

SCVAC Track & Field League 2018 is in 'Full Swing'! - Fiona Ross

Swinging the hammer in a circular motion, gradually increasing in velocity with each turn, each athlete released (threw) the hammer from the front of the circle and.....the competition was heating up!

The other throwing events for the women and men were equally impressive to watch and Match 2 and 3 of the SCVAC Track & Field League 2018 on 14 May and 4 June (when Reading Roadrunners co-hosted with Reading AC) would prove to be every bit as exciting as Match 1!

Congratulations to all the athletes who took part!



It is impossible to mention all the athletes individually, but here are the highlights shared with me

Gill Manton had never thrown the hammer before the practice session, but her debut was nevertheless impressive! Regarding Match 3, she told me: "other than almost taking out the officials on my first throw, I'm quite pleased with what I achieved!" Alan Freer described his first Shot Put for 45 years, having scored 2 points! He said it was a 'bit daunting lining up with gnarly old shot putters, all strapped up and bringing their own pot of chalk", but it was all "good fun"!



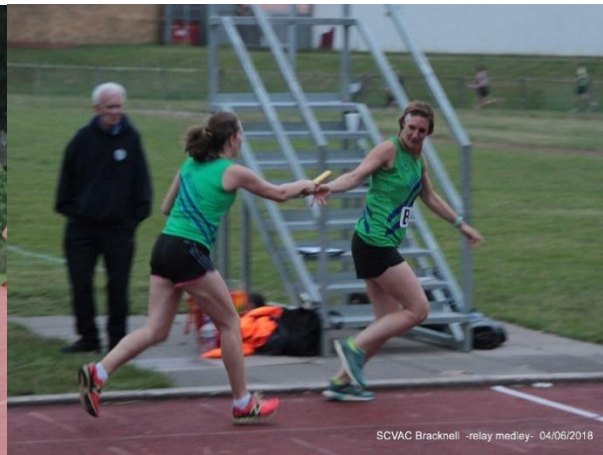
Adele Graham achieved 'AW' standard (an age category performance worthy of a mention in Athletics Weekly) for her performance in the W50 hammer event on 4 June on what turned out to be a birthday to remember! Tina Woffington's fantastic performance in the W50 javelin event the same day will also be recognised in Athletics Weekly and is a new club record!

Where the track events were concerned, performances of the night on 14 May included [Lesley Whiley](#) who came second in the 3000m as well as Liz Atkinson and [Gill Manton](#) who came second and third respectively in the walk. Liz scored 14 of our 80 points that night! Fantastic performances from the mens' team at Match 2 included [Pete Jewell](#) who took third position in the M50 800m and Nigel Hoults who achieved his best age grade in the 200m.

Chris Manton made an excellent debut in Match 3 on 4 June in the M35 100m and 400m events. He told me "getting 68.1 seconds over 400m was unexpected" and that it was a nice surprise that the male Reading Roadrunner team came second in the relay! He quite rightly said that "considering we all consider ourselves roadrunners rather than track runners, we did well." Jamie Smith gave a sterling performance in the M35 400m in which he took third position and many appreciated the coaching he gave to them as they ran. David Fiddes was also delighted to achieve a PB in the M50 400m and to match his 100m PB. Alan Freer came third in the M60 400m and second in the 1500m. Then the men took second position in their relay race! What a night!



The ladies also gave it their all. Maria Norville achieved an AW standard in the W50 400m on 4 June and Tina Woffington came third in the W60 400m! I was delighted with my W35 100m and 400m results, since it is only the second time I have taken part and I changed from non-scoring to scoring on the start line, when a team-mate was unable to compete at the last minute! I thought our ladies team did very well in the relay too. I am particularly grateful to Roger Pritchard and Tony Canning for their encouragement and coaching for the sprint races. Mel Shaw beat the athletic club members at their own game and won the W35B 1500m race! Helen Pool achieved a PB in the W35A 1500m race and Ladies Captain, Sam Whalley, found running the 1500m race for the first time was a good experience and was pleased she was able to pace herself well.



Mark Worringham and Ben Paviour scored maximum points in the M35A and B strings for the 5000m on 4 June, only a day after competing in the British masters 10k track championships (and collecting medals in their age categories)! Pete Jewell also gave an excellent performance and took first position in the M50 5000m!

Fergal Donnelly also achieved a phenomenal PB in the 5000m race which he described as “one of my best races of the year”! He recounted how he managed to stay with a similar paced runner most of the way then, during the final 800m, he overtook 3 runners and “stormed down the final straight!” He told me: “It felt great! I finished in an incredible (for me) 17.45 minutes which is a 25 second PB!”



David Fiddes did not stop at the track, he also achieved a PB in long-jump and Cecilia also gave a fantastic performance in the women's long-jump event, as you can see!

The competition was as tough as ever during Matches 2 and 3, but it certainly encouraged us all to perform to the best of our abilities!

Sam praised the athletes saying: “excellent debuts, some much appreciated last minute stand-ins, and some really impressive performances on tired legs!”

All of our athletes left Match 2 and 3 with a sense of pride and many of them commented on the team spirit, support and camaraderie of Reading Roadrunners which was as fantastic as ever. Tina summed up Match 3 well when she said: “Fantastic night, great team spirit and everyone gave 100%”!



Of course, these events would not have been possible without the wonderful volunteers who supported them. As co-hosts of Match 3, we required a great number of volunteers. Carol Jewell was a track judge and described how the volunteers rallied round to restore the lap board and bell for the 1500m race, and batons for the relay, just minutes before the events started! She was even getting ready to shout 'ding ding' on the final lap, if necessary! Sam Whalley and Cecilia were on field judge duties. Gill Manton and Anthony Eastaway helped co-ordinate athletes at the start of each event and Paddy Hayes was timekeeper. Kerry Eastwood was a very entertaining commentator (who apparently is available for birthdays and Bar Mitzvahs too), Ashley assisted the results recorders, Sev Konieczny and David Fiddes kindly took photos and the refreshments provided by Anne, Sandy and team were much appreciated.



On behalf of us all, I would like to thank these and all the volunteers who supported Matches 2 and 3, on and off the track, Tony Canning and Glynne Jones for coaching us before the events and above all Nigel Hoults and Sam Whalley for organising the Reading Roadrunners' teams.

Reading AC also thanked Reading Roadrunners for being "a great bunch of helpers who were willing to help with anything from refreshments to announcing and officiating, with great enthusiasm."

The SCVAC Track & Field League Starts is certainly in 'Full Swing!'

We would like to encourage other Reading Roadrunners to take part in this Track and Field League because it is a great opportunity to try something new, support your fellow Reading Roadrunners, get to know other club members, who are friendly and supportive, and an opportunity to have some fun! Sam Whalley recommends *"if you are 35 or over, and haven't yet given these events a go, be brave, and try it!"*

Th final fixture is on 2 July 2018. Nigel Hoult has published the details. Come and join us!

