1:13:14
Keith Ellis	130	1:14:31	1:14:03
Chris Lambourn	138	1:15:06	1:14:09
Chris James	139	1:15:10	1:15:01
Julie Rainbow	152	1:16:17	1:15:48 PB
Ian Harvey	165	1:17:18	1:16:48
Nick Robey	177	1:18:09	1:16:05 PB
Paulina Erceg	185	1:18:48	1:18:10 PB
Clare Elliott	196	1:19:49	1:18:34 5th FV50
Tom Stagles	197	1:19:56	1:19:23
James Kiddie	200	1:20:07	1:19:35
Andy Mewes	203	1:20:28	1:20:00
Andy Atkinson	223	1:21:39	1:20:05
Barry Baker	229	1:21:58	1:21:32
Christopher Miller	242	1:23:03	1:22:15
Tony Streams	273	1:25:05	1:23:47
Saba Holt	277	1:25:14	1:24:10
Sandra Sheppard	305	1:26:51	1:26:12
Jeremy Parker	306	1:26:51	1:26:19
John Preston	353	1:29:29	1:28:11
Ray McGroarty	394	1:32:20	1:30:21
Chris Drew	397	1:32:52	1:31:47 PB

Jacqueline Fitzjohn	437	1:36:40	1:35:33
Bob Thomas	475	1:40:19	1:39:05
Shirley Holmes	525	1:46:12	1:45:04
Liz Atkinson	530	1:46:38	1:44:39
John Bailey	543	1:48:43	1:47:11
Lucy Flintoff	568	1:55:10	1:53:45 PB
Katherine Heaton	577	2:01:13	1:59:10 PB

Ladies team: 1st (Caroline, Belinda, Claire)

Mens team: 1st (Keith, Alex, Robert)

Brighton Half Marathon

Name	Pos	Gun	Chip
Rita Dykes	4969	2:17:31	2:13:48

Barcelona Half Marathon

Caroline Hargreaves	9764	2:03:04	PB
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SMaRTT 10k Calne

David Leake	59	50:23	4th MV60
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Muddy Woody 6

John Thompson	26	51:51	
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23rd February

Malta Marathon

Name	Pos	Gun	Chip
Martin Bush	328	4:14:19	4:13:31

Tokyo Marathon

Name	Pos	Gun	Chip
Aaron Chai	??	3:35:30	3:33:35

Cholsey Chase

Chris Cutting	29	1:11:34	
Liz Jones	70	1:20:38	2nd FV50
Dave Wood	74	1:21:16	
Cindy Goslar	116	1:28:04	
Pete Morris	123	1:29:35	
Tony Streams	124	1:29:41	
Catherine Leather	145	1:35:19	
Katie Gumbrell	150	1:36:03	
Julia Molyneux	160	1:39:30	
John Chilton	163	1:40:13	
Maureen Sweeney	173	1:45:32	
Sarah Harris	192	2:02:27	

2nd March

Cambridge Boundary Run Marathon

Darrell Robins	20	3:29:01	PB
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Bath Half Marathon

Name	Pos	Gun	Chip	
Susanne Enhard	381	1:27:49	1:27:44	2nd FV45
Dwayne Stewart-Power		1036	1:36:59	1:36:41

Silverstone Half Marathon

Eleanor Buck	868	1:40:32		
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Reading Half Marathon

Name	Pos	Gun	Chip	
Luc Jolly	103	1:14:31	1:14:27	
Mark Worringham	109	1:15:04	1:15:00	
Rupert Shute	120	1:15:47	1:15:44	
Matthew Green	145	1:17:35	1:17:21	PB
Kenneth Chikowore	184	1:18:51	1:18:48	
Robert Tan	243	1:20:29	1:20:06	PB
Alex Warner	249	1:20:38	1:20:32	
Alex Harris	257	1:21:01	1:20:54	PB
Andrew Poole	332	1:22:55	1:22:23	
Ian Gosling	346	1:23:17	1:23:11	
Dean Allaway	420	1:24:54	1:24:46	
Darryl Plank	423	1:24:58	1:24:45	PB
Jamie Cole	427	1:25:01	1:24:43	PB
Andrew Morgan	458	1:25:32	1:25:20	PB
Ian Giggs	462	1:25:38	1:25:32	
Peter Aked	468	1:25:52	1:25:14	
Andrew Smith	484	1:26:13	1:25:57	
Elaine Laver	498	1:26:24	1:25:56	
Alan Wilson	508	1:26:31	1:25:26	
Pete Jewell	534	1:27:05	1:26:53	
Caroline Hoskins	541	1:27:15	1:27:10	PB, 4th FV45
Peter Miskell	548	1:27:23	1:26:53	
Kenny Heaton	634	1:28:24	1:28:06	
Julian Sherman	647	1:28:33	1:28:29	
Steven Siddell	664	1:28:43	1:28:22	
Gavin Collins	682	1:28:55	1:28:03	
Kevin Jones	684	1:28:57	1:28:04	
Colin Cottell	741	1:29:34	1:28:43	
Gareth Goodall	753	1:29:44	1:29:27	
Nigel Hoult	756	1:29:45	1:29:06	2nd MV60
Paul Kerr	758	1:29:46	1:28:54	
Patrick Hayes	767	1:29:51	1:28:40	PB
Daniel Burt	799	1:30:16	1:28:58	
Nikki Gray	838	1:30:43	1:29:32	PB
Alan Thomas	887	1:31:20	1:30:40	
Paul Roberson	889	1:31:21	1:30:06	Pacer
Graham Tull	903	1:31:35	1:30:55	

ROADRUNNERS RESULTS

Rob Cant	904	1:31:36	1:30:43		Kevin Sangster	2999	1:44:57	1:42:46	
Julian Hough	912	1:31:44	1:31:07		David Cottam	3037	1:45:08	1:41:55	
Chris Mason	932	1:31:56	1:31:17		Sarah Morgan	3305	1:46:17	1:44:15	
Graeme Hastings	973	1:32:27	1:30:26		Sian James	3309	1:46:18	1:42:43	2nd FV60
Michael Gooding	996	1:32:43	1:32:19		Gemma Stobie	3355	1:46:25	1:44:23	PB
Alan Freer	1038	1:33:09	1:31:27		Simon Davis	3377	1:46:31	1:44:28	
Belinda Tull	1104	1:33:32	1:33:20		Dave Wood	3418	1:46:38	1:42:32	
David Stemp	1113	1:33:38	1:33:01		Gary Brampton	3444	1:46:42	1:43:12	PB
Richard Usher	1179	1:34:14	1:33:10		Melissa Read	3601	1:47:19	1:44:59	
Gary Tuttle	1212	1:34:31	1:32:45	PB	William Guest	3701	1:47:41	1:43:39	
Samantha Taylor	1224	1:34:40	1:34:17		Andy Mewes	3770	1:47:56	1:45:13	
Simon Palmer	1231	1:34:45	1:32:58	PB	Chris Johnston	3917	1:48:33	1:46:27	
Mark Samson	1266	1:35:02	1:34:14		Christopher Miller	3927	1:48:36	1:44:31	
Chris Cutting	1324	1:35:30	1:33:49	PB	Danielle Milbank	3951	1:48:41	1:45:54	PB
Lesley Whiley	1478	1:36:41	1:35:50	3rd FV50	Tim Hogarth	4129	1:49:34	1:47:01	
Rebecca Stark	1495	1:36:50	1:35:58		Agnieszka Pudlicka	4186	1:49:45	1:46:50	
Derek Finnie	1512	1:36:55	1:35:27		Zaid Yousif	4206	1:49:48	1:46:21	
Stephen Pearson	1529	1:37:00	1:35:32		Sarah Pachonick	4362	1:50:31	1:47:22	
George Kinyanjui	1578	1:37:21	1:36:03		Ifeoma Akpuaka	4383	1:50:36	1:47:15	
Andy Dykes	1673	1:38:04	1:36:09		Simon Kay	4396	1:50:38	1:45:51	
Alex Elwick	1690	1:38:14	1:35:41		Nicky Nash	4435	1:50:48	1:48:43	
Peter Kitteridge	1761	1:38:38	1:37:32		David Bird	4889	1:52:29	1:49:33	
Paul Monaghan	1828	1:39:00	1:35:41		Jonathan Stevens	4925	1:52:37	1:49:18	
Barry French	1903	1:39:24	1:36:34		Nelesh Kotecha	4999	1:52:53	1:49:12	
Alix Eyles	1924	1:39:28	1:36:46		Adam Bamford	5024	1:52:57	1:49:30	
Bruce Sarjent	1950	1:39:36	1:36:42		Joanne Cocksey	5044	1:53:02	1:50:38	PB
Andrew Breakspear	1955	1:39:38	1:38:59		Adam Phillips	5174	1:53:31	1:49:30	
David Marsden	1988	1:39:49	1:36:44		Rhodri Vaughan	5269	1:53:56	1:49:39	
Erica Key	2003	1:39:58	1:37:56		Carlos Rincon	5357	1:54:17	1:50:54	
Mark Andrew	2086	1:40:34	1:37:40		Jeremy Parker	5407	1:54:29	1:52:55	
David Lennon	2095	1:40:38	1:38:46		Arun Padha	5487	1:54:49	1:52:14	
Alan Tower	2126	1:40:49	1:39:55		Tony Streams	5598	1:55:12	1:52:07	
David Caswell	2165	1:41:03	1:39:21		Sandra Sheppard	5701	1:55:34	1:54:53	
Wayne Farrugia	2188	1:41:11	1:38:38		James Mcavoy	5779	1:55:50	1:54:49	
Chris James	2229	1:41:19	1:39:37		Alan Jennings	5780	1:55:50	1:55:44	
David Legg	2434	1:42:19	1:39:09	PB	Donald Scott-Collett	5934	1:56:20	1:53:56	PB
Mary Janssen	2487	1:42:33	1:39:37		Alexandra Jones	6050	1:56:45	1:55:41	
Fergal Donnelly	2532	1:42:46	1:41:53	PB	Elizabeth Ganpatsingh	6156	1:57:08	1:54:36	
Paulina Erceg	2704	1:43:40	1:42:39	PB	David Ferris	6226	1:57:23	1:56:49	
Michael Sartorius	2727	1:43:46	1:42:33		Angharad Shaw	6302	1:57:39	1:57:27	PB
Katherine Sargeant	2730	1:43:46	1:40:45		Peter Cook	6790	1:59:21	1:56:13	
Tony Page	2794	1:44:03	1:40:50		Gavin Devereux	6921	1:59:44	1:55:00	
Paul Jenkins	2854	1:44:17	1:43:38	4th MV65	Katie Gumbrell	6946	1:59:47	1:59:44	PB
Lee Hinton	2886	1:44:29	1:41:43		Victoria Blades	7034	2:00:04	1:57:42	
Brian Fennelly	2926	1:44:42	1:41:50		Jaume Mayoral	7096	2:00:15	1:58:09	
					Anthony Byers	7107	2:00:18	1:58:19	

ROADRUNNERS RESULTS

Kim Stevens	7161	2:00:30	1:58:55	
Jacqueline Grech	7234	2:00:42	1:58:51	PB
Peter Reilly	7278	2:00:49	1:54:56	
Ray McGroarty	7623	2:02:09	1:59:56	
Sara Morgan	7740	2:02:32	2:00:09	
Yvonne Edwards	7990	2:03:24	2:00:42	
Joanne Bloor	8007	2:03:28	1:59:53	
Dinah Alshamma	8010	2:03:31	2:00:03	
Peter Darnell	8083	2:03:50	2:01:18	
Christina Calderon	8096	2:03:53	2:01:20	
David Newman	8209	2:04:17	2:00:07	
Julie Giamattei	8290	2:04:36	2:01:34	
Russell Prentice	8296	2:04:38	2:00:34	
Finola McCarthy	8359	2:04:57	2:03:42	
Sophie Mann	8589	2:05:42	2:04:59	
Adam Brossler	8683	2:06:05	2:03:23	
Alison Wrigley	8734	2:06:20	2:03:37	
Linda Wright	8825	2:06:47	2:05:11	
John Preston	8963	2:07:27	2:04:32	
Antony Collins	9147	2:08:23	2:06:54	
Rachel Bell	9256	2:08:51	2:07:52	
Jeff Lucking	9388	2:09:26	2:06:42	
Sarah Boutwood	9472	2:09:47	2:08:46	
Caroline Hargreaves	9610	2:10:25	2:07:38	
Andrea Marnoch	9618	2:10:28	2:07:46	
Jacqueline Fitzjohn	9638	2:10:31	2:09:50	
Martin Bush	9736	2:10:53	2:10:25	Pacer
Amanda Box	9931	2:11:53	2:10:02	PB
Andy Wilson	10018	2:12:22	2:08:28	
Julie Thompson	10068	2:12:36	2:09:27	
Neil Conway	10211	2:13:19	2:08:54	
Rita Dykes	10286	2:13:43	2:13:08	3rd FV65
Ellen Togher	10558	2:15:19	2:11:33	
Pete Morris	10801	2:16:24	2:15:18	Pacer
Chris Drew	10816	2:16:27	2:16:00	
Angela Liu	10876	2:16:48	2:14:12	
Emma Pickford	11010	2:17:34	2:15:43	
Nicola Wilson	11043	2:17:44	2:13:42	PB
Justin Watkins	11048	2:17:46	2:14:07	
Tim Janes	11140	2:18:18	2:14:18	
Simon Brimacombe	11148	2:18:19	2:17:29	
Cindy Edwards	11170	2:18:28	2:17:22	
Mike Allwood	11193	2:18:36	2:14:56	
Rachel Sutton	11391	2:19:51	2:19:44	
Rob Bursell	11431	2:20:11	2:19:58	
Lynda Haskins	11462	2:20:28	2:17:08	

Chris Cox	11629	2:21:54	2:17:44	
John Bailey	11662	2:22:08	2:21:02	
Shirley Holmes	11790	2:23:07	2:22:27	
Kerri French	11805	2:23:13	2:19:53	PB
Liz Atkinson	11817	2:23:18	2:19:29	
Sarah Harris	12132	2:26:06	2:25:18	
Malin Thomas	12138	2:26:10	2:23:21	
Lorraine Bailey	12176	2:26:26	2:25:36	
Julia Molyneux	12339	2:27:56	2:25:34	
Vikki Christie	12787	2:32:12	2:30:02	
Emma Grenside	12897	2:33:44	2:31:07	
Lucy Flintoff	12919	2:34:01	2:31:27	PB
Sarah McGowan	12924	2:34:04	2:30:22	
Tom Harrison	12995	2:34:50	2:30:32	Pacer
Alice Johnson	13027	2:35:31	2:31:44	
Katherine Heaton	13192	2:38:00	2:33:43	PB
Lita Huckle	13231	2:38:30	2:34:15	
Anne Marie Cocker	13232	2:38:30	2:34:15	
Jessica Spence	13268	2:38:56	2:36:36	
Philip Baer	13277	2:39:17	2:36:55	
Louise Cooper	13369	2:41:02	2:40:08	
Kathryn Tytler	13574	2:45:31	2:44:37	
Christine Hart	13636	2:47:06	2:42:50	
Palee D'Souza	13754	2:50:26	2:46:04	
Karin Gerber	14017	2:59:57	2:56:25	
Veronica Andrew	14231	3:27:31	3:22:09	

Tour of Torpantau Fell Race (8 miles)

Mark Saunders	11	1:23:57
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Season's Bests

Ladies

5k	20:43	Carrie Hoskins
5 miles	No result	
10k	43:36	Ellie Gosling
10 miles	1:05:06	Carrie Hoskins
Half Marathon	1:25:56	Elaine Laver
20 miles	2:21:54	Susanne Enhard
Marathon	6:13:20	Sarah Harris

Men

5k	16:56	Mark Worringham
5 miles	36:27	Sam Hammond
10k	35:09	Andy Mutton
10 miles	55:08	Keith Russell
Half Marathon	1:14:27	Luc Jolly
20 miles	1:57:04	Rupert Shute
Marathon	3:11:30	Dean Allaway

Reading Roadrunners Committee Meeting

MONDAY 3RD MARCH 7.30PM

ATTENDANCE:

Carl Woffington	(acting Chair)
Roger Pritchard	(Gen Sec)
Sandra Sheppard	(Treasurer)
Anne Goodall	(Membership Sec)
Toni McQueen	(Social sec)
Paul Monaghan	(Webmaster)
Mark Saunders	(Men's team captain)
Alan McDonald	(ex-officio)

APOLOGIES FOR ABSENCE

Received from Bob Thomas.

MINUTES OF THE MEETING OF TUESDAY 6TH FEBRUARY 2014

Anne Goodall proposed the minutes as a true and accurate record, seconded by Toni McQueen.

MATTERS ARISING FROM THE MINUTES

SEAA XC CHAMPIONSHIP ENTRY FEES Anne Goodall reported that only two members had claimed their entry fees back from the desk at Palmer Park. Mark reported that he had advised those who ran that they could claim their entry fee back.

FUEL CANS FOR GENERATOR Toni confirmed that the fuel cans were purchased and used.

CLUB CHAMPIONSHIP MEDAL LIST Carl confirmed that the list was drawn up by Bob Thomas.

WELFARE OFFICER REPORT Following on from the report that Carl received from the welfare officer as registered at the last meeting, Carl disclosed a report from his own investigations into the matter. It had been reported to the welfare officer, what has been agreed by the welfare officer and the consulting member as an invasion of personal space. The welfare officer confirmed that she had not spoken to the member or members who were reported and advised the Chairman that in her view, it should be looked into by the committee. Both the Chairman and the welfare

officer were satisfied that the occurrences were not of unacceptable social behaviour, or politically incorrect, but the welfare officer did stress that the personal space of all members by other members should be respected and this should be relayed to all members. Roger confirmed to the committee that this advice from the welfare officer was addressed by the inclusion in the AGM packs of a notice regarding unacceptable practices and lack of respect to other members and thus, all members have been duly notified. The committee agreed that no other action was necessary and that the matter has been thoroughly investigated and is now closed.

LONDON MARATHON B&B Carl confirmed that members have been notified of the bed and breakfast offer.

DATCHET DASHERS 20 MILE TRAINING RUN Carl confirmed that members have been notified of the run.

MAIDENHEAD 10 COMPLIMENTARY ENTRY Roger confirmed that Andrew Smith had received his entry.

BRAMLEY REFRESHMENTS Carl confirmed that the notice was duly put out to members asking for food.

CLUB AWARDS PRESENTATION Roger confirmed that he had asked Nick Pearson to present the club awards.

RON HILL SPECIALS Roger confirmed that he had distributed all the information regarding Ron Hill Specials and that he also sent a copy to Steve Siddell.

DINNER DANCE PRESS Toni confirmed that she had contacted the press for attendance at the dinner dance.

SECOND CLAIM MEMBERS Roger reported that the problem with runners appearing as second claim RR in the Run Britain rankings was due to these runners appearing in race results as second claim and not because they were registered with England Athletics as second claim. Roger said that Run Britain has now

removed the second claim status of two ex-members from their listings.

BUPA LONDON 10K Carl said that he would be booking the transport for the marshals and runners in due course.

CLUB CHARITY CHEQUE Roger confirmed that the charity co-ordinator was duly advised of the amounts that the large presentation cheque should be made out to for the dinner dance.

CHAIRMAN'S REPORT

BRAMLEY Carl officially thanked the Bramley race committee and all the helpers and marshals for a successful 2014 race (on what was a beautiful and possibly the best day's weather we've ever had)

DINNER DANCE Carl officially thanked Toni and Anne for the work they put in for the dinner dance and reminded the committee that Glynne has been inducted as a life member. ACTION Roger to include Glynne on the role of honour on the notice board.

READING HALF MARATHON Carl said we should thank all the helpers and marshals at the RHM. Roger said that Richard Hammerson had asked him to send out thanks to all the marshals and confirmed that he had done so.

TREASURERS REPORT

AGM ANNUAL AUDIT Sandra confirmed that the accounts had gone to Gavin Rennie, for the annual audit.

Sandra asked if she needed to print out her annual AGM report and was advised that only the statement and balance sheet needed to be printed. Sandra said she did not have a printer. Roger said he would print them off if Sandra would send them to him.

BANK ACCOUNT Sandra said that the club needs to get set up for on-line banking and that we also need a credit/debit card as cheques will soon be phased out. The committee agreed and a meeting with the bank will be arranged. ACTION Roger to make an appointment with Nat West Bank.

SECRETARY'S REPORT

ASSOCIATION OF RUNNING CLUBS Roger reported that we have had the annual approach from

the ARC asking if we would like to join. Roger said that we get an approach every year from the ARC and that in the past, we have always declined. Roger said he would circulate the ARC information to the committee and that it could be raised again by the new committee after the AGM.

CLUB KIT Roger said that he had received an e-mail from Steve Siddell asking if the kit prices on the website were up to date, or did they need to be changed. Anne said that Steve needs to examine the price list on the desk.

Carl asked Sandra if she had handed everything over to Steve and Sandra said she had done so and in addition, Sandra had shown Steve where the kit was kept. ACTION Roger to advise Steve to check the price list at the desk.

MAIDENHEAD 10 Roger reported that we have received an offer from Maidenhead AC, to include in their race goodie bag any entry forms for our events, if we supplied them with the forms. ACTION Roger to advise race directors about this offer.

ENGLAND ATHLETICS AFFILIATION Roger has received an enquiry from Nigel Hoult, who said that new members often ask when do they get their EA registration cards after they join. Nigel also pointed out that EA give new members who join after December the 1st, 15 months affiliation and that we do not need to ask new members to pay a £10 supplement the remaining 3 months affiliation to EA. Roger said he had checked this with EA and they confirmed that they do offer the extra 3 months at no charge. Anne pointed out that on the first of March, the EA website automatically removes a tick for affiliation against members names and that the only way to have these members ticked back as affiliated is to pay the £10 fee to EA. ACTION Roger to go back to EA. (in answer to Nigel's question regarding 'when do new members get their registration cards' this is outside of RR control)

READING HALF MARATHON Roger was advised by our chief marshal Richard Hammerson, that the pre-race organisation/planning by Sweatshop was nonexistent. Our team had reported on time at the designated meeting place to meet two named supervisors in order to collect marshals badges and bibs and final instructions. They were refused entry

and when they asked for the two supervisors they were told that they were not there. Having had previous experience of the task in hand, our team went to the start area and did their best. Roger reported this to Sweatshop and asked for an explanation and was told that they missed an internal communication with their supervisor, who should have met them and offered their apologies and promised that it would not happen in the future. On behalf of the committee and our chief marshal, an e-mail was sent out to the team thanking them for their hard work and relaying Sweatshop's apologies.

BUPA LONDON 10K Roger reported that RR have again been offered 6 male and 6 female free entries for the event and that the team captains will organise the teams.

MEMBERSHIP SECRETARY'S REPORT

Anne reported that in February there were 19 new members of which one was second claim £520 banked, 127 renewals of which 4 were second claim and 5 social members £3,207 banked (total banked £3,727) making the membership total 202 for 2014/15. Anne asked Paul to ask members on the website to renew their membership by end of March, otherwise they will have to pay the £2 joining fee again. Anne also pointed out that members will not be eligible for the London Marathon ballot unless they rejoin before the 31st March. ACTION Paul to place on website.

SOCIAL REPORT

DINNER DANCE Toni reported that the Dinner Dance went really well and that the food was excellent and that she had thanked the chief at Sonning Golf Club. Toni said that the pre-London Pasta Party is booked for the 29th March at the Radstock Hall Earley and that the disco has been booked. Toni also confirmed that there will be a bar.

COACHING CO-ORDINATORS REPORT

Simon not in attendance.

TEAM CAPTAINS REPORT

Mark Saunders submitted his report and Carl apologised on behalf of Tina Wilson for being behind with her report.

ANY OTHER BUSINESS

CAR BOOT TEAM Geoff Chaffer has approached Carl with a request to replace the tables used at the car boot sales as they are no longer serviceable. Carl asked Geoff how many they needed and Geoff said four. The tables were subsequently chosen at a cost of £40 each and the committee approved the purchase ACTION Carl to go with Geoff and purchase the tables.

KIT SALE Roger reported that a member who only attends on Friday nights has purchased a size 38 long sleeve top and handed £20 to Anne for banking. Roger said that Glynne had kindly sorted the top out for the member.

ENGLAND ATHLETICS ELECTIONS Anne handed Roger a letter from EA with a list of candidates for the forthcoming election of EA directors and the ballot paper for the club. After discussion, the committee decided to abstain from the election.

AGM Roger reported that the list of nominees for the 2014/15 committee were now up on the notice board, but he had forgot to bring a copy to the meeting ACTION Roger to e-mail to the committee.

Anne asked Paul if he could place a notice on the website reminding members, that if they have not renewed their membership, they will not be eligible to vote, but can renew on the night before the meeting, but only by cash payment ACTION Paul to place notice on website.

Carl said he would ask Hywel Jones and Richard Hammerson to conduct the ballot this year.

Paul registered his apologies for the AGM, as he thinks he may not make the meeting in time as he will be coming direct from the airport after a flight back to the UK. Alan McDonald registered his apologies for absence as he will be on holiday.

TWITTER Paul asked the committee if he could set up a Twitter account for the club and Carl asked the committee if there were any objections, which there were not. ACTION Paul to set up Twitter account.

BAR TABLES Carl said that Nigel Hoult asked Carl about making more room in the bar by leaving some of the tables out. ACTION Try out on Wednesday.

CLUB HOUSE Carl reported that he had sent Simon a list of questions in order to establish where we are standing with the progress of the clubhouse. Carl also reported that he has looked at Hywel Jones's report that he prepared when he was treasurer and that it contained information that would bypass the requirement for a sub-committee.

Roger said that he thought Simon was awaiting a reply from Reading Cycling Club, with a view to sharing.

Toni asked if we had made an application for funding. Roger said that he had made one application, but he was advised by Hywel, that it should have been submitted to different fund and subsequently, Roger had withdrawn it.

ACTION Carl to consult Hywel and await report from Simon on the questions posed.

ENGLAND ATHLETICS REGISTRATIONS Anne asked Roger, who was the contact at EA, who Anne should send our second claim members to. **ACTION** Roger to e-mail contact name and e-mail address to Anne.

MASTERS ROAD RELAYS Carl reported that the British Masters Road Relays were being held in May. Carl said that we had in the past wasted money on entry fees, as members withdrew before the event after being entered to run for the club. Carl said that ladies team captain Tina Wilson would be away that weekend. Toni said that she would be interested in entering and if need be trying to get a team together to run this year. Carl said that the problem with this event is that it is normally the day before Woodley and most members prefer to do that.

MEN'S TEAM CAPTAIN Carl raised the subject of the future men's team captaincy, as we have not got

anyone standing at the AGM. Several names were mentioned as likely candidates. **ACTION** Members to be canvassed.

SOCIAL EVENTS A long discussion to place regarding social events. One item was flagged up by Toni, who asked if the two newly nominated social secs were aware that the catering for our races was not part of their remit as this was a charity item. Roger said that he had e-mailed them with advice on what was expected of a social secretary and confirmed that the catering was not included. Carl said that we should include in the open forum a discussion about non-committee members wishing to put on social events organised by themselves. Carl said that members should have the right to do this, but must first obtain committee approval by way of presenting a budget for the event in order that the committee would underwrite any losses made by an event due to unforeseen circumstances.

ACTION Carl to raise at the AGM under open forum.

DOOR ROTA

Wed 5th March Toni McQueen, Anne Goodall, Shirley Smith, Glynne Jones.

Wed 12th March Anne Goodall, Christina Cotter, Toni McQueen, Glynne Jones.

Wed 19th March Anne Goodall, Shirley Smith, Glynne Jones.

Wed 26th March Toni McQueen, Christina Cotter, Glynne Jones.

Meeting closed 10.00pm

Next Meeting Monday 7th April (provisional pending AGM)

Bramley 20/10

Well the weather was kind in the end and this year's Bramley Races were a great success.

This is our flagship event and as such is just as much about the volunteers as the competitors. Thanks to Tina for the great photos of both from the day.

And seriously, do not urinate in the school grounds!



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