



READING ROADRUNNERS NEWSLETTER OCT 2014

All last month's talk of marathons above cloud level and British Masters champions has left the newsletter in need of a lie down, so this month we thought we'd give some page space to the social side of the club.

It's fair to say that Roadrunners has a fairly active social wing and last month was no exception, including the Stanlake vineyard tour, the inaugural 'Curryoke' night, (photos legible enough to print still unavailable at time of going to press) as well as the highlight of the 'bon viveur' runner's calendar - the Bacchus Marathon.

If you haven't come along to a social event yet, there is still the Christmas party to look forward to, details of which are inside. Or if you have your own ideas for an event, please get in touch with our social secretary.

Now back to the running...

INSIDE THIS MONTH:

- **MORTIMER 10K**
- **BRIAN HITS BACK**
- **LOCH NESS MARATHON**
- **CROSS COUNTRY**





Welcome from the Editor

CHRIS CUTTING

It's a funny time of year this. One minute we're all enjoying a picnic after a balmy evening's forest run, then the clocks go back and the next thing you know we're all stood round in a muddy field on a chilly Sunday morning.

There is at least one female club captain who is absolutely champing at the bit to get stuck into the

Cross Country races. If you fancy trying out a real team event, then I would heartily recommend them, both as challenging races and a great way to meet your fellow members over a cup of tea and some (often really quite excellent) cake.

Enjoy your running this month,
Chris



Chairman Chat

CARL WOFFINGTON

It has been a busy month. Our own Mortimer 10k took place on 28th September. The race was chip timed for the first time this year. The whole day went extremely well. The only slight downside was a reduction in the number of entrants – both in the senior and junior races. This was despite good advertising both on paper and electronically. Thanks to Bob Thomas (race director) and Catherine Leather (marshals coordinator).

We had some teams running in the SEAA Relays at Rushmoor Arena on 21st September. Details will probably be contained in the Captains Reports.

The RR Club Championship is continuing. We had the Maidenhead Half recently. Coming up is the Frieth Hilly 10k, the Fair Oaks 10 mile and the Gosport Half. Look on RR website for details and results table to date. Thanks to Bob Thomas for organising the Champs.

The XC season is upon us. By the time you read this the first race in the Hampshire League (Saturdays) will have been run. Captain Keith Russell is looking after the Hampshire League races and has advertised the first one. The TVXC league races

(Sundays) start in November. Captain Tina Wilson is looking after the TVXC races. Full XC fixture details are on RR website.

We are again holding a XC taster event. This is aimed at those of you who may like to try a XC or off road race but are a bit nervous of it. Not done one before? Maybe not done one since school? This is an informal Sunday morning run to give it a try. In previous years we have had some RR's come along and then go on to run their first XC race. Details on RR website Home page, about 5 items down. Contact Tina Wilson or Keith Russell.

Socials. We have had a vineyard tour/wine tasting, thanks to Katie Gumbrell. By the time you read this we will have had a Karaoke and Curry evening, thank you John Bowley. Alice Johnson has coordinated these and is currently working on a RR Christmas Party in December.

Some of you will now be receiving your London Marathon Rejection Slips – bad luck. That means it's time to be holding both the marshals and club ballots in the next few weeks. Look out for dates and results.



Men's Captain - Report

KEITH RUSSELL

September is an unusual month for running in that it is one of the few months where there still tends to be a good number of 10k races taking place whilst the number of half and full marathons are starting to ramp back up. Throw the SEAA Relays into the mix and you've got a large variety of distances, and, inevitably, a large number of pbs.

First up was a club championship race, the Maidenhead Half-marathon, where Alan Wilson led home the RRs in a new pb of 1:21:33, followed closely by David McCoy, Alex Harris and Aaron Chai (also a pb).

In the MV50 category, Kevin Jones beat Mel Silvey to the line to tie for current 1st place in the club championship. With Paul Monaghan also still in the hunt there could be some intriguing head to heads over the last 3 races. Likewise, the MV40 championship could still go to any of 5 men, so all to play for there too.

Nigel Hoults, meanwhile, took 1st MV60 (and therefore the Berkshire County Gold) and also continued his impressive 'perfect score' in championship events.

On the same day, at the Great North Run, Matthew Green showed he was in good form as he bagged a championship qualifying time for the London Marathon for the first time finishing in a pb of 74:08 ahead of a superb run 3 weeks later at the Nottingham Marathon where he crossed the line in 7th place in 2:43:23 (also a championship qualifying time). With the addition of some new members to the club to swell our ranks, we now have 9 first claim men with a championship qualifying time, which may well be a 'first' in RR history.

The SEAA Relays took place on the 21st of September at the Rushmore Arena in Aldershot. For those of you who may not have heard of this event before, it is a relay set on closed roads, which consists of a 6km leg (2 x 3km laps) for each runner, set out in such a way that you can see a lot of the other runners in front and behind you at various

points around the course. The event attracts a wide variety of abilities from clubs all across the South of England, with competitors ranging from elite athletes to those just there to soak up the atmosphere. Senior teams are made up of 6 runners, whilst the Veteran teams require 4.

As we have struggled to get teams out for this in the past I was very pleased that we were able to enter a Senior, V40 and V50 team, with everybody acquitting themselves incredibly well. Mark Worringham ran the fastest leg of the day by a RR, covering the 6km in a rapid (especially bearing in mind it is not a quick course) 19:41. Alex Harris ran a leg for both the Senior and V40 teams, despite having been stung badly, repeatedly, by hornets and having a rapidly closing eye and severe headache. The next day he looked as if he had been several rounds in a boxing ring which made the consistency of his time across both runs even more impressive. Chris Mason also doubled up by running for the V50 team having already run the Swallowfield 10k in the morning.

Next year I would like to get more teams out for this and make a weekend of it; with the ladies running on Saturday it would be good to pitch the club tent as some of the other teams do, and get as many along to either partake or support as possible.

The following weekend saw our own event, the Mortimer Common 10k. I came along to watch this as my wife was marshalling, and I was very impressed with the set-up, organisation and atmosphere. The race itself was won by Tony Carter of Tynebridge Harriers who, it appears, will be joining RR, though initially as a second claim. Alex 'Rocky' Harris led the club home, closely followed by David McCoy, whilst Paul Carter somehow, on a course which I understand to be hilly, in hot conditions, managed to pb – surely more to come off of that time then.

Towards the end of the month, as marathon season began to take hold, the pbs started to roll in. As well as Matthew Green at Nottingham, already mentioned, there were pbs for Paul Monaghan at Loch Ness, Gary Tuttle and Simon Palmer at Chester and Justin Watkins at Bournemouth.

As we rolled from September into October, on a busy weekend, Richard Usher took 1st MV40 at the 020 10k, where Chris Mason also took 1st MV50, whilst Mark Worringham was busy setting a pb (and a club season best) at the Cardiff Half, continuing his good form running 72:39.

On the same day I ran the Basingstoke Half, which could be described as 'challenging' if you were going for understatement. The race has a great atmosphere, but the route is constantly up and down so it's very hard to get into any kind of a rhythm. Belinda Tull told me that one set of hills (up, very sharp down, and straight back up) is known as The Big Dipper, and if a set of hills has their own name, well I think that says enough..... Having said that though, if you're looking for a fun, friendly race then give it a go. I was very impressed with the whole set-up and support.

As I sit and write this, it is the first day of the cross country season, opening with the Hampshire League at Farley Mount. Unfortunately, having turned my ankle and with a marathon just two weeks away, I will be there to watch only, but it looks like we will have a very good turnout and it would be great to see that carry on across the year. Please see the website for further details.

In the meantime however, Claire Seymour and Lance Nortcliff (thank you both!) have provided a very useful guide to the courses and appropriate footwear, which I have asked the Editor to include as a

separate article so it doesn't disappear in my waffle.

Berks, Bucks & Oxon cross country championship – this will take place on Saturday the 22nd of November at Upton Court Park in Slough. The closing date for entries is the 7th of November, so please let me know asap via: keithrussell1@yahoo.co.uk if you wish to take part.

Road and Multi-Terrain Club Championship – as previously mentioned, this is quite close in several categories. There are 3 races remaining in this years championship, namely the Frieth Hilly 10k on the 19th of October, the Fair Oaks 10m on the 26th of October, and finishing off with the Gosport HM on the 16th of November.

The London Marathon ballot places have been drawn and both the club draws (marshal and ballot rejection) are imminent. Of course the problem with ballots and draws is that it really does come down to luck. If London is something you really want to do then why not work towards a Good For Age or Championship qualifying time as so many of your clubmates have – look around and see if those people you are keeping up with in training have the time and ask yourself could you not do it too? Good For Age qualification has already closed, but Championship qualifying is still open until the start of January, plus qualifying times last two years. More details can be found on the London Marathon official website.

Finally, I will be drawing up a session plan for Fridays building up towards London. These are not coached sessions, but if you want to join in, either at the track, or remotely, then please do. I will see if I can get the session plan published on the website in due course.

Until the next time, good luck to all of you running autumn marathons and let the mud-fest that is cross country commence!

Sugar Loaf Fell Race

Saturday 25th October at 2pm

From The Crown, Pantygelli, near Abergavenny, GR:302179.

A race from the inn up to the summit of the Sugar Loaf and return - that's 5 miles with 1,455 feet of ascent. Entry £4 on the day only. With the option of staying overnight and joining us for dinner and

then a walk on Offa's Dyke on the Sunday before returning home.

Contact: tom.harrison13w@btinternet.com



Ladies' Captain - Report

TINA WILSON

It's here, the rain has arrived and I have to say I am quite enjoying it!

I know there are many runners who can run quite comfortably in the heat but I am afraid I am not one of them, I always prefer to run when it's cooler preferably with some mud and muck thrown in and I will talk a bit more about that later.

It is incredibly hard trying to keep up with the ladies of Reading Roadrunners – each month I am amazed at the achievements of our ladies and there were many successes through the month of October. Achievements can simply be hearing about a runner getting a Parkrun PB, breaking the 2 hour mark for a half marathon or winning individual and team prizes – all very personal and specific.

Nigel Hoults records the most comprehensive set of results I ever known. Just take a peek to see what has been going on this month – you will see what I mean.

SEAA Relays – Saturday 20th September 2014.

Belinda Tull, Ellie Gosling, Sarah Urwin-Mann, Tracy Jenkins, Toni McQueen, Claire Seymour, Lucie Russell and Kerri French proudly represented Reading Roadrunners in what can only be described as a very high standard of running. The girls were running against the best in the country but this did not deter our girls giving it their absolute best.

To give you some idea of the standard both our girls and men were up against I have taken from the SEAA Aldershot Road Relays website the following information:

WOMEN'S RELAYS AT RUSHMOOR

For the first three years the relays were for three runners and, for the first year, the lap was of 4.6km, but in 1994 settled with the 3851-metre loop used today.

If you visit the Aldershot Road Relays website you will find the 'Stats' and you will see the likes of Paula Radcliffe, Liz Yelling, Sonia O'Sullivan running in the relays. Paula Radcliffe still holds the record for the

fastest lap 11.44.

<http://www.afd.org.uk/seaa-road-relays-statistics/>

In 1997 the SoEAA introduced a veterans' relay for women, with the starting age set at 40, to enable W35 women to compete for their club's senior teams. If you look at the results you will see that from 2004-2008 Reading Roadrunners dominated the Vets category.

Ladies I believe we do have runners who could put the ladies of Reading Roadrunners on the leader board again. Can I ask you to consider taking part in the relay team events, Why not give the Hampshire Cross Country league a go.

Maidenhead Half Marathon – 7th September 2014 (Club Championship)

There was a really good turnout of Reading Roadrunners at the Maidenhead Half Marathon. With brilliant performances from Nikki Gray – 7th Senior Carrie Hoskins 1st V40, Mary Janssen 2nd V50 and Liz Atkinson – 4th V60.

Carrie, Nikki and Belinda Tull just missed out on the 1st Team prize.

Kent AC – 4.29.11, Reading Roadrunners-4.29.35!

Hampshire XC League – Farley Mount, Winchester

Sarah Urwin-Mann, Nikki Gray, Claire Seymour and Cecilia Csemiczky represented the ladies of Reading Roadrunners he first of the Hampshire fixtures.



Sarah Urwin-Mann certainly gave the ladies in her category a run for their money coming in 8th/70 Vets – well done Sarah.

Competing against a very good standard of runners our girls came 9th/17 teams. A great start to the season. Well done everyone.

The next fixture is on Saturday 8 November 2014 - Goodwood, Chichester. Please let me know if you would like to run. Lifts can be arranged.

Reminder of other fixture dates:

- Saturday 6 December 2014 - Popham Airfield, Basingstoke
- Saturday 10 January 2015 - Prospect Park, Reading
- Saturday 7 February 2015 - King's Park, Bournemouth

Club Championship Dates – October 2014

Date of next Club Championship race is the Frieth Hilly - Sunday 19th October 2014

This is the first time the Frieth Hilly has been included in the Club Championship. For those who love cross country/off road running you will love this race.

The Frieth Hilly is a challenging, mixed-terrain race along winding woodland paths and country roads with stunning views.

Route

The Frieth Hilly is a 'tough love' course. It is hard work scaling those hills and off-roading the narrow paths, but it's so, so worth it. Country roads, winding woodland paths, wildflower meadows, breathtaking views of the Hambleden valley – the Frieth Hilly has it all. Are you tempted?

Fairoaks Five & Ten

Entries are still open for the Fairoaks Five & Ten with the Ten being part of club championship races. For further information and how to enter please visit the Barnes Fitness website.

<http://www.barnesfitness.co.uk/event/fairoaks-five-ten>

Starting and finishing at Fairoaks Airport in Chobham, the route across Horsell Common takes

in local landmarks including McLaren's Formula 1 headquarters and the site of the Martians' landing in HG Wells' War of the Worlds.

Even if you are not part of the Club Championship why not enter, this race is suitable for all abilities.

Thames Valley Cross Country League (TVXC)

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.

I will prior to each fixture be gently persuading you to run and in return I will provide you with a map/SAT NAV info. Anybody new to XC and who would like a bit more information please by all means come and have a chat with me.

Dates:

- 9th November 2014 - Datchet
- 23rd November 2014 - Sandhurst
- 30th November 2014 – Handy Cross
- 21st December 2014 – Reading
- 4th January 2015 – Bracknell
- 11th January 2015 – Tadley
- 1st February 2015 – TVT

Following the Cross Country Taster session I really do hope that those who ran will want to run in the Cross Country. If you would like any further information please contact me.

Enjoy your running, training and races – and remember

"The freedom of Cross Country is so primitive.

It's woman vs. nature."

Lynn Jennings

Best wishes

Tina – Ladies' Captain

Right to Reply

Brian Shave

Last month you may have read the Gen Sec's stinging criticism of one of our elite runners. While some might say that a British Masters track champion has no need to defend himself, Brian has written the following by way of a reply. We present it to you as it was originally transcribed; scribbled on the back of a Greek Cornflakes packet.



After the comments made by Roger about me not being a proper runner. With my training details for running in Greece I will prove that I am.

- 1. Train at 12pm (high noon) having had a full English breakfast at 11:30 with two pints of warm beer*
- 2. Your run should start at the bottom of the steepest hill you can find, running at your max speed to the top, then keep on going for at least one hour. You should*
- 3. Your route should take you up any tracks especially those with a NO ENTRY sign, and dogs barking.*
- 4. Wear only shorts, No hat, vest or sun block. Don't bother to carry water with you and take any I.D. A good idea is to wear old plimsolls, so as to feel a good contact with the sun-baked ground.*
- 5. Do this every day and after two weeks your resistance will be built up, your focus steadfast, and your racing brain stimulated.*
- 6. If you would like further details, I give seminars on how to complete the Athens Marathon
At Dikeos Taverna Zia Kos Greece
Brian Shave.*

Mortimer 10K and Fun Run

Bob Thomas

I'd like to express my thanks to everyone who marshalled and helped in the many other ways to make this year's Mortimer races a success. I was stopped several times on the field by people to tell me what a great event it was, especially the friendliness and encouragement of the marshals.

From the organiser's perspective the chip timing was a great success with the age category results being

available within an hour of the start of the race and the results online before I got home from unloading the vans back at Palmer Park.

If anyone who took part as a runner, marshal or helper has any feedback on how to improve next year's event, please don't hold back:

mortimer@readingroadrunners.org



Mortimer 10K: A cheerleader helpfully offers support to a club runner, who is stricken.

Club Championship

Bob Thomas

There are just three races left in this year's Club Championship, two of them this month...

- Frieth Hilly 10K 19Oct
- Fair Oaks 10 26Oct
- Gosport HM 16Nov

Don't forget that to qualify for the Championship you need to have returned a result in each distance category so if you haven't yet run a Championship 10K, 10M or HM, you need to make up what you're missing from these races.

If anyone has any suggestions for next year's Club Championship races, I'd be delighted to hear from you

at champs@readingroadrunners.org. It's not possible to plan a set of races to please everyone's taste, but if there are clear favourites I'll try to fit them in. To qualify as a championship race its distance needs to be 5M, 10K, 10M or HM, it can't be one of our races and it can't take place on the same day as one of our races.

For the separate Club Marathon Championship, there are no race restrictions other than it needs to be run over the marathon distance – anywhere in the world. I'd be interested to hear whether our (so far 90) marathoners who've returned results this year would like to see this championship continue next year. I'll close this year's championship on 31 Dec 14.



Katie's CAKE RECIPES

Winter fruit pudding (aka Christmas pudding)

"Really?! But it's October." I can hear you.

The thing is, if you have a demanding Christmas-pudding muncher in your house, now's the time to get prepared.

This recipe is based on the recipe in my trusty Good Housekeeping book. I cannot give you my family recipe, because my Auntie Ann refuses to divulge it.

You will need some kit:

- 1.6 litre pudding bowl
- grease-proof paper
- foil
- string
- saucer
- saucepan large enough to be lidded with the pudding bowl on the saucer inside
- a massive mixing bowl (I'm not kidding: I have one of those huge ceramic ones and it's only just big enough!)

Ingredients

Dry things

- 750g of dried fruit (I use a mixture of raisins, sultanas & mixed peel)
- grated zest of a lemon
- 225g white breadcrumbs (make these by putting approximately 8 slices of white bread on a plate to dry for a couple of hours, then blitz them in a food processor)
- 75g plain, wholemeal flour
- ½ teaspoon of mixed-spice
- 225g shredded suet (the vegetarian version works well enough)
- 225g light brown sugar

Wet things

- 4 large eggs
- 100ml milk
- 100ml of something tasty (use ginger ale, beer, brandy, whisky... I usually use a strong, dark ale – don't be tempted to drink the rest because you'll need it, later!)

1. Grease the pudding bowl and line the base with grease-proof paper.
2. Mix together the dry things in your gigantic bowl.
3. In another bowl, whisk up the wet things. Gently stir them into the dry things until everything is combined. It will be very sticky and very huge.
4. Spoon the mixture into the pudding basin, pressing down the mixture with every addition.
5. Cover the surface with a circle of greaseproof paper.
6. Cover the whole basin with greaseproof paper, leaving an overlap at the top to allow the steam to circulate. Secure with string around the rim of the basin. Repeat this process with foil, creating a string handle at the top.
7. Upturn the saucer into the base of the saucepan and lower the pudding (using your string handle) into the pan.
8. Pour into the pan enough boiling water to come half way up the side of the pudding basin.
9. Cover the pan tightly, bring it to the boil and then boil gently for approximately 5 hours (yes, 5 hours). NOTE: You will need to top up the water to half way occasionally and you must not let the pan boil dry.
10. After 5 hours, use your string handle (and oven gloves) to remove the pudding basin from the pan and allow it to cool completely.
11. Remove and replace the greaseproof and foil. Store in a cool, dark place until you want to eat it.
12. Feed your pudding weekly, by opening the foil and greaseproof, skewering the pudding all over with a wooden skewer and pouring over a spoonful or two of your, "something tasty."

When you want to eat your pudding, it will need re-steaming for a couple of hours to heat through.

So where were you hiding, Nessie?

LOCH NESS MARATHON 2014

Katherine Sargeant



Paul & I had an absolutely brilliant weekend at the Loch Ness Marathon at the end of September. Facebook users will have been inundated with our euphoria already, but we just wanted to say what a great event this is and to give some highlights for anyone who might want to consider it as an autumn marathon option in future.

We travelled by EasyJet from Gatwick to Inverness on Saturday lunchtime, from where it's a 25 minute bus journey to the centre of Inverness. The only tip to mention here is NOT to allow another runner to waltz off the bus with your suitcase – as Paul did. Fortunately the chap returned to the bus station after around 20 minutes or so; both he and Paul were relieved to be reunited with their own running kit, Garmins etc. To be fair, if someone had disappeared with my bag, I'm not ashamed to admit I'd have been in tears straightaway! This was the only hiccup up of the weekend, luckily.

The B&B we had found online turned out to be

excellent, The Dalmagarry, a real home from home. It was a snip at £45 per night per double room, half the price of the hotels advertised on the race website. Catherine, the owner, is used to the marathon runners pitching up each year and took a genuine interest in our requirements, making sure we had just what we needed for breakfast and when, booking a taxi to the race start, and generally being a great host all weekend.

The race village, Bught Park, was located around 10 minutes or so walk from the B&B – the pre-race focal point being the food marquee and its pasta party. Sponsored by Baxter's and Highland Spring, we topped up our carbs in the afternoon, having first collected our race packs. We popped back to the centre of Inverness that night for more pasta (beware – there are just a few restaurants and they were all booked up by runners, but fortunately we found a large bar serving macaroni cheese with garlic bread – heaven).

During the afternoon pasta party we had been encouraged to be at the race pick up point early, ie around 7 am, ready for the buses to depart at 7.15. The key reason for being on an early bus is to be first to the start and, more importantly, at the front of the loo queue. Since seeing is believing, a photo proves my point! Our host with the microphone was happy to walk amongst the portaloos, hurrying up runners and reminding them that they were "not supposed to be having a wee read of the Sunday paper!" also inviting runners to give the doors a rattle to make sure each loo was occupied. All ideal for your pre-race nerves, and probably why Paul disappeared into the bushes four times before the start!

Needless to say the race commenced on time at 10 am, with just 4,000 runners gathered in the middle of nowhere. The sun had appeared, as had the bagpipes, and we commenced the downhill start. But don't let anyone tell you this is a flat race. It has some flat, plenty of downhill but some savage uphill runs – including the only monster we encountered which was the 2 mile hill climb from around 19 miles, just what you need when the fatigue kicks in.

Paul flew off and left me at the start. But no bad thing. I ended up running the first 20 miles with a guy from Streatham – we fell into step immediately, chatted around 10 minutes later, realised our planned race times were the same and agreed to accompany each other along the way, chatting here and there. It worked out well, although he admitted he had to drop back at around 20 miles. He finished 5 minutes after me in the end and we were both delighted with our times. For most of the final 6 miles I ran with a chap from Thatcham, small world - you can't go anywhere in a RR shirt without being spotted!

Paul heard my name being called out at the finish and came over to greet me. It was very emotional with tears as we both managed to nail a PB.

After the obligatory photo shoot (OK I admit we may have overdone it on Facebook) We eventually hobbled over to the race village marquee where Baxter's and Highland Spring looked after us again – post-race – with risotto, stew, large chunks of bread and butter – plus a very welcome bar!

It goes without saying that we rounded off the day with a celebratory meal and a few drinks in pub full of locals and tourists wearing marathon medals, funny walks and, in my case, flip flops on my tired and blistered feet.



Everywhere we went, either in Inverness or as part of the race volunteer crew, people were so hospitable and welcoming. I certainly felt that I had been given a warm welcome to that beautiful corner of Scotland and will definitely go back. We both lamented the fact that we had to fly home early afternoon on the Monday – since the day dawned bathed in late summer warmth and sunshine; it would have been wonderful to have hired a car for a few hours and revisited the beautiful locations we had run through on Sunday.

If you are interested in treating yourself to 26.2 miles of breathtaking beauty – it's definitely a well-organised and unique race for your to-do list.

Paul Monaghan **3:22:39 PB**

Katherine Sargeant **3:28:14 PB**

Roadrunners Results

NIGEL HOULT

As time is short and we have a lot of results this month, I'll keep my comments brief. By far the most popular race was the Maidenhead Half Marathon, with 51 Roadrunners taking part and 11 coming away with PBs, an impressive performance by any standards. Matthew Green managed PBs over both the full marathon (Robin Hood) and half (Great North Run); others achieving marathon PBs were Angharad Shaw (also at Robin Hood), Justin Watkins at Bournemouth, Gary Tuttle and Simon Palmer at Chester, and Paul Monaghan and Katherine Sargeant at Loch Ness – presumably the monster was chasing them! Apart from Maidenhead, there were plenty of half marathon PBs as well: Dave Wood at Redcar, Sian James at Bristol, Lynda Haskins and Mandy Carden at Lisbon, and Mark Worringham at Cardiff, who set a new club Season's Best in the process. Quite a few people managed 10k PBs too: Alix Eyles and Paul Carter at Mortimer, Peter Cook at Dinton, and Pete Jewell and Linda Wright at Swallowfield. First ladies were Alix Eyles at the Vyne 10k and Belinda Tull at the Rutherford Appleton 10k, with Ellie Gosling and Sarah Urwin-Mann 1st and 2nd at the women-only Windsor 10k. Sarah also ran the Worcester 10k, where she was only kept out of the first three in her age category by a certain Paula Radcliffe, who some of you may have heard of!

Well done to all of you, and good luck in your forthcoming races.

14th August

Dinton 10k Race 4 (missed from last time)

Peter Cook	26	41:46	PB
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17th August

Ufukuzo 15k (Barbados)

Alex Harris	2	1:03:17	PB
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24th August

Severn Bridge Half Marathon

Irene Liming	1541	2:12:15	2:10:39
Gina Hopkins	1637	2:15:05	2:12:15
John Bailey	1885	2:25:08	2:23:25
Lorraine Bailey	1903	2:25:47	2:24:05

3rd September

Veterans AC 10000m Championships, Race 2

Brian Shave	12	1:04:31.82nd	MV80
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7th September

Kent Coastal Marathon

Martin Bush	117	4:30:21	4:29:25
Pete Morris	192	5:45:12	5:45:08
Julie Wing	202	6:31:07	6:32:14 2nd FV55

Chiltern Marathon

Gary Brampton	6:09:18
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Great North Run

Matthew Green	44	1:14:14	1:14:08	PB
Jon Casemore	16992		2:09:02	

Maidenhead Half Marathon

Alan Wilson	50	1:21:47	1:21:33	PB
David McCoy	59	1:22:47	1:22:42	
Alex Harris	66	1:23:36	1:23:32	
Aaron Chai	98	1:25:11	1:25:00	PB
Dean Allaway	130	1:26:43	1:26:38	
Ian Giggs	138	1:27:22	1:27:15	
Caroline Hoskins	144	1:27:41	1:27:34	2nd FV40
Gary Tuttle	154	1:28:03	1:27:51	PB
Kevin Jones	158	1:28:14	1:28:07	
Nigel Houl	165	1:28:29	1:28:22	1st MV60
Melvin Silvey	197	1:29:48	1:29:38	
Nikki Gray	212	1:30:27	1:30:16	
Andrew Poole	231	1:31:16	1:31:05	
Belinda Tull	232	1:31:26	1:31:20	5th FV40
Mark Andrew	253	1:32:03	1:31:50	
Graham Tull	262	1:32:27	1:32:16	
Simon Palmer	275	1:33:00	1:32:47	PB
Dave Wood	283	1:33:15	1:32:50	PB
Paul Monaghan	293	1:33:48	1:33:29	PB
Eugene McSorley	297	1:33:52	1:33:33	PB
David Caswell	309	1:34:26	1:34:08	
Erica Key	365	1:36:22	1:36:08	
Katherine Sargeant	388	1:36:58	1:36:26	PB
Mary Janssen	390	1:37:01	1:36:42	PB, 2nd FV50
Tim Hogarth	416	1:38:04	1:37:49	PB
Peter Kitteridge	471	1:40:13	1:39:48	
Philomena Mburu	512	1:41:34	1:41:13	
Nick Adley	538	1:42:10	1:41:03	
Brian Kirsopp	545	1:42:20	1:42:04	
Antony Streams	763	1:48:46	1:47:46	
Richard Scarr	767	1:48:53	1:48:27	
Andrew Atkinson	810	1:49:52	1:49:10	
David Leake	826	1:50:21	1:49:49	
Nelesh Kotecha	891	1:52:17	1:51:10	
Linda Wright	907	1:52:48	1:52:04	

Lee Hinton	925	1:53:31	1:52:58	
Nick Nash	946	1:53:50	1:53:12	
Donald Scott-Collett	996	1:55:43	1:54:58	
Rob Bursell	1009	1:56:08	1:55:19	
Christina Calderon	1221	2:03:22	2:02:46	
Katie Gumbrell	1229	2:03:47	2:02:43	
Catherine Leather	1232	2:03:55	2:02:49	
Simon Denton	1233	2:03:55	2:02:48	
Andrea Marnoch	1256	2:04:51	2:03:58	
Amanda Box	1405	2:12:36	2:11:12	
John Chilton	1463	2:16:58	2:16:07	
Justin Watkins	1467	2:17:09	2:15:37	
Liz Atkinson	1468	2:17:09	2:15:37	4th FV60
Anne-Marie Cocker	1502	2:19:34	2:18:10	
Shirley Holmes	1507	2:19:53	2:18:46	
Kingsley Starling	1534	2:22:02	2:20:21	PB

Ladies team: 2nd (Caroline, Nikki, Belinda)

Mens team: 4th (Alan, David, Alex)

Berkshire Champs

MV40: Bronze – Alex Harris

MV60: Gold – Nigel Hoult

FV35: Bronze – Christina Calderon

Chippenham Half Marathon

Paul Godbold	782	1:59:37	1:58:19	
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River Relay

RRR team	39	3:45:39		
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(Delphine Kargayan, Colin Cottell, Kevin Varney, Cecilia Csemiczky, Tom Harrison)

11th September

Ladywell 5000m B

Mark Worringham	2	15:46.6	PB	
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14th September

Bacchus Marathon

Gary Brampton	75	4:45:01	4:44:54	
Paul Monaghan	111	5:20:34	5:19:36	
Michael Sartorius	116	5:23:34	5:23:19	
Julia Molyneux	133	6:06:56	6:06:43	
Pete Morris	136	6:13:05	6:12:25	
Martin Bush	137	6:13:07	6:10:09	

Half Marathon

Nigel Hoult	41	1:44:19	1:44:13	1st MV60
Katherine Sargeant	55	1:48:56	1:47:33	3rd FV45
Kingsley Starling	594	2:57:54	2:56:10	
Antony Streams	635	3:04:42	3:03:42	
Peter Higgs	636	3:04:42	3:03:42	
Lynda Haskins	637	3:04:42	3:03:44	
Linda Wright	638	3:04:43	3:03:44	
Yvonne Edwards	639	3:04:44	3:03:17	

Anne-Marie Cocker	641	3:04:44	3:03:17	
Angharad Shaw	642	3:04:44	3:03:18	
Mandy Carden	842	3:42:10	3:40:37	

Pangbourne 10k

Mark Saunders	5	38:19		
Brian Kirsopp	30	43:48	1st MSV	
Sam Hammond	37	44:51		
Alice Leake	39	45:13	4th F	
Tracy Lasan	53	46:34	1st FSV	
Paulina Erceg	64	47:25		
Tom Wright	83	48:47		
Toni McQueen	97	50:22	2nd FSV	
Trisha Arnold	306	1:07:37	5th FM	
Carl Woffington	312	1:08:04		

Run the Vyne

10k

Alix Eyles	16	43:48	1st F	
Kathy Tytler	226	1:10:36		

5k

Emma Caswell	41	35:30		
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20th September

Beauty and the Beast Marathon

Martin Bush	83	5:56:40	5:56:19	
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Half Marathon

Susie Rees	48	2:23:00	2:23:12	
Peter Higgs	74	3:06:11	3:05:57	
Caroline Hargreaves	75	3:06:12	3:05:59	
Amanda Box	76	3:06:12	3:05:59	
Pete Morris	77	3:06:00	3:06:13	

Wimbledon Common 10k

Ryan O'Brien	6	39:26	PB	
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20th/21st September

SEAA relays

Ladies

RRR Senior Team (60)	1:16:48			
Claire Seymour	18:37			
Lucie Russell	19:11			
Kerri French	22:49			
Ellie Gosling	15:11			

RRR Veteran Team (9)

Belinda Tull	15:42			
Sarah Urwin-Mann	15:25			
Tracey Jenkins	17:38			
Toni McQueen	17:52			

ROADRUNNERS RESULTS

Men

RRR Senior Team (47) 2:07:30

Mark Worringham	19:41
Darryl Plank	20:43
Robert Tan	21:16
Alex Harris	23:08
Lance Nortcliff	22:41
Keith Russell	20:01

RRR V40 team (26) 1:39:15

Alex Harris	22:46
David Fiddes	26:00
David Caswell	25:26
Dave Wood	25:03

RRR V50 team (17) 1:46:40

Julian Hough	23:32
Colin Cottell	24:23
Tom Harrison	33:37
Chris Mason	25:08

21st September

Sydney Marathon

Irene Liming	2541	4:49:13	4:42:23
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Farnham Pilgrim Marathon

Julia Molyneux	291	5:16:54	5:16:17
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Farnham Pilgrim Half Marathon

Gavin Collins	43	1:41:29	1:41:07
Rebecca Stark	72	1:47:26	1:47:07
Paul Kerr	76	1:47:39	1:47:15
Erica Key	91	1:51:15	1:50:55
Tim Hogarth	108	1:54:18	1:53:57

Bristol Half Marathon

Sian James	1136	1:38:08	1st FV60, PB
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Swallowfield 10k

Pete Jewell	8	37:51	PB, 2nd MV45
Chris Mason	23	40:45	5th MV45
Kevin Jones	27	41:23	
Nikki Gray	29	41:52	2nd F
Alasdair Marnoch	31	42:10	
Keith Ellis	41	43:29	
Eddie McIndoe	51	44:17	
Pete Morris	61	45:28	
Clare Elliott	85	47:52	1st FV45
Tony Streams	96	48:35	
Linda Wright	97	48:43	PB, 2nd FV45
Tim Miller	98	48:43	
Ken Beck	136	51:39	4th MV60
Andrea Marnoch	186	55:23	

Suzanne Henderson	188	55:27	
Janice Thomas	196	56:48	2nd FV60
John Bailey	222	1:00:50	
Carl Woffington	228	1:01:57	
Lorraine Bailey	253	1:06:05	

Swansea Bay 10k

Peter Cook	246	42:23	42:02
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Worcester City 10k

Sarah Urwin-Mann	93	41:17	41:12	4th FV40
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(Category winner was Paula Radcliffe!)

Rutherford Appleton 10k (ish!)

Ed Dodwell	4	38:44	1st MV50
Chris Cutting	6	40:24	3rd MV40
Belinda Tull	7	40:27	1st F
Philomena Mburu	17	44:40	2nd F, 1st FV50
Katie Gumbrell	41	51:26	
Trisha Arnold	60	59:42	1st FV60

23rd September

Run The River 10k

Antony Streams	597	54:17	53:15
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24th September

Tolkien Run

Gary Brampton	7	31.05 miles in 5:49:00
Mandy Carden	41	17.25 miles in 5:04:23

27th September

Running4Women Windsor 10k

Ellie Gosling	1	41:14	41:13	
Sarah Urwin-Mann	2	41:27	41:25	1st FV40
Melissa Read	27	52:33	51:53	
Victoria Blades	107	59:08	58:27	
Cecilia Csemiczky	230	1:04:38	1:03:02	1st FV65
Eva Simmons	474	1:33:20	1:32:07	

28th September

Berlin Marathon

Christina Calderon	4368	5:09:14	4:39:27
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Loch Ness Marathon

Paul Monaghan	182	3:23:18	3:22:39	PB
Katherine Sargeant	241	3:28:52	3:28:14	PB

Robin Hood Marathon

Matthew Green	7	2:43:28	2:43:23	PB
Lance Nortcliff	432	3:52:20	3:52:09	
Pete Morris	723	4:16:08	4:16:05	
Angharad Shaw	900	4:29:49	4:29:02	PB
Martin Bush	915	4:31:20	4:30:00	

ROADRUNNERS RESULTS

Robin Hood Half Marathon

Elizabeth Jones	944	1:41:53	1:41:25	
Toni McQueen	1734	1:49:39	1:48:53	5th FV55
Claire Seymour	2578	1:56:17	1:56:03	

Windsor Half Marathon

Nicki Aitken	26	1:27:59	1:27:56	2nd F
Melanie Shaw	405	1:46:22	1:45:45	
Claire Woodhouse	406	1:46:22	1:45:45	
Julie Rainbow	458	1:47:47	1:47:10	4th FV45
Paul Milnes	468	1:48:17	1:47:40	
James Meston	1334	2:04:13	2:03:01	
Julie Thompson	1509	2:07:59	2:05:05	
Amanda Box	2516	2:24:39	2:21:45	
Linda Vinton	2849	2:31:19	2:22:19	

Redcar Half Marathon

Dave Wood	143	1:31:26	1:31:05	PB
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Henley Trail Half Marathon

Alan Wilson	4	1:27:26	1:27:20	1st MV40
Nick Robey	114	2:20:17	2:19:11	

Mortimer 10k

Alex Harris	7	39:31	39:30	4th MV40
David McCoy	8	40:04	40:03	5th MV40
Peter Graham	14	41:09	41:06	4th MV50
Alix Eyles	17	41:49	41:47	PB, 2nd F
Chris Cutting	29	43:27	43:19	
Tracey Lasan	44	44:47	44:45	5th F, 1st FV50
Ian Horritt	47	45:31	45:26	
David Caswell	51	46:05	45:56	
Tom Wright	73	48:02	47:56	
Daniel Richardson	78	48:25	48:15	
Richard Morgan	83	48:52	48:45	4th MV60
Linda Wright	84	49:22	49:08	3rd FV50
Tony Streams	86	49:27	49:09	
Paul Carter	93	49:45	49:23	PB
Katie Gumbrell	141	54:56	54:37	
Jacqueline Fitzjohn	179	58:38	58:17	
Tom Harrison	180	58:41	58:25	4th MV70
Ni Joe Akem-Che	184	59:05	58:57	
Janice Thomas	200	1:00:23	59:59	2nd FV60
Lynda Haskins	211	1:02:08	1:01:47	
Shirley Holmes	246	1:07:22	1:00:18	
Kingsley Starling	253	1:09:35	1:09:06	

5th October

Chester Marathon

Gary Tuttle	171	3:07:58	3:07:40	PB
Simon Palmer	434	3:25:51	3:25:24	PB

Bournemouth Marathon

Kenny Heaton	207	3:27:43		
Martin Bush	1366	4:36:52		

Justin Watkins	1739	5:12:10	PB	
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Bournemouth Half Marathon

Tom Harrison	1605	2:04:49		
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Lisbon Marathon

Dean Allaway	264	3:19:56	3:19:46	
Paul Monaghan	455	3:28:39	3:27:54	
Tony Streams	1849	4:18:37	4:15:15	
Pete Morris	2225	4:34:14	4:33:29	
Julia Molyneux	2492	4:50:34	4:47:11	
Gary Brampton	2726	5:15:19	5:13:18	

Lisbon Half Marathon

Melvin Silvey	323	1:32:48	1:32:04	
Brooke Johnson	895	1:43:25	1:41:58	
Linda Wright	2625	2:00:56	1:55:59	
Peter Higgs	2667	2:01:24	1:58:09	
Ellen Togher	4354	2:19:11	2:15:56	
Caroline Hargreaves	4480	2:20:47	2:17:31	
Lynda Haskins	4578	2:22:11	2:17:14	PB
Kerri French	5625	2:57:38	2:54:33	
Mandy Carden	5753	3:24:06	3:16:47	PB

Basingstoke Half Marathon

Keith Russell	2	1:13:21	1:13:19	
Belinda Tull	93	1:33:08	1:33:03	3rd FV40
Graham Tull	167	1:38:04	1:37:44	
Samantha Taylor	108	1:40:18	1:39:38	
Simon Buck	362	1:46:05	1:45:36	

Cardiff Half Marathon

Mark Worringham	43	1:12:39	1:12:39	PB
Tracey Lasan	1167	1:34:49	1:34:25	2nd FV55
John Bailey	11192	2:26:03	2:16:21	
Lorraine Bailey	12694	2:34:51	2:25:08	

020 10k

Richard Usher	8	38:36	38:36	1st MV40
Fergal Donnelly	13	40:20	40:14	4th MV40
Richard Charley	14	40:21	40:17	5th MV40
Chris Mason	17	40:30	40:30	1st MV50
Peter Cook	19	40:38	40:36	
Daniel Stockwell	23	41:28	41:23	
Keith Ellis	30	42:37	42:34	3rd MV50
Paul Milnes	41	43:39	43:31	
Andrew Runnacles	61	45:46	45:38	5th MV50
Richard Morgan	64	46:04	45:57	2nd MV60
Brian Fennelly	81	47:10	47:02	
James Meston	91	47:48	47:40	
Colin Mccarlie	107	48:54	48:39	
Lee Hinton	121	49:56	49:42	
Sarah Pachonick	136	50:32	50:22	3rd FV40
Dave Brown	138	50:34	50:21	

Chris Drew	142	50:48	50:35		Trisha Arnold	295	1:01:21	1:01:10	3rd FV60
Catherine Leather	216	56:09	55:55		Emma Grenside	310	1:02:55	1:02:33	
Mark Forbes	238	57:14	57:04		Jane Ellis	331	1:05:24	1:05:02	
Rita Dykes	252	57:56	57:44	2nd FV60	Palee D'Souza	386	1:14:54	1:14:30	

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	2:29:51	Keith Russell

Christmas Party

There will be a Christmas Party this year, held at Woodford Leisure Centre on the evening of Saturday 13th December. Look out for further details from Alice Johnson.



New Members

New members for the last three months are listed below. Please give them a big welcome to the club.

Paul Billing, Victoria Bleakley, Karin Gerber, Brooke Johnson, El Deighton, Elizabeth Smith, Sarah Walters, Gian Berardocco, Allan Bradbury, Aine Killeen, Rebecca Cairns, Luke McAra, Tom Fricker, Yiwen Hon, Andy Stanbury,

David Hammond, David Harvey, Emily Kernode, Shamilah Mehta, Daniel Stockwell, Ian Walters, Michael Wesley, Carla Schaenzler, Alexa Briggs, Christopher Campbell, Paul Carter, David Evans, Leigh Huntridge, Moya Kelleher, Leo McCarville, Ferdinando Micaletto, Gerardina Perchia, Karen Rumbol and Peter Tomlinson.

Sports Massage Service

- EXCLUSIVE TO RR's AT PALMER PARK TRACK
- WEDNESDAY EVENINGS
- JUST £10 FOR 20 MINUTES

- EXCELLENT VALUE
- BOOK ON THE NIGHT
- LOOK FOR WHITEBOARD BY BAG ROOM DOOR & FILL IN YOUR PREFERRED AVAILABLE TIME

Winter XC Courses and footwear

As we are fast approaching the Winter XC season, here is a list of all the fixtures in the Hampshire League and Thames Valley league and suitable footwear for each race.

Hampshire League

- **Farley Mount, Winchester**
Part on grass, woodland tracks
Suitable for spikes/trail shoes
- **Goodwood, Chichester**
Parkland & woodland tracks
Suitable for spikes/Trail shoes
- **Popham Airfield, Basingstoke**
Fields
Suitable for spikes/trail Shoes
- **Prospect Park, Reading**
Parkland & Woodland tracks
Suitable for spikes/trail shoes
- **Kings Park, Bournemouth**
Parkland & woodland tracks
Suitable for spikes/trail shoes

TVXC

- **Datchet**
Fields & tracks, some arts on tarmac path
Suitable for Trail shoes
- **Sandhurst**
Stony/sandy tracks
Suitable for trail Shoes
- **Handy Cross**
Woodland trails & stony tracks
Suitable for trail shoes
- **Bracknell**
Woodland trails & stony tracks
Suitable for trail shoes
- **Reading**
Stony/Sandy tracks
Suitable for Trail shoes
- **Tadley**
Woodland trails & Stony tracks
Suitable for Trail Shoes
- **Metro's**
Woodland Trails & Stony tracks
Suitable for Trail shoes

If you really enjoy the above and decide to give XC at Parliament hill a try in 2015, please see info below:

- **Parliament Hill Southern Championships**
Open fields & tracks (which can get extremely muddy!!)
Suitable for spikes / Trail shoes with extra strong grip

After a recent campaign of emotional blackmail, the newsletter decided we couldn't look into those sad eyes anymore and have decided to grant Colin the thing he wants most in the whole wide world.

For one month only, we give you:



00:02:00 PROFILE
COLIN COTTELL

Occupation: Journalist

Where were you born: Dublin (that's in The Republic of Ireland in the South, by the way!)

How long have you been running: Since 1998

How long have you been a Roadrunner: 14 years with a couple of short breaks in the early noughties

Favourite race: Green Belt Relay/Tokyo Marathon

Favourite holiday destination: The Pyrenees

Favourite film/TV: Channel Four News

Favourite book:

The Snow Leopard by Peter Mathiessen

Favourite music: London Calling by The Clash

Favourite food: Roast lamb, Junket

Famous or historic figure I'd like to meet:
Julius Caesar

Greatest accomplishment: Staying relatively injury free, and surviving seven years cycling across Junction 11 of the M4

Your Committee



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CLUB EX-OFFICIO



CATHERINE LEATHER
CLUB EX-OFFICIO



ALAN McDONALD
SOCIAL SECRETARY



BOB THOMAS
CLUB EX-OFFICIO

WELFARE OFFICER: JENNY MILLER

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

Reading Roadrunners Committee Meeting

MONDAY 6th OCTOBER 7.30PM

ATTENDANCE:

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

APOLOGIES FOR ABSENCE:

Paul Monaghan

MINUTES OF THE MEETING OF MONDAY 1st SEPT 2014

Bob made one correction to the September minutes and the minutes were subsequently proposed as a true record by Anne Goodall and seconded by Simon Denton.

CORRECTION TO MATTERS ARISING: -

MORTIMER 10K RACE NUMBERS Bob reported that he has ordered the numbers with Sweatshop, but this was subsequently rejected by Sweatshop HQ. Bob then ordered the numbers from Running Imp at an approximate cost of £300

MATTERS ARISING FROM THE MINUTES OF THE MEETING ON MONDAY 1st SEPTEMBER

ENDURE 24 RACE CLOCKS Roger reported that he had spoken to Tim Povey and asked Tim if he would let him know when the donation had been paid into the charity account.

CLUB KIT Carl reported that Steve Siddell had undertaken a stock take and that the 'Buffs' have been delivered.

Carl reported that Steve had obtained a quotation from 'Scimitar' and recommended that the club should order from them, as their vests would not chafe the skin, as did the 'Wasp' vests. The committee decided to purchase 30 assorted size vests from Scimitar at a cost of £654.00 which included an artwork fee of £50.00 not to be passed on to the members and to sell the vests at £20 each.

BANK ACCOUNT Sandra reported that Nat West Bank had given the club £100 for the mismanagement of our account. Sandra said that she had enquired with another bank, but as the account had to be a business account, Sandra wanted the Chairman or Secretary to attend a meeting with her. **ACTION** Sandra to make appointment.

PANGBOURNE RACE CLOCK Roger reported that he had investigated the race organisers insurance and found that they did not have the requisite insurance for the clock. The clock was loaned to them on the basis that they have had the clock before, but the committee decided that we should look at what cover we have with UKA.

ACTION Roger to investigate insurance cover.

DISCIPLINARY ACTION Roger reported that the member facing disciplinary action had responded to the letter of intent to hold a hearing and that a list of questions should now be drawn up and agreed in order to issue them to the member prior to the hearing. A list was drawn up, but the wording was not acceptable and suggestions on the wordings were made. Carl said that at this point we should choose the five-committee members who would sit at the hearing. The five members chosen are Catherine Leather, Anne Goodall, Sandra Sheppard, Simon Denton and Bob Thomas. **ACTION** Roger to re-draft and circulate for approval before issuing.

ELLIE BARNES RACE CLOCKS Sandra confirmed

that she had issued Ellie with an invoice for clock hire and the money has been received.

CHAIRMAN'S REPORT

MORTIMER 10k Carl reported that the Mortimer 10k was a success and that this was the first time that chip timing was used. Carl thanked Bob for his hard work and also thanked Catherine for organising the marshals. Bob reported that the numbers were down on last year.

TV XC Carl reported that there was a meeting of the clubs in the TV XC league and the main point was that there will no longer be a national final for the regional league winners and instead, each club will be asked for an amount to cover the cost of purchasing trophies for the winners and runners up etc.

TREASURERS REPORT

Sandra reported that the September accounts were published before the meeting and asked if there were any questions. Sandra said she had handed £30 cash (balance) to Anne to pay in from the 'wine tasting' event.

Sandra confirmed that she had received the money from Barnes Fitness for the hire of the clocks, which will be paid into the charity account. Sandra said she had reimbursed Cecilia £5 that she had paid for the balance of the team entry (team change incurring £5 payable on the day) for the Aldershot SEAA relays. Sandra asked for approval to pay England Athletics affiliation fees and Anne confirmed what to pay. Sandra said she had received an invoice from Higgs printers for the newsletter, which she would pay, but also for Bramley entry forms and wanted to know if they had been delivered. **ACTION** Sandra to ask Adele for approval to pay.

SECRETARY'S REPORT

READING SPORTS PERSONALITY 2014 Roger reported that he had received nomination forms for this year's awards that listed several categories and asked the committee for suggestions as to who to nominate from the club.

After some discussion, it was decided to nominate the RR for 'Club of the Year' on the basis that we organise many open events, one of which (Bramley) is a BARR Gold standard event. Also to nominate two members for their outstanding achievements this year. **ACTION**

Roger to complete the form and submit.

ENGLAND ATHLETICS XC HANDBOOK Roger reported that he had received this years EA cross country handbook and that EA had included the correct contact details under the RR listing.

MEMBERSHIP SECRETARY'S REPORT

Anne reported 19 new members joining in September, seniors 18 x £28 = £504 and 1 junior £19 = £523 banked.

Anne said we now have 469 members.

SOCIAL SECRETARY'S REPORT

Alice said she wanted to thank Katie Gumbrell for organising the wine tasting event. Alice reported that John Bowley has managed to sell 38 tickets for Friday's Karaoke and curry night at the Jolly Anglers. Alice said that she had had requests for a social in November, but she wanted to concentrate on the Christmas Party in December and so she would not do anything for November. Alice reported that she has already received lots of enquiries about the 2015 Dinner Dance, which will be on Saturday 21st February. Alice said she was looking into booking 'Pink Fish' for the music.

COACHING CO-ORDINATORS REPORT/ TEAM CAPTAINS REPORT

None received.

ANY OTHER BUSINESS

MASSAGE Alice said that June the masseuse had told her that not many members were using her service on Wednesday nights. ACTION Reminded members of the service. Newsletter/website/announcements etc.

ONLINE PAYMENTS Bob raised the subject of members paying subs online and that we need to look at this option very quickly. Sandra said that she had enquired at the bank, but they said that they do not provide this sort of service.

Sandra said that Paul had some ideas about this. ACTION Bob to speak to Paul.

WOODLEY 10k Bob raised the subject of the Woodley 10k being cancelled for 2015 and that it may not return at all.

Bob said that he thought the Mortimer 10k was dangerous, and that it might be an idea to take over the Woodley and scrap the Mortimer. Roger said that he had spoken to Ted Wingrove (Woodley race

director) and said that Ted only had plans to suspend the Woodley for one year only. Other locations were discussed, but there was no conclusion.

LONDON MARATHON REJECTIONS Sandra raised the subject of the rejection slips. Carl said he would be doing the marshals draw first. ACTION Announcement to be made on Wednesdays and newsletter/notice board about slips.

CHRISTMAS PARTY Roger handed Sandra a receipt for the £150 deposit for booking Woodford Pavilion.

CONTAINER LIGHT Roger said that he had taken home the container light that was not working and replaced the batteries and that it is now working and he would bring this back to the club on Wednesday.

WEDNESDAY NIGHT DESK Roger said that members were giving their track fees to other members to pay on their behalf, but this contravened the requirement for members to produce their membership cards, as if they did not have their cards, they should be paying £2 instead of £1.50 ACTION Desk attendants to ask for the membership card of the other member. If they do not produce it, they are to be instructed to pay £2 or go back to the other member and tell them to produce the card, or ask for another 50p, or ask them to go to the desk themselves.

HI-VIZ BIBS Carl said that he had received a letter from a coach about club bibs. A discussion ensued about whether or not the club should buy hi-viz bibs. It was decided that we should not.

TROLLEY Carl proposed that the club buy a trolley in order that the chairs in the bar on Wednesdays do not have to be carried back to the store. The committee approved the expenditure up to £37.50. ACTION Carl to place an order for suitable trolley.

DOOR ROTA

Wed 8th Nov

Alan McDonald, Anne Goodall, Glynne Jones.

Wed 15th Nov

Shirley Smith, Anne Goodall, Glynne Jones.

Wed 22nd Nov

Shirley Smith, Anne Goodall, Glynne Jones.

Wed 29th Nov

Sandra Sheppard, Anne Goodall, Glynne Jones.

Next Meeting Monday 3rd November

Meeting closed 9.50pm