

# NEWSLETTER

## JULY 2018



### Rob Corney wins Snowdonia Ultra Trail Marathon

Congratulations to Rob Corney who won the 60km Snowdonia Trail Marathon in a time of 5:56:05 some 13 and 36 minutes ahead of the second and third placed runners respectively. This was a new event in the Snowdonia Trail series and included 7,503 feet of ascent. Amazingly Rob popped out a few days later to run the trail half marathon route "to see what the quarries were all about" and completed it in a time of 2:00:41 which was only 11 minutes behind the actual winner of the race. A pretty stellar time in itself considering Rob was running it for fun on his own. "The quarries" are at the end of the half and involve many, many high and unevenly sized steps with no chance to get a rhythm going. Even Rob acknowledged it wasn't the easiest climb. Photo credit: Carl Woffington



Congratulations also to Peter Higgs who over the last few years has completed all four of the Snowdonia events; 10K, half marathon, marathon and now the ultra marathon.

## 250 up for bridge marshal Chris Smith at Reading parkrun

Ever present volunteer at Reading Roadrunners' events **Chris Smith** has now notched up 250 stints as marshal at Reading parkrun, and that's in addition to other volunteering tasks. Anyone who has run, walked or jogged at Reading will know Chris' favourite marshalling spot is just after the bridge which, after the first lap, is also the halfway point of the course. He is well known for calling out times and providing encouragement to all. Congratulations and many thanks Chris.

Pictures courtesy of Peter Cook.



## New committee members needed for Bramley 10/20

Speaking of volunteers, the Bramley 10/20 committee needs four new members to help arrange the 2019 race which is also the 25'th running of the event. Read **Fleur Denton's** appeal for help inside.

## Chairman Chat

### Carl Woffington

---



The RR Club Championship races continued with the Wycombe 10k on 15<sup>th</sup> July. Coming up in the summer are the Burnham Beeches ½ marathon on 12<sup>th</sup> August and the Englefield 10k on 26<sup>th</sup> August.

The Pub Run series continues and runs are well attended. Since the last newsletter we have visited the Royal Oak. Coming up are the Black Boy on 19<sup>th</sup> July, the Wheelwrights Arms on 2<sup>nd</sup> August and the 3 Horseshoes on 16<sup>th</sup> August. That ends the summer series as we then run out of daylight in the evenings. Please note one venue change - you should all have received an email. The original venue for 2<sup>nd</sup> Aug was the Lands End but this is closed for modernisation. The new venue is the Wheelwrights Arms - same date

and time.

Our Social Events are continuing through the summer and into the winter. More social events are being planned as I write this. Please see our RR website social page for the latest information.

Most of the summer relay season is now past. Ridgeway, Runnymede and Dinton relays have all taken place. Our own Dinton Relay was held on 10<sup>th</sup> July and went well.

The Summer Vets League fixtures are now over for 2018 and we have done well.

We also took a volunteer team to marshal the Great City Race in London. Pictures courtesy of Ruby Lee.



By the time you read this we will have sent 14 RR delegates to a first aid course which specifically targets running injuries.

A list of cross country races has been prepared for the coming winter season. It all seems way off during this hot summer spell.

## Editor's notes

### Peter Reilly



This is my sixth newsletter as editor and I hope you have enjoyed reading it so far.

Since the Newsletter traditionally takes a break in August now seems a good time to seek your feedback on the existing content, what you'd like to see included and indeed the role of the Newsletter especially when we can get our news faster from email, our actively managed website and our vibrant Facebook page and even Twitter.

I have put together a very short survey which I encourage as many members as possible to visit and complete. <https://www.surveymonkey.co.uk/r/9XGKWXC> It's your newsletter and I really do want your thoughts on content and its usefulness going forward. Link to survey:

## New members - June

Another crop of runners joined the club in June. Please extend your warmest welcome to **Derek Cheng, Sandra Cripps, Simon Paterson, Peter Cave, Daniel Coleman, Miriam Coleman, Nick Fifield, Laura McNally, Andrew Small, Andrew Stevens, Paul Gritt and Patrick Hall.**

## Katie Gumbrell - Back in action

After taking a short break to free up time for her very busy non Roadrunners life Katie is returning to coaching from 25 July. As Katie is a regular contributor to the newsletter I am particularly pleased, however I am sure members of her coaching group will also be delighted to have her back. Katie's story is on the website but she has these words to whet your appetite.

"The group will be aiming to have a good time while training hard, whether the overall goal is to get faster, run for longer, find a lost mojo, regain fitness, pootle about, whatever!"

"Everyone will be welcome; no one will be obliged."

## Mens Captain's Report

### Phil Reay



I am on another gruelling journey, this time though its a multi day vineyard tour in Spain.

I finished my update last month by saying I was off to work on the teams for Runnymede Relays. I did that and was delighted to be a part of the event itself, which was a success for the club. Many thanks to all 36 Roadrunners who chose to run for the club and join in with the social side of the event too.

Congratulations to our A team who so soon after

Ridgeway Relays picked up another trophy finishing the event in first place. The full race report from Sam is featured elsewhere in the Newsletter.

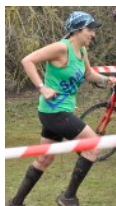
I'm fortunate enough to be on holiday as I write this and am taking the time to reflect on the first part of the year for the club. Well done to everyone who has pulled on the Green Vest and represented the club at an event. I continue to feel a proud member and am looking forward to coming back for an exciting Autumn Road season and then taking on the fun XC season.

Enjoy the rest of the summer. See you in September if I recover from the wine tasting by then.



## Ladies' Captain's Report

Sam Whalley



Somehow it is already time for another report! Good thing that you have all been entering races like they are going out of fashion.

**Kerry Eastwood** has excelled herself this month, with entries into the Go Girl Brighton 5k, BA Concorde 5 miles, Summer Gutbuster 10k, and the Cotswold Way 100k Challenge, which she completed with fellow RR, **Trisha Arnold**.

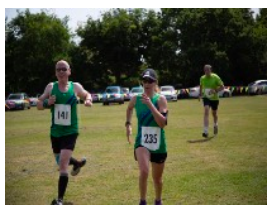
Trisha has been no slouch herself this month, and has somehow also had enough energy to complete the Yateley 10k, Tadley 10k, Summer Gutbuster

10k, and the Woodland 5. Well done, ladies!



Another set of RRs whose feet will be in need of a good soak and some TLC are those who have spent the past weekend scrambling up Snowdon for the trail marathon and half. It sounds like a good time was had by all in the latter, with **Tina Woffington** second FV60 to finish. **Suzanne Bate** chose the marathon as her second ever, with the first being the Hampshire Hoppit last month. I am sure these 'experiences' will make Suzanne's inevitable debut in a road version of the distance, a very pleasant surprise. For **Caroline Hargreaves**, this was marathon number 19, with number 18 having only recently taken place in a very hilly Uganda. Excellent work!

As if the current heatwave were not enough to deal with when training or racing, a number of you seem determined



to seek out nightmarish challenges of various types. The Combe Gibbet Challenge is one race that sees coach **Katie Gumbrell** return year after year; she can't help herself, even if it is a 'multi-terrain route which includes an energetic, though not overwhelming, climb up to Walbury Hill and Combe Gibbet to enjoy the spectacular views'. It wasn't enough for **Holly Towers** though, who also took on the Hungerford Harey 8 the following week. The course description for this also included such phrases as, 'footpaths providing stunning views of Combe'. Beware the claims of stunning views (although, of course, the climbs provide

excellent training). The Beat the Boat 10k was a popular choice again this year, although it is not clear whether this is because of the challenge, the atmosphere, or the beer.

David Dibben has reported elsewhere on the achievements at the Wycombe 10k club championships race. Billed as a road race, **Adele Graham**, for one, would like to have a quiet word with 'chooser of races', **Bob Thomas**. Apparently this was an undulating, cambered, loose-stoned affair. Still, it didn't stop **Gemma Buley** and **Katherine Sargeant** taking the top two female spots, and picking up the prize for first female team, along with **Mel Shaw** and **Sally Carpenter**, while **Paloma Crayford** was first FV50. As far as the club champs were concerned, it was Gemma, Mel, Katherine, **Maria Norville**, **Liz Atkinson** and **Cecilia Csemiczky** who each collected 50 points in their respective age categories.



In 10k races elsewhere, **Gemma Buley** was 3<sup>rd</sup> female in the Thames 10k in Beale Park, while **Bithja Jones** achieved a PB. In the Dinton 10k, **Erica Key** and **Sarah Dooley** picked up the first and 3<sup>rd</sup> FV40 prizes respectively.

I have written about our achievements in the Runnymede Relays in a separate report, so, suffice to say, it was hot, hot, hot, but a fun afternoon was had by all.

The vets league has also been written about by **Fiona Ross**. The final fixture in Abingdon rounded off the season nicely, with fantastic weather and a great atmosphere. **Adele Graham**, while too injured to run, managed a PB in the shot put, and **Gill Manton** PBd in the discus. **Mel Shaw** and **Lesley Whiley** also both recorded their fastest times in both the 200m and 800m, while **Fiona Ross** ran a PB in the 200m, and **Sarah Dooley** in the 800m, even though the latter was still feeling pretty heavy-legged from racing the Comrades marathon two weeks before. It has been wonderful to welcome so many new faces to the team this season, and we finished the league in 6<sup>th</sup> place. I hope that others of you might be inspired to join us next year. **Katherine Heaton** and **Sally Carpenter** – I have you both on the waiting list for your preferred events; you just need to get older first.



Here's to some more good running, resting and recovering – enjoy the holidays!

## Reading Roadrunners Welfare Statement

### Tom Harrison

---

Welfare Officer

Tom Harrison

0118-988-2515

07843-227-836

welfareofficer@readingroadrunners.org

EA should be notified of the Club Welfare officer.

All members should follow our Code of Conduct as follows:

RRR fully accept their statutory and moral obligation to provide a duty of care to protect all Club members and safeguard their welfare, irrespective of age; ethnicity; religion; sex; gender identity; disability or sexual orientation.

Coaches should have DBS (formerly CRB) checks every three years.

Members have the right to protection from bullying, abuse, harassment or false allegations.

All suspicions and allegations of abuse or poor practice will be taken seriously and responded to swiftly and appropriately.

Understand and accept their responsibility to report concerns to the Welfare Officer.

Treat all Club members with respect, dignity and courtesy and recognize their worth.

Avoid destructive behaviour and should leave venues as they find them.

Avoid swearing, abusive language or behaviour that is dangerous to themselves or others.

Not carry items that might be dangerous to themselves or others.

Not carry or consume illegal substances nor consume alcohol to excess.

Consistently promote the spirit of the sport such as fairplay.

Treat the safety and enjoyment of our members as paramount.

Any concerns or allegations should be reported to the Club Welfare Officer immediately who may, depending on the nature and severity of the incident, refer the matter to the Club committee; the UKA or if necessary the police. If the Welfare Officer is not available the matter should be reported to the Chairman or any member of the committee.

The above is every Club member's responsibility and in addition applies to all forms of social media.

Policies should be reviewed annually, or as requested by members.

## Bits and Bobs

### Cross Country dates - already!

---

It may be hot and sunny now, but here are some XC dates for your calendars.

Sunday 7th October - TVXC Metros  
Saturday 13th October - Hampshire League (Bournemouth)  
Saturday 20th October - SEAA XC Relays  
Sunday 21st October - TVXC TVT  
Sunday 28th October - TVXC Reading Roadrunners  
Saturday 3rd November - National XC Relays (Mansfield)  
Saturday 10th November - Hampshire League (Aldershot)  
Sunday 11th November - TVXC Datchet  
Sunday 25th November - TVXC Sandhurst  
Saturday 1st December - Hampshire League (Popham)  
Sunday 2nd December - TVXC Handy Cross  
Saturday 8th December - SEAA Masters XC Champs TBC  
Sunday 16th December - Berkshire XC Champs (Pangbourne)  
Saturday 12th January - Hampshire League (Reading)  
Sunday 20th January - TVXC Tadley  
Saturday 26th January - SEAA XC Champs TBC  
Sunday 3rd February - TVXC Bracknell  
Saturday 9th February - Hampshire League (Dibden TBC)  
Saturday 23rd February - National XC Champs (Leeds)

### Sev's cycling challenge for the Club Charity

---



Sev Konieczny is currently in training for a 100 mile cycling event on 29 July. She is raising funds for our Club Charity No5 Counselling.

The Prudential RideLondon-Surrey 100 starts in Queen Elizabeth Olympic Park, then follows a 100-mile route on closed roads through the capital and into Surrey's stunning countryside including leg-testing climbs.

Starting pretty much from scratch Sev has put in the training miles and improved her cycling technique and speed over the last few months and is very hopeful of completing the challenge. You can still sponsor Sev at the following link. <https://www.justgiving.com/fundraising/rrr-charity2018>

### Mortimer 10K - 30 September 2018

---

Our next Club Race is the Mortimer 10K on 30 September. If Catherine Leather sidles up to you in the next few weeks it's probably because she is signing up the volunteers that make the race possible. You can make her job much easier by letting her know before she asks that you are willing to help by either seeing her at track or posting a message on our Facebook page.

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

### Finch Coasters Woodland 5 - Race 3 of 3

---



The final 5.3 mile race of the series took place last week and due to the long dry spell, apart from the first few runners, we all understood the meaning of eat my dust! The clouds of dust were more challenging than the hills!

Rising star James Rennie was first Roadrunner home and third overall in a time of 33:40. Richard Hallam-Baker who finished in sixth place also snagged an age category series trophy. Susan Knight was our first lady home.

## Many hands make light work - Bramley Committee appeal

Fleur Denton



How many races have you completed since you started running tens, hundreds, thousands? I know many of you are into the hundreds just on one race distance like the Parkrun. Whether you are in the Pete Morris or Martin Bush league of hundreds of marathons or you have only just recently completed your first race we all have one thing in common – we wouldn't have been able to complete the races without the unsung heroes who give up their time to make them happen. I know many of you have also given up your time to marshal some of our club races or help out with the set up at the likes of Shinfield, Mortimer and Bramley but it's not just help on the day or

weekend of the races which are needed but in the months that run up to the events to ensure that every happens like clockwork.

Now let's face it none of us have a lot of time on our hands, most of us work for a living, we have children and families that need our time (including supporting husbands going through a mid-life crisis/celebrating their 50<sup>th</sup> year by running Comrades – or is that just me?!) and we already try and squeeze our training schedules around our busy lives. I am in exactly the same boat but when my work brought me back to the UK rather than the weekly commute to and from Barcelona – sounds lovely in principle but apart from the warmer weather and feeding my Gin habit not much fun! I decided I should give something back to the club I have been a member of for over 10 years and offered my services to Adele and the Bramley committee.

As you know Bramley is one of the jewel's in the clubs crown in terms of what a respected race it is in the running calendar and the fact it is a Gold Barr race (I would have been as bold as to say the jewel in our crown although I am sure Mortimer & Shinfield would have something to say about it and I am slightly scared of Bob/more importantly Janice!) To top it off it 2019 will also be the 25<sup>th</sup> anniversary year which is a huge accolade to all those who have been involved during this time and to our race director Adele who has led from the front for 14 years. Unfortunately, we have had several resignations from the committee this year and to be honest we were probably already a bit light on numbers – but just like many of the club events we have always struggled with volunteers. I know people often don't put their hands up as they are worried about what's involved and if they can commit to the time needed but hopefully I can help dispel some myths and offers some reassurance.

Ideally we need 4 new committee members – we tend to meet from September through to February on a Monday night at Palmer Park and meetings don't normally last much past an hour (starting at 7:30pm so plenty of time to get home). Most of the roles involve general liaising with people over email or phone and there are some really experienced committee members who can help you find your feet and a useful checklist so we know what needs to be done by month. Given the number of years the race has been running often things don't change much from one year to the next which again makes things easier. It's also worth noting that if you like to do Bramley as part of your spring marathon prep not all the roles stop you from being able to run so don't let that put you off. Specific roles we need are:

- **Someone to manage the health & safety** – which involves warning those impacted of the dates, checking the course to see no major changes and booking/liasing with the Red Cross. Both Gill Glennon and I have done this role over the years so there is plenty of support to get you started.
- **Someone to manage the water stations**, with the obvious things like making sure we have water, plus liaising with the local cubs & air cadets for manning them on the day.
- **Supporting Chief Marshall AI** in the booking and management of the car parks.
- **Someone to manage entries with FRS systems**, liaising with the school & managing the information desk on the day – Simon Davies is stepping down but has offered to work alongside his replacement for the 1<sup>st</sup> year.

I know we have previously talked about we can't run the race if we don't have enough marshals on the day and of course the same is true for the committee – it's a tough message to give but unfortunately a true one. However, I am sure with a club our size there are plenty of people who can help and support – the committee are a friendly bunch so for a free no obligation chat grab Adele, Gill, myself, Glynn or Alan and let's make the 25<sup>th</sup> Bramley race something really special.



### Reading Roadrunners Year Planner for Social Events 2018

January	Curryoake
February	Cycle Smart Quiz Night
March	Dinner Dance
Saturday 28 <sup>th</sup> April	Spring Do and XC Awards, Sutton Bowls Cub
Friday 11 <sup>th</sup> May	Footgolf, Wokingham and pub grub after (optional)
Saturday 23 <sup>rd</sup> June	<p>Escape Room:- solve a bank robbery/solve a library mystery/you wake up in a small darkened room- how were you kidnapped? Can you vanquish a vampires heart in 60 minutes?</p> <p>With 4 different rooms, I am positive that the room you end up in with be full of fun mysteries to solve as a team.</p> <p>Food after (optional)- possibly the Casino</p>
<b>Sunday 19<sup>th</sup> August</b>	<b>Dragon Boat Racing Festival-</b> Can the RR be crowned the 2018 Dragon Boat winners of Reading? This was very enjoyable last year
<b>Thursday 27<sup>th</sup> September</b>	<b>Loddon Brewery Tour</b>
<b>October- Date TBC</b>	<b>Rock and Roll Bingo</b>
<b>Saturday 17<sup>th</sup> November</b>	<b>Bombay Sapphire Gin Distillery Tour</b>
<b>Thursday 29<sup>th</sup> November</b>	<b>Theatre- 42nd Street</b>
<b>Saturday 8<sup>th</sup> December</b>	<b>Christmas Do</b>

## Wycombe 10K and Half Marathon

Katherine Sargeant



Since joining Reading Roadrunners in 2012 I've always managed to avoid the Wycombe 10k as it falls on my son's birthday weekend – a great excuse to avoid those hills! But when the 19<sup>th</sup> birthday rolls around and, frankly, as a mum you are totally surplus to celebratory requirements, there's no longer an excuse. The sobering fact of maternal worthlessness, coupled with this being another Club Championship race, meant that it was time to face up to Wycombe's unforgiving inclines.

We're into the second half of the Club Championship year and a fair few of us have run at least 3 of the 4 distances. The old favourites like Wokingham Half, Maidenhead 10 and Marlow 5 have long gone, so it's always intriguing to see who has decided to run and who you're competing against.

But above all, these races are the best for the outstanding Club camaraderie and, for me, a chance to catch up with everyone as I've not been able to make the track for most of the last 2 years.

The Wycombe event was no different in terms of team spirit and team mates. In fact, I think this race stood out for me as the heat and hills combo made fast times unthinkable. Instead, we were all concerned to see each other finish safely.

I'm not sure whether this was the first or second year of the new Wycombe route. Being something of a footy fan, there was an allure to starting and finishing at Wycombe's ground, Adams Park. I've seen Reading FC lose here, but then I can say that about a lot of football venues! It was only after the race that I found out that this course is said to be tougher than the previous one – some comfort!

Anyway, we pitched up, collected our numbers and found shelter from the sun wherever possible until the clock ticked towards the 9.30 start. As I said, fast times and competition were pretty much shelved from the outset and I was very grateful to be running the 10k rather than the Half, the challenge taken on by 3 of our Club members.

I started alongside **Gemma Buley** and **Mel Shaw**. We had all agreed to take it steady and see if we could just secure the points we wanted, rather than focus on times. Until Gemma uttered the words in the first 500m "Is there a Ladies Team Prize?" GROAN! OK, so now we were running just in case there was a trophy to be had!

The course, in the heat, was pretty brutal but without exception the runners were supportive of each other. The views through the Chilterns and West Wycombe Park were stunning in the sunshine. I'm thinking "it would be really nice to walk through here!" I should do my homework better as I had not appreciated that there were substantial off-road elements, both uphill and downhill. I huffed the up-hills and did my girly prance down the rubble and-potholed down-hills. With autumn marathons in mind, I decided this was not time for heroics, even though guys flew past me. One such was **Alan Freer**, who did a stupendous time despite tacking a tumble later in the race. More of that to come. But I was also worried that **Tony Streams**, whose Lazarus-like return to running after the fall and sprained ankle at the finish of the London Marathon, would not appreciate this unexpected challenge.

When the Half Marathon and 10k route split at around 5.5k, I found myself running alone and knew I wasn't going to catch Gemma which was a



shame, mainly because I had intended to share my water with her again! But I had also been told by 3 consecutive marshals that I was 2<sup>nd</sup> lady, so Gemma was 1<sup>st</sup>; this was cool and we just needed to protect these positions! So I used the usual "one foot in front of the other" mantra and counted down the minutes until a near-normal body temperature could be restored at the finish.

For the last 3k we re-traced our steps of the first, which was comforting in terms of knowing the roads which lay ahead. We crossed cattle grids again. I became aware of thudding feet on the cattle grids not too far behind me. I glanced over my shoulder to see if female competition threatened. But in return I had **Tony Long** behind me shouting to keep going - which was fine as I was not going to stop!

There was a bit of a drag back up to Adams Park. On the way, **Lance Nortcliff** was cheering us on, waiting for **Claire Seymour** to come by later in the Half. Plus **Alice Kerr**, supporting **Paul** with baby Theo. Very welcome!

As I rounded the corner into the stadium I saw the sprinklers on the pitch. I must be mad because I thought they were for us! Thankfully plenty of water, sponges, a great medal and full goody bag awaited. A superbly organised finish.



After the race we tracked our club mates in. It was then that I saw how badly Alan Freer had injured himself rolling down a hill, gashing both knees, a shoulder and his forehead. **David Dibben** also injured himself in the challenge of the uneven ground and I understand **Dave Caswell** ended up with the St John's Ambulance guys too. I hope you all have speedy recoveries.

We saw **Garry Tuttle** return as one of the first few back in the Half, and Claire - picking this as part of her Chester Marathon training. Great running.

A group of us chatted for ages as the online results had been published and it looked like we may have secured the Ladies Team prize in addition to Gemma's 1<sup>st</sup> place and my 2<sup>nd</sup>. It was worth the wait to see Mel Shaw receive her first ever prize! So delighted for you Mel! It was a shame that **Sally Carpenter** wasn't there to join us in receiving our Runners Retreat vouchers - I

trust Mel gave them to you as she seemed pretty keen on them!

The guys secured second place in the Men's Team event as well: **James Rennie, Andrew Smith, Thomas Peirson-Smith** and **Paul Kerr**. Well done guys! And despite his fall, Alan Freer, who never fails to impress, picked up the 1<sup>st</sup> Male Vet 60 trophy.

It was a great day out. Although I'll have to see if I can resurrect the birthday excuse to bypass this hot and hilly challenge again next year!

# Runnymede Relays - Race Report

Sam Whalley



Despite an unforeseen clash with an England world cup football game, six teams of six Reading Roadrunners made the journey to Windsor Great Park, for an afternoon of running in blistering sunshine. For those who haven't participated in this event before, you must! Runners of legs A, C and E in each team complete a 5.25 mile loop, while for runners B, D and F, it's 2.75 miles. It's mostly on grass, with some undulations, and the occasional glimpse of Windsor Castle and the Copper Horse.

With our A team finishing third and second in the past two years, there was only one way to go, and men's captain **Phil Reay**, still basking in the glory of an A team win in the recent Ridgeway Relay, put together a team with a definite job to do. This time there was an actual baton, and there are strict instructions that it must be carried in the hand, and not tucked into shorts or anything else.

The official results are missing some details, but I'll do my best to give a flavour of the race.

Leading out the A team was **Matt Richards**. Matt lives in London so we don't see him down at the track in Palmer Park, but when he does make an appearance alongside other RRs, he does us proud. True to form, he was first back on leg 1, in an impressive time of 30:02, which was 56 seconds ahead of the Datchet Dashers team in second. I was out on leg 1 myself when Matt returned, but I heard he had to be bucketed down like a racehorse when he crossed the line. It was warm out there!



In spite of an excellent time of 16:19, and having overtaken a number of leg 1 runners, including me, **Pete Jewell** was unable to hold off Datchet, and finished his leg in second place. The gap was now 24 seconds, in Datchet's favour, but the A team was still very much in the game.

By the time I arrived back from leg 1, the A team's leg 3 runner, **David McCoy**, the younger, had already left. Another excellent performance saw him return in 32 minutes dead, with the gap behind first now 41 seconds. A glance at the runners lined up for the remaining Datchet legs meant that there was no need to panic. Phil knew there was strength throughout the team, with the best yet to come.

**Andrew Smith** was up next, against one of the opponents' fastest runners, and Andrew's 16:40 leg was not enough to prevent the gap from widening further to 1 min 27. This just goes to show the calibre at the front end of the race; the average short leg time for the rest of our teams was around 25 minutes.

As leg 5 began, it was time to get out the biggest of the big guns, and Andrew handed over the baton to **Rob Corney**. In a style that we have come to expect, Rob recorded the fastest long leg time of the day, and was back in 29:07. His Datchet counterpart was over a minute slower, so, with one leg to go, the gap between the two leading teams was now reduced to 14 seconds.



What an exciting finish it was to be! **Lance Nortcliff**, not long having returned to racing, was tasked with bringing the team back up to first place. I think it's fair to say he was nervous, although believed that, on paper, he was a faster runner than that he would be facing, or indeed, chasing.

The layout of the course is such that, you can see each runner disappear up the hill, and then it's a bit of a wait until they reappear on the other side of the park, before they turn for a long sprint finish. It's then that we start to squint into the distance, and speculate. 'Is that a green vest?' 'Was he wearing a cap?' 'That looks like his running style', and so on.

Imagine our delight on realising that Lance had pulled it out of the bag, and with an incredible 15:46 leg, one of the fastest runs of the day, had brought the team back up to first, with Datchet Dashers following 50 seconds later. Well done, Lance, and well done, the A team, each of them winning a silver plate, complete with stand, to be displayed on the mantelpiece, or put in a carrier bag under the bed.



The A team may have been done and dusted in 2 hours 20, but the rest of our teams still had a way to go, with the second team, of **Ben Whalley, Helen Pool, Gemma Buley, Sarah Dooley, Dean Allaway** and **Ian Giggs** recording some really competitive times, and finished within their target of under 3 hours, in 15<sup>th</sup> place.

Missing times throughout the teams means that the positions of the remaining teams are unclear. However, there were some real standout performances, which are worthy of a mention. **Chris Buley** ran a very strong long leg, in 37:23, and showed that he is definitely one to watch. **Donna Saunders** continued her post-baby comeback with a cracking short leg. **Chris Manton** had come to spectate, having

pulled out of the event with an injury. Finding ourselves a person short, though, and given the event's rule that runners may only one run leg, and for only one team, Chris was willing to don Clive Bate's already worn sweaty vest (a big ask, and I'm sorry my spare vest did not fit!), and jog round a short leg, just so that the team would be complete. While I would not recommend people run if they are injured, we were all very grateful to Chris for this gesture. He is now resting up, ready for Snowdon. Note to spectators, always bring your kit; you never know.

Similarly, **Phil Reay** had been listed as a 'last resort' reserve, as his legs (and feet – I warn you, do not look!), were still very much in recovery from their various 100-mile exploits in recent months. In the absence of other reserves, Phil found himself drafted in by, erm, himself, to make up a team, and then went out again to bring back a lone runner.

That's the thing with team events, it really is a case of all being in it together. When **Pete Morris** was out on the course taking photos, he missed the 3.45 mass start, and **David McCoy** ran with him up the hill to try to catch the others. I'm just glad that Dean had Pete's phone number, or he could still have been out there, in the long grass.

Of course it was great to have a winning team among us, but the best thing about the afternoon, for me, is always the camaraderie, the chance to talk to people you don't always see, and the opportunity to share picnics. Now we know who buys those crackers in the shape of a Hovis loaf. The worst thing, apart from running in the heat (although I think it's still good training), was the mile of sand on the long leg. Whose idea was it to put that there?



I was delighted, as well, to welcome new member, **Jennifer Holmes**, to the club. We hope that you had a good afternoon out, and look forward to seeing you again. Spread the word about team events – the XC season will soon be upon us, and we have our eyes on some prizes!

## The Cotswold Way Challenge

Trisha Arnold

This isn't a guide to the Cotswold Way, as there are books for that. It is my experience.

I was heading to the Royal Crescent in Bath on 30th June at 0545 feeling a mixture of excitement and trepidation. I was with "my friend" Kerry Eastwood whose "great idea" it was to take on the Cotswold Way 100k challenge. She had caught me at a vulnerable point when we were having lunch, just starting to eat a massive slice of cake. That was last year. Our training hadn't gone well either. In fact it hadn't gone at all.

After registering and warming up we were off. Jogging along nicely but it wasn't long before the hills took their toll. Hiking poles were put into use,

The route for day one was 49k long with snack stops at 9k and 38k and a rest stop at 24k before finishing at Tormanton for a meal, shower and then a sleep in a two man tent.

The hills and the heat were brutal, but the views were stunning including the Severn Bridges, sculptures made from scrap metal, lovely houses, follies and hills. We also had natural spring water in real springs.



Mid afternoon there was an odd view of two blokes on bikes trying to cycle uphill against the stream of people going downhill. One of these chaps had no brakes and no fear, the other was Pete Morris. Thanks Peter Higgs and Grumpy (although not on Saturday, much) for your support. It was very much appreciated. They stayed with us to the snack stop at Hawkesbury, entertaining us with their cycling skills, information of an extra water stop in a churchyard which also had adders, and taking photos of Kerry being a cow whisperer.

It was at the evening stop at Tormanton that I discovered Kerry could eat for England. While she was piling into a plate full of cottage pie, chicken casserole, pasta, rice and vegetables followed by carrot cake and a doughnut, I had a few cubes of cucumber, two cherry tomatoes, a couple of slices of carrot, two small pieces of chicken from the casserole and a slice of bakewell tart. The rest just got pushed around my plate. I also discovered that Kerry makes the best mug of drinking chocolate I have ever had.

The showers seemed as though they were jet powered and nearly blew the doors off. Film reference there.

The Tormanton sky was clear giving us a great view of Jupiter, Saturn and Mars.

Day two started at 0515. Off to registration for an 0600 start. I didn't know there was an 0515 on a Sunday.

30 people didn't make the start.

The first section to Painswick, right name, was the hardest of the whole route. Both the ups and downs were tough. Lots more stick use. A pub stop was required because it would have been rude to just use their toilet facilities, wouldn't it? We weren't the only run/walkers in there.

Over the two days we had to cope with horse flies, the threat of ticks, long stretches of very narrow stinging nettle lined pathways, unbelievably difficult track surfaces which varied from edges of ploughed fields (right foot 18" above the left), dried up water courses down steep beech wood tracks to subsided trails by the side of massive ravines and paths made up of dried mud, flint and what could have been Pete Morris' skip reject bricks. We had a gazillion kissing gates and wall crossings to negotiate. Some were great big stone slabs, some were stiles (ish). One stile had electrified wire on it which meant a tad more



concentration was required.

There was a Cotswold Way relay event running in the opposite direction. This caused a bit of bad feeling with some people on both sides. Not us though.

We met some great people especially Morag and her two children who were great motivators. They appeared at just the right time with loads of high five'ing and ice cubes. There was the lovely lady who bought ice lollies and hid the box so I wouldn't see they were from a supermarket chain I will never use, so two acts of kindness in one.

Luckily the last section was short and mostly downhill and on decent paths. A scary road crossing at one point across a major road junction with no pedestrian facilities gave Kerry the chance to risk life and limb while I waited until a lorry driver stopped and waved me across. Yes, a massive great big articulated lorry was driven by a gentleman. Dozens of cars hadn't been so caring hence Kerry's dice with death.

Because we finished the last section quicker than expected, we had the time to drink our bubbly, take photos, get our baggage and for, surprise surprise, Kerry to eat, before Mark arrived to take us home. He had planned to be there for us finishing but we were honed ultra "runners" by this time.

We took just under 27 1/2 hours. We were 48 and 49 in the women's two day category and 90 and 91 in the full two day. 299 people dropped out in the whole event which included the 100k in one day and several shorter distances.



I learnt that to stay friends in really tiring conditions, patience is needed.

Patience when your teammate has a tummy problem caused by the inability to burp and requires frequent stops.

Patience when your tent mate eats crisps at some unsociable time in the morning. (Note the 0515 get up time. It was before that.)

Patience when your teammate has so much stuff in her tiny rucksack that she struggles to get it on and off and patience when your teammate has to stop what seems like every half a mile to remove stones from her shoes.

We are still friends and we are ultra runners/walkers.

Thank you Kerry for suggesting this event. I had a brilliant weekend made even more special by your company.

Next year?

## Endure 24 2018 - Kathy does the minimum

Kathy Tytler



What is the minimum amount I can do and feel that I've earned my Endure 24 t-shirt? This was my strategy for Endure 24 this year.

My blisters were still healing from the LDWA 100 – they caused me to pull out at 58 miles – and I was travelling to the Isle of Wight the day after Endure for a walking holiday, so I did not want to cause more damage to my feet.

I could just do one lap and feel that I'd done my bit, and then settle back and watch everyone else run round. I could choose not to run at all because we get our t-shirts at registration, but pride would not allow me to wear a t-shirt that I hadn't earned. One or two laps wouldn't be enough,

so how about aiming for five – almost marathon distance? Two laps on Saturday afternoon, one lap at night (because night laps are special) one lap at dawn (I love a good dawn run, and one lap on Sunday morning. But if I'm doing 25, this is just short of a marathon, so I may as well do another lap taking me to 30 miles.

I had the chance to try new tactics, such as resting after each lap; shoes and socks off and feet up.

I did my first lap running, my second lap as a run and walk, then rested, I didn't rest for as long as I planned because the sight of all those people running past my camping pitch made me want to get going again. After another couple of laps I was going to rest a while until dark to set off for my night-time lap, but I set off again with my campsite neighbour Di, and we had a lovely chat while briskly walking and jogging down the hills – so that was 25 miles done before dark.

One of the highlights, as usual, was the VDub bar in the woods. This year the musical theme was Ska. During my third lap I had a request played (one of the benefits of solo running – I can please myself because there's no-one waiting for a relay handover); 'Chasin' the Devil' by Madness. This is a great song to sing while completing laps. It was my earworm during my first Endure in 2013, after a friend had posted the original Max Romeo version on facebook the day before the race, so, as both Max and Suggs tell us; 'Put on your iron shirt and chase the devil out of earth!'

I finished my night lap at about 11.30, 30 miles done, and decided to have a sleep, setting my alarm for 4am to wake up for a dawn lap. I slept well, despite the flash of headtorches and the patter of not so tiny running feet on the tarmac alongside my tent, perhaps this acted as a lullaby. When my alarm went off I put it on snooze and after what seemed like 10 seconds, which was in fact 10 minutes, it went off again, so I switched it off and went back to sleep for another hour.

When I awoke, the enormous task of putting on my running clothes was beyond me. I heard the people opposite cheering for Magda, the leading female as she ran past. I messed around for a while, then heard them cheer for Magda again! In the time I'd spent faffing Magda had run a whole lap. That spurred me to get going again.

My revised target was 40 miles – that's only two laps to go.

I was resting when Dave Brown came by and suggested that I could reach 50 miles in the time available. Tempting, in theory I could do it, but it could entail finishing my final lap after 12 noon, and I wanted to get packed up and away without feeling too exhausted. After my first morning lap I forced myself to rest a while, even though I was feeling OK.

I met my friend Ginika towards the end of my final lap. We ran in together and I handed in my chip at 10.22 so I wasn't tempted to do 'just one more lap'.

My blisters hadn't got any worse. I got home and had enough energy to pack for my trip to the Isle of Wight the next day, where I had a great 4 days walking The Vectis Trail with members of The Long Distance Walkers Association – so – Mission Accomplished!

'Kathryn does the minimum', was what my PE teacher wrote on my school report when I was about 14. Well Miss O'nions, I may have exceeded your expectation of me, as I did with my own expectation at this event.

# Snowdonia Trail Marathon - Race Report

Caroline Hargreaves



The Marathon started at 9am and after a brief run through the village centre we hit the first ascent which goes on for about 3.5 miles and it a brutal way to start the race. After finally reaching the top there is a brief downhill until you reach a turnstile, which is the only way to cross over one of the farmers land and because of that there was quite a queue of people getting across. Once across the turnstile you can finally stretch your legs and get some downhill running, crossing over grass and bogs and you get to see some stunning views of the countryside. Not for long though as not far around the corner was a slate hill where you had to climb over a huge pile of slate. After that climb we were running on flat land until the check point at 6 miles. Once through the check point and realising how long it had taken to complete the first few miles

myself, **Pete Morris** and **Suzanne Bate** knew that we needed to get going if we were going to make the checkpoint at 2:15, which we were told was at 18.8 miles at Pen y Pass. The next 10 miles were undulating with plenty of turnstiles to climb over, hills to go up and down, stone tracks, gravel paths and thin trails to run through including running around a beautiful lake at mile 13. At 17 miles we had 35 minutes till cut off and felt that this was enough time to get there on time, however I was not expecting that the next few miles were going to be so brutal! Incredibly steep hill that just seemed to go on and on and on and at 2:15 I was at 19 miles and the cut off was no-where in sight, feeling incredibly deflated I thought I had missed the cut off but just had to keep on going as I was determined to complete the race. I finally reached the check point at 2:28 and was happy to know that the cut off time had been extended until 3pm and so I was all good to carry on. Pete Morris was already there waiting and Suzanne came in just after and we were told we were ok to go and we were the last people to leave to climb Snowdon. All runners after us were told they could not continue. Now the hard work started, the first part of the climb is large rock boulders that you can step up, once at the top we went around the side of the mountain and had 3 tough miles to the top. The inclines just kept on coming and coming and at some points you had to physically climb on your hands and knees to get up. Finally, we reached the top, absolutely shattered all I had in my head is that I needed to finish and I needed to finish as soon as I could and so from somewhere I managed to get the energy to run all the way to the finish, physically my body was absolutely broken but mentally I knew I was going to finish and so I put my big girls pants on and just ran. I finished in 9:22:13.



The Ultra has 7000ft of climbing over 60km and this was the first year that the event has held an Ultra distance. The race was won by Reading Roadrunner **Rob Corney** in a fantastic time of 5:56:05 The Ultra was also ran by **Peter Higgs** who is now the only person that has ran all 4 distances at this event and he came in at 12:12:58. In total there were only 151 entrants and 15 of them DNF which shows just how tough the course is.

The half marathon takes a different route up to the top that doesn't involve climbing, however is still the toughest half marathon that I have ever completed and was taken on this year by numerous Roadrunners. **Clive Bate, Chloe Lloyd, Amanda Rosser, Tina Woffington, Sarah Richmond-Devoy, Veronika Royle, Andy Dingle, Nicola Gillard, Kathy Tytler, Helen Grieves, Linda Wright, Hannah McPhee, Sarah Drew** and **Gill Manton**. **Chris Manton** tackled the 10k.

If I could sum this race up in one word it would be BRUTAL!! However, it was one of the most stunning courses I have ever done and is both mentally and physically challenging. If you are looking for a challenge I would recommend this race. Just make sure you enter nice and early and book your accommodation as both sell out incredibly quickly.

Photos courtesy of Caroline Hargreaves and Carl Woffington

## Beer Lovers Marathon - Liege, Belgium 20/5/2018

Dean Allaway



After running the Medoc Marathon back in September 2017 this was on my radar to do and I entered as soon as entries opened. Only in it's third year and having a limit of 1500 places how could I resist a run with beer and music involved?

On to the weekend where I was accompanied by fellow Roadrunners Pete the Train Morris, Caroline Hargreaves and adopted Roadrunner Pete Bowles we all booked to go on the Eurostar which was dead easy from St Pancras to Brussels, then onto Liege which was about 3 hours in all.

We arrived Saturday afternoon with another short journey to Palais by train. With only around 400m to walk from the station we were right by the expo and very close

to our Ibis hotel, so no logistical drama's this weekend, wallet, passport, phone - check!!

Numbers picked up and bib number photo done, hotel check-in and back out for a few beers and to watch the FA cup final, which the winner was coincidently scored Belgian Edin Hazard.

In the evening we went out for a meal, most of us had steak and chips (which seemed a good choice as this was a fun run and nothing more). Just as well it was a fun run as myself and The Train ended up staying out late and going to the beer festival that was going on at same time.



Race day was a 9:30 start we only had a 5-minute walk to the start line by the expo, ideal as The Train was a bit hungover and I was feeling a bit de-hydrated. We got up at 8am and got ready to go with a fancy-dress theme of cowboys and Indians, Pete seemed to forget his outfit? We met up with Caroline dressed as Indian and Pete B as another cowboy.



So a bit about the race, the first 10k was mostly uphill with over 500 steps to climb getting some great views of the city. I think I drank more water to re-hydrate here, with 14 more beer stops to come of the best Belgian beers ranging from 5-9.5%. The aid stations were every 4k or less and well stocked with cheeses, fruit, biscuits, white pudding and other savoury snacks. The route was then mostly flat with nice parts along the river with music playing, it made for a great atmosphere, I had a water pistol gun which helped on a hot day too.



We had so much fun and we all just about beat the cut off time of 6 hours 30 for me and Pete B 6:27 and Caroline and the Train got in just under 7, but I think there was still quite a few finishing behind us. We then had an after party which you got a free meal of chilli con-carne and yet more beer and music being played.

A great weekend had by all and a must do for any beer lover!!!



## Training Tips - Intervals and Hills

### Katie Gumbrell

---

Here are some ideas for some sessions you can do on your own. Please make sure that you warm up (5-10 minutes of jogging; dynamic stretches) and cool down (5-10 minutes of jogging; static stretches). These will help you to get faster, if you practise being faster.

#### **80 second challenge**

Run for 80 seconds, note where you get to; have a minute of rest and return in 80s; have 1 minute of rest and return in 80s; repeat until two failures in a row.

#### **Diminishing rests**

Find a stretch of path which is about 300m long; give yourself 3 minutes to get to the end and have a rest; return in 2 minutes and 50 seconds (including rest); repeat with 2 minutes and 40 seconds; keep reducing the amount of time you have to complete the run and have a rest by 10 seconds; repeat until you can't make it between your markers.

#### **Time-based pyramid**

Run hard for 1 minute; gentle jog for 1 minute  
Run hard for 2 minutes; gentle jog for 1 minute  
Run hard for 3 minutes; gentle jog for 1 minute  
Run hard for 4 minutes; gentle jog for 1 minute  
Run hard for 5 minutes; gentle jog for 1 minute  
Run hard for 4 minutes; gentle jog for 1 minute  
Run hard for 3 minutes; gentle jog for 1 minute  
Run hard for 2 minutes; gentle jog for 1 minute  
Run hard for 1 minute; gentle jog for 1 minute

#### **Time-based scorpion**

Run at medium pace for 90 seconds; run hard for 30 seconds  
Repeat 10 times.

#### **Hill session 1**

Find a hill it takes about 5 minutes to run up; find a point 1/3 of the way up (A) and another point 2/3 of the way up (B).

Run hard from the bottom of the hill to point A; walk back down  
Run hard to point B; walk back down  
Run hard to point A; walk back down  
Run hard to the top of the hill; walk back down  
Run hard to point B; walk back down  
Run hard to point A; walk back down

#### **Hill session 2**

Find a hill that takes about 3 minutes to run up.

Try running to the top without putting in extra effort (i.e. run it as if it was a flat part of your long, slow run: if you start to breathe really heavily, slow down); run down at the same intensity. Rest for 2 minutes. Repeat 8 times.

#### **Hill session 3**

Find a hill that takes about 3 minutes to run up, with a 1 minute flat run out at the top.

As for the Hill session 2, get to the top without putting in extra effort; run hard for 1 minute when you get to the top; run down at the same intensity as you came up the hill. Rest for 2 minutes. Repeat 6 times.

## Training Tips - Running in the heat

### Alexa Duckworth-Briggs

---

Running in hot weather will impact your performance; your body will be working harder to maintain its core temperature and to cool you down. So I'll start this summary of running in the heat by saying slow down! Your run will have the same training effect at a slightly slower pace, but the same perceived effort. Listen to your body and make sure you slow when it asks you to and that you look after it.

Some of the ways you can look after your body in the heat are covered here;

**Hydration!** Take on board water throughout the day; before, during and after a run. Drink to thirst, it's a very good mechanism for telling us when we need to drink. Your pee should be straw coloured, any darker and you are getting dehydrated. Even mild dehydration impacts performance, so keep an eye on things. One way to work out how much you need to be drinking is to weigh yourself before and after a run, in the same clothes and no loo visits, any drop in weight (in grams) will be your water loss (in ml). So if you've lost 250g in weight you should have drunk 250ml of water.

Water is the simplest and best way of hydrating, but if you sweat a lot (on a longer run for example) you may notice a salty crustiness on your skin - you are losing salts too. You can replace these with sports hydration products (like Nuun), salt tablets or plain old re hydration salts from the pharmacy. Again you can drink these before, during or after a run.

This saltiness on your skin, as well as your feet swelling up in the heat can lead to more problems with chafing on hot days, so vaseline or similar to lubricate those problem areas can be a godsend!

**Clothes;**

- I find that a lighter coloured running top makes a huge difference, it reflects as opposed to absorbing the heat
- It almost goes without saying that technical wicking materials, instead of cotton, will be a lot more comfortable when you sweat more
- Something that covers your shoulders (a t-shirt as opposed to a vest) can protect the easily burnt skin on the tops of the shoulders
- A cap is great to keep the sun off your head, both keeping you cool and stopping that irritating "hair parting sunburn"!

**Suncream;**

- Don't forget the parts of your body that face upwards to the sun; tops of shoulders, top of head and (when you run more so than the rest of the time) the forearms and insides of the elbows!
- Minimum of factor 30 suncream is recommended to reduce skin cancer risk

**Sunglasses;**

- A good quality pair of sunglasses are a must on sunny days as the sun can damage your eyes as well as your skin
- Look for glasses that protect you from 99-100% of UVA and UVB, and also wrap around your face so you don't get light coming in from the sides to dazzle you

Early mornings are the best time to run, if you can, in the cooler air. As you'll wake up slightly dehydrated drink some water before you head out.

Your heart rate is a useful indicator of how your body is doing in the heat. Is your resting heart rate higher than usual? Is your heart rate whilst running higher than usual? This means your body is working harder and/or that you may be dehydrated (thicker blood is harder to pump).

Signs of more serious dehydration are lightheadedness, dizziness, headaches, dry mouth (sometimes leading to a dry cough). These are a sign to stop, get cool and rehydrate.

## Seen on the website

### Endure 24 (Part 2) Leeds - Darren Lewis.

---



Following a thoroughly enjoyable race in Reading with a speedy team, a post on the busy Endure24 Chat Facebook caught my eye. A team from the Midlands were short of runners and appealing for somebody to stop in and give them confidence to take part. I wasn't fully-recovered from six hard laps (yes solo runners only 6) at Wasing Park, but thought: Why not? Meet some new people, feel good about helping out, no pressure and a stack more miles in the legs.

Read the full story on the website.

### How Gemma wowed Wycombe - David Dibben

---

GEMMA BULEY was the big winner at the eighth round of the Reading Roadrunners' club championship, the Wycombe 10k.

Gemma was first lady home at Adams Park and led our girls to take the team prize. In doing so she moved up to 199 points and pretty much sewed up this year's senior ladies title.

Read the full story on the website.

### SCVAC Track & Field League 2018 ends on a High! - Fiona Ross

---



As the SCVAC Track & Field League 2018 draws to a close, it is not just the high jumpers who reached greater heights! The Reading Roadrunner team holds their heads up high and can be proud of their team and personal achievements! Congratulations to all the athletes who took part throughout the league!

Read the full story on the website.

### Kathy's Comrades Marathon 2005 Memory - Kathy Tyler

---



One of my most memorable events was Comrades Marathon in South Africa. In 2005 Christine Usher and I ran it and Jackie Astley was our support crew. I would recommend this race to anybody who is able to complete the 56 miles in the time limit of 12 hours. The time limit is strictly enforced.

Read the full story on the website.

### Mortimer 10K 2018 Now Open For Entry

---

Our annual Mortimer 10km will take place on Sunday 30th September 2018 in conjunction with an 8km charity walk and a 3km junior race.

Full details are available on our race page: <http://readingroadrunners.org/races/mortimer/>

## Dinton Relays - Individual Results

Place	Team	Name	Actual	Predicted	Penalty	Team Name
1	DD	Andrea Roberson	00:18:29	00:18:30	1	S J Hanger On RR
2	JJ	Brendan Morris	00:12:02	00:12:00	2	Somebody's Birthday RR
3	AA	Matt Jones	00:14:40	00:14:35	5	Hot and Sweaty SJ
4=	A	Stuart Humphries	00:14:39	00:14:45	6	Straight Outaa Cookham/Cockham RC
4=	X	Stuart Jones	00:13:34	00:13:40	6	Better at running up a tab RR
4=	BB	Kerstin Johnson	00:18:44	00:18:50	6	Sandhurst Ladies Who Lunch SJ
7=	E	Tina Corney	00:21:38	00:21:30	8	It's Coming Home BFR
7=	U	Mel Silvey	00:14:58	00:14:50	8	The Silvey Family RR
7=	V	Kevin Strong	00:19:58	00:19:50	8	Team Ska RR
7=	Y	Awrie Dutton	00:23:55	00:23:47	8	Demon Dawdlers SJ
7=	BB	Alison Jones	00:17:22	00:17:30	8	Sandhurst Ladies Who Lunch SJ
12	M	Ian Giggs	00:13:09	00:13:00	9	Keeping the Trophy RR
13=	B	Roger Pritchard	00:19:09	00:19:20	11	Local Lads RR
13=	S	Paul Monaghan	00:16:59	00:17:10	11	3 Lions RR
13=	V	Anthony Eastaway	00:19:41	00:19:30	11	Team Ska RR
16=	M	Andy Atkinson	00:18:57	00:19:11	14	Keeping the Trophy RR
16=	N	Susan Knight	00:16:42	00:16:56	14	Watch Out RR
18	C	Melanie Shaw	00:15:45	00:16:00	15	J E L I P RR
19	H	Sam Whalley	00:16:14	00:16:30	16	Ladies That Run RR
20	Z	Simon Whillis	00:18:02	00:17:45	17	Running Is Our Handicap SJ
21	EE	Gavin Rennie	00:13:32	00:13:50	18	On Your Marks RR
22=	A	Emma Dawson	00:18:11	00:18:30	19	Straight Outaa Cookham/Cockham RC
22=	C	Pip Shaw	00:17:19	00:17:00	19	J E L I P RR
22=	JJ	Ryan o'Brian	00:11:41	00:12:00	19	Somebody's Birthday RR
22=	S	Peter Reilly	00:18:09	00:17:50	19	3 Lions RR
26	DD	Wayne Boardman	00:17:40	00:17:20	20	S J Hanger On RR
27	J	Darren Lewis	00:12:58	00:12:35	23	2 Bees RR
28=	EE	Claire Marks	00:15:26	00:15:02	24	On Your Marks RR
28=	JJ	Gemma Morris	00:19:19	00:19:43	24	Somebody's Birthday RR
30=	L	Layla P	00:16:04	00:16:30	26	Maersk Shakers MRC
30=	P	Alice Kerr	00:22:04	00:22:30	26	Theo's Favourites RR
32=	X	Sally Carpenter	00:15:42	00:15:15	27	Better at running up a tab RR
32=	CC	Angela Foker	00:20:51	00:21:18	27	Down and Dirty SJ
34=	C	Jamie Smith	00:12:50	00:13:20	30	J E L I P RR
34=	A	Stuart Dawson	00:15:50	00:16:20	30	Straight Outaa Cookham/Cockham RC
34=	B	Jim Kiddie	00:18:15	00:17:45	30	Local Lads RR
34=	GG	Gill Manton	00:26:50	00:27:20	30	Great Runners Combined RR
38=	O	Diane Hodder	00:18:17	00:17:46	31	Who Gives a Hug RR
38=	U	Jane Silvey	00:26:46	00:26:15	31	The Silvey Family RR
38=	DD	Toni McQueen	00:17:34	00:17:03	31	S J Hanger On RR
41	R	Jeff Lucking	00:23:46	00:23:14	32	Last Minute.com RR
42=	Z	Hannah Glaister	00:20:15	00:20:48	33	Running Is Our Handicap SJ
42=	S	Caroline Jackson	00:18:13	00:17:40	33	3 Lions RR
42=	X	Beth Rudd	00:17:33	00:17:00	33	Better at running up a tab RR
45=	E	Gary Gibbons	00:15:56	00:16:30	34	It's Coming Home BFR
45=	T	Pete the Train	00:15:46	00:16:20	34	2 Choos n Chugg RR
47=	T	Jen Holmes	00:19:25	00:20:00	35	2 Choos n Chugg RR
47=	Z	George Green	00:15:45	00:16:20	35	Running Is Our Handicap SJ
49	R	Alison Wrigley	00:21:50	00:21:14	36	Last Minute.com RR
50	U	Becky Silvey	00:21:33	00:22:10	37	The Silvey Family RR
51=	F	Nigel Houlst	00:14:52	00:15:30	38	Over the Hill RR
51=	E	Donna Gibbons	00:17:52	00:18:30	38	It's Coming Home BFR

## Dinton Relays - Team Results

### Team Results Dinton Relays 2018

Place	Team	Name	Penalty	Actual	Predicted	Penalty	Actual	Predicted	Penalty	Actual	Predicted	Penalty
1	J	Somebody's Birthday RR	45	00:11:41	00:12:00	19	Gemma Morris	00:19:19	00:19:43	24	Brendan Morris	00:12:02 00:12:00 2
2	DD	S J Hanger On RR	52	00:18:29	00:18:30	1	Toni McQueen	00:17:34	00:17:03	31	Wayne Boardman	00:17:40 00:17:20 20
3	A	Straight Outaa Cookham/Cookham RC	55	00:18:11	00:18:30	19	Stuart Dawson	00:15:50	00:16:20	30	Stuart Humphries	00:14:39 00:14:45 6
4	BB	Sandhurst Ladies Who Lunch SJ	59	00:18:44	00:18:50	6	Kate Parker	00:16:28	00:15:43	45	Alison Jones	00:17:22 00:17:30 8
5	S	3 Lions RR	63	00:16:59	00:17:10	11	Caroline Jackson	00:18:13	00:17:40	33	Peter Reilly	00:18:09 00:17:50 19
6	C	J E L I P RR	64	00:12:50	00:13:20	30	Melanie Shaw	00:15:45	00:16:00	15	Pip Shaw	00:17:19 00:17:00 19
7	X	Better at running up a tab RR	66	00:13:34	00:13:40	6	Sally Carpenter	00:15:42	00:15:15	27	Beth Rudd	00:17:33 00:17:00 33
8	V	Team Ska RR	69	00:14:50	00:15:40	50	Kevin Strong	00:19:58	00:19:50	8	Anthony Eastaway	00:19:41 00:19:30 11
9	U	The Silvey Family RR	76	00:21:33	00:22:10	37	Jane Silvey	00:26:46	00:26:15	31	Mel Silvey	00:14:58 00:14:50 8
10=	E	It's Coming Home BFR	80	00:15:56	00:16:30	34	Donna Gibbons	00:17:52	00:18:30	38	Tina Corney	00:21:38 00:21:30 8
10=	M	Keeping the Trophy RR	80	00:18:57	00:19:11	14	Liz Atkinson	00:23:18	00:22:21	57	Ian Gigg	00:13:09 00:13:00 9
12	Z	Running Is Our Handicap SJ	85	00:20:15	00:20:48	33	George Green	00:15:45	00:16:20	35	Simon Whillis	00:18:02 00:17:45 17
13	B	Local Lads RR	93	00:19:09	00:19:20	11	Jim Kiddie	00:18:15	00:17:45	30	Kevin Buree	00:13:08 00:14:00 52
14	Y	Demon Dawdlers SJ	98	00:23:37	00:24:15	38	Monica Burbidge	00:23:08	00:24:00	52	Awrie Dutton	00:23:55 00:23:47 8
15	AA	Hot and Sweaty SJ	104	00:20:33	00:19:35	58	Matt Jones	00:14:40	00:14:35	5	Jane Bannister	00:18:21 00:17:40 41
16	EE	On Your Marks RR	126	00:13:32	00:13:50	18	Claire Marks	00:15:26	00:15:02	24	Ros Lee	00:27:16 00:28:40 84
17	N	Watch Out RR	131	00:16:42	00:16:56	14	John Bowley	00:19:53	00:18:48	65	Heather Bowley	00:21:12 00:20:20 52
18=	H	Ladies That Run RR	142	00:16:14	00:16:30	16	Koanne Kent	00:19:10	00:18:08	62	Ros Cranford	00:17:19 00:16:15 64
18=	J	2 Bees RR	142	00:23:49	00:23:09	40	Linda Booth	00:22:58	00:21:39	79	Darren Lewis	00:12:58 00:12:35 23
20=	R	Last Minute.com RR	144	00:23:46	00:23:14	32	Alison Wrigley	00:21:50	00:21:14	36	David Cottam	00:15:01 00:16:17 76
20=	CC	Down and Dirty SJ	144	00:17:17	00:18:30	73	Angela Foker	00:20:51	00:21:18	27	Royston Grandley	00:17:32 00:16:48 44
22	K	Maersk Movers MRC	171	00:15:47	00:17:00	73	Eleanor Phipps	00:19:44	00:20:23	39	Elena Greaves	00:23:01 00:24:00 59
23	T	2 Choos n Chugg RR	175	00:15:46	00:16:20	34	Trish	00:22:07	00:23:53	106	Jen Holmes	00:19:25 00:20:00 35
24	L	Maersk Shakers MRC	182	00:16:04	00:16:30	26	Ben Warner	00:19:38	00:20:30	52	Richard Howard	00:15:16 00:17:00 104
25	P	Theo's Favourites RR	193	00:22:04	00:22:30	26	Peter Higgs	00:17:54	00:19:38	104	Paul Kerr	00:16:33 00:15:30 63
26	O	Who Gives a Hug RR	203	00:20:21	00:18:37	104	Sarah Walters	00:22:20	00:21:12	68	Diane Hodder	00:18:17 00:17:46 31
27	F	Over the Hill RR	243	00:14:52	00:15:30	38	Kathy Tytler	00:23:38	00:21:10	148	Maureen Sweeney	00:19:37 00:18:40 57
28	HH	Happy Feet SJ	255	00:17:37	00:19:00	83	Sonia Majchrzak	00:19:05	00:21:00	115	Eva Rodriguez	00:17:33 00:18:30 57
29	GG	Great Runners Combined RR	260	00:26:50	00:27:20	30	Rachel Allaway	00:27:00	00:26:10	50	Clive Bate	00:21:50 00:18:50 180
30	FF	AHS RR	320	00:12:59	00:12:18	41	Hannah McPhee	00:22:39	00:25:30	171	Suzanne Bate	00:22:31 00:20:43 108
31	G	Seedies RR	324	00:16:02	00:18:55	173	Linda Haskins	00:20:56	00:19:22	94	Linda Wright	00:22:47 00:21:50 57
32	W	Team Discovery Channel RR	413	00:20:24	00:16:52	212	Richard King	00:14:19	00:15:25	66	Dave Brown	00:17:12 00:19:27 135

## Roadrunners Race Results

### David Dibben

ROADRUNNERS can find a race pretty much anywhere and at any time.

Brian Grieves proved this again when he found a classic, the Sundae Challenge.... a marathon on a Friday!

This event, at Dinton Pastures, was staged by Running Miles, the organisation which gave us what Loretta Briggs called the "bonkers" Thursday marathon.

The Sundae attracted less runners (27) than there were competitors hospitalised with hypothermia (80) in Brian's previous marathon, Boston.

Despite the heatwave there was only one water station. "Fortunately we passed it ten times," said Brian.

All good practice for his trail marathon in Snowdonia barely a week later!

\* Pride of place at the top of the results this month goes to Caroline Hargreaves for her great effort in Africa.

#### June 2nd

##### Uganda Marathon

Pos	Name	Chip
43	Caroline Hargreaves	6:32.0

#### June 15th

##### Go Girl Brighton 5k

Pos	Name	Chip
45	Kerry Eastwood	28.42

#### June 17th

##### British Airways Concorde 5miles

Pos	Name	Chip
75	Kerry Eastwood	50.49

#### June 24th

##### Swansea Half Marathon

Pos	Name	Chip
913	Alice Godding	1:47.02
2563	Amanda Rosser	2:10.03
3406	Andy Dingle	2:23.14

##### Giants Head Marathon

Pos	Name	Chip
89	David Walkley	5:28.12

##### Combe Gibbet Challenge

Pos	Name	Chip
13	Richard Usher	45.34
30	David McCoy (V40)	49.30
31	Colin Cottell	49.35
35	Chris Cutting	50.09
44	Dean Allaway	53.16
79	Pete Morris	1:00.29
90	Katie Gumbrell	1:02.45
100	Holly Towers	1:06.44
101	Ian McGuinness	1:06.44
112	Peter Higgs	1:09.34

##### Harry Hawkes 10 (Thames Ditton)

Pos	Name	Chip
339	Andy Atkinson	1:29.55
567	Liz Atkinson	1:52.11

#### June 30th/July 1st

**Cotswold Way Challenge, 100k**

Pos	Name	Chip
87	Kerry Eastwood	27:25.57
88	Trisha Arnold	27:26.05

**July 1st****Hungerford Harey 8**

Pos	Name	Chip
18	Richard Usher	58.49
23	Colin Cottell	1:00.16
67	Pete Morris	1:14.06
90	Holly Towers	1:23.19
93	Lee Hinton	1:23.19
95	Tom Harrison	1:24.18
102	Peter Higgs	1:28.37

**Beat The Boat 10k**

Pos	Name	Chip
26	Stuart Jones	43.39
177	Sally Carpenter	55.24
268	Chris Manton	1:00.19
425	Linda Wright	1:11.46
568	Gill Manton	1:26.57

**Leamington Spa Half Marathon**

Pos	Name	Chip
1146	Jenny Boxwell	2:21.55

**Reddam House 10k**

Pos	Name	Chip
-	David Leake	49.14

**Didcot 5**

Pos	Name	Chip
2	Brendan Morris	27.41

**July 2nd****Veterans League Track and Field (Abingdon)**

## Women's 2000 metres walk

Cat	Pos	Name	Time
35	5	Gill Manton	16.20
50	4	Maureen Sweeney	15.18

## Women's shot putt

Cat	Pos	Name	Distance
35	6	Gill Manton	5.72
50	5	Adele Graham	6.32 PB

## Women's discus

Cat	Pos	Name	Distance
35	6	Gill Manton	16.73 PB
50	5	Adele Graham	11.10

## Women's 800 metres

Cat	Pos	Name	Time
35A	7	Sarah Dooley	3:09.8
35B	3	Melanie Shaw	3:01.3 PB
50	2	Lesley Whiley	3:13.1 PB
60	3	Liz Atkinson	4:24.7

## Women's 200 metres

Cat	Pos	Name	Time
35A	7	Fiona Ross	37.6 PB
35B	5	Melanie Shaw	33.8 PB
50	5	Lesley Whiley	45.8 PB

## Women's 5,000 metres

Cat	Pos	Name	Time
35A	4	Helen Pool	20:59.9
35B	4	Sam Whalley	23:38.6 PB
50	3	Lesley Whiley	22:22.0

**Relay:** Roadrunners 7th in 2:45.8. Team: Mel Shaw,

Fiona Ross, Liz Atkinson, Sarah Dooley

**Meeting position:** Roadrunners ladies 6th

**Women's final table:** 1 Radley 28.5, 2 Abingdon 27.5, 3 Reading 24.5, 4 Oxford 23.5, 5 Newbury 15, 6 Reading Roadrunners 13, 7 White Horse Harriers 8.

## Men's discus

Cat	Pos	Name	Distance
50	8	Tim Grant	18.83

## Men's 800 metres

Cat	Pos	Name	Time
35A	7	Ian Giggs	2:34.9
35B	6	Chris Manton	2:55.6
50	3	Tim Grant	2:33.3 PB
60	5	Andy Atkinson	3:22.8 PB
Non-scorer		Colin Cottell	2:48.9 PB

## Men's triple jump

Cat	Pos	Name	Distance
35	6	Ian Giggs	7.31 PB

## Men's 200 metres

Cat	Pos	Name	Time
35A	7	Chris Manton	36.8
35B	5	Mark Andrew	31.7 PB

50	5	Tim Grant	30.8
----	---	-----------	------

## Men's javelin

Cat	Pos	Name	Distance
50	5	David Fiddes	14.37 PB
60	7	Nigel Hoult	11.03

## Men's 3,000 metres

Cat	Pos	Name	Time
35A	1	Ben Paviour	9:30.6
35B	2	Fergal Donnelly	10:13.4 PB
50	1	Pete Jewell	10:25.9 PB
60	4	Andy Atkinson	14:26.1
Non-scorer		Colin Cottell	11:45.2 PB

**Relay:** Roadrunners 6th in 2:06.9. Team: Mark Andrew, Colin Cottell, Ian Giggs, Ben Paviour.

**Meeting position:** Roadrunners men 5th.

**Men's final table:** 1 Oxford 32, 2 Abingdon 28, 3 White

Horse Harriers 19.5, 4 Radley 19, 5 Reading 18, 6 Reading

Roadrunners 13, 7 Swindon 10.5, 8 Newbury 4.

## July 4th

## Yateley 10k (Race 2)

Pos	Name	Chip
6	David McCoy (Snr)	35.08
16	Brendan Morris	36.57
37	David Ferguson	38.52
59	Gary Tuttle	40.17
88	Paul Morrissey	41.37

160	Ian Giggs	45.40
182	Kevin Jones	46.31
262	Nick Adley	47.17
294	Martin Douglas	49.52
692	Anthony Eastaway	1:02.12
708	Trisha Arnold	1:04.39
711	Helen Dixon	1:03.34
763	Kevin Strong	1:07.23
808	Sarah Walters	1:11.11

**July 5th****Thames 10k (Beale Park)**

Pos	Name	Chip
3	Richard Hallam-Baker	41.16 1st M40
7	Chris Buley	41.54
8	Brooke Johnson	41.54
14	Gemma Buley	44.24 3rd lady
19	Ed Dodwell	45.04 1st M60
20	Dan Brock	45.12
25	Wayne Farrago	46.19
34	Bithja Jones	47.46 PB
39	Ivan Harding	48.33
41	Pip White	48.44
52	Sahan Jinadasa	50.08
57	Joe Blair	50.36 3rd M60
63	Pete Morris	51.12
64	Paul Carter	51.17
80	Matthew Brown	51.41
86	Sara Lopez	53.43
99	Angela Burley	55.35
100	Carmen Fuentes-Vilchez	55.47
101	Gary Brampton	55.37
103	Peter Cave	56.08

144	Elizabeth Johnson	1:00.20
145	Alice Carpenter	1:00.20
192	Maureen Sweeney	1:08.09
205	Jennifer Holmes	1:11.21
217	Linda Wright	1:14.17
222	Kathy Tytler	1:15.44

**Thames 5k**

Pos	Name	Chip
2	Clive Alderson	21.24
19	Tom Wright	28.10

**July 6th****Sundae Challenge Marathon**

Pos	Name	Chip
8	Brian Grieves	4:50.20

**July 7th****Runnymede Relays****Roadrunners team R**

Team pos	Name	Time
11	Ben Whalley	35.03
13	Helen Pool	19.07
14	Gemma Buley	40.02
15	Sarah Dooley	20.24
15	Dean Allaway	43.36
15	Ian Giggs	18.01
Final position		Time
15		2:56.13

**Roadrunners team E**

Team pos	Name	Time
34	Susan Knight	45.41
27	Mel Silvey	19.26

23	Chris Buley	37.23
23	Dan Rickett	21.03
29	Peter Higgs	56.53
35	Phil Reay	25.33
Final position	Time	
35	3:26.21	

Roadrunners **team A**

Team pos	Name	Time
1	Matt Richards	30.02
2	Pete Jewell	16.19
2	David McCoy (Snr)	32.00
2	Andrew Smith	16.50
2	Rob Corney	29.07
1	Lance Nortcliff	15.46
Final position	Time	
1	2:20.4	

Roadrunners **team D**

Team pos	Name	Time
40	Sam Whalley	47.56
39	Jennifer Holmes	24.29
42	Angela Burley	48.08
45	Gill Manton	37.02
-	Claire Seymour	51.44
-	Alice Kerr	33.23

Roadrunners **team I**

Team pos	Name	Time
43	Andy Atkinson	49.11
-	Liz Atkinson	28.20
47	Jim Kiddie	52.00
47	Cecilia Czemiczky	30.47

27	Brian Kirsopp	41.31
-	Pete Morris	31.14

Roadrunners **team N**

Team pos	Name	Time
44	Clive Bate	49.52
44	Donna Saunders	27.27
45	Nicole Rickett	50.08
49	Hannah McPhee	35.34
-	Suzanne Bate	-
-	Chris Manton	27.01

**Fan Y Big Fell Race**

Pos	Name	Chip
89	Colin Cottell	2:04.52
124	Tom Harrison	3:03.56 1st M80

**July 8th****Tadley 10k**

Pos	Name	Chip
49	Peter Reilly	50.20
103	Jennifer Holmes	58.24
168	Trisha Arnold	1:10.34
170	Kathy Tytler	1:11.05

**Porchester 10k**

Pos	Name	Chip
16	Stewart Wing	50.07
183	Helen Dixon	1:18.57

**Summer Gutbuster 10k**

Pos	Name	Chip
4	Andy Morgan	42.45 1st M40

16	Dean Allaway	51.40
34	Pete Morris	56.42
57	Ray McGroarty	1:05.15
74	Sarah Richmond-De'voy	1:10.24
82	Kerry Eastwood	1:22.26
87	Trisha Arnold	1:25.39

**July 12th****Dinton 5k**

Pos	Name	Chip
9	Andy Blenkinsop	19.08
15	Ed Dodwell	20.45 1st M60
21	Nick Adley	22.29
22	Sally Carpenter	22.46
25	Chris Barkus	22.56
30	Pete Morris	24.01
34	Beth Rudd	24.19
44	Catherine Leather	25.23
47	Lewis Walker	26.14
61	Charley Caswell	27.55
65	Roger Pritchard	27.59 1st M70
70	Matthew Durman	28.27
80	Angelique Haswell	29.34
88	Kathy Vickers	29.52
91	Adele Graham	30.34
138	Fiona Blennerhassett	34.35
141	Cecilia Csemiczky	34.49
167	Jenny Oakley	37.23
171	Jenny Mulhearn	37.42
183	Suzanne Bate	41.01
184	Gill Manton	41.02

**Dinton 10k**

Pos	Name	Chip
7	Richard Hallam-Baker	40.03 2nd M40
10	Gary Tuttle	41.21
11	Gavin Rennie	41.25 2nd M50
12	Ian Giggs	41.55
14	Tony Walker	42.22
15	Dan Brock	42.24
20	Erica Key	43.32 1st F40
22	Stuart Jones	44.04
27	Richard Charley	45.50
36	Sarah Dooley	46.50 3rd F40
37	Matthew Brown	47.25
47	Vince Williams	48.06
51	Paul Carter	48.21
67	Tracey Hicks	49.42
68	Robert Cannings	49.38
86	David Caswell	51.38
95	Colin McCarlie	53.25
104	Elizabeth Johnson	54.31
105	Alice Carpenter	54.32
123	Tim Hogarth	56.25
141	Dave Wood	58.18
211	Candy Cox	1:18.46

**July 15th****Wycombe Half Marathon**

Pos	Name	Chip
17	Gary Tuttle	1:35.55
146	Joe Alkem-Che	2:04.44
180	Claire Seymour	2:12.38

**Wycombe Half 10k**

Pos	Name	Chip
6	James Rennie	42.14
9	Andrew Smith	42.46
15	Tom Peirson-Smith	44.25
19	Paul Kerr	46.07
21	Alan Freer	46.19 1st M60
22	Gemma Buley	46.20 1st lady
24 F40	Katherine Sergeant	46.56 2nd lady, 1st
25	Anthony Long	47.04
26	Chris Buley	47.28
28	David Fiddes	47.33
34	Stuart Jones	49.27
40	Dean Allaway	49.47
45	David Caswell	50.26
49	Tony Streams	51.33
50	Chris James	51.43
52	Stewart Wing	52.26
53	Peter Rennie	52.41
58	Melanie Shaw	53.27 4th lady
60	Jamie Smith	53.29
67	Daniel Coleman	54.00
74	Sally Carpenter	55.31
85	Paloma Crayford	57.18 1st F50
91	Marie-Louise Kertzman	57.45
107	Joanne Solesse	59.31
115	Andy Atkinson	1:00.28
144	Maria Norville	1:03.31
206	Cecilia Csemiczky	1:14.03
211	Kerry Eastwood	1:15.56
220	Liz Atkinson	1:16.49
221	Helen Dixon	1:16.49
229	Adele Graham	1:19.44
230	Andrea Marnoch	1:20.20

**Snowdonia Trail Ultra Marathon**

Pos	Name	Chip
1	Rob Corney	5:56.05
136	Peter Higgs	12:12.34

**Snowdonia Trail Marathon**

Pos	Name	Chip
129	Brian Grieves	5:40.57
260	Ian Giggs	6:22.25
276	Brian Kirsopp	6:25.55
409	David Walkley	6:55.02
651	Caroline Hargreaves	9:22.13
655	Suzanne Bate	9:39.08
656	Pete Morris	9:39.09

**Snowdonia Trail Half Marathon**

Pos	Name	Chip
376	Clive Bate	3:16.26
494	Chloe Lloyd	3:33.45
534	Amanda Rosser	3:45.11
547	Tona Woffington	3:47.06 2nd F60
652	Nicola Gillard	4:15.39
653	Sarah Richmond-De'voy	4:15.39
654	Vroni Royle	4:15.40
655	Andy Dingle	4:15.40
731	Kathy Tytler	5:02.07
739	Helen Grieves	5:07.47
753	Sarah Drew	6:27.56
754	Linda Wright	6:27.56
755	Hannah McPhee	6:28.34
756	Gill Manton	6:28.34

**Snowdonia Trail 10k**

Pos	Name	Chip
116	Chris Manton	1:22.15

**Barnstaple 10k**

Pos	Name	Chip
3	Ben Whalley	36.57 1st M40
63	Sam Whalley	51.10 3rd F45

**Fairlands Valley Challenge Half Marathon**

Pos	Name	Gun
59=	Stephen Wing	5:52.0
59=	Julie Wing	5:52.0

**Season's bests****Ladies**

5k:	Jane Copland	19.14
5 miles:	Gemma Buley	32.07
10k:	Caroline Hoskins	38.23
10 miles:	Caroline Hoskins	1:03.42
Half marathon:	Caroline Hoskins	1:24.17
20 miles:	Caroline Hoskins	2:14.19
Marathon:	Caroline Hoskins	3:10.28

**Men**

5k:	Rob Corney	15.23
5 miles:	Rob Corney	25.42
10k:	Rob Corney	31:25
10 miles:	Rob Corney	52.48
Half marathon:	Rob Corney	1:09.20
20 miles:	Seb Briggs	1:56.40
Marathon:	Matt Richards	2:32.39

# Reading Roadrunners Committee Meeting

## TUESDAY 3 JULY 2018 - 7:30PM

### THE COMMITTEE

---

Carl Woffington (Chairman)

Simon Denton (ex-Officio)

Anne Goodall (Membership Sec)

Tom Harrison (ex-Officio)

Hannah McPhee (Social Secretary)

Paul Monaghan (Social networks/Web)

Roger Pritchard (ex-Officio)

Nicole Rickett (Treasurer)

Bob Thomas (General Secretary)

Apologies for absence

Hannah, Nicole, Paul, Simon

### Minutes of the previous meeting

The minutes of the previous meeting were proposed as a true record by Anne, seconded by Roger.

Matters arising from the minutes of the previous meeting

**Training development seminars.** Carl is investigating the feasibility of inviting Nick Anderson (EA coach) back to provide seminars on training and nutrition.

### Chairman's report

**Events** Carl recounted some of the events in which the Club has been involved recently, including:

- 07 Jun Pub run: Butchers Arms
- 09 Jun Champs: Dorney 10K
- 17 Jun Ridgeway Relays
- 21 Jun Pub run: Rainbow
- 23 Jun Social: Escape rooms
- 02 Jul SEAA Vets League, Abingdon .

Notable forthcoming events include:

- 05 Jul Pub run: Royal Oak
- 07 Jul Runnymede Relays
- 10 Jul Dinton Relays
- 15 Jul Champs: Wycombe 10K
- 16 Jul First Aid course

- 17 Jul            Marshalling Great City Race
- 19 Jul            Pub run: Black Boy
- 02 Aug            Pub run: Landsend
- 12 Aug            Champs: Burnham Beeches HM
- 16 Aug            Final pub run: Three Horse Shoes
- 19 Aug            Social: Dragon boats
- 26 Aug            Champs: Englefield 10K

**Treasurer's report**

Nothing to report

**General Secretary's Report**

**SEAA AGM.** This year's AGM will be held on 9 Sep18 at the Civil Service Club, London.

**Membership Secretary's Report**

Anne reported the addition of 12 new members during June. Anne is becoming concerned at the backlog of payments of EA membership fees.

**Social Secretary's Report**

**Escape Rooms.** Hannah reported that the Escape Rooms event went well, and some members managed to escape. Regretfully, others failed to do so and must be considered missing in action.

**Dragon Boats.** Taking place in August, one boat is now full; Hannah received approval to book a second boat, for which she will be selling tickets presently.

*Post-meeting note:* As the first boat was secured with an early-booking discount, to be cost-neutral, the cost of a place on the second boat would need to be increased. Hannah has hence decided not to proceed with a second boat.

**Payment issues.** Our lack of a payment card for the Club account continues to present Hannah with problems booking events where payment is required at the time of booking. Nicole and Carl are looking into what can be done to alleviate the issue, including opening a separate account for which the Social Secretary would be accountable.

**COACHING REPORT**

Nothing to report.

**ANY OTHER BUSINESS**

**Endure 24.** Ian Giggs needs to book Club teams into the 2019 Endure 24 event now. The Committee agreed to advance Ian the funds to cover Club entries to be re-paid once places are taken up.

**Katie.** Katie is returning to coaching after a short break. The Committee confirmed its agreement with her starting up a new coaching group.

**Treasurer's laptop & printer.** Nicole raised by email during the previous month that the Treasurer's laptop and printer are really quite tired. In addition, Sandy is expecting to borrow these equipments to process the Dinton Relay results.

The Committee agreed that Nicole should purchase a new laptop and printer from Club funds, but she cannot be in a position where she cannot access the Club's accounts in the interim.

**Dinton Relay results.** Notwithstanding the agreement to buy new IT kit, Roger reiterated the pressing issue of providing a laptop to be taken to Dinton. Bob somewhat reluctantly agreed to lend a laptop for this purpose and would be immensely grateful if it were returned in one piece.

**Coaching qualification.** Carl has received a request from Simon Davis to approve the Club funding Katherine Sargeant to train for a coaching qualification, which was so approved.

Door Rota

04 Jul 18	Anne, Fiona
11 Jul 18	Anne, Janice
18 Jul 18	Anne, Alan
25 Jul 18	Anne, Janice
01 Aug 18	Anne, Shirley
08 Aug 18	Anne, tbd
15 Aug 18	Anne, Shirley
22 Aug 18	Anne, tbd
29 Aug 18	Anne, Shirley

**DONM:** 28 Aug 18

*Main Club contact points:*

Chairman, Carl:  
[chairman@readingroadrunners.org](mailto:chairman@readingroadrunners.org)

Membership Secretary, Anne:  
[membership@readingroadrunners.org](mailto:membership@readingroadrunners.org)

Secretary, Bob:  
[gensec@readingroadrunners.org](mailto:gensec@readingroadrunners.org)

Treasurer, Nicole:  
[treasurer@readingroadrunners.org](mailto:treasurer@readingroadrunners.org)

Social Secretary, Hannah:  
[socialsec@readingroadrunners.org](mailto:socialsec@readingroadrunners.org)

Coaching, Simon:  
[coach@readingroadrunners.org](mailto:coach@readingroadrunners.org)

Team Captains, Sam & Phil:  
[teamcaptains@readingroadrunners.org](mailto:teamcaptains@readingroadrunners.org)

## Snowdonia Trail races

Pics from Chris Drew

