



READING ROADRUNNERS NEWSLETTER NOV 2014

What with all this Halloweenery and a race report from New York, this edition has a distinct American flavour... Maybe a temporary rebrand to the Berkshire Highway Allstars is on the cards?

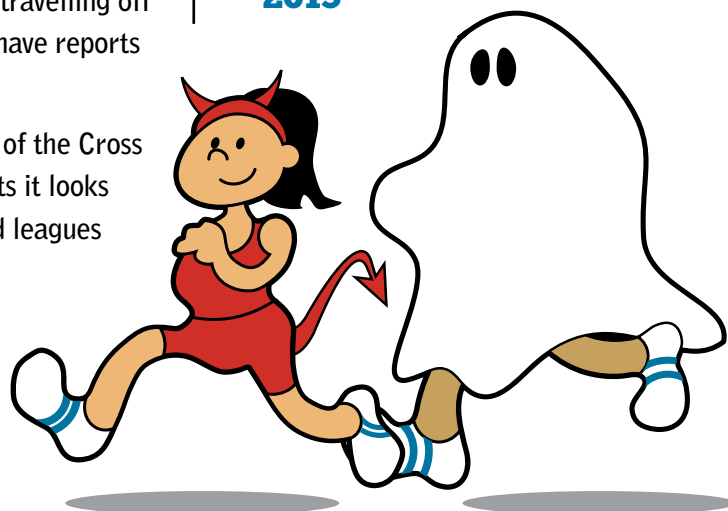
Some notable results on and off the track this month as we head into the Cross Country season. Lots of you have been travelling off to far away locations, both home and abroad and we have reports from cities to remote forests inside!

It's also time to knuckle down to the serious business of the Cross Country season. Thanks to the Ladies' Captain's efforts it looks like we'll have some serious turnouts for the weekend leagues this year.

And lastly, some dates for your diaries inside - look out for info on Bramley 2015 and the Roadrunners Christmas Party.

INSIDE THIS MONTH:

- **AARON IN NEW YORK**
- **ERYRI MARATHON**
- **POWER OF 10**
- **GUEST EDITOR**
- **BRAMLEY 2015**





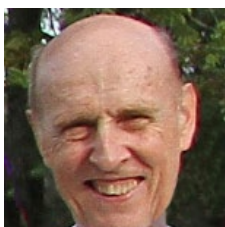
Welcome from the Editor

THIS MONTH'S GUEST EDITOR - 'Mr Whiskers', The Palmer Park Cat

When I'm not torturing small rodents or coughing up hairballs there's nothing I like better than popping down to Palmer Park and watching the goings on from the track side. So I was flattered when the club asked me to stand in for the incumbent editorial lickspittle and pen a few paragraphs for the newsletter.

Being a domestic cat and having limited literacy means you'll have to bear with me. I'm no Norman Mailer, however as the Ancient Greeks were inspired to scribe their Epinicians to their heroes atop Mount Olympus, I shall attempt to celebrate the straining of the old sinew using mere words and I hope you will accept my little 'chien écrasé' in the spirit of which it is intended.

They do say the pen is mightier than the sword, so naturally when the call came for my contribution, one couldn't help but think of the great writings on sport, Pindar's victory odes or the words of Sir Henry Newbolt, 'Play up! play up! and play the game!'. Takes me right back to my University days, when the old Alma Mater would return to the common room after giving the local Polytechnic a good thrashing on the rugby pitch. Ah! The smell of linament and hot crumpet! Whither lost youth! (I think that's quite enough Mr. Whiskers for this month - Ed).



Chairman Chat

CARL WOFFINGTON

The winter XC is with us. By the time you read this we will have run two Hampshire League races and one TVXC race. The TVXC fixtures have changed slightly and details can be found on TVXC and RR websites.

The RR Club Championship is reaching its final stage. The Gosport Half is the last race in the series. The Frieth Hilly 10k took place. Unfortunately the Fair Oaks 10 mile was cancelled and replaced by the Ricky Road 10 at short notice. Some quick work to get the Fair Oaks event replaced but I was sad to hear of the race cancellation through lack of entries. Thanks to Bob Thomas for organising.

The Karaoke and Curry evening was a success. Thank you to John Bowley. The next Social will be the Christmas Party and tickets are available from Alice Johnson. Details are on the website.

The XC Taster event took place and was successful. Over 30 people came and most had not run an off road or XC race before. The event was organised along the lines of a TVXC race, ie the run was followed by a social chat including tea/coffee and cakes/biscuits. We're hoping that some of the runners will follow up by running some TVXC races. Thanks to Tina Wilson and Peter Reilly for the organisation. Also, a huge thank you to Farmer Tim for the use of his land and his hospitality.

We have held draws for London Marathon places. Both the Marshals and Club draws have taken place. Results of these can be found in this newsletter and on the website.

Carl



Ladies' Captain - Report

TINA WILSON

Did you get in? I am of course referring to the Virgin London Marathon.

I can remember vividly how I felt when my name came out in the Marshall's ballot in 2005 – I was beside myself with excitement and terror! Running a marathon had always been on my tick list and it had to be London. I thoroughly enjoyed the training and the challenge of pushing myself further than I ever thought possible and feeling extremely chuffed with myself when I finished my first London Marathon.

Sunday 19th October 2014

Freith Hilly 10K – Club Championship race

The weather was glorious and so were the ladies of Reading Roadrunners!

Nikki Gray was first home in a time of 44:46 with Katie Gumbrell, Alison Wrigley, Kathy Tytler, Linda Wright, Julie Thompson, Andrea Marnoch, Sandra Sheppard, Linda Vinton and Cecilia Csemiczky all running their 'socks off' in the last of the club championships 10K's.

Cross Country Taster – Stokes Scurry Farm

A record turnout this year - 35 runners ran the Cross Country Taster. From speaking to a few it appears, as I suspected that many hadn't run a cross country since school days and some had never known the joys of cross country running – and what a treat was in store for them.

Peter Riley mapped out a perfect 5 mile course for us to run around – with plenty of mud and muck thrown it gave all the perfect experience of running a cross country. (I never mentioned rain or hail or snow)

Stoke Scurry's farm provided us with facilities for a bit of social after and in true Roadrunner style plenty tea and cake was consumed.

It was a pleasure for me to host the taster session, many runners will now feel more confident in running in our cross country races, be part of a great team and get to know and socialise with other members of Reading Roadrunners.

Senior ladies																	
Nikki Gray	1	50	50		50		50		50		49	50	50		50	50	200
Katie Gumbrell	2		49		49	48			48	47		49	49	50		50	196
Gemma Stobie	3					49			49	49			49		49	49	147
Ladies vet 35																	
Katherine Sargeant	1	49	48		49			50	50	49			49	50		50	198
Fleur Denton	2	48			48		50		50	48	50		50	49		49	197
Ladies vet 45																	
Caroline Hoskins	1		50		50	50			50	50			50		50	50	200
Mary Janssen	2		49		49		50		50	48	50		50	50		50	199
Sandra Sheppard	3	48			48	46	49		49			48	48	49		49	194
Catherine Leather	4		48		48	45			45	45			45	48		48	186
Andrea Marnoch	5		47		47	43			43			49	49	46		46	185
Ladies vet 55																	
Linda Wright	1	50	50		50	49			49		49	50	50	50	50	50	199
Heather Bowley	2					47			47	50	48		50	49		49	146
Ladies vet 65																	
Cecilia Csemiczky	1							50	50			50	50	50		50	150

A few were securing ensuring they were staying top of the Club Championship leader board– all very exciting. Well done to Nikki, Katherine and Cecilia who are currently top of their age groups.

The weather was perfect for running in – I can't promise you it will always be, that but what I can promise you is that no one will be disappointed with the Reading Roadrunners team spirit.

Sunday 26th October 2014

Annual Ricky Road Run 10 mile race – Club Championship (replacing the cancelled Fair Oaks 5/10)

Katherine Sergeant ran a brilliant race and was 2nd in her age group, in a time of 1:14:40. (Katherine is currently 1st in her age group in the club champs.)

Cecilia Csemiczky also ran well but had a tougher time in her age group 55+. (Cecilia is 1st in her age group in the club champs.)

Well done to you both.

(You can see why this race was so important to those who are battling away for their positions in the club champs.)

Sunday 2nd November 2014

The Marlow Half Marathon is run over quiet country lanes through the Chiltern Hills. It is both scenic and undulating.

Many congratulations to Carrie Hoskins, Alix Eyles, Chantal Percival and Mary Janssen who won the ladies team prize – fantastic result ladies.

Well done to the other 15 RR ladies who also ran in this popular half marathon – full results can be found in the results page.



What's coming up next?

Hampshire League

Sunday 8th November 2014- Goodwood, Chichester.

Please let me know if you would like to run. Lifts can be arranged.

Thames Valley Cross Country League (TVXC)

- 9th November 2014 – Datchet
- 23rd November 2014 – Sandhurst

Just in case you missed this information last month, here is a little reminder of what the TVXC is all about. The Thames Valley Cross Country League is based around 8 races held from November to February each year. Events are held on Sundays with an 11:00 AM start time - each course is usually a mixture of woodland trails and parkland and is normally about 5 miles in length.

For all abilities (it really is) and £2.00 covers you entry, a cuppa, sandwiches and CAKE! Best of all it's a great social after.

Sunday 16th November 2014

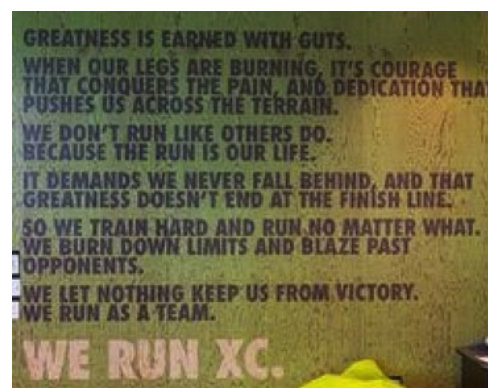
Gosport Half Marathon – Club Championship race.

Good luck to everyone who is running in the last of this year's Club Championship races.

With many of you now focusing on your half marathon and marathon training make sure you are seen when running at night – remember the Reading Sweatshop and Cotswold Outdoor shop offer a generous discount on all running gear. Be seen, be safe!

I hope to see many of you soon – look out for me, I will be the one running with a big smile on my face, covered in mud and muck and feeling extremely lucky to be running again (be it slowly)

Best wishes Tina





Men's Captain - Report

KEITH RUSSELL

October saw the start of the XC season and the RR men got off to a flyer in the first fixture at Farley Mount as two of our newer members, Chris Wilson (19th), and Tom Fricker (27th) led the team home. A very good turnout meant that the Senior Men placed 6th in Division 1 (we have only just been promoted from Division 2, so this is a huge result) and the Vet Men currently sit atop Division 2. Hopefully we see a similarly good turnout and set of results this weekend in both the second fixture of the Hants League and the first fixture of the Thames Valley XC.

Meanwhile, back on the roads, the following day saw the Henley and Oxford Half Marathons both taking place as a mixed team of Paul Roberson, Caroline Hoskins, Ryan O'Brien and Patrick Hayes took the 1st team place at Henley (with a pb for both Caroline and Patrick on what I believe is not the easiest of courses), whilst Oxford saw personal bests for both Kenny Heaton and Donald Scott-Collett.

Abingdon Marathon: The following weekend saw the Abingdon Marathon, which was also doubling up as the Berkshire County Championships take place. Gavin Rennie just missed out on a sub-3 by an agonisingly small margin as he crossed the finish line in 3:00:04, but took the county gold medal in the V50 category, whilst David Caswell also took gold in the V40 category.

Cabbage Patch 10m: On the same day Mark Worringham was continuing his good run of form to set a new pb over 10m as he ran 55:18, narrowly missing taking down another of my season's bests in the process (I'm just glad he is not running any marathons this autumn or I'd have had nothing left!).

On what was a very packed racing weekend, Brian Shave also took 1st MV80 in the Surrey Master XC whilst Julian Hough took 2nd V50 in the Frieth 10k (also a club championship race; more on that below).

On the last weekend in October, a number of us ran Frankfurt Marathon. It is well organised and has a reputation as a quick course, though my personal feeling having done it is that it is a little too twisty over the first and last few km as it takes in a lot of the city centre. Having said that though, the crowd support was, as it seems to be with all German marathons, fantastic. Simon Davis meanwhile stalked his claim for the title of super coach as 3 of his runners returned pb' including Alex Warner running under 3 hours for the first time.

And on the next day, Dave Wood also got in on the act running a pb at the Dublin Marathon, This is even more impressive as I understand that the course was made a little tougher this year.

And to round out this race recap, Aaron Chai also joined the sub-3 club in the New York Marathon. It is an achievement in itself, but to do it on a course renowned as challenging in the conditions prevalent on the day (even Wilson Kipsang was over 7mins slower than his pb) shows Aaron has a lot of scope to run even faster.

And finally, with just one race left to go in the Club Championship (Gosport HM next week), all category winners have been decided, bar the V40 where 3 of the top 4 men could still take the overall title.

Until the next time, may your training go well and may your xc be muddy!

Disciplinary action - apology

It is regretted that stage 2 disciplinary action was instigated in error. It has been confirmed that all messages were sent by the member before the stage 1 Final Warning was issued. None have been sent afterwards. An apology has been sent to the member concerned for the error and consequent distress.

Katie's CAKE RECIPES

Firstly, invest in a slow-cooker.

Secondly, make sure you have 15 minutes before work on a Wednesday to make your dinner. Knowing your dinner will be ready on your return from a hard track session will be worth setting the alarm a little bit earlier.

Thirdly, this is entirely my creation and writing a "recipe" is hard. Hats off to Delia...

Smug Beany Goodness

You will need:

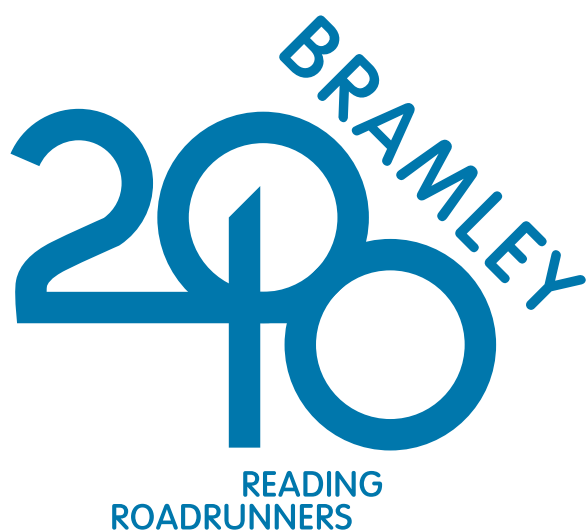
- a slow cooker
- a frying pan
- half a dozen shallots or half an onion
- a dash of olive oil or similar
- paprika / smoked paprika / spices of your choice
- a couple of cloves of garlic, crushed
- a couple of sausages (optional)

- a can of mixed pulses
- a can of chopped tomatoes
- a heaped tea-spoon of cornflour, stirred into an inch of cold water in a mug

Peel the shallots or onion and cut into rough chunks. Fry them gently, in a little olive oil, while you open the cans of beans and tomatoes (and chop the sausages into inch-long pieces). Turn up the heat a little and fry the onions until they're starting to soften. Add some paprika, smoked paprika (or whatever) and garlic, stir a bit and add the sausages if you're using them. Tip in the beans and tomatoes and bring to the boil. Let some of the juice boil away, then stir in the cornflour mix. Stir back to the boil and add to the slow-cooker (having read it's manual CAREFULLY).

I put my slow-cooker on low at about 7am and the beany-goodness is perfect on my return from the track. The house smells delicious and dinner is ready. Magic!

Chris and I usually have some nice bread with ours (ultra-lazy, but yummilicious!), but it would go well with rice or pasta just as well.



15TH FEBRUARY 2015

Volunteers/marshals needed on the day (Sunday 15th) which include being out on the course, in the car parks beforehand and finish area.

Also help is needed for Saturday 14th in the morning for loading up vans at Palmer Park and Saturday afternoon at the school in Bramley for goody bag stuffing and setting up in the school.

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

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

If you can help then please contact Alan Makepeace at rocket-al@hotmail.com

A very 'engaging' weekend

MARATHON ERYRI - OCTOBER 25TH 2014

Katherine Heaton



I was scared, I was nervous, I wasn't sure what to expect – after all this was my first marathon weekend away with the legend that is Pete Morris. I needn't have worried and after a long 7 hour Friday night journey through a closed M6 and a flood hit Birmingham I knew a lot more about Pete than I did that morning. It is true that Pete knows nearly every other runner in Britain – it was less than 5 seconds after getting out of the car at race HQ that we heard the first of many 'Pete!' shouts from fellow competitors.

This was my and Kenny Heaton's second consecutive visit to this marathon and this year we were joined by first timer Paul Kerr and fellow WAG Alice Johnson as well as previous participants Pete Morris, Kathy Tytler, and Fredelina Yong.

We loved this marathon last year (well I loved watching!) for many reasons. The setting is beautiful, an unusual and tough course and a very friendly crowd.

The course profile is enough to put some runners off but the views more than make up for this (again, I need to point out I have only ever watched this marathon!). The race starts just outside Llanberis looking out over Llyn Peris, a gentle 10 or so minute stroll from the village centre (I lost count of the 'Pete!' shouts on this walk).

After a short flat section at the start the 5 mile climb to the top of the Pen Y Pass starts. The top of the pass is at 1100ft/335m and is followed by a welcome 3 mile descent on road and track until you reach Llyn Gwynant.



The course then flattens out until you reach Beddgelert and according to those who ran it is a good chance to catch your breath before the next two climbs. The race is very well supported at the half way mark in Beddgelert and if you ever find yourself in Snowdonia this is a great village to visit. Kenny and I regularly camp here in the warmer months by the river and there is plenty of hiking and climbing close by. Tom Harrison can regale you with the tale of Gelert's Grave over a drink in the club bar should you wish to know more!

A VERY ENGAGING WEEKEND

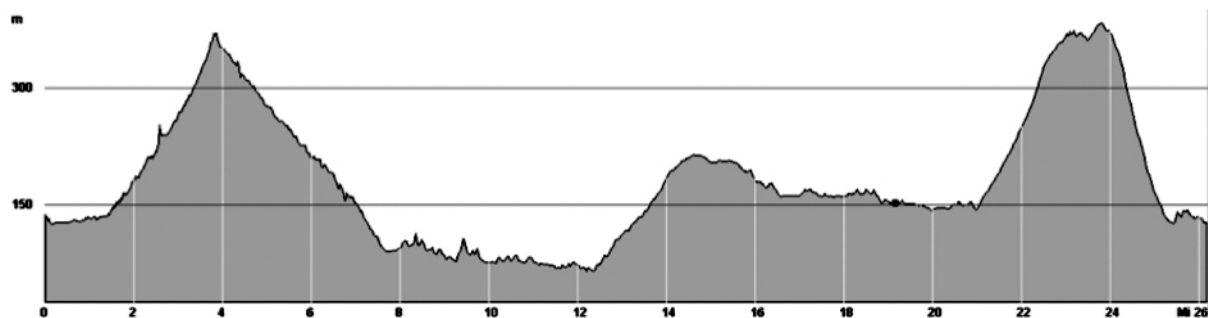
Shortly after leaving Beddgelert there is another short and sharp 2 mile climb and a relatively undulating section until 21 miles when the toughest part of the marathon begins. It might not be the longest climb of the race but I am reliably informed that after 21 miles of tough running climbing from 150m to 365m in just over 2 miles is a killer. The runners climb to the high point of the race at 1200ft/365m before a 2 mile sprint downhill to the finish line in the now crowded village centre.

The Roadrunners contingent did us proud at this event with the following times:

- Kenny Heaton 3:35:41 – taking 15 minutes off his 2013 time
- Paul Kerr 3:37:39 – an all time PB for Paul, maybe he is a hills specialist or maybe he had something else on his mind
- Fredelina Yong 4:03:17
- Pete 'The Train' Morris 4:47:06 – pretty good considering he was updating his Facebook profile during the race!
- Kathy Tytler 5:45:30

The winning runner was Alun Vaughan from Eryri Harriers in a very impressive 2:40:10 which if you could see the hills you would be in awe of – being a local lad probably has its benefits!

Overall this was a great marathon and especially for Alice and Paul who got engaged when Paul popped the question shortly after the finishing the marathon! Massive congratulations to the happy couple from everyone at the club.



Christmas Party

Tickets are now available for the Christmas party from Alice Johnson:

Woodford Leisure Centre, Woodley

Saturday 13th December 7-11pm

Tickets: £10 - food will be a buffet, which everybody will be welcome to contribute to. Please contact Alice about what you wish to bring with you.

Your name in lights!

THE POWER OF 10

Nigel Hoult

Well, not quite, but perhaps the next best thing in this technological age: your own personal web page with your race performances on it – and it's created and updated automatically for you!

There's a web site, now called "Power of 10", which was originally created by the magazine "Athletics Weekly" with the aim of recording performances that appeared in the magazine, and these had to meet some pretty demanding standards. A few years ago it was taken over by UKA, and the qualifying standards for inclusion were relaxed considerably; indeed, for "non-standard" events like cross-country races all results are included, as they are if they've been provided in a suitable form for automatic processing (which is often the case nowadays). As well as UK road, multi-terrain and cross-country races, UK parkruns, track & field events and many overseas races are also included. Any club member who has a result listed gets their own web page, so I suspect that there can't be many Reading Roadrunners without one! As well as results, PBs and SBs are listed, as are national ranking positions (though your results do have to meet qualifying standards for these).

In fact, you have not one page but two; a sister site, "Run Britain Rankings", has the same results (though restricted to the standard road distances and parkruns), but presents them in the form of a handicap.

I've no idea how they calculate it, but it's a bit like golf (so a lower score is better), and claims to take account of the difficulty of the individual race, so 2 hours for a hilly half marathon will score better than the same time for a flat one; it also rates recent performances more highly than older ones. As well as your handicap, you're also given your overall position in the country, by gender, by age, by postcode and by race distance. Top of the country list is, predictably, Mo Farah, with a handicap of -7.5, with Gemma Steel topping the women's list (-2.6). Almost a third of a million people are included, a testament to the popularity of our sport.

Why not take a look for your own (or a friend's) pages? Go to <http://www.thepowerof10.info/athletes/athleteslookup.aspx>, enter your name and optionally club (we are "Reading RR"), and see what turns up. If you register (free!), you can even enter some personal details, a photograph, and ask them to include a performance that's missing (even if outside their standards, or a long time ago).

There's just one snag: being run by UKA, the site only recognises events with UKA licences (or the overseas equivalent), which means that many popular races which are licensed by ARC instead, such as the Maidenhead Half Marathon, are missing.

London Marathon draw results

There have been two draws. Both took place in the bar after track sessions on Wednesday evenings. The bar was quite crowded on both occasions. The results are as follows:-

MARSHALS DRAW

1. Lucy Jezard
2. Andy Atkinson
3. Emma Caswell
4. Ann McKinnon
5. Simon Denton
6. Amanda Sheridan
7. Steve Siddell
8. Kerri French

CLUB DRAW

1. Elizabeth Ganpatsingh
2. Alex Warner
3. Dave Caswell
4. Kevin Sangster
5. Sam Hammond

The entries will be electronic again this year – no paper forms to fill in. The winners will receive details via email in a few weeks. If any of the winners are unable to take up their place then please contact Carl Woffington, we have reserve lists.

New York City Marathon

Aaron Chai



Getting into the New York City Marathon was a big dream come true for me. It's the largest marathon in terms of participation; this year's edition had over 50,000 finishers. I've never had any luck getting in previously for the past 3 years so to get in this year, by default, allowed me a chance to complete all the major marathons of the world (Berlin, Chicago, London, Tokyo, Boston, New York City). There are so very few runners in the world who have achieved this grand slam and this makes me 1 out of 2 New Zealanders to complete the Big Six.

From the very moment I got off the plane at JFK, everything just started going very wrong. I waited in line at passport control for over 2 hours and Delta Airlines managed to send my bag to Austin, Texas, which contained some of the important running stuff I needed on race day! A chilly morning made for perfect conditions chasing a PB, if only the heavy winds forecasted a few days earlier stayed away from the 5 Boroughs. Coupled with New York City's tough and hilly course, a sub-3 hour time didn't seem to be in the hand I was dealt with. To top off my bad luck, on race morning, my watch failed to start so I had no visibility into how fast I needed to run to meet my time target.

With only 24 hours to race morning and no luggage, I was forced to look for useful items at the marathon expo. There, I got chatting to Runner's World Chief Running Officer, Bart Yasso, creator of the Yasso 800s workout (which I've never done), who gave me some tips on how

best to handle the waiting game at the start line - wear lots of disposable warm clothes so that the body does not waste precious energy trying to keep warm. It was inspired advice as my girlfriend, and fellow Reading Roadrunner, Louise Atkinson, ventured out into Upper West Manhattan in search of a dollar store finding the cheapest, unfashionable, clothes for me to wear. She returned with size XL thermals, a beanie and a rain poncho. It will have to do!

Race morning Sunday, 4am. My luggage finally made it to my hotel, without my navy blue blazer! With no time to mourn the loss of a nice jacket I got the rest of my race gear together and set out in the darkness to get the subway to Battery Park, where the Staten Island ferry was waiting to transport runners to the start line. The winds were as strong as I'd feared and, for the length of time I was waiting in the start corral, I was praying that the wind would be mostly behind me. Eventually the runners were herded to the base of the Verrazano Narrows Bridge, I joined the 50 or so runners in the sub-3 hour pace group, the elites were introduced and the cannon had sounded. The 3 hour countdown had started!

The 1 mile climb up the Verrazano Narrows Bridge was the most significant climb of the whole course but it provided an equal measure of breath-taking experiences and scary moments as the wind relentlessly pounded everyone crossing over to Brooklyn. Being so high up, I was especially fearful that my race number, and timing chip, would be ripped off my vest and blown into the harbour, which would've been Game Over right there! The strategy to combat the winds was to draft behind the taller runners but the wind direction was unpredictable as a tailwind turned to crosswind and headwind, even though we weren't changing direction!

Eventually we entered Brooklyn and Sebastian, the sub-3 hour pacer, was already nowhere to be seen in the distance. I crossed the 3 mile mark and looked at my watch. It hadn't started! With no time to panic I had to quickly gather my wits and try to catch up to Sebastian, who was the only one in the field to rely on whether I was on target or not. The gun times were displayed at

each mile marker so I had to do the maths on the run to know for sure whether I was within my target splits written hastily on my arm. I poured on the pace in miles 4 and 5 to look for him.

To my relief, I managed to spot Sebastian early and stuck with his group. I took the lead a couple of times but, as the course reached a new hill or changed in character, he took the lead again where I was forced to react to stay with him. By halfway we crossed Pulaski Bridge, crossing into Queens, and I crossed 13.1 miles at 1:29:58 (obviously I didn't know for sure, all I was focused on was staying with Sebastian).

Then, things took a turn for the worse when we climbed Queensboro Bridge leaving Queens for Manhattan. The climb was long and Sebastian put in a surge on the uphill. I tried to keep with him but the gap grew to over 100 metres. Eventually I managed to respond to claw back the gap and the downhill into First Avenue really helped as I managed to catch Sebastian and his many followers. Louise was waiting at mile 18 on First Avenue holding a couple of creative cheer signs that she had drawn up over breakfast. In a split second I decided to stop to give her a quick hug before she urged me to keep running. It was the ounce of inspiration I needed and instead of reaching mile 20 and working hard in the last 6, I decided to work hard right there with 8 more miles to go. It was a bold move but it paid off handsomely. The gap between Sebastian and I grew and I never saw him again, for if he did pass me later on then that would be bad!

The pack got thinner and soon I found myself in the company of solitary, tired runners, already shuffling, as we went through Bronx and Harlem. The final test came on 5th Avenue on the approach to Central Park. There was a long uphill and a stiff headwind, and it was the time where I really pushed myself to maintain pace. Surprisingly I felt stronger at mile 23 compared to other marathons and, even though my legs were close to trashed, I still managed to make surges to bank precious time. We reached Central Park with two more miles to go and 16 minutes to do it in. That was the point where I knew the sub-3 hour time was as safe as it could get, but Central Park had even more hills and my poor body was getting slammed on them!

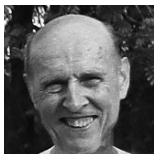
In my mind, I kept thinking about how well my training went - that I've ran workouts and hills that were tougher than this. I thought about the support from home and how people watching Facebook must be reacting at my progress. I thought about the amount of time it took me to reach a standard to break 3 hours - I've been trying for over to 4 years. The remaining miles went quickly and, on a slight incline in Central Park, the final telling statement of how tough the course was that day, I finished New York City, my final World Marathon Major, in a new PB and a finishing time of 2:58:35. I couldn't believe what had happened. A huge weight was finally lifted off my shoulders and I got pretty emotional as I walked through the finish. A very excited Louise met me as I exited Central Park and we made our way back to the warmth of the hotel.

On a day that looked to give virtually little chances for great success, it ended with the absolute best outcome I could've asked for and it called for an awesome celebration in the Big Apple. Louise and I went to a hidden bar somewhere in Nolita that was only accessible via a phone booth for champagne, and had pizza at America's oldest pizzeria in Little Italy. The next day, we bumped into Wilson Kipsang and Mary Keitany, the men's and women's winner, in Central Park and got our photos taken with them.

The race may be over, but the memories of what I experienced on Super Sunday will rest in the heart forever. For those who know me best, I've been working towards a sub-3 hour marathon time consistently for the past 4 years, balancing full time work and other commitments. It's been an incredible journey filled with highs and lows and often I've questioned myself along the way as to whether I could make it. If there's anything I want you to take away from this, whether you run marathons or not, never take your eye off the target and never give up! Anything is possible if you work hard, believe in yourself, surround yourself with positive people and, most importantly, focus on the journey instead of the destination. I hope that it will inspire you to go after a life-time goal that no one can ever take away from you!

And, to top it off, I ran the second half faster than the first. Now, that's how you run a marathon!

Your Committee



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BOB THOMAS
CLUB EX-OFFICIO

WELFARE OFFICER: JENNY MILLER

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

Reading Roadrunners Dinner Dance

Saturday 22nd February 2015

at Sonning Golf Club.

6:30pm for 7pm sit down

The cost is £32.00 per head. Please can Toni McQueen have names, money and menu choices all in an envelope, plus your own table plan or who you would like to sit with if you have a preference. This will help plan the evening for your enjoyment.

Any questions please do not hesitate to speak to Toni McQueen at tonimcqueen@ntlworld.com or 07803609226

Please do not use Facebook as a point of contact for this event.

Dress code is formal/ evening wear. NO Jeans, or trainers

Roadrunners Results

NIGEL HOULT

The star achievement this month has to be Aaron Chai's; not only did he get a PB in the New York Marathon in tough conditions, breaking the 3 hour barrier for the first time, but he also became only the second New Zealander to run all the Marathon Majors (London, Berlin, Chicago, Boston, New York and Tokyo). Well done Aaron! Meanwhile, in Frankfurt Keith Russell ran under 2:30 to improve on his own club season's best, while at Abingdon, Gavin Rennie must have finished with mixed feelings, improving his PB by several minutes but missing the 3 hour mark by just a few seconds. Abingdon Marathon was, as usual, a Berkshire Championship race, and we picked up three medals there: gold for David Caswell and Gavin Rennie, and bronze for Christina Calderon. Overall, based on the four races that comprised the championship, we have two champions: Christina Calderon (senior women) and Nigel Hoults (men vet 60).

In terms of PBs, 12th October proved to be the most auspicious day; four people ran PBs at the Oxford Half, and more surprisingly, given the hilly nature of the course, three achieved the same feat at the Henley Half. That accounts for more than half the PBs obtained this month! Other outstanding results were Sarah Urwin-Mann 1st lady at the Dorney 10k, and Mark Worringham running a PB at the Cabbage Patch 10, almost equally the club season's best which is held by Keith Russell.

However, the most popular races by far were those right at the end of the month. No less than 70 Roadrunners took part in the Halloween 5 Nite Run, where we took the first four places as well as the male fancy dress prize (Dean Allaway), while two days later 29 ran the Marlow Half, with Carrie Hoskins finishing as second lady, and the club winning the ladies' team prize.

Well done to everyone, and good luck in your final races of 2014.

11th October

Hampshire League XC, Farley Mount

Ladies

Sarah Urwin-Mann	37	26:34
Nikki Gray	42	26:54
Claire Seymour	120	34:21
Cecilia Csemiczky	133	40:04

Ladies Team: 9th

Ladies Vets Team: 12th

Men

Chris Wilson	19	35:06
Tom Fricker	27	36:21
Robert Tan	49	37:21
Rupert Shute	60	38:06
Alex Harris	115	41:09
Lance Nortcliff	123	41:34
Andy Blenkinsopp	134	42:15
David Lennon	186	46:58
Pete Morris	224	52:47

Mens Team: 6th in Division 1

Mens Vets Team: 1st in Division 2

12th October

Oxford Half Marathon

Kenny Heaton	140	1:27:16	1:27:05	PB
Belinda Tull	348	1:32:32	1:32:30	
Sian James	521	1:36:00	1:35:49	PB, 1st FV60
Alix Eyles	199	1:37:42	1:28:16	PB
Donald Scott-Collett	1325	1:49:47	1:49:36	PB

Henley Half Marathon

Paul Roberson	12	1:22:41	1:22:31	
Caroline Hoskins	28	1:26:06	1:26:02	PB, 2nd F
Ryan O'Brien	38	1:27:42	1:27:37	
Patrick Hayes	39	1:27:42	1:27:26	PB
David Fiddes	162	1:38:54	1:38:32	
Paul Monaghan	191	1:40:33	1:39:40	
Katherine Sargeant	196	1:41:00	1:40:00	
Liz Jones	218	1:42:20	1:41:11	1st FV50
Andrew Runnacles	292	1:44:54	1:43:18	
Brian Fennelly	301	1:45:15	1:44:37	
Daniel Richardson	314	1:45:44	1:44:03	
James Kiddie	372	1:48:14	1:48:06	
Martyn Brand	396	1:49:11	1:47:52	
Paul Giles	421	1:50:10	1:48:27	
Colin McCarlie	563	1:55:44	1:54:08	
Amanda Box	745	2:04:18	2:03:46	PB

RRR Team: 1st (Paul, Caroline, Ryan, Patrick)

Henley "10k" (long!)

Duncan Mollison	3	41:49	41:49	
Julie Rainbow	15	48:05	47:57	2nd F

18th October

Surrey Masters XC Championships, Richmond Park

Brian Shave	102	43:01	1st MV80
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19th October

Abingdon Marathon

Gavin Rennie	58	3:00:15	3:00:04	PB, 5th MV40
Andrew Smith	74	3:03:55	3:03:20	

ROADRUNNERS RESULTS

Brian Grieves	224	3:26:54	3:26:22
David Caswell	355	3:45:39	3:45:20
David Legg	425	3:56:31	3:55:42
Rob Bursell	474	4:07:47	4:06:23
Christina Calderon	542	4:25:30	4:24:25
Brian Kirsopp	546	4:25:31	4:25:17
David Bird	564	4:38:04	4:36:37
Julia Molyneux	578	4:44:59	4:43:35

Berkshire Champs

MV40: Gold – David Caswell

MV50: Gold – Gavin Rennie

FV35: Bronze – Christina Calderon

Overall Berkshire Championship Places

MV40 – Gavin Rennie 3rd

MV50 – Brian Kirsopp 2nd

MV60 – Nigel Hoult 1st, David Leake 3rd

FSen – Christina Calderon 1st

FV55 – Heather Bowley 2nd

Amsterdam Marathon

Mark Andrew	2064	3:35:07	3:27:47
Mary Janssen	3160	3:47:57	3:36:59 PB

Palma Marathon

Martin Bush	900	4:59:05	4:58:15
Pete Morris	942	5:09:22	5:08:36

Palma Half Marathon

Melvin Silvey	243	1:35:41	1:35:22
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Palma 10k

Jane Silvey	1077	1:17:53	1:16:49
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Exmoor Stagger

Peter Aked	5	2:10:21	1st MV45
Lance Nortcliff	64	2:45:27	
Peter Higgs	127	3:12:06	
Andrew Breakspear	132	3:14:06	
Irene Liming	171	4:03:12	
Claire Seymour	171	4:03:13	

Exmoor Stumble

Chris Mason	10	55:35	1st MV50
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Dresden Half Marathon

Nigel Hoult	98	1:27:10	1:27:03 1st MV60
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Birmingham Half Marathon

Richard Usher	274	1:27:43	
Will Guest	5404	1:50:05	
John Preston	9672	2:16:40	

Cabbage Patch 10 miles

Mark Worringham	15	55:18	PB
Belinda Tull	261	1:09:10	4th FV40
Christopher Campbell	338	1:11:45	

Tadley 10 miles

David Ferguson	13	1:05:29	
Sam Hammond	40	1:12:37	
Lee Hinton	115	1:29:09	
Ellen Togher	168	1:42:03	

Frieth 10k

Julian Hough	20	42:49	2nd MV50
Wayne Clements	23	43:26	
Nikki Gray	35	44:46	4th F
Colin Cottell	46	46:16	
Chris Cutting	54	46:45	
Paul Monaghan	117	52:33	
Richard Morgan	157	54:52	
Ken Beck	206	59:06	
Linda Wright	212	59:35	4th FV50
Katie Gumbrell	221	1:00:31	
Julie Thompson	248	1:02:36	
Andrea Marnoch	251	1:02:45	
Sandra Sheppard	262	1:04:26	
Tom Harrison	263	1:04:30	
Linda Vinton	265	1:04:39	3rd FV60
Alison Wright	277	1:06:14	
John Chilton	294	1:07:41	
Cecilia Csemiczky	298	1:08:16	4th FV60
Kathy Tytler	305	1:11:25	

25th October

Beachy Head Marathon

Dean Allaway	135	3:58:34	3:58:23
Louise Cooper	1270	6:20:20	6:17:29

Snowdonia Marathon

Kenny Heaton	248	3:37:58	3:35:41
Paul Kerr	271	3:40:17	3:37:59
Fredelina Yong	649	4:06:05	4:03:17
Pete Morris	1301	4:49:31	4:47:06

Sugar Loaf Fell Race

Colin Cottell	64	59:07	
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26th October

Frankfurt Marathon

Keith Russell	35	2:28:40	2:28:40
Alex Warner	484	2:58:17	2:56:53
Andrew Morgan		3:15:00	Forgot chip!
Gavin Collins	1698	3:19:44	3:18:15
Rebecca Stark	212	3:30:54	3:29:25

Places counted separately for men and women

ROADRUNNERS RESULTS

Frankfurt Marathon Relay

Princesses on Tour 103 3:27:15 3:26:56
(Gemma Stobie, Simon Davis, Sarah Morgan, Philippa White)

Leicester Marathon

Liang Guo 51 3:18:47 3:18:00

Greensand Half Marathon

Alice Leake 28 1:50:12 2nd F

Great South Run (10 miles)

Ryan O'Brien 244 1:04:53 PB
David Fiddes 811 1:11:36
Tony Streams 2404 1:19:23
Nick Robey 3955 1:24:56
James Godsell 4030 1:25:12
Amanda Box 7073 1:33:31

Ricky Road Run (10 miles)

Mark Andrew 44 1:10:13 1:10:04
Melvin Silvey 52 1:11:24 1:11:20 4th MV50
Paul Monaghan 67 1:13:19 1:13:10
David Caswell 69 1:13:45 1:13:23
Katherine Sargeant 76 1:14:40 1:14:32 2nd FV45
Christopher Miller 149 1:21:33 1:21:11
James Kiddie 155 1:21:49 1:21:27 3rd MV60
Cecilia Csemiczky 400 1:48:35 1:48:01

Fleet 10k

Sam Hammond 102 43:15
Peter Reilly 340 51:07

Dorney 10k

Fergal Donnelly 13 39:52 39:49 1st MV40
Sarah Urwin-Mann 14 40:04 40:03 1st F
Peter Cook 16 41:05 41:02 3rd MV40
Alix Eyles 18 41:19 41:18 2nd F
Sarah Pachonick 62 49:35 49:30 4th FV35
Liz Atkinson 111 57:02 56:57 4th FV55
Melanie Parker 137 1:04:43 1:04:32
Ann McKinnon 144 1:06:54 1:06:42

27th October

Dublin Marathon

Dave Wood 1815 3:32:34 3:31:18
Ellen Togher 10821 5:18:04 5:17:18 PB
Martin Bush 10823 5:18:05 5:17:20

31st October

Halloween 5 Nite Run

Robert Tan 1 18:27 18:26
Mark Saunders 2 19:20 19:20
Ian Giggs 3 19:38 19:38
Patrick Hayes 4 19:43 19:38

Alex Warner	7	20:00	20:00	
Andy Morgan	8	20:00	19:59	
Alan Wilson	10	20:16	20:06	1st MV40
Dean Allaway	11	20:24	20:12	
Christopher Campbell	13	20:45	20:43	
Melvin Silvey	17	21:28	21:27	2nd MV50
Alix Eyles	20	21:52	21:51	2nd F
Nicholas Adley	25	22:11	22:10	
Erica Key	27	22:32	22:28	4th F, 2nd FV35
Paul Monaghan	32	23:30	23:10	5th MV50
Tim Hogarth	33	23:37	23:28	5th MV40
Paul Kerr	39	23:52	23:47	
Andrew Runnacles	43	24:09	23:49	
Lee Hinton	46	24:29	23:57	
Simon Davis	47	24:42	24:35	
Jeremy Parker	50	25:06	24:54	
Gemma Stobie	60	25:31	25:22	
Simon Riviere	63	25:41	25:36	
Sarah Morgan	67	25:49	25:41	
Jonathan Stevens	80	26:35	26:27	
Brian Fennelly	81	26:39	25:48	
Kathy Vickers	109	27:53	27:03	
Andrea Marnoch	129	28:21	28:00	4th FV45
Alan Makepeace	151	29:04	28:53	
Andrew Atkinson	176	29:54	29:04	4th MV60
Maureen Sweeney	187	30:18	30:00	4th FV55
Rach Stevens	223	31:25	31:15	
Thomas Stevens	224	31:25	31:16	
Amanda Box	226	31:26	31:10	
Peter Higgs	227	31:26	30:53	
Caroline Hargreaves	228	31:27	31:11	
Suzanne Henderson	256	31:57	30:44	
Trisha Arnold	280	32:46	32:20	
Antony Streams	284	32:54	31:22	
Pete Morris	286	32:56	31:23	
Lynda Haskins	287	32:56	32:37	
Angharad Shaw	288	32:56	32:38	
Cindy Edwards	307	33:20	32:41	
Rita Dykes	312	33:24	32:23	
Elizabeth Atkinson	319	33:33	32:45	
Cecilia Csemiczky	322	33:38	32:26	
Penny Kurowski	331	33:49	32:45	
Kim Stevens	332	33:50	33:39	
Fleur Denton	334	33:52	32:36	
Catherine Leather	337	33:54	32:40	
Lorraine Bailey	360	34:30	33:53	
Linda Booth	361	34:30	33:53	
Delphine Kargayan	395	35:34	35:09	
Alice Johnson	400	35:53	35:33	
Fiona Ross	406	36:20	35:55	
Tim Miller	407	36:21	35:54	
Linda Wright	408	36:21	35:55	
Sarah McGowan	428	36:55	36:22	
Lucy Jezard	429	36:55	36:26	
Catherine Douglas	430	36:55	36:22	
Kingsley Starling	457	37:36	36:19	

ROADRUNNERS RESULTS

Jane Silvey	474	38:29	38:08
Angela Liu	486	39:45	39:18
Juliet Dimmick	487	39:56	38:38
Kathy Tytler	501	40:56	40:30
Fergal Donnelly	505	41:00	40:12
Lucy Perrin	524	43:22	42:34
Eva Simmons	535	45:21	44:03
Emma Caswell	557	49:31	48:15
Sheryl Higgs	558	49:31	48:15
Kerri French	559	49:31	48:16

1st November

Thames Meander Marathon

Sarah Pachonick	230	4:32:32	4:32:02
Martin Bush	260	4:43:45	4:43:07
Christina Calderon	281	4:56:36	4:56:10
Julie Wing	324	7:13:02	7:12:49

Thames Meander Marathon

Clare Elliott	158	1:48:23	1:48:10	1st FV55
Stephen Wing	412	3:13:31	3:12:46	
Mandy Carden	414	3:29:58	3:29:11	

Muddy Mo (10 miles)

Gavin Collins	2	1:09:08	1:09:03	
Becky Stark	10	1:20:46	1:20:41	2nd F
Paul Monaghan	75	2:33:15	2:32:46	
Angharad Shaw	76	2:33:15	2:32:47	
Linda Wright	77	2:33:15	2:32:48	
Caroline Hargreaves	78	2:33:16	2:32:48	
Pete Morris	79	2:33:19	2:32:49	
Peter Higgs	80	2:33:19		No chip time

Muddy Mo (10k)

Alice Johnson	184	1:27:32	1:27:05
Paul Kerr	185	1:27:33	1:27:06

2nd November

Stevenage Marathon

Richard Scarr	160	4:32:46	4:31:52
Martin Bush	179	4:48:35	4:42:24

New York Marathon

Aaron Chai	601	2:58:35	PB
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Marlow Half Marathon

Simon Elsbury	10	1:24:20	1:24:18	
Mark Saunders	14	1:24:54	1:24:54	
Alex Harris	18	1:26:06	1:26:05	3rd MV40
Paul Roberson	35	1:28:46	1:28:46	
Gavin Rennie	36	1:28:53	1:28:50	3rd MV50
Caroline Hoskins	37	1:29:06	1:29:06	2nd F, 2nd FV40
Lance Nortcliff	46	1:31:37	1:31:35	
Dean Allaway	55	1:33:33	1:33:29	
Alix Eyles	60	1:34:32	1:34:04	3rd F
Kenny Heaton	63	1:34:30	1:34:28	
Chris Cutting	74	1:35:47	1:35:31	

Colin Cottell	77	1:36:33	1:36:30	
Chantal Percival	89	1:37:12	1:37:04	
Mary Janssen	116	1:39:44	1:39:33	1st FV50
Claire Marks	126	1:40:14	1:40:08	3rd FV40
Katherine Sargeant	142	1:41:48	1:41:38	5th FV40
Julie Rainbow	180	1:44:47	1:44:29	
Wayne Farrugia	193	1:45:24	1:45:07	
Susie Rees	195	1:45:26	1:45:10	
David Leake	233	1:47:37	1:47:27	4th MV60
Elizabeth Jones	237	1:47:51	1:47:34	
Anthony Streams	330	1:54:26	1:53:59	
Nicholas Adley	343	1:54:38	1:54:26	
Claire Seymour	439	2:01:20	2:00:34	
Katie Gumbrell	490	2:07:12	2:06:25	
Amanda Box	530	2:11:00	2:10:23	
Linda Vinton	544	2:12:16	2:11:39	3rd FV60
Andrea Marnoch	550	2:13:35	2:12:48	
Kathy Tytler	637	2:37:53	2:37:05	
Ladies Team: 1st (Caroline, Alix, Chantal, Mary)				

Season's Bests

Ladies

5k	18:53	Caroline Hoskins
5 miles	31:05	Caroline Hoskins
10k	38:22	Elaine Laver
10 miles	1:05:06	Caroline Hoskins
Half Marathon	1:25:23	Nicki Aitken
20 miles	2:21:54	Susanne Enhard
Marathon	3:09:50	Susanne Enhard

Men

5k	15:42	Mark Worringham
5 miles	27:11	Darryl Plank
10k	33:11	Keith Russell
10 miles	55:08	Keith Russell
Half Marathon	1:12:39	Mark Worringham
20 miles	1:57:04	Rupert Shute
Marathon	2:28:40	Keith Russell

Reading Roadrunners Committee Meeting

MONDAY 1ST NOVEMBER 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)
Paul Monaghan	(Website)
Simon Denton	(ex-officio)

APOLOGIES FOR ABSENCE:

Alice Johnson, Catherine Leather

MINUTES OF THE MEETING OF MONDAY 6TH OCTOBER 2014

Sandra Sheppard proposed the minutes as a true and accurate record, seconded by Anne Goodall.

MATTERS ARISING FROM THE MINUTES

BANK ACCOUNT Sandra reported that no other bank could offer the same type of accounts that RRs require (automatic transfer of excess funds from the current account into a savings account) and proposed that RRs stay with Nat West. ACTION Sandra to pursue Nat West for a debit card.

RACE CLOCK INSURANCE Roger reported that no insurance cover for club equipment was included within the UKA insurance policy for event organisers. Roger said that this meant that at Bramley, we are exposed to over £6,000 worth of damage as all three race clocks are transported and used for the race. ACTION Roger to obtain quotes from insurance cover for club equipment

DISCIPLINARY ACTION Carl reported that the message (e-mail) that was the trigger for the second stage of disciplinary action, was in fact sent before the first stage was implemented, but somehow was not received until after the first stage. ACTION Letter of apology to the member notifying that the action is cancelled.

HIGGS INVOICE Sandra reported that the invoice was paid, after she had spoken to Adele, who gave approval.

READING SPORTS PERSONALITY Roger confirmed that he had submitted three nominations for awards in

various categories. 1. Club of the year (on the ground of Bramley being a BARR 'Gold Standard' event) 2. Male Veteran Achiever of the year. 3. Helper, Official, loyalty Award. (names to be published after results announced)

WEDNESDAY MESSAGE Carl reported that the message service had been advertised in the newsletter and was included in a recent chairman's bulletin.

ONLINE PAYMENTS Bob reported that there is a third party web based services that could take direct debits from members for their subscriptions and transfer the money to the club's account. ACTION Bob to look into.

LONDON MARATHON DRAW Roger reported that so far there were 39 members approved, but there was still a question mark on one member. Anne confirmed that the member in question did not join until December, which excludes him from the draw. Carl raised the subject of the qualifying rules for the draw and a discussion ensued.

After a long discussion, it was decided to keep the current qualifying rules.

ACTION Carl to write up the rules and have them published in the newsletter and the website and in a chairman's bulletin.

WEDNESDAY NIGHT DESK Alan reported that the system was working. Anne reported that some members refused to show their cards on the grounds that the desk staff knew that they were members. Roger asked if they paid £2 (extra 50p for not showing a membership card) Anne said that people without cards just put the money on the desk and walked through before they could be asked for £2. Roger said that if this happens again, he should be informed and then he would go and ask the member for the extra 50p. Sandra asked Carl if he would flag this up in the next chairman's bulletin, to remind members that regardless if they are known members, it is a blanket rule applying to everyone. ACTION Carl to publish the rule.

TROLLEY Carl reported that he had not yet purchased the trolley. ONGOING

CHAIRMAN'S REPORT

CLUB CHAMPIONSHIPS Carl reported that two club championship races (Frieth Hilly 10k and the Ricky

Road 10 mile) had taken place in October.

HAMPSHIRE XC Carl said that the first of the Hampshire league cross country fixtures took place on Sunday 11th Oct and the club did really well especially the ladies.

XC TASTER EVENT Carl reported that the XC Taster was attended by approximately 30+ runners, some of whom came from the Park Runs and after, some said that they would be going to Datchet on Sunday 9th November, so the taster was in fact a success. Each paid £2 and after the money was deducted for the refreshments, the remainder was given to the club charity.

TREASURERS REPORT

Sandra reported that the last accounts were published before the meeting and asked if there were any questions.

Carl commented that the Friday track money had improved with the influx of Reading Uni Athletics Club attending with a large group each Friday.

Sandra said that she had not yet paid for the hire of the hall for the Christmas Party, because Alice had added two extra hours, so that the DJ could set up the equipment and subsequently a new invoice had been issued.

ACTION Sandra to pay the additional fee.

Sandra reported that income was up generally from this time last year and as a result, the clubs reserves were good.

SECRETARY'S REPORT

SEAA CHAMPIONSHIPS Roger reported that the entry forms for all of the SEAA Championship events were received and forwarded to the club team captains.

BAA Roger reported that the AGM of the Berkshire Athletics Association would be held on Monday 24th November at Bracknell AC Clubhouse and asked if any committee member would like to attend.

ACTION Roger to send apologies for absence.

MEMBERSHIP SECRETARY'S REPORT

MEMBERSHIP Anne reported 28 new members joining in October, seniors 25 x £28 = £700, 1 x junior £19, 2 x 2nd claim £34 = £753 banked. Anne said we now have 497 members.

RECEIPTS Anne raised the subject of giving members receipts for the subs, as writing out nearly 500 receipts took a lot of time. Carl said that this was instigated a

few years ago, when a previous membership secretary did not keep records and so it was decided to issue receipts. After some discussion, it was established that giving receipts did not afford the club any protection from making errors with the membership accounts and it was therefore decided that receipts would only be given upon a member's request.

MEMBERSHIP FORM Anne said, that we need to revise the membership form for next year, as the EA affiliation fee was being raised by £2 so that new members would be £30, renewals would be £28, Juniors would be £21, life members would be £12.

ACTION Roger to amend the membership form.

SOCIAL SECRETARY'S REPORT

DINNER DANCE Anne reported that Toni had been to Sonning Golf Club and had finalised the menu.

KARAOKE NIGHT Carl reported that it was a success and made a profit of approximately £90.

ACTION Carl to thank John Bowley.

COACHING CO-ORDINATORS REPORT submitted by Simon Davis

NEW COACH Simon (Davis) reported to the Gensec that Alan Wilson had qualified as a new coach and will begin by assisting Simon on Wednesday nights.

STORAGE BOX Simon requested the purchase of a storage box to keep all of the coaches kit in the storeroom for a budget of £15. Carl asked for a vote of approval, which was all for.

COACHES JACKETS Simon said that he would be issuing coaches jackets on Wednesday 5th to those coaches who had not yet been issued with them.

COACHES TOPS Simon requested more coaches tops for the new coaches and for replacements of old worn tops.

ACTION Roger to ask Simon what sizes and quantities.

TEAM CAPTAINS REPORT

None received. Carl commented that it was not really necessary for a report to be submitted to the committee, as long as the reports are sent to the newsletter editor on time for publication.

ANY OTHER BUSINESS

PANGBOURNE RACE CLOCK Roger enquired if the money for the clock hire had been paid.

ACTION Roger to speak to Tim Povey to see if the cheque had been paid into the charity account.

BRAMLEY BUDGET Roger reported that Graham Sprat had submitted the 2015 Bramley race budget. **ACTION** Roger to issue to all for examination and approval at the next meeting.

2015 COMMITTEE Anne said that we need to know new who would be stepping down from the committee in order to start canvassing for replacements at the next AGM. Roger said that he would step down if someone could be found to stand. **ACTION** Place on agenda for next meeting.

MORTIMER 10K Bob reported that a cheque from Budgens for £2,000 had been handed to the club. Roger said that Bob received a round of applause in his absence, when the cheque was handed to Tim in the bar last Wednesday.

HENLEY TEAM TROPHY Roger reported that he went to collect the trophy from the engravers and found that there was a letter missing. Roger asked the engravers to rectify and went back a week later and was handed the trophy. When Roger examined it to see if it was corrected, he found that it was still the same and had not been rectified. **ACTION** Roger to go back again next week.

DINNER DANCE GUEST LIST Carl asked for approval for Stan & Marion Eldon, Nick Pearson & partner (Sweatshop) and two places for the Alexander Devine Hospice charity organisers. All approved.

WOODLAND 5 RACE Carl said he had received notification from Finch Coasters that they are intending to move the final Woodland 5 next year from the 29th to 22nd July and asked if that effected any of our events.

ACTION Carl to advised Finch Coasters that it did not affect RRs.

NEW SUBSCRIPTION SYSTEM Carl raised the subject of subscription and said that there could be a new method of handling subscriptions that would make it easier and more efficient to administer. A discussion followed and methods discussed. **ACTION** Sandra to draw up some figures for the next meeting.

DOOR ROTA

Wed 5th Nov

Christina Cotter, Anne Goodall, Glynne Jones.

Wed 12th Nov

Christina Cotter, Anne Goodall, Glynne Jones.

Wed 19th Nov

Shirley Smith, Anne Goodall, Glynne Jones.

Wed 26th Nov

Shirley Smith, Anne Goodall, Glynne Jones.

Next Meeting Monday 1st December

Meeting closed 9.40pm

Passionate About Running

A poem by Kathy Tytler

I promised you those nettles,
I promised you that mud,
Those leg scratching, skin ripping brambles,
Some sweat and even blood,
We take what nature throws at us
When the trail running season's here.

There'll be lung bursting, heart wrenching hills
to run up,
There'll be overgrown tracks through woods.
You will finish with tears in your eyes, scratches on
your skin, blisters on your feet...
But you'll feel really good.
We'll run miles together
When the trail running season's here.

We'll cross raging rivers,
We'll run in rain and hail.
I may even spend the night with you
Running on the trail.

You'll learn to love the mountains
As we climb up to the peak,
Then the ankle wrenching, knee jarring, bone shaking,
brain numbing descent
Will make us both feel weak,
But I promise you the best view
As a reward for all your pain,
The breathtaking view of mountains
Will come and come again.
The perfect air is clear and sharp
But if the mist comes down,
I promise I won't lose you
'Cause my navigation's sound.
We'll both love the mountains
When the fell running season's here.

I can promise you something physical
With beauty and wonder to see.
I can promise you many dirty weekends
If you come running with me.

Here, there and everywhere

Some pictures of Roadrunners out and about this month. Thanks to everybody who contributed 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