

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!

Match 4 of the league and the grand finale was held at Abingdon on Monday 2 July 2018. In this fixture, the Reading Roadrunner mens' team finished 5th and the ladies' team finished in 6th place. It is impossible to mention all the athletes individually, but here are the highlights shared with me (and the specific results have been published on Facebook)

Tina Wilson was 'woman of the match', taking 1st place in the W60 discus!



Gill Manton loved the discus event and achieved a PB. She also scored in the W35 shot putt event. Adele Graham gave a stirring performance in the W50 shot putt and discus events and scored the most points for the womens team overall!

On the track, Mel Shaw took third place in the W35B 800m event and Lesley Whiley came second in the W50 800m event. Sarah Dooley did us proud in the W35A 800m event in which the fastest runners take part and Liz Atkinson scored for the team in the W60 800m event.

Mel Shaw and Leley Whiley did very well in the W35B and W50 200m events and I was pleased with my time in the W35A 200m event, since it is the first time I have taken part. As always, I would like to thank Tony Canning and Glynne Jones for the coaching they provided for the sprint events and Roger Pritchard for encouraging me to take part in sprinting events which I have come to really enjoy.

Helen Poole flew round the track in the W35A 5000m and was only seconds from taking 3rd place. Lesley Whiley took 3rd place in the W50 5000m and Sam Whalley also gave a very strong performance in the W35B 5000m race.

Regarding the W35 2000m walk, Gill Manton said that, whilst she did not manage a PB, she felt her technique had improved. Maureen Sweeney also scored for Reading Roadrunners in this event in the W50 category. They really did well considering that it is not at all easy for a Reading Roadrunner to walk and not run!

Where the Mens' team were concerned, Tim Grant was the discus point scorer for Reading Roadrunners and Ian Giggs did us proud in the triple jump. David Fiddes and Nigel Hoult also gave a strong performance in the M50 and M60 javelin events respectively.

The mens' team did particularly well in the track events. Ian Giggs, Chris Manton and Andrew Atkinson gave their rivals a run for their money in the M35A, M35B and M60 800m events and Tim Grant took 3rd position in the M50 800m event! Chris Manton, Mark Andrew and Tim Grant also scored some well earned points in the M35 A and M35 B and M50 200m events.

Where the longer distance races were concerned, Reading Roadrunners certainly came into their own. Ben Paviour and Pete Jewell took 1st position in the M35A and M50 3000m events and both ran in a time which is worthy of a mention in Athletics Weekly. Fergal Donnelly took second position in the

M35B 3000m race and Andrew Atkinson gave a very good performance in the M60 3000m event. Colin Cottell also did us proud, although ran as a non-scorer.

Both the mens and womens teams also gave it their best shot in the 4 x 200 metre relay.

The SCVAC Track & Field League certainly ends on a High!

Both Reading Roadrunner teams came 6th overall in the series! We gave it our all and are ending on a high! Well done to everyone who took part, but especially to top point scorers Adele Graham for the ladies team and Pete Jewell followed closely by David Fiddes for the mens' team!

As well as giving us a sense of personal and team achievement, the Reading Roadrunners I spoke to felt that this league has enabled us to learn or improve new skills. Furthermore, as Gill Manton rightly says, it has also been an opportunity to get to know club members in a different environment and has shown what a supportive and encouraging club we are! I agree with her that the Reading Roadrunner team spirit is fabulous and, whilst we do not always have high expectations when competing against competitors from athletic clubs in these events, we can really surprise both them and ourselves!

On behalf of us all, I would like to thank Nigel Houlton and Sam Whalley for organising the Reading Roadrunners teams and of course Glynne Jones and Tony Canning for coaching us before the events.



We would like to encourage others 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!"*

