



# On top of the world



## READING ROADRUNNERS NEWSLETTER SEP 2014

We love a far flung adventure here at the newsletter and we have an absolute cracker this month in the shape of Tracey's trip to Peru. 26.2 miles takes a real effort in the best of conditions, so to complete the same distance at up to 14,000ft deserves absolute admiration. Well done Tracey - suddenly my plod to Goring rail bridge and back is looking decidedly pedestrian!

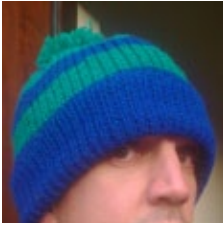
Not to be outdone we have also had some gargantuan efforts from two of our long distance specialists David and Kathy and we also have a few more members that can now know themselves as... Iron Man.

All this effort naturally makes me look to the more senior members of the club for some much-needed serenity, but no! Brian Shave has become the British Over-80s 1500m & 5000m Champion!

### INSIDE THIS MONTH:

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## Welcome from the Editor

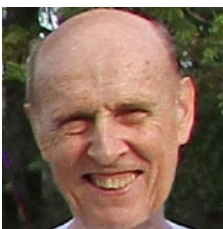
CHRIS CUTTING

So much to find room for in this month's newsletter, you all seem to have had busy summers in one way or another!

Your many achievements are covered at various points throughout this month's edition, so I would

like to add my congratulations for another kind of achievement and say a big 'well done' to Roadrunners Vicky & Adam who tied the knot this August.

Enjoy your running this month - Chris



## Chairman Chat

CARL WOFFINGTON

We have had a good summer for weather. There have been plenty of dry days and sunshine for us to enjoy our running.

We have now run out of daylight for our summer evening pub runs. The last one took place just over a week ago. We had a full series and thank you to all the people involved in organising them. They were all enjoyable.

We entered club teams in both the Runnymede Relay and the Bounders Relay. Both were enjoyable and teams were organised by our Club Captains – thank you. We organised our own Dinton Relay and BBQ, which was a success. Thank you to Richard Hammerson and all the helpers on the night.

We hosted the Woodley parkrun – thank you Kerri. We attempted to break the world record of club runners from a single club but fell some way short. We had several teams running the Endure, thank you Mark for organising.

We had a successful Family Fun Day at Thames Valley Park. Thank you Alice. The weather stayed dry. There was a picnic followed by a fun race, rounders and cricket.

There were two outstanding performances by RR's this summer.

David Lewis ran from Bristol to Reading along the Kennet Avon canal in order to raise money for a Breast Cancer charity. He completed the approximate 90 miles in just under 24 hours. Many RR's turned out to support and run sections with him.

Brian Shave went to the National Vets Track Championship at Birmingham Stadium. Brian is now British Champion for the year at both 1500m and 5000m on the track. He also came 2nd in the 800m.

Our Summer Club Championship continues. By the time you read this the Maidenhead Half will have been run. Look out for future races and results on the RR website. Thank you Bob.

The RR Charity Car Boot Sales have done well this summer. Thank you to all the helpers.

Coming up is the Mortimer 10k. Just a few weeks to go now and we still need some helpers on the day. Please volunteer if you can help.

We also have the vineyard visit and wine tasting day. Thank you to Katie.

There will be a RR Christmas Party this year. Saturday 13th December. Please put the date in your diary. There will be lots of adverts giving full details soon.



## Men's Captain - Report

KEITH RUSSELL

Though the newsletter has been on a summer break it is quite obvious from looking at the results that none of you were!

I will start by apologising for the brevity of my write-up, especially as it is covering a two month period, but having been away on holiday (note for self for future, extreme temperatures and humidity, combined with an all-inclusive resort do not give one a good head start to a build up for a marathon) for a couple of weeks I've come straight back to a house move and all the effort that entails.

Nigel has done a great job in summarising the results, so though I will be repeating him, I think there are some achievements worthy of an additional mention. Over the space of 2 weeks from the end of July into August club members took a string of victories as Matthew Green at the Down Tow Up Flow Half Marathon (Nigel himself also took 8 minutes off of the V60 course record), Darryl Plank at the Thames 10k, Rupert Shute at the Callanish Stones Marathon, Mark Worringham at the August Yateley 10k, and, finally, Brian Shave, who took the 1500m and 5000m MV80 titles, as well as silver in the 800m at the British Masters Track Championships in Birmingham (with John Cullingham as Robin to Brian's Batman, picking up a pair of podium finishes at the same championships) all led the way through the finish-line.

Mark Worringham additionally underlined his fine recent form and showed the benefit of focusing a

period of training on one event as he also broke the club record over 5km running a very impressive 15:42 at the Self Transcendence 5k in Battersea Park on the 21st of July.

Elsewhere Kingsley Starling also managed to set an outright 5m pb at the Headington 5m at the age of 73 which is an incredible achievement!

And finally for individual mentions, our resident Wookie, David Lewis ran the full 87 mile length of the Kennet and Avon Canal on the 31st of August to raise funds for the Breakthrough Breast Cancer Charity. The mind boggles at the effort required to achieve something like this so hats off to him for managing it, and it showed some of what makes the club so good that he had support from lots of members along the way, including Aaron Chai who accompanied him by bike for the full distance!

As the weather turns decidedly autumnal the next focus for many of us will be marathons but we are also getting ever closer to cross country season. As with previous years we will be competing in the Hampshire Cross Country League ([www.hampshireathletics.org.uk/events/hxcl.html](http://www.hampshireathletics.org.uk/events/hxcl.html)) on Saturday afternoons, and the Thames Valley Cross Country League ([www.tvxc.org.uk](http://www.tvxc.org.uk)) on Sunday mornings so watch out for future details of taster events as well as a call to arms once the dates are finalised.

Good luck to all in your forthcoming races!

## Mortimer 10K

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

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



## Ladies' Captain - Report

TINA WILSON

Blink! Summer is nearly over. After the wet, horrible winter we had which seems a long time ago I welcomed the sunshine and didn't we have a lot of it.

Now back to business with cross country races starting shortly, half marathons and marathons I hope you are refreshed and ready to start training for your winter races.

Keeping up to date with what everyone is up to has been hard - you ladies are very busy runners.

### Club Championship Races

Up Tow Down Flow Half Marathon –  
27th July 2014

Run in reverse direction of the Thames each year. This year is started in Windsor and finished in Marlow, taking in Maidenhead, Cookham and Bourne End along the way.

This is the first half - marathon of the Reading Roadrunners club championship races and it is becoming a favourite with the Reading Roadrunners ladies. A big well done to the following 12 ladies who ran and achieved some great results on the way (see results page)

- Senior – Paulina Erceg
- V40 - Belinda Tull, Claire Marks, Katherine Sargeant, Fleur Denton and Shirley Holmes
- V 50 – Liz Jones, Sandra Sheppard, Yvonne Edwards and Linda Wright
- V 60 – Janice Thomas, Shirley Holmes and Ann Mckinnon

Date for your diary July 26th 2015 at 10:00am,  
Down Tow Up Flow Half Marathon

Enter on line [www.purplepatchrunning.com/races/down-tow-up-flow-half-marathon](http://www.purplepatchrunning.com/races/down-tow-up-flow-half-marathon)

This race is gloriously scenic, flat, multi-terrain, point-to-point half marathon along the Thames towpath. Mainly traffic free. 2015 will see this race run "Down Tow therefore starting in Marlow and finishing in Windsor, taking in Bourne End, Cookham

& Maidenhead along the way.

Maidenhead Half Marathon –  
7th September 2014

Hot of the press, wow ladies how impressive are you!

Running in the senior age group Nikki Grey (9th), Erica Key (17th), Christine Calderon, Katie Gumbrell and Amanda Box.

V40 age group Carrie Hoskins (2nd), Belinda Tull (6th), Katherine Sargeant (12th), Catherine Leather, A Cocker and Shirley Holmes.

V 50 age group Mary Janssen (2nd), Linda Wright (13th) and Andrea Marnoch.

V60 age group Liz Atkinson (4th)

Team positions: Carrie Hoskins, Nikki Grey and Belinda 2nd place. Other positions 5th, 26th, 32nd, 36th / 41 team.

Well done everyone!

SEAA Aldershot Road Relays –  
Saturday 20th September 2014

Two ladies teams have been entered:

Belinda Tull, Ellie Gosling, Sarah Urwin-Mann, Tracy Jenkins, Toni McQueen, Claire Seymour, Lucie Russell and Kerri French

Good luck girls!

Future Club Championship dates

Freith Hilly 10K – 19th October 2014

Fair Oaks 10 Mile – 26th October 2014 (there is also a 5 mile race)

Gosport Half Marathon – 16th November 2014  
(replaced the Wokingham Half which was cancelled due to flooding)

Cross Country, Cross Country, Cross Country - happy days ahead!



Hampshire League Dates: 2014/2015 fixtures

- Saturday 11 October 2014 - Farley Mount, Winchester
- Saturday 8 November 2014 - Goodwood, Chichester
- Saturday 6 December 2014 - Popham Airfield, Basingstoke
- Saturday 10 January 2015 - Prospect Park, Reading
- Saturday 7 February 2015 - King's Park, Bournemouth

Women's Senior and Vets - Race Time: 13.35pm.

Distance 6km

(Men Senior and Vets - Race Time: 14.30pm.

Distance 10km )

I can guarantee you will have a great afternoon of running. We tend to lift share so if you are worried about driving/don't have a car it is not a problem.

TVXC

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.

The dates are at the moment provisional but please put them in your diary.

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

In my previous Captains reports I hope I haven't bored you too much how miserable I was because I wasn't running

After being out with an injury for 7 months I am now up to running 5K and the Parkrun is now by best friend. This lovely Saturday morning run welcomes everyone - a community of lovely runners and it really doesn't matter how fast or slow you are. If you have not come across the Parkrun before go onto their website and you will begin to see what I mean. <http://www.parkrun.org.uk/>

I tried to stay positive and along the way I have had a great time having experienced some new challenges;

Open Water swimming, I have a new road bike with cleats (I've fallen off). I have taken part in the SVAC league and revisited throwing events Shot Put, Javelin and Discus - so all in all not a bad summer considering I was crocked.

I also marshalled to keep in touch with everyone.

Now I have started running again (slowly and cautiously) I can feel the runner's endorphins kicking in - I have promised myself I will not take my running for granted ever again, I will look after myself.

So I will finish by saying 'thank you' to my running friends for being there for me and wish you many happy running thoughts.





## From the Archives

Carl Woffington

The London to Brighton Road Relay was a prestige race which no longer takes place. It was the AAA National 12 Stage Road Relay and took place between 1924 and 1965.

The photo is taken in October 1955. It shows Brian Shave running the penultimate (11th) leg of the relay for Herne Hill Harriers. He would have been approaching the outskirts of Brighton. The bus in the lay by is a team bus carrying supporters for the day. These can be seen cheering him on. The man wearing a cap in the foreground is Brian's coach. He emigrated to Australia and sadly passed away quite recently. They always kept in contact. He had an input into the sessions that some of us still run at RR

## Sec's Secrets

### Gen Sec

Many of you would have seen the recent chairman's e-mail bulletin about Brian Shave and his performance in the 1955 AAA 12 stage road relays from London to Brighton.

I would just like to comment that in my opinion as a level 4 UKA endurance coach, that I don't consider Brian to be a real runner and that my judgement is based on the photographic evidence contained in the chairman's bulletin.

track sessions now. You can clearly see Brian carrying the baton in his left hand.

On that day Brian took the baton with his team in 3rd place. He recorded the fastest time of the day for his leg and took his team through to the lead. He handed over to the last leg runner with a 90 second lead. The last man was overtaken in the last 100 yards (not metres in those days) and Brian's team finished 2nd. I believe that 20 teams took part that day.

The photo was taken 59 years ago, when Brian was 21. Brian is still racing and is currently the Vet 80 British Track Champion at both 1500m and 5000m. Titles he won this summer at the Birmingham Stadium.

You will notice from the photo that: -

1. Brian is not carrying a water bottle.
2. Brian is not carrying a sports drink.
3. Brian is not wearing a Garmin strapped to his arm.
4. Brian is not wearing a belt stuffed with gels.
5. Brian is not wearing a watch.
6. Brian is not wearing cushioned trainers.

So, how can he possibly call himself a runner?

## Ridgeway Relay

### OLD FOLKS' OVER-60S PIE & PINT SOCIAL

Tina Wilson



The Ridgeway Relay 'Old Folk's over 60's' team have been running together for a number of years but some have never met. They are almost virtual runners!

With the Ridgeway Relay starting from Ivinghoe Beacon at 7.00am in the morning and finishing in Marlborough around 8.00pm in the evening you can begin to understand why the whole team don't stay together for the duration of the relay. It would make the day too long and tiring for everyone.

(Each runner starts their individual leg at different times – there are 10 of them along the route.)

This prompted me to organise a social for the Old Folks team and we went to Sweeney Todds who offer the best pie and pint in town! Eight of the team came along (Heather Bowley and Cecilia Csemiczky were unable to join us due to other commitments)

This year's Ridgeway Relay over 60's Old Folks team was made up of the following over 60's runners.

Leg 1 Jim Kiddie

Leg 2 Ken Beck

Leg 3 Irene Liming

Leg 4 Heather Bowley

Leg 5 Carl Woffington

Leg 6 Tom Stagles

Leg 7 Ted Wingrove

Leg 8 Ann McKinnon

Leg 9 Cecilia Csemiczky

Leg 10 John Chilton

As the 'Old Folks' greeted each other it was really amusing to hear "so your leg 9" and so on.

Unknown to the team, I had been contacted by the Ridgeway Relay Race Director who informed me that he would be sending to me a consolation prize to present to each of the runners.

I wrapped up the 10 prizes in brown paper and tied them up with blue and green ribbon and then handed each runner a parcel. They all looked so very happy and excited when they unwrapped their prize and then one by one they all started to laugh – the prize was a beautiful folding walking stick.

A real positive from the evening is that they all know each other now – see you next year team.



## Thunder Run 24

CATTON PARK, DERBYSHIRE

Alice Johnson

The time is 7.30 am. The date is 16th October. I am waiting for my computer to power up so that I can start the journey to Thunder Run 24 that ended at 12 o'clock on 27th July 2014. 8am rolls by and I have entered my team of 8 - the Reading AllStars. It's lucky I did as many teams lost out as all the places were gone by 4 in the afternoon that day. After many team changes leading up to the event we had a final complete team on the start line which consisted of me, Kerri French, Ian Giggs, Peter the Train Morris, Peter Higgs, Paul Kerr, Dean Allaway and Caroline Hargreaves.

I had run Thunder before so knew what to expect but it still all felt so new to me. I was the first to get there having got a lift with friends from my old running club, the Malvern Joggers. They very kindly helped me keep a spot for all of us. Soon Kerri, Caroline, Peter, Pete and Dean joined me with all the camping gear. Paul and Ian joined later as they had to work. Once the camp was set up we had a look around the race village and rested under the gazebo, which was to be our camp centre where Kerri cooked us an amazing pea and pancetta risotto on the Saturday night.

On Friday night after collecting all the packs and a couple of moans from Pete about missing out "the Train" from his name we all had a drink and then decided to walk some of the course. I was joined by everyone (except Ian and Paul as they hadn't arrived yet). We hadn't walked 1km when we realised how tough the course was going to be. Before the first km there was a steep incline which made some of our team feel nervous about what the next 24 hours were going to be like. Peter H, Dean, Pete M and I walked the first 2km together and then Pete and Dean

walked back to camp leaving Peter H and I walking most of the course. As I last did the race 2 years ago I had forgotten how many hills there were. There were 4 main hills and then lots of very twisty bits that were narrow. This didn't bother the team as they got stuck in.

Roll on Saturday at 12 o'clock. It was boiling hot. Dean was the first person on our team to run. As he waited at the start line we were waiting patiently for him to start to cheer him on. As we each ran our first lap talk came back from the course about how hard the course was in the heat.

4 o'clock came fast and it was time for me to run my first lap. I started off at a gentle pace as I remembered from when I did it before I went too





fast and lost energy after the first km and struggled. This time I paced myself and going I could get myself around more easily. Due to the heat I found it really difficult but my support crew of my fantastic team helped me get around. The boys met me at key stages on the course. At the 5.5 k water station Peter H was ready for action insisting on spraying me with a hose and Pete insisting on me being sprayed until he had a decent photo. I was given a sponge as well which kept me cool for the 2nd half.

After the first lap and the narrow twisty bits I asked my team if we could swap around the timings so that I could avoid the night lap as I was worried about my continually injured ankle being twisted in the night. The team were happy to switch things around and I would do two laps in the morning. I saw two of the team go out at night all dazzled up in their lights. Caroline and Kerri had both prepared for the night runs which they said they were looking forward to. They both had accessories that lit up - bracelets, rings, laces and wings. Everyone seemed to take the night time laps slower as the tree roots and rocks were harder to see.

I woke up early on Sunday ready to run my 7.30 lap which I was dreading but it ended up being my best lap as it felt easier than the first one probably because it was cooler and also I made an effort not to let the hills beat me and run as many of them as I could. Once I had finished I didn't think I could do anymore but I had one left which ended up being the best one as I did the last lap for the team and all of them popped up at various parts of the course with the Reading Roadrunners flag and were cheering me on. I got sprayed again by the water crazy kid Peter H when I stopped for water. When I got to the 9.5 km everyone went crazy even non-RR's who were supporting. Peter H and Dean helped me up the hill whilst Kerri took a photo of all of us.

I ran the rest of the route back with my team behind and my mates in the Malvern Joggers cheering me in. The start/finish line was fantastic to see and as I crossed it I felt ecstatic. We had done it. It was a tough 24 hours for everyone but we did it and did it as a team. The journey that started in October was at an end. The team helped each other when they struggled and celebrated during runs and after runs. It was a fantastic event and would be one to do again but I think in a couple of years.

## Dave's Kennet & Avon Canal Challenge

Congratulations to David Lewis on completing the 105 mile run from Hanham Lock, Bristol to Blakes Lock in Reading - A total of 87 miles completed in just over 23 hours!

David undertook the challenge to raise money for Breakthrough Breast Cancer after a running friend was diagnosed earlier in the year. He was supported by Aaron on his bike and a constantly changing army of friends who managed to keep him company over the journey.

An enthusiastic party also lay in wait to welcome him into Thames Valley Park late on Sunday evening. You can donate to this excellent cause at:

[www.justgiving.com/davidlewiskanda](http://www.justgiving.com/davidlewiskanda)



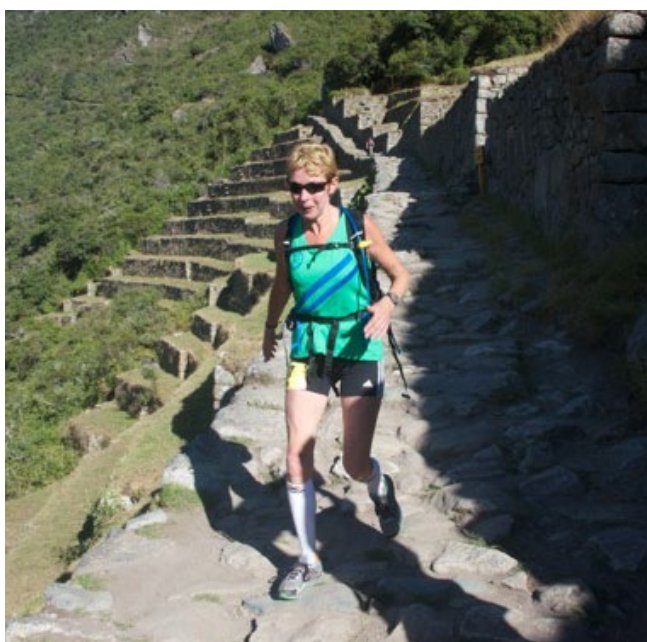
# Inca Trail Marathon

## NO ORDINARY RACE

Tracey Lasan

I have always wanted to visit Machu Picchu in Peru and last year I read about the Inca Trail Marathon which finishes on a rocky ledge overlooking the citadel. Being one for a challenge, I convinced my husband that we should 'go to Peru for a holiday' and managed to secure an entry into the race! It was only then that enormity of what I had signed up for actually hit me...

This marathon is a 26.2 mile run along the classic Inca Trail, the footpath the Incas used to travel between their capital in Cusco and the world famous citadel of Machu Picchu. As runners we would have to camp the night before at the start and in darkness at 5am begin the 26.2 miles to the finish line at Machu Picchu. As it is a National Trail there is a maximum of 50 runners allowed. This year 32 of us started.



The route is incredible. Starting from the Llactapata Inca ruins, at 8,480 feet, it climbs to Warmiwanusqa Pass (13,779 feet) at its highest point - before heading down through Inca sites and mountain passes, offering spectacular views of the Andes, to perhaps the most iconic and thrilling race finish in the world – Machu Picchu.

The goal for all runners is to finish the race in a single day. However the race progress is strictly controlled with runners having to reach key checkpoints within certain time parameters otherwise they are not allowed to continue that day. The route is put into context if you bear in mind that the duration allowed to trek the Inca Trail is typically three to four days!

So here we go.....

**Tuesday July 8th:** Serious race briefing for all competitors at which we were given pre race logistics, maps and safety instructions. Although there were 5 aid stations along the route we had to carry 3 litres of water, first aid kit, emergency foil blanket etc. We were given the key point cut off times and instructions in the event of injury. There was no mobile phone signal so we were on our own between aid stations and were warned to be prepared for steep drops, rocky terrain and running for long durations without seeing anyone else. I left the meeting feeling very apprehensive but impressed with all the organisation.

**Wednesday July 9th:** After 3 days in Cusco (approx 11,200 feet above sea level) to try and acclimatize, my husband I set off with the other racers and spectators to the mountain village Ollantambo. We had both felt tired during this time but had suffered no serious effects from the altitude. One of the competitors (a fit healthy runner in his 30's) had an adverse reaction to the altitude and had to be hospitalised. The impact of the altitude is something you cannot train for in the UK and I was lucky to just be feeling sluggish! From Ollantambo we (just the competitors) started an 8 mile trek to the race starting line where we would camp overnight ready for the 5am start. That night I got little sleep and when we were woken at 3.30am for breakfast I felt nervous and excited about what was to come!

**Thursday July 10th:** 5am on the start line with the 31 other competitors! It was cold at this time

- about 2 degrees centigrade - but I did not know if I was shaking from the cold or nerves. It was also dark so we had head torches and, of course, our camelbaks.

The first section of the race (approx the first 12 miles) is the most runnable part of the entire race, however, I still managed to trip after only 2 kilometres cutting my hand and bruising my hip. Not serious and I just got up and carried on but later realised that all my gels had fallen out of my camelbak when I had fallen. Agh! Luckily there were nuts and sandwiches at the Aid stations so it was not a disaster.

I had to make the first cut off within 70 minutes and kept the pace up to make sure that I was well within that. After this the terrain became more rocky and uneven and we had to climb over 1000 feet to reach Aid Station 3. My aim was to reach here within 3 hours and I was delighted to arrive in 2 hours 24 mins.

The second section of the race : The tough part. From Aid Station 3 it was a very steep climb (approx. 4000ft) for 3 miles all the way to Warmiwanusqa (Dead Woman's Pass). This change of altitude meant passing through three separate ecological zones during the day from valleys with trees, through high pastures, to arid grassless areas

short of the snow line. It was also getting sunnier and hotter (23C). The tough and steep ascent to this first pass provided spectacular views but demanded maximum effort. Then there was a steep descent to the next Aid station. I don't know which was worse for my legs - the going up or the coming down! By now everything was hurting! However, I was still on track to get to the final cut off point by 3pm so just kept going.

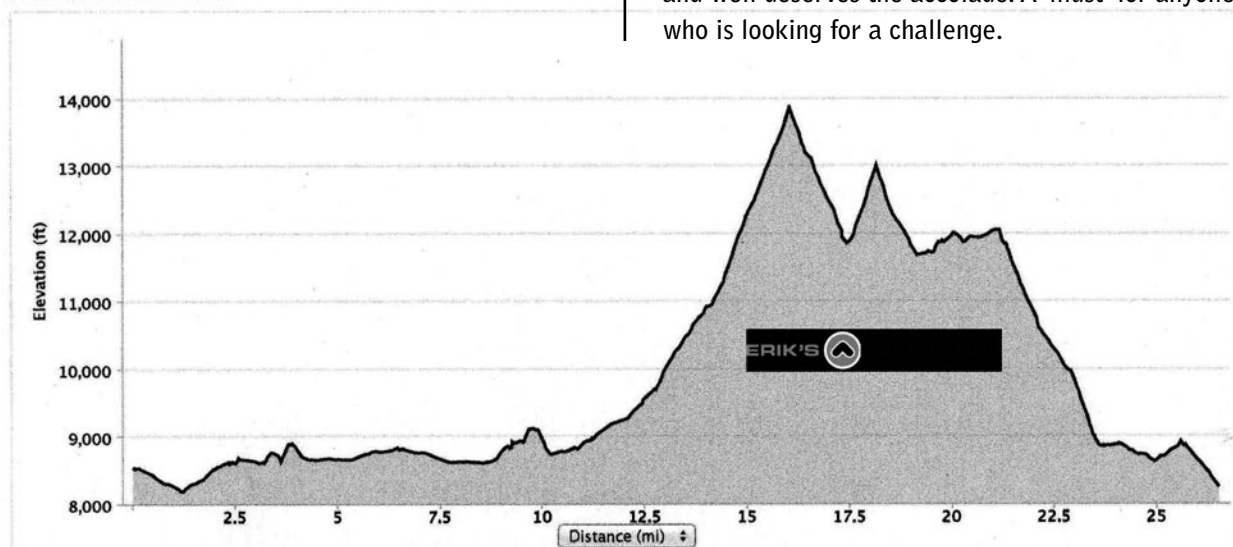
You can see from the race profile that the rest of the course was not straightforward. There were still considerable 'ups' and some steep 'downs' but I just kept going and got to the final cut off point at 2:06pm - well before 3:00pm. From here it was all downhill to Machu Picchu and as it slowly came into view I knew that the end was in sight and I finally finished at 3:17pm. 2nd female and 6th overall - **RESULT!!** My husband was there at the finish line and I am not sure who was more overwhelmed!

We had time the following day to explore Machu Picchu and it was not disappointing however I could not walk properly and I never wanted to see another step again!!

I cannot begin to describe the emotions both before, during and after the race but it was an incredible experience. We made some good friends and made the event into a great holiday.

The organisation of the race was brilliant and I would definitely recommend it. It was featured as one of the top 50 races in Runners World (August) and well deserves the accolade. A 'must' for anyone who is looking for a challenge.

Erik's Adventures Official 26.2 Inca Trail Marathon July 10th, 2014  
www.incatrailmarathon.net



# Night Time on the Ridgeway

No. 11; WHERE DID THE MOON GO?

Kathy Tytler



On Saturday 23 August I started The Ridgeway Challenge (an 86 mile trail race from Ivinghoe Beacon to Avebury) for the 11th time. I finished the first eight of these events; 2004 - 2011 and held the record for the most completions. For the last three years I have not finished; retiring at halfway (Goring) in 2012 and Checkpoint 8, Foxhill (69.4 miles) this year and last year. It is the stretch between Bury Down and Sparsholt Firs, this 9.2 miles in the darkness of the very early hours of the morning where I slow down, unable to up my pace when daylight comes. Is this stretch destined forever to be my Nemesis?

A man came into the village hall at Goring shortly after me. He was dressed in shorts, a t-shirt and thin running jacket. It was just before 11pm and a clear, cold night was forecast. He was accompanied by his 'race support crew', a woman, who, from the tone of their conversation, I assumed to be his wife.

"You'd best put your trousers on," she said.

"I'm not putting my trousers on," he replied.

"It's a cold night, and they're saying it's very cold up on the ridge, out in the open."

"I'm not putting my trousers on. I'll run fast to keep myself warm."

"You won't. There's a big hill. Put your trousers on."

"No! They'll only slow me down."

"She's putting her trousers on."

She looked at me for support. I looked away, not wanting to get involved in this domestic.

I left the village hall in my trousers, Primoloft filled OMM jacket, gloves and fleecy Buff hat. I wore my jacket inside-out, the orange lining making me more visible to any vehicles on the road up to the track. I made a reasonable pace to Bury Down, a stretch I know well, but I kept expecting to be overtaken by the man who was going to run fast to keep warm. I couldn't see any sign of his head torch on the few occasions that I looked back. I saw nobody until the check point at Bury Down. One of the marshals came to accompany me up the hill.

From the way the marshals were dressed it was obvious that it was a cold night, although I was very comfortable and pleased with my choice of clothing.

"It's a cold and clear night, but there's lots of stars," said one of the marshals.

"Yes," I said, "pity there's no moon."

"Oh yes. I wonder why?"

"Well, there's not supposed to be a moon tonight."

"Why? Where's it gone?"

"It hasn't gone anywhere," I explained. "It's just, we can't see it."

"Why not?"

"It's that time of the month. You know, it gets bigger and smaller over the month."

I could visualise the models of spheres and sticks rotating around each other from science lessons and using oranges and ping-pong balls at primary school to show the relationship of the earth, sun and moon – but I couldn't put it into words.

"The moon doesn't shine," I said. "It's just reflecting the sun and it depends where it is."

"Oh," he said and I could tell that he wasn't convinced.

That gave me something to contemplate as I set



off on the next stage; not just the science of it, but wondering how many people are unaware that the phases of the moon follow a set and regular pattern.

Is Bury Down to Sparsholt Firs destined forever to be my Nemesis? I set off at a steady jog, but soon slowed to a walk on the rutted track, trying to keep up an approximation of running wherever I could. There was still no-one around. No sign of the fast runner gaining on me, no runners in front to target and catch up, no rave at Scutchamers Knob – just the evidence of a few people camping, and all was quiet. The next landmark would be Lord Wantage's Monument, and it was a long time coming. Eventually it rose up out of the gloom like a high gibbet. On, on I went, singing snatches of songs to keep me awake. The only song I could remember all of the words was 'Meet Me on The Corner.' "Down the empty streets we'll disappear into the dawn." Indeed!

The Raynet man at Sparsholt Firs saw my head torch from a distance. Then he didn't see it. I had switched it off because it was beginning to get light. He came down the track to meet me and to make sure that I was OK. I sat outside the tent, drinking a cup of peppermint tea and eating a flapjack for my breakfast, watching the beautiful sunrise, which would be happening behind me as I continued west. One of the marshals was wrapped in a duvet against the cold.

They were still waiting for one more runner.

I still had half an hour in hand and I planned to up my pace now that it was light, but my legs wouldn't let this happen. I started seeing people; early morning dog walkers, a pair of cyclists and lone hikers doing The Ridgeway over a long weekend. One of these was Gerry from Thames Valley Long Distance Walkers' Association. "They're waiting for you at the feed station," he said.

He then told me that he'd found a lovely, quiet spot to wild camp last night, only to be woken by the light from a succession of head torch wearing runners through the night.

I got to checkpoint 8 with quarter of an hour to spare, but decided that I'd slowed too much to reach the next checkpoint at Barbury Castle within time. "Are you waiting for anyone else?" I asked.

"No, there was a man behind you, but we heard that he pulled out before Sparsholt Firs."

"Was he wearing trousers?" I asked, but no-one knew.

Thanks due to Delphine for giving Pat and me a lift to the start; to Belinda for meeting me with refreshment at South Stoke; and to Christine and her team at the Reading Roadrunners checkpoint at Swyncombe.



## 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.

# Katie's CAKE RECIPES

Ellie Gosling, who is an excellent coach, stupendous athlete and all-round gorgeous lady, has lost her mind.

"For the month of September", she announced via various social media outlets, "I won't be eating the four C's - chocolate, crisps, cheese or cake; who else is joining me...?"

Ellie, I love you very much, but this is madness. It is not possible to go for a month without cheese.

Just to prove it (and to get ultra-lovely über-athlete and speed-demon Andrea Marnoch off my back about getting this published), here's a recipe for cheese muffins.

This makes about 8 standard muffins (i.e. the paper cases which are larger than those for fairy cakes).

## Ingredients

- 175g plain flour (I use wholemeal)
- 10ml baking powder
- 30ml caster sugar (I leave this out)
- 5ml paprika
- 2 eggs
- 120ml milk
- 50g melted butter (not hot)
- 5ml dried thyme
- 50g Cheddar cheese chopped into pieces about half a centimetre in each direction

## Method

1. Preheat the oven to 190°C, 375°F, gas mark 5. Put 8 muffin cases into a muffin pan.
2. Sieve the flour, baking powder, sugar (if you're using it) and paprika into a large bowl. Make a well in the centre.
3. In a separate bowl, lightly whisk together the eggs, milk, COOLED melted butter and dried thyme (hot butter will scramble the eggs).
4. Add the milky mixture to the dry ingredients and stir lightly with a wooden spoon until the mix is combined, but not over-mixed.
5. Put a tablespoon of mix into each muffin case. Divide the cheese between the muffins.
6. Cover the cheese with more mixture.
7. Bake for about 25 minutes until puffed and golden.
8. Cool in the tin for about 5 minutes, then turn on to a wire rack.

These are extremely delicious. You have been warned!

This comes from a book called The Perfect Afternoon Tea Recipe Book, which contains a recipe for cucumber sandwiches, which includes the instruction, "Arrange on a serving plate."

Happy baking!

## 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](mailto:tom.harrison13w@btinternet.com)

# Roadrunners Results

## NIGEL HOULT

It may have been the holiday season, but a lot of you have still been taking part in a wide range of races, both at home and further afield. The most popular event was the Down Tow Up Flow half marathon (a club championship event), only narrowly beating the last races of the Woodland 5 and Dinton 10k series in terms of turnout. There were some excellent results there; Matthew Green ran a PB to get his first win in a major event, with Robert Tan also running a PB to finish just outside the medals in 4th, while Nigel Houlton won the vet 60 category, taking 8 minutes off the age group course record in the process. Current Reading Roadrunners now hold three of the age group records (and a former member holds a fourth); how about a concerted effort to claim the remaining ones next year?

There have also been excellent results over shorter distances, including on the track; Mark Worringham improved on his own 5k club record and set new PBs over 1500m and 3000m, while Brian Shave and John Cullingham recorded some excellent results in the vet 80 category – yes, you read that correctly! – at the British Masters Track Championships. Brian says that he would not have achieved these results but for training with RRR – a great endorsement of the club.

Of course, for some people even a half marathon isn't far enough. Rupert Shute won the Callanish Stones marathon, Paul Monaghan got an unexpected PB at the Thames Meander marathon, Mark Saunders and Lucy Perrin won the "mixed pairs" category at the Ultra12, but the prize must go to Tracey Lasan, who finished 2nd lady and 6th overall in the Inca Trail marathon in Peru – normally done as a trek over several days!

Other victories for the men were Darryl Plank at the Thames 10k and Mark Worringham at the final Yateley race, while first ladies were Nikki Gray, Carrie Hoskins and Sarah Urwin-Mann at various Dinton races, and Alix Eyles at the Englefield 10k.

Most of the PBs this month (Darryl Plank, Carrie Hoskins, Nikki Gray, Tim Hogarth and Linda Wright) were recorded at the Didcot 5 miles; others were from Mandy Garden at the Thames Meander half and Claire Woodhouse at the Dinton 10k. The final PB was obtained by Kingsley Starling at the Headington 5, and must be something of a record: many people run PBs in their 40s, a few in their 50s, but to run one in your 70s is a rare achievement indeed.

Well done to everyone who raced over the summer, and good luck in your forthcoming events.

### 29th June

#### Torbay Half Marathon

Chris Mason	88	1:31:08	4th MV50
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#### Neuadd Skyline Fell Race

Colin Cottell	34	1:42:29
Tom Harrison	41	2:41:36

### 5th July

#### Runnymede Relays

RRR B	14	2:54:16
(Julie Rainbow, Carrie Hoskins, Melvin Silvey, Sarah Urwin-Mann, Paulina Erceg, Tim Hogarth)		
RRR C	27	3:04:44
(Jim Kiddie, Elizabeth Ganpatsingh, Kevin Varney, Lance Nortcliff, Tony Streams)		
RRR D	48	3:48:52
(Lynda Haskins, Sarah Drew, Maureen Sweeney, Pete Morris, Linda Wright)		
Pete Jewell: 5th on leg 2 (for a non-RRR team)		

### 6th July

#### Tadley 10k

Stephen Pearson	20	40:32	
Brian Kirsopp	21	40:49	4th MV50
Alix Eyles	35	42:53	3rd F
Paulina Erceg	67	45:58	
Kathy Tytler	235	1:08:00	
Kingsley Starling	238	1:09:05	

#### Didcot 5

Darryl Plank	4	27:11	PB
Andrew Smith	16	29:43	
Carrie Hoskins	34	31:05	PB, 5th F, 1st FV45
Ed Dodwell	37	31:30	5th MV50
Melvin Silvey	46	32:23	
Kevin Jones	51	32:57	
Nikki Gray	53	33:03	PB
Nigel Houlton	54	33:04	3rd MV60
David Caswell	71	34:32	
Tim Hogarth	87	35:22	PB
Jim Kiddie	116	37:44	
Gemma Stobie	120	38:15	
Antony Streams	131	38:56	
Linda Wright	142	39:41	PB, 4th FV55
Bob Thomas	185	44:09	
Janice Thomas	193	45:10	
John Chilton	205	47:57	

**10th July****Inca Trail Marathon (Peru)**

Tracey Lasan 6 10:17:21 2nd F

**Dinton 10k Race 3**

Ian Giggs	8	40:50	
Richard Charley	11	41:39	3rd MV40
Nikki Gray	14	43:23	1st F
Peter Cook	17	43:56	
Paul Monaghan	21	44:42	3rd MV50
David Caswell	23	45:09	
Douglas Shepherd	24	45:41	
Wayne Farrugia	27	45:53	
Katherine Sargeant	29	45:55	3rd F, 2nd FV40
Andrew Runnacles	32	47:14	
Pete Morris	45	49:17	
Tony Streams	49	49:58	
Gemma Stobie	53	50:47	
James Masset	62	52:09	
Nicholas Adley	63	52:10	
Linda Wright	66	52:51	1st FV50
Sarah Morgan	76	54:37	
Catherine Leather	83	54:59	5th FV40
Trisha Arnold	119	1:05:09	1st FV60

**Dinton 5k Race 3**

Andrew Blenkinsop	4	19:10	1st MV40
Sarah Urwin-Mann	7	19:42	1st FV40
Bruce Sarjent	11	21:30	4th MV40
Adam Phillips	14	22:30	
David Pink	21	24:58	2nd MV50
Lynda Haskins	35	28:52	1st FV50
Delphine Kargayan	51	32:03	
Emma Caswell	75	37:40	

**11th July****Majorca 10k (750m short!)**

Robert Tan 34:23

**12th July****Ranscombe Challenge**

Gary Brampton	26.6 miles in 5:16:49
Julie Wing	26.6 miles in 7:44:36

**13th July****Wales Marathon, Tenby**

Martin Bush 489 4:42:15 4:41:13

**New Forest 10**

Sarah Urwin-Mann	51	1:08:28	1:08:24	2nd FV40
Ian Giggs	78	1:11:16	1:11:14	
Keith Ellis	231	1:20:40	1:20:37	
Jim Kiddie	300	1:24:04	1:23:52	5th MV65

Linda Wright	468	1:33:19	1:33:02	4th FV55
Anne Marie Cocker	727	1:50:12	1:49:23	

**British 10k, London**

Tony Streams	1844	59:51	50:03
Gareth Grocott	10375	1:32:44	1:00:09

**Stansted 10k**

Toni McQueen 31 50:56 50:50 4th F

**15th July****Bounders Relay**

RRR A (Male)	2	50:42	
(Lance Nortcliff, Pete Jewell, Dean Allaway, Ian Giggs)			
RRR D (Male)	4	56:56	
(Nigel Hoult, Mark Andrew, Paul Monaghan, Chris Cutting)			
RRR K (Mixed)	6	57:14	2nd Mixed team
(Bill Watson, Elaine Laver, Toby Laver, Paul Smith)			
RRR B (Female)	8	58:16	2nd Female team
(Belinda Tull, Katherine Sargeant, Julie Rainbow, Susanne Enhard)			
RRR C (Mixed)	12	59:16	
(Mel Silvey, Tracy Jenkins, Kenny Heaton, Toni McQueen)			
RRR F (Male)	22	1:03:26	
(David Ferris, Donald Scott-Collett, Richard Morgan, Andrew Atkinson)			
RRR E (Mixed)	24	1:04:29	
(Catherine Leather, Jim Kiddie, Pete Morris, Sian James)			
RRR G (Female)	30	1:11:17	
(Sandy Sheppard, Lynda Haskins, Claire Seymour, Linda Wright)			
RRR H (Mixed)	33	1:14:41	
(Steve Simmons, Heather Bowley, John Bowley, Liz Atkinson)			
RRR I (Mixed)	37	1:21:12	
(Kerri French, Jane Silvey, Carl Woffington, Dean Allaway)			
RRR J (Mixed)	39	1:39:10	
(Peter Higgs, Eva Simmons, Sheryl Higgs, Veronica Andrew)			

**20th July****Fairlands Valley Challenge Marathon**

Pete Morris	46	5:22:23
Julia Molyneux	96	6:08:23
Martin Bush	97	6:08:25
Julie Wing	136	8:19:40
Stephen Wing	137	8:59:42

**Wycombe Half**

Paul Roberson	20	1:28:41
David Ferguson	26	1:30:27
David Leake	170	1:46:48



**Wycombe 10k**

Matthew Green	2	35:22	PB
Andrew Smith	10	39:29	
Andrew Blenkinsop	13	40:28	1st MV40
Melvin Silvey	17	42:35	2nd MV50
Kevin Jones	20	43:20	3rd MV50
Alix Eyles	21	43:46	3rd F
Nikki Gray	22	43:55	
Mary Janssen	32	46:01	3rd FV40
David Caswell	36	46:26	4th MV40
Simon Denton	41	47:21	
Paul Monaghan	48	48:21	
Toni McQueen	59	49:39	1st FV50
Fleur Denton	72	51:23	4th FV40
Tony Streams	84	52:41	
Linda Wright	105	54:49	4th FV50
John Bowley	155	58:42	5th MV60
Heather Bowley	175	1:00:10	5th FV60
Carl Woffington	251	1:08:15	
Ladies Team: 1st			
Mens Teams: 1st and 2nd			

**21st July****Self Transcendence 5k, Battersea Park**

Mark Worringham	4	15:42	PB
Antony Streams	137	23:38	

**23rd July****Oxford City AC Open Graded Meeting**

1500m

Mark Worringham	4:24.84	PB
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**24th July****Enigma Night Fever Marathon**

Gary Brampton	24	5:24:41	
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**26th July****Dorney Dash 10k**

Simon Elsbury	46	39:54	39:47
Dave Brown	253	51:36	51:09
Richard Morgan	274	52:18	52:01
Cindy Edwards	539	1:07:10	1:06:31
Angela Liu	622	1:16:58	1:16:19

**26th July****Around the Reservoir Marathon**

Martin Bush	4:44:35	
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**26th/27th July****Thunder Run 24**

Mixed Team of 6-8

Reading All-Stars	114	24 laps in 24:50:52
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(Kerri French, Dean Allaway, Ian Giggs, Peter Higgs, Pete Morris, Alice Johnson, Paul Kerr, Caroline Hargreaves)

**27th July****Around the Reservoir Marathon**

Martin Bush	4:33:36	
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**Bath Running Festival****Marathon**

Matthew Twist	73	5:20:37	
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**Half Marathon**

David Bird	122	3:27:12	
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**Down Tow Up Flow Half Marathon**

Matthew Green	1	1:15:52	1:15:51	PB
Robert Tan	4	1:19:45	1:19:44	PB
Nigel Hoult	22	1:29:47	1:29:42	1st MV60
Nikki Gray	34	1:33:35	1:33:30	5th F
Gavin Rennie	44	1:35:20	1:35:10	5th MV50
Graham Tull	45	1:35:27	1:35:23	
Belinda Tull	46	1:35:27	1:35:24	4th FV40
Eugene McSorley	63	1:37:30	1:37:25	
Paul Monaghan	83	1:38:49	1:38:38	
Claire Marks	91	1:39:03	1:38:51	
Mark Andrew	96	1:39:23	1:39:13	
Katherine Sargeant	101	1:39:46	1:39:34	
Simon Denton	109	1:40:55	1:40:41	
David Caswell	113	1:41:09	1:40:57	
Liz Jones	150	1:44:44	1:44:31	2nd FV50
Paulina Erceg	181	1:47:05	1:46:53	
Antony Streams	199	1:48:48	1:48:39	
James Kiddie	204	1:49:15	1:49:07	
Fleur Denton	240	1:51:31	1:51:18	
Christopher Miller	244	1:51:57	1:51:47	
Sandra Sheppard	362	2:00:13	2:00:04	
Yvonne Edwards	462	2:08:06	2:07:56	
Linda Wright	504	2:13:11	2:13:02	
Janice Thomas	507	2:13:42	2:13:33	3rd FV60
Shirley Holmes	626	2:30:57	2:30:48	
Ann McKinnon	664	2:57:13	2:56:58	

**Wimbledon Common Half Marathon**

Nevil Yildiz	557	2:26:03	2:24:37
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**28th July****Self Transcendence 5k, Battersea Park**

Antony Streams	166	24:35	
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**30th July****Thames 10k**

Darryl Plank	1	36:40	36:40	
Andrew Blenkinsop	5	40:42	40:42	4th MV40
Eugene McSorley	22	44:03	43:46	
Paul Monaghan	27	45:21	45:18	3rd MV50
Katherine Sargeant	40	46:53	46:50	2nd F, 1st FV45

## ROADRUNNERS RESULTS

Tom Wright	89	50:49	50:19	
Tony Streams	120	53:20	53:10	
Linda Wright	184	57:18	57:07	5th FV50
El Deighton	215	59:44	59:02	
Andrew Alexander	251	1:02:11	1:01:39	
John Chilton	265	1:03:50	1:03:22	
Trisha Arnold	314	1:09:43	1:09:07	

### Woodlands 5 Race 3

Simon Elsbury	4	33:35		
Lance Nortcliff	6	33:44	1st MV	
Peter Aked	12	35:30		
Gavin Rennie	18	36:34		
Chris Cutting	30	37:56		
Belinda Tull	34	38:27	4th FV	
Alix Eyles	35	38:37		
Claire Marks	44	39:45	5th FV	
Mary Janssen	45	39:52		
Justin Watkins	49	40:24		
Andrew Runnacles	51	40:48		
Peter Kitteridge	59	42:38		
Christopher Miller	61	42:52		
James Kiddie	63	43:42		
Richard Morgan	66	43:51		
Brian Kirsopp	77	45:54		
Steve Simmons	88	47:18		
Peter Reilly	90	47:23		
Peter Higgs	91	47:32		
Claire Seymour	97	49:27		
Katie Gumbrell	100	50:02		
Tom Harrison	103	52:20		
John Bailey	110	56:57		
Lorraine Bailey	113	59:37		
Veronica Andrew	114	59:55		
Eva Simmons	115	1:00:00		

### 2nd August

#### Callanish Stones Marathon

Rupert Shute	1	2:49:15	
Mark Saunders	5	3:09:50	

### 3rd August

#### Vanguard Way Marathon

Gary Brampton		5:36:12	
Martin Bush		6:50:29	

#### Richmond Park Half Marathon

David Ferguson	30	1:31:55	1:31:48
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### 6th August

#### Yateley 10k Race 3

Mark Worringham	1	33:17	33:15
Lance Nortcliff	22	37:31	37:30
Ian Giggs	31	39:49	39:46
Paddy Hayes	68	40:30	40:13

Gary Tuttle	76	40:53	40:48
Fergal Donnelly	78	41:01	40:47
Kevin Jones	83	41:10	41:04
Erica Key	145	43:41	43:28
Paul Monaghan	149	43:52	43:39
David Legg	165	44:20	43:55
Katherine Sargeant	176	44:48	44:36
Paul Milnes	192	45:24	44:53
Paulina Erceg	193	45:28	44:58
Andrew Runnacles	223	46:04	45:32
Pete Morris	231	46:22	46:07
Christopher Miller	316	48:34	48:03
Tony Streams	369	49:59	49:16
Justin Watkins	808	1:07:30	1:06:47
Kingsley Starling	812	1:08:06	1:06:15
Palee D'Souza	860	1:14:32	1:13:14

### 9th August

#### British Athletics League Division 3

3000m

Robert Tan	7	10:03.03
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### 9th/10th August

#### Ultra 12

Solo Male		
John Preston	19	9 laps in 13:12:05

#### Pairs Mixed

Tortoise and the Hare	1	13 laps in 12:20:13
(Mark Saunders and Lucy Perrin)		

### British Masters Track Championships, Birmingham

400m MV80

John Cullingham	3	2:05.08
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800m MV80

Brian Shave	2	4:29.03
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1500m MV80

Brian Shave	1	8:24.60
John Cullingham	2	10:04.02

5000m MV80

Brian Shave	1	30:58.47
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### 10th August

#### Salisbury 54321

42k

Name	Pos	Gun	Chip	
Pete Morris	88	4:40:20	4:40:11	
Gary Brampton	107	4:49:20	4:49:08	
Martin Bush	219	5:54:54	5:54:36	
Christina Calderon	221	5:58:54	5:58:28	
Julie Wing	240	7:12:06	7:41:51	2nd FV60

## ROADRUNNERS RESULTS

30k				
Name	Pos	Gun	Chip	
Ian Husband	60	3:05:40	3:05:27	1st MV55
Sian James	92	3:24:29	3:24:16	1st FV60
Donald Scott-Collett	129	3:48:40	3:48:28	

21k				
Name	Pos	Gun	Chip	
Ellen Togher	184	2:56:36	2:56:29	

10k				
Name	Pos	Gun	Chip	
Mandy Carden	89	1:51:40	1:51:33	2nd FV50

### Lowther Lakeland Trail (13 miles)

Fredelina Yong	55	2:04:01	
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### 13th August

#### Watford Open Graded Meeting

800m

Robert Tan	2:07.10
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### 14th August

#### Dinton 10k Race 4

Darryl Plank	2	35:42	
Simon Elsbury	7	38:39	
Andrew Poole	9	38:45	
Ryan O'Brien	11	39:23	
Ian Giggs	12	39:50	
Carrie Hoskins	15	40:22	1st F
Ed Dodwell	18	40:57	3rd MV50
Fergal Donnelly	19	41:03	3rd MV40
Chris Mason	25	41:43	4th MV50
Nikki Gray	31	42:21	3rd F
Mark Andrew	36	42:46	
Paul Monaghan	43	43:55	
Douglas Shepherd	44	44:12	
David Caswell	51	45:43	
Pete Morris	53	45:53	
Claire Woodhouse	54	45:57	PB
Susie Rees	56	46:12	
Nicholas Adley	59	46:35	
Tracy Jenkins	77	49:50	4th FV40
Dave Wood	82	50:40	
Catherine Leather	104	54:56	
Amanda Box	121	58:32	
Trisha Arnold	147	1:04:20	1st FV60

#### Dinton 5k Race 4

Andy Blenkinsop	4	19:14	1st MV40
Sarah Urwin-Mann	7	19:33	1st F
Bruce Sarjent	11	21:52	4th MV40
David Pink	22	24:51	3rd MV50
Claire Seymour	25	25:29	

Matthew Sarjeant	28	26:07	
Lynda Haskins	39	28:15	1st FV50
Emma Caswell	67	35:36	

### Series results

10k

Ladies: Catherine Leather 3rd (and 1st FV40)

FV60: Trisha Arnold 1st

MV50: Paul Monaghan 1st, Pete Morris 3rd

5k

Ladies: Sarah Urwin-Mann 1st, Lynda Haskins 3rd (and 1st FV50)

MV40: Bruce Sarjent 2nd

MV50: David Pink 2nd

### 16th August

#### Race the Train

Rotary Challenge (14 miles)

Ian Giggs	81	1:41:09	1:41:03
Kenny Heaton	106	1:42:39	1:42:35
Jamie Cole	130	1:44:17	1:44:10
Melvin Silvey	144	1:45:09	1:44:59

=== Train ===== 1:48:18

Colin Cottell	213	1:50:14	1:50:06
George Kinyanjui	337	1:59:43	1:59:32
Lucy Lougher	407	2:05:27	2:05:10
Toni McQueen	533	2:15:48	2:15:48 2nd FV55
Linda Wright	671	2:33:01	2:32:40
Tom Harrison	709	2:39:35	2:39:14 1st MV75
Lorraine Bailey	752	2:55:44	2:55:18
John Bailey	766	3:10:50	3:10:24

#### Quarry Challenge (10k)

Paul Young	261	1:07:32	
Maureen Sweeney	268	1:08:07	4th FV55
Delphine Kargayan	299	1:15:09	
Carl Woffington	301	1:15:16	

#### Dolgoch Challenge (5 miles)

Jane Silvey	1:03:00	No chip
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#### Brutal 10k (Minley)

Alice Leake	28	53:27	3rd F
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### 17th August

#### Leila's Run

"Marathon" (26.84 miles)

Gary Brampton	36	4:44:48
Martin Bush	38	4:50:22
Julie Wing	79	7:10:07

#### 3 Laps (20.13 miles)

Dean Allaway	1	2:38:45
Steven Wing	8	4:54:27

## ROADRUNNERS RESULTS

### “Half Marathon” (13.42 miles)

Pete Morris	6	2:23:14
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### Burnham Beeches Half Marathon

Alix Eyles	76	1:32:37
Paul Monaghan	153	1:41:19
David Leake	207	1:45:41
Paul Kerr	284	1:52:38
Claire Seymour	345	1:59:17
Peter Higgs	355	2:00:03
Irene Liming	418	2:08:46

### Cheddar Gorge Half Marathon

David Caswell	60	2:24:24
Julia Molyneux	181	3:31:30

### 22nd August

#### Magic Mile, Palmer Park

Ian Giggs	5:13
Richard Charley	5:27
Dean Allaway	5:28
John Preston	6:56
Roger Pritchard	7:48
Juliet Dimmick	8:58

### Beer Mile (1 can per lap)

Dean Allaway	9:42
Pete Morris	13:55

### 23rd August

#### Thames Meander

Marathon				
Paul Monaghan	29	3:24:03	3:24:00	PB, 5th MV50
Pete Morris	126	3:58:19	3:58:16	
Gary Brampton	209	4:29:09	4:27:58	
Martin Bush	285	5:06:38	5:05:38	
Julie Wing	324	6:45:06	6:45:06	4th FV55

#### Half Marathon

Dean Allaway	24	1:30:39	1:30:37	
Linda Wright	169	2:06:35	2:05:47	1st FV55
Rita Dykes	187	2:11:36	2:10:48	1st FV65
Stephen Wing	264	3:05:51	3:04:42	
Mandy Carden	268	3:29:26	3:28:15	PB

### 24th August

#### Pewsey Half Marathon

Gavin Rennie	17	1:27:16	3rd MV50
Claire Marks	34	1:35:53	1st FV45

### Englefield 10k

Alix Eyles	9	44:00	1st F
Peter Graham	14	45:50	2nd MV50
Nick Adley	22	47:38	
Richard Morgan	35	49:40	3rd MV60
Tom Wright	37	50:02	
Jim Kiddie	48	51:22	4th MV60
Tony Streams	57	52:58	
Peter Reilly	99	59:13	
Julie Thompson	100	59:20	
Louise Atkinson	115	1:03:31	
Aaron Chai	116	1:03:34	

### 27th August

#### Watford Open Graded Meeting

##### 3000m

Mark Worringham	9:15.39	PB
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### 31st August

#### Headington 5

Name	Pos	Gun	Chip	
Nigel Hoult	52	32:43	32:40	3rd
MV60				
Belinda Tull	57	33:02	32:58	
Kingsley Starling	211	49:18	49:04	PB

### Season's Bests

#### Ladies

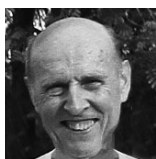
5k	19:08	Caroline Hoskins
5 miles	31:05	Caroline Hoskins
10k	38:22	Elaine Laver
10 miles	1:05:06	Caroline Hoskins
Half Marathon	1:25:23	Nicki Aitken
20 miles	2:21:54	Susanne Enhard
Marathon	3:09:50	Susanne Enhard

#### 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	1:12:49	Keith Russell
20 miles	1:57:04	Rupert Shute
Marathon	2:29:51	Keith Russell



## Your Committee



**CARL WOFFINGHAM**  
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GENERAL SECRETARY  
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**SANDRA SHEPPARD**  
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**SIMON DENTON**  
CLUB EX-OFFICIO



**CATHERINE LEATHER**  
CLUB EX-OFFICIO



**ALAN McDONALD**  
SOCIAL SECRETARY



**BOB THOMAS**  
CLUB EX-OFFICIO

### WELFARE OFFICER: JENNY MILLER

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

## Reading Roadrunners Committee Meeting

MONDAY 1st SEPTEMBER 7.30PM

### ATTENDANCE:

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

### APOLOGIES FOR ABSENCE:

Alan McDonald, Simon Denton

### MINUTES OF THE MEETING OF TUESDAY 1ST JULY 2014

Anne Goodall proposed the minutes as a true and accurate record, seconded by Paul Monaghan.

### MATTERS ARISING FROM THE MINUTES

**RR KIT BAGS** Carl reported that he has still not seen Martin Bush, as he has not been to the club recently.

**READING HALF MARATHON CLUB DONATION**  
Roger reported that the cheque for £400 from RHM for the supply of marshals has been paid into the club charity account.

**ENDURE 24 RACE CLOCKS** Roger reported that Chris Sumner has been sent the bank details of the

club's charity account in order that Chris can pay in his donation directly. ACTION Tim Povey to be asked to monitor.

**MORTIMER 10K RACE NUMBERS** Bob reported that he has ordered the numbers with Sweatshop.

**CLUB KIT** Carl said that he will organise a stocktake with Steve Siddell and discuss other suppliers as there are some complaints about the seams on the vests causing chafing. ACTION Carl to talk to Steve.

**RACE NUMBER SECURING CLIPS** Carl reported that they are now on sale at the desk at £2.20 and that he would make an announcement on Wednesday and show members what they are. ACTION As described.

### CHAIRMAN'S REPORT

**NATIONAL CHAMPION** Carl reported that Brian Shave has won the British over 80's 1500m and 5000m track championships in Birmingham in July.

**DAVE LEWIS** Carl reported on a remarkable performance by Dave Lewis, who ran from Bristol to Reading (finishing at Thames Valley Park) a distance of 87 miles in 23 hours and 3 minutes.

**BOUNDERS RELAYS** Carl said that we had a really good turnout for the Bounders Relays.

### TREASURERS REPORT

**ACCOUNTS** Sandra said that she had sent committee members the latest accounts.

**ENGLAND ATHLETICS** Sandra said that she had received a remittance from EA.

**ONLINE BANKING** Sandra said that she now has access to on-line banking, but would need to look into making use of it more secure against possible abuse. ACTION Sandra to investigate.

**DEBIT CARD** Sandra said that she has been promised the card by the bank within two weeks and that if there were any problems, the bank would call her. It has now been three weeks and there is still no card and no phone call from the bank. Anne said that she had received a letter from the bank asking her to provide proof of identity, even though she has provided this in the past and has been signing cheques for years. Anne also commented that the letter was sent to the wrong address and was kindly forwarded on to her. ACTION Sandra to call the bank.

### SECRETARY'S REPORT

**SEAA** Roger reported that he had received notice of the 22nd Annual General Meeting of the South of England Athletic Association, which will take place on Sunday 7th September in London. Roger said that the SEAA accounts for the last year and annual reports were enclosed. Roger asked the committee if anyone wanted to attend and represent the club. (no volunteers)

**ENGLAND ATHLETICS** Roger reported that EA are putting the affiliation fees up to £100 for clubs and £12 for members as from 1st April 2015.

**2015 COMMITTEE MEETINGS** Roger said that as from January 2015, he would not be able to make committee meetings on Monday nights, as he will be attending lectures at Reading University. Roger asked if members could make Tuesday nights instead and all said they could. Carl said that we should make Tuesdays provisionally, but wait until the other committee members confirm that they could as well.

**PANGBOURNE 10K RACE CLOCK** Roger reported that Clare Facey of the Pangbourne 10k race organisation has asked for a clock for there event and that he had asked Glynne if he could give Clare his telephone number in order that she could make arrangements to collect the clock. Anne asked if they have insurance cover and Roger said he did not know. ACTION Roger to investigate.

**NAT WEST BANK** Roger reported that he had received the same letter that Anne had, requesting identity verification to be presented in person at the bank. Roger said that he took his passport and driving licence to present to the bank, but before presentation, he asked them why he should have to do this as he already did this to become a signatory to the account. The bank gave the same reason as they gave to Anne, that the information was lost. So Roger asked how he could still write cheques, if his information was lost. The bank said, they still have a copy of his signature. Roger then presented his documents and told the bank that due to their poor service over the debit card, general inefficiency and incompetence, he would go to the committee and recommend that the account be closed and the business taken elsewhere. Roger then asked the committee to discuss. After a very short discussion, Carl proposed a motion to change the club's bankers. The proposal was carried unanimously.

**ACTION** Sandra to enquire with other banks.

### MEMBERSHIP SECRETARY'S REPORT

Anne reported 5 new members joining in July £28 x 5 = £140 and 11 new members joining in August £28 x 11 = £308 Total £448 banked. Anne said that we now have 450 members.

### SOCIAL SECRETARY'S REPORT

**PICNIC** Alice reported that the Picnic took place at TV Park on Saturday 30th August and was reported as a success.

**CHRISTMAS PARTY** Alice is organising a Christmas party on Saturday 13th December at Woodford Park Leisure Centre. Alice asked Roger if he would kindly submit the booking to Woodley Town Council, as he is a Woodley resident and can obtain discounted rates. Roger filled out a cheque request form and handed this to Sandra, who in return handed Roger a cheque for the booking deposit for £150. Alice said that she has organised a DJ and would be asking members to bring food, instead of buying fish and chips. Alice said that as she is organising the party, she would not be organising a quiz as well.

### COACHING CO-ORDINATORS REPORT

None received. Roger said that he would send an e-mail to Simon before the next meeting, asking if he has a report or update on the coaching front.

### TEAM CAPTAINS REPORT

None received. Carl said that Tina had sent her apologies for not having it ready.

### ANY OTHER BUSINESS

**MESSAGE FROM A MEMBER** A committee member reported that she had received an e-mail from a member, who claimed that she was 'cold shouldering' the member, but also slighted other members. Carl said that the member had already had a 'final warning' about this sort of behaviour and that as a result, the committee should now undertake disciplinary action. Carl conducted a vote resulting in 5 for and 1 against invoking disciplinary action.

**ACTION** Roger to draft a letter of intent to hold a hearing and circulate to the committee for approval before issue.

**MORTIMER 10K** Bob reported that it was his intention to review the management of the event,

because at present, RR are responsible for everything happening on the grounds including the fete, bouncy castles and stalls etc.

This entails having additional insurance and other onerous conditions and responsibilities that are too much of a burden. **ACTION** Bob to proceed with this year's event and review the event for 2015.

**WEBSITE** Paul reported that he was planning to introduce 'podcasts' on the website with such things as articles on nutrition, interviews with members etc.

**COACH APPLICATION** Roger handed Sandra the application form for a new coach to attend coaching courses.

The funds had already been released, but as there was no meeting in July, Roger did not get the opportunity to pass on the hard copy of the application form to Sandra.

**NEWSLETTER** Carl raised the subject of the costs for the newsletter, based on the demand for more pages.

Carl presented a list of four proposals of which, one was approved being, That there will be a flexible print budget, but only when extra pages are needed.

**RACE CLOCKS** Carl reported that he had spoken to Ellie Barnes, regarding outstanding clock hire and that Ellie would pay £75 and that Sandra would issue an invoice for that amount. **ACTION** Sandra to issue invoice.

**CLUB VESTS** Carl raised the subject of the club rules regarding wearing club vest in events, which was discussed at length. It was decided that the current rules should not be changed.

### DOOR ROTA

Wed 3rd Sept

Shirley Smith, Anne Goodall, Glynne Jones.

Wed 10th Sept

Shirley Smith, Christina Cotter, Glynne Jones.

Wed 17th Sept

Shirley Smith, Christina Cotter, Glynne Jones.

Wed 24th Sept

Sandra Sheppard, Alice Johnson, Glynne Jones,

Wed 1st Oct

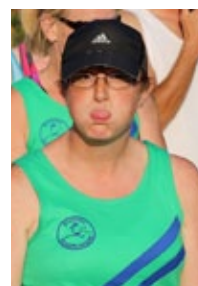
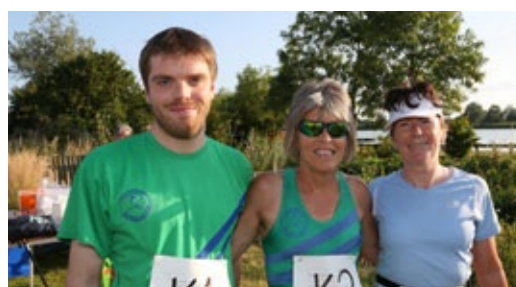
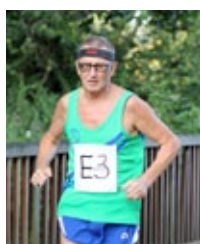
Carl Woffington, Anne Goodall, Glynne Jones.

Next Meeting Monday 6th October.

Meeting closed 10.00pm

## Dinton Pastures Relay

Another well-attended summer's evening at Dinton was organised by Richard Hammerson and his team and eventually won by the calculating minds of Jim Kiddie, Richard Morgan and Tony Streams. Thanks to Peter and Alice for the 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](mailto:newsletter@readingroadrunners.org)